

splitimes

February 2021

The Official Newsletter of the Utica Roadrunners

NOTHING BURNS LIKE THE COLD

— GEORGE R.R. MARTIN

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January
2021
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Useful Links:

[Utica Roadrunners Facebook Page](#)
[Club Handbook](#)



Winter Running

With the right layers and an adventurous outlook, you CAN run outdoors during the winter! Read some great tips from Jen Bachelder on page 9 to get you ready for cold weather training.



President's Message by Jim Mott



“Grit is having the courage to push through, no matter what the obstacles are, because it’s worth it.”

– CHRIS MORRIS

Hello Runners:

As we hit February we are still in the midst of uncertainty. Races are being pushed back to the Fall as October and November already look like they will be busy months. In those months alone we have big races like the Boilermaker, Mountain Goat, Empire State Marathon, and Boston Marathon being scheduled. For what is up and coming for our club, I will be addressing that but this month’s quote is dedicated to a friend of mine and to many of you. As many of you know, Phyllis Spohn Bates is battling a form of leukemia and as she finished off 2020 focused on getting her 1,000 miles and red jacket - she now is battling a different foe in 2021.

Phyllis is what this club is all about. She is a fierce competitor that loves the challenges that running provides. She is also a great friend and wonderful person that anyone would want in their corner. I have known Phyllis for decades. I coached her son Roland (pictured) who played soccer for me in the 1990s at Ilion High School. Roland is now one of my closest friends. This year her son Jared coached my JV soccer team at Central Valley Academy as I coached Phyllis’ grandsons, Aiden and Camden. I only knew Phyllis as “Mom” and “Grandma” until she became a Utica Roadrunner. It has been a pleasure to watch what the club has done for Phyllis and what she has meant to the club. For those who are lucky enough to know her, I don’t have to tell you what I mean. As Phyllis fights, I think it is important to continue to do as she is doing right now. Seek the positive and know better days are ahead of us. Cancer chose the wrong person to pick on and I know Phyllis will be back with us on the roads, at the races, and sharing her spirit of fun and competition. Get better Phyllis - you got this!

Traditional things we as runners have come to expect this time of year have changed. The Heart Run & Walk is now in May not March. Our spring race calendar is seemingly empty as we still fight this pandemic and try to find some normalcy in every facet of our lives. Since there is so much still unknown let me share with you what I do know:

- We are still hoping to hold our four core races (The Save Our Switchbacks, Summer Sizzle, Falling Leaves, and Skeleton Run).
- For all those that deferred their **Four Race Challenge** entry from 2020, you will be receiving an email soon informing you of our plan for 2021.
- Other than the S.O.S., we are planning on holding our other three events around the same times as usual although the races may look different than in the past.
- The **Summer Sizzle** has been approved as part of the USATF Adirondack Grand Prix and is scheduled for Father’s Day June 20th at Proctor Park.
- The **Falling Leaves 5k and 14k** is scheduled for Sunday, September 26th and we are working with the Boilermaker to make our race the official kick-off event to this year’s Boilermaker.



PRESIDENT'S MESSAGE (CONT.)

- We are hoping to return to Deerfield Town park for our **Skeleton Run** in October.
- We will be bringing back our **April Scavenger Hunt** and **FIVE after FIVE** challenge in May to keep us active and engaged.
- For all those who earned a red jacket, we have not forgotten you! We are planning an **outdoor banquet in May** to honor all the great things our club members did in 2020.
- We are planning on starting our **Boilermaker Training Program** soon with a new timetable to meet the October race date.
- We are in contact with the City of Utica to bring back our **Wednesday Development Runs** as soon as we can.

The list does not stop there as we are also working on other events to bring you as we continue to navigate our way through these difficult and uncertain times. We have learned a great deal about ourselves meeting the challenges placed before us. In the end, I firmly believe we will be better off as individuals, as runners, and as a club when all is said and done.

My parting words return to thoughts of Phyllis and the GRIT she has. We have all dealt with loss on some level and we have all suffered setbacks and injuries. As you lace up your shoes and go out for a run, say a prayer and send thoughts of positivity to Phyllis and all those who are fighting the good fight.

Stay safe and healthy, Jim

Join Our Team

Once again, we have put together a team to help support the America's Greatest Heart Run and Walk. The event will take place on May 15, 2021, from 9 a.m. to noon. There are currently three options for the event:

- If the American Heart Association, state and federal guidelines permit, the event will be in person at Accelerate Sports in Whitesboro.
- If in-person gatherings are not permitted, the event will be all-digital.
- If guidelines allow, the event will be a hybrid event, with some in-person and some digital events.



Join the team, make a donation directly to a team member or make a general donation to the team.

LEARN MORE

Feelin' the Bern



We just had to include this in this issue so when we look back in many years at Inauguration Day 2021, we can enjoy the memory of Bernie Sanders sitting just about everywhere!

Letter from the Editor

by Michelle Truett

Winter Crosstraining

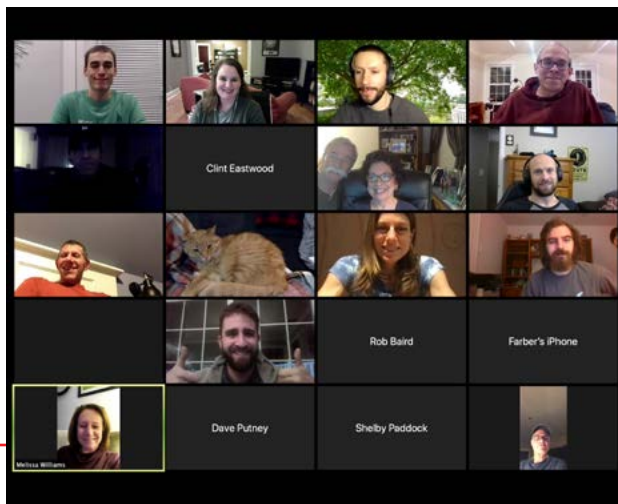


If you ski or snowboard, THE trail I love the most is the gorgeous, 1.75 mile long combo of Milky Way > Eclipse > Infinity at Bristol Mountain. I replay snowboarding on it in my mind often. It's my happy place. We went recently on our annual outing for my son's birthday. He turned 20 and his good friend Giovanni, who we have been riding with since they were about 6 years old, joined us for the tradition and I successfully kept up (for the most part!) with a couple twenty year olds. Score!

I love this time of year – run on one weekend day and snowboard on the other. I may even try snowshoeing this year, as many members have been trekking out together (see pages 13 & 14) Some days... I'll just walk up to the Eagle through the golf course and enjoy the view (on the cover). Hope everyone is taking advantage of the terrain, staying safe and making great plans for 2021!

See you out there! – Michelle

Thank You for Joining Us!



Close to 30 Roadrunners and guests from all over the country came together on Zoom to have a great conversation with Stephen Paddock on January 14th.

Thank you to Rick Gloo for coordinating and emceeing.

Did you miss it? You can listen to the talk on our YouTube channel.

WATCH NOW

Update on 2021 Races & Virtual Events



There are many great reasons to renew your club membership this year. Can you say LIVE races?? Also, an added benefit, club members will now be offered a \$5 discount when registering for our club events!

RENEW YOUR MEMBERSHIP

We intend on having our best year YET and want YOU to be a part of it, after all its members like YOU that make this Club such a great thing to be a part of.

Our race dates are (all subject to change):

The Summer Sizzle 5 Mile

Recently added to the USATF
Adirondack Grand Prix!
Sunday, June 20, 2021

Save Our Switchbacks 7.5k

(Half a Boilermaker)
Sunday, August 15, 2021

Falling Leaves 5k & 14k

Sunday,
September 26, 2021

The Skeleton Run 5k

Sunday, October 17, 2021

All those wishing to participate in the Four Race Challenge can choose any four of the six racing options.

In the event that any of our live races cannot be held, we will offer a Virtual and VirtuReal option.

That being said, all four of our core races will have virtual options available to all participants.

There will be no deferrals to 2022. Registration will open in early February. All those who deferred their 2020 entry will receive notification by email that they have been moved into the 2021 participant list.

Virtual Events:

**The Utica Roadrunners
Scavenger Hunt**

March 22-April 23, 2021

**The FIVE after FIVE
Challenge**

May 6-May 20, 2021

As always, safety will be our number one priority. An announcement when registration goes live for our events will be made soon. We thank you for your continued support and dedication.

Has It Been A Year Already? *by Terry Dwyer*



My first article for Splitimes appeared in the February 2020 issue. What a year it has been! Writing the monthly articles has been therapeutic during a time when we all needed a bit of therapy in our lives.

This time last year I was optimistic for the year ahead and plans for a full schedule of races taking me from Orlando in February to Berlin in September and finally New York City in November. Many smaller races were planned in between. My initial article reflected this optimism. But I only made it as far as Orlando before the pandemic shut down life as we knew it. Many of you had similar experiences. None of us could have imagined what was to come and the detours we had to take in our lives. Although it may seem unimportant to concern ourselves with running events for the coming year as public health challenges continue, the ability to plan is the essence of hope.

We can be heartened by the fact that races are tentatively scheduled across the state. Variables such as the rate of virus spread and the ability to vaccinate people will impact whether these races go off as planned. We already witnessed some go

“live” toward the latter part of 2020. Of course, if races are not cancelled, there will be a few standard changes to get used to. Entry numbers will be limited, and staggered starts based on predicted finish times may become the norm. Post-race award ceremonies and social gatherings will disappear for the foreseeable future. Nonetheless, the ability to bring back “live” races will be a welcome sign as we progress through the year.

Hope remains as we settle into the new year because the alternative is not an option any of us want to ponder. In the meantime, we owe it to ourselves, our loved ones, and our neighbors to stay the course and guard our health. Smart training includes not only proper diet and rest, but also proper attitude. Run with joy because you can. Try something new. If you run longer distances take on a few fast 5k races, and vice versa. If you have only run the roads, go off trail. Do whatever it takes to get out, breathe the fresh air, and embrace life. Running takes us on a physical and mental journey every year. This past year we learned there is nothing that can confine that journey. Go out and have a great running year.

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

NEW! Member Mondays and UR TGIFs

We would like your help in our February membership drive!

Through our social media we would like to feature our members on Membership Monday and UR TGIF. Your participation will help our community learn more about you and why the club is important to you. All we need is for you to reply to the following 10 quick questions. If you have a favorite running picture that would be great as well! Please help us spread the word and share with Jen Bachelder at jmbachelder@gmail.com

Name:

Years Running:

Years as a UR Member:

Favorite thing about the club:

Favorite local race:

Favorite all-time race:

Favorite running movie/documentary:

Favorite song to run to:

What you are training for currently:

Favorite running mantra or quote:



UR Diversity, Equity and Inclusion Committee

by Melissa Barlett

Hello from one of the UR's newest committees on Diversity, Equity, and Inclusion (DEI)! We want to tell you a bit about this committee, including our members, purpose, and goals for this year and the future.

The Diversity, Equity, and Inclusion Committee of the Utica Roadrunners seeks to live out our club's purpose of promoting and encouraging running as a sport and healthful exercise and the vision and values of our parent organization, the Road Runners Club of America (RRCA), to serve every community in the US with diversity in the sport and the an enjoyable atmosphere for all.

We want to make sure that running in our community – as a competitive sport, a healthy lifestyle, and a positive, social outlet – is accessible and welcoming to anyone who wishes to take part.

Most of the time, running is one of the easiest sports or exercises to jump into. All that is required is a decent pair of shoes and a safe place to run. However, we recognize that there are still many things that might keep people from running that we do not always think about, and even more that can keep local runners from joining us at UR events. Some of these might include: difficulties getting transportation to the places where runs are happening, both for training and for events, funds for membership and race entry fees, learning about and being able to access and afford the right shoes, clothes, and other running accessories, and concerns about not fitting in, including finding other in the group with similar interests as well as pace times, and there are probably many more that we have not yet considered.

If you have thoughts, questions, or ideas and would like to reach out to the DEI Committee, we welcome your input! Our committee members include Alex Gonzalez, Dave Jones, Michelle Truett, Andrew Rubino, Melissa Barlett, and Jim Mott. You can email Jim at jmott@cvalleycsd.org and he will forward to the group.

To help guide our work, we have considered a few major areas where we can take action over this year:

1

Work towards fostering a sense of respect of what makes each club member unique in our identities, backgrounds, life experiences, and beliefs, and how these add value to us as a club. In our club, we say "a place for every pace" and we want to make sure that place includes other important aspects of us as individuals as well. We are looking into activities and events that help us get to know each other as people and find out about the variety of strengths in our membership and things we may be able to learn from each other.

2

Reach out to communities that are underrepresented in our club membership. UR Club membership is often reliant on people finding us, however, unless we reach out to those that don't find their way to us, we won't know what they need or how we can help them.

3

Remove any unintentional barriers that keep people in our community who want to participate in running from doing so. As noted above, there are things we could help with that would get more people involved with running, and we would like to reach out and see how we can do that.

4

Engage with diverse area youth to introduce them to running. Running is probably one of the best extracurricular activities that youth can participate in, but they may not even know that local run clubs exist or have the means to afford and travel to events. Connecting with local youth helps to build the club for years to come.

TIPS FOR WINTER RUNNING

by Jen Bachelder

It ***IS*** possible to train all year long - all you need is the right gear.

Here are some tips for winter running:



Give yourself a carrot - lure yourself out the door with a reward. Catch up with a friend, you won't leave them waiting.



Wear the right shoes - Goretex uppers will help keep you warm and dry and of course socks that wick away the moisture.



Dress like it's warmer - about 10-20 degrees is a good rule of thumb.



Get lit - tall snowbanks and limited daylight make you harder to see. Wear reflective, bright colors and don't be shy about lighting yourself up like a Christmas tree!!



Warm up pre-run - move around inside enough to get the blood flowing without breaking a sweat.



Out smart the wind - when possible start out running into the wind and finish up with the wind at your back. Also, don't forget to protect exposed skin.



Be flexible about mileage and pace - even if you are training for something don't be afraid to modify workouts when road conditions are not conducive to speed.



Change quickly post run - your core temp drops as soon as you stop running. Changing into dry clothes soon after will help prevent the post run chills.

Black History Month Event



The Utica Roadrunner's DEI Committee

in partnership with



Mohawk Valley Jr. Frontiers



Thursday, February 25, 2021 • 5:30pm on Zoom • FREE

Join us as local students do mini presentations celebrating some of the greatest Black track stars, runners, marathoners, ultra athletes, etc., past and present, who have made strides in their sport through performance, sportsmanship and giving back to their communities and the sport. It will be educational AND inspirational! Zoom link will be sent to those who register.

REGISTER NOW





A boy from the Bronx and a girl from Jersey meet through a running club...

February is the perfect month to share a heartwarming story like this – one where running and love collide!

Katt Grey and Joey Santini met at a Roadrunners Development Run in 2019. Katt had started running to get healthy, to meet new people and to build a community. She met Alex on the Sneaker Store runs and he introduced her to the club. Joey met Scott Neary at Indium, where they both work, and that was his introduction to the Roadrunners. Then came that Wednesday night that would change it all.

Katt says there was something “instant” when she met Joey, but she couldn’t talk to him in person at first. There was something genuine about him. Eventually they started running together and started going to events and runs. They don’t run at the same pace, but would stay together sometimes and at races, would meet at the end.

One of their first official dates was a UR social event at Lukin’s on Varick Street (Katt’s first time on Varick!) and they were “found out” by other Roadrunners.

They moved in together right before the pandemic so not only was it a new living situation, but quarantining

was added in on top of it. COVID didn’t slow them down!

Joey has always been a lover of the outdoors and Katt also loved it, but had a hard time finding others to enjoy it with her. Now she has Joey and they have taken full advantage of all of the great things Upstate New York offers – they love kayaking and camping together on top of running and any other adventure that comes their way.

They had talked about getting engaged. Joey loves that Katt is straight forward and tells you what she thinks - and the plan for the engagement was no exception. She laid out a suggested plan as to “how he needed to do it” which included kayaking out to an island. But in the end, Joey couldn’t wait. This past Christmas Eve, he had his sons over to open gifts and there was one gift left for Katt at the end. In front of the family, he expressed how important she was to

him, how much he loved her and he got down on one knee and proposed.

They plan to get married in July 2022 outdoors (of course!) and have been jumping right into planning. They are looking forward to continuing to run and seeing friends after COVID lifts. They both feel that the Roadrunners is one of those great lifelines, full of positivity and great people that motivate you and keep you on track.





ECarbs: The Good, The Bad, The Reality

by Jeannine Macera

As runners, we are often told to “carb load” or “carb up,” especially in the days leading up to that big race. So why do carbohydrates have a bad rap? With fad diets like Keto and Atkins that promise quick results, we are becoming increasingly exposed to many myths surrounding carbs. First and foremost, not all carbs are created equal.

What are carbs? Without getting into the intricate science, carbs are the main source of energy for our bodies. They provide us with glucose, which is subsequently converted into energy. Failure to consume adequate amounts of carbs will result in a lack of energy, or what we runners refer to as “hitting the wall,” or “bonking”.

Carbs are critical to athletes, and not just because they are the primary energy source. Carbohydrates are the only nutrient that can provide energy for anaerobic activities like sprinting. In addition, carbs are a crucial part of recovery from exercise. If carbohydrate intake adequately meets energy demands and carb stores are replenished after training, then proteins don't need to be converted to carbs, hence, muscle protein is spared. However, if carbohydrate intake is insufficient, our bodies will turn to the breakdown of muscle protein to make up for the carb deficit. Put simply, **adequate carbs in the diet spare muscle tissue**. Let that sink in.

What is adequate carb intake? We already know that sufficient carbohydrate intake is essential for optimal sports performance, so what's reasonable? Daily carb intake should be in the range of 3-12g/kg body weight, or approximately 45-65% of our daily calories. Ultra endurance athletes should be at the higher end of the spectrum, 8-12g/kg per day. (Conversion 1 kg = 2.2 lbs)

Are some carbs unhealthy? Yes. For simplicity, we will put carbs in two categories - healthy (good) carbs, and unhealthy (bad) carbs. Our good carbs are natural, unrefined, and whole foods. They are nutrient-dense and provide us with essential vitamins, minerals, antioxidants (disease-fighting compounds), and fiber, which is necessary for a healthy digestive system. Bad carbs are those that are processed, refined, and filled with additives and preservatives. They provide us with added fat, sugars, and empty calories, most of which are associated with chronic disease and obesity.

Good Carbs

Fruit
Vegetables
Whole Grain (Brown) Rice
Legumes and Beans
Nuts and Seeds
Whole Grain Pasta
Oats
Quinoa

Bad Carbs

Processed breads
White Flour
Processed, Packaged Snacks
Refined Sugars
Cakes
Cookies
Candy
Most Breakfast Cereals

If there's any question as to whether the carb source is good or bad, read the ingredients. Labels can be deceptive and many packaged products labeled as “whole grain” may contain a list of unhealthy additives, sugars, and preservatives. Remember that most whole foods have little to no ingredients!

So runners, let's keep the healthy carbs coming! Those additional grams will help prevent muscle breakdown, delay fatigue, and keep us fueled for those long runs.

UR Upcoming Social Event



Snowshoeing

at Great Swamp Conservancy in Canastota

Join Roadrunners, friends and family for a fun snowshoe hike!

Learn a new sport, see friendly faces, get out of the house and ENJOY the winter! Family-friendly (snowshoe rental available for kids 5+)

Saturday, February 13, 2021

Two Sessions - Limited Space - 9 People Per Group!

10:00am - guided tour

\$6 per person (\$3 if you have your own snowshoes)

11:00am - unguided tour

\$3 per person (Free if you have your own snowshoes)

Great Swamp Conservancy
8375 N. Main Street, Canastota, NY

RSVP to Dani Bliss: dbliss49@gmail.com

Don't forget your mask!

What a Winter!



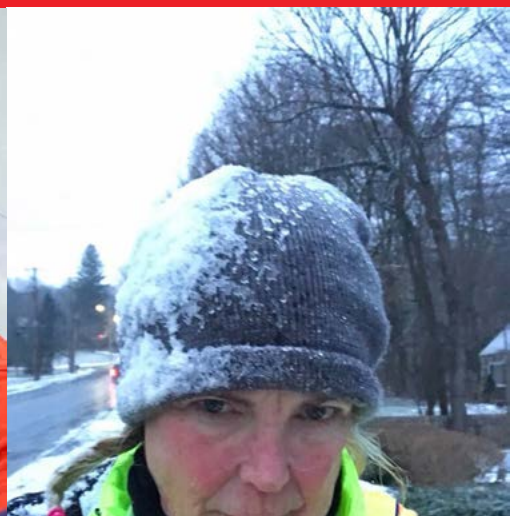
WINTER CROSS TRAINING

Members have been out
enjoying the cold weather
and beautiful terrain of
Upstate New York.

*photos submitted
by Alex Gonzalez*



Member Spotlight



FROM A NEW KNEE

TO 3,500 MILES

Marylisa "M" Nolan is the first member we have featured twice in SpliTimes. [Back in September 2017](#), we introduced you to her in a Q&A write up where we learned about her former surfer life in California, her business Jakes Bakes and her auto immune disease diagnosis.

We had to circle back with her after hearing about her BIG year in 2020.

After taking Prednisolone for many years for her auto immune disease, it resulted in her left knee literally crumbling – we're talking a complete "black space" behind her knee cap and floating bone fragments. She underwent a full knee reconstruction surgery in January 2019 and THAT is where we'd like to start this next story with M...



Member Spotlight (cont.)



At Peak to Brew in 2018, M was running on empty on her left knee. She finished the entire race somehow, but it was excruciating and surgery was inevitable.

She prepped - mentally and physically. She did 100 one legged squats a day to get her ready for every day movement after surgery. She went in to fight. She was determined to write her own story about how this chapter in her life was going to go down.

Her surgery was done by Dr. Jim Scott in Cooperstown. He rebuilt the back of her knee and inserted a rod that goes all the way up to her hip. The surgery took five hours and she woke up feeling fantastic. That night, she was up walking and hanging out with the nurses, she could handle stairs the next day and get this... she was back running within nine weeks and had a full range of motion in six months. Six and a half months after the procedure, she ran the Boilermaker 5K, purposefully cheesing for every news camera along the way, pointing with one hand to her knee and the other hand giving her doctor a thumb's up, hoping he would see her on TV. He saw it alright! :)

Her recovery was one for the record books.

She has done conference calls with physical therapy students working at the hospital in Cooperstown so they can

ask her questions and use her as a study. Her doctor said she did surgery just like you're supposed to - coming in healthy and fit with a positive outlook. It was the perfect recipe for a full, successful rehabilitation.

Fast forward to the beginning of 2020 and M was in the Cayman Islands on vacation, running every day. Shortly after she got back, COVID hit and as with everyone, life came to a halt. M wasn't going to sit around, so she laced up and headed out. At the beginning of the pandemic, there was like no one outside. She got into the habit of waving at the same UPS and Sysco drivers she saw while she was out logging miles. They'd beep back. She'd keep trucking along. Because it was beautiful out and there wasn't a lot pulling her time and attention away, she'd be out there for 10, 12 or even 14 miles at time "lookin' like friggin Forrest Gump out there"! (M's humor is magnificently magnetic!)

She never set out to put in mega miles in 2020. She wasn't keeping great track of it either until she was out on a daily 5:30am run over Hamilton College hill with her friend Kyra Werner and she looked at her Versa. She turned to Kyra and said "Wow... I'm going to hit 3,000 miles on this run today." She had been running with Kyra Monday through Friday, doing the Farmer's Market on Saturdays and logging her long runs on Sundays. The miles just naturally added up. "I was out there every day doing this crazy sh!t" She was



Member Spotlight (cont.)



out there “hurrying for nothing” getting lost in the miles – thinking about her parents, who she lost 12-13 years ago or she would maybe turn up a little Vanilla Ice or other fun music to liven it up. And she was always taking photos and concocting epic projects.

While running up Brimfield Road one day, she thought she should light it up! With help, she gathered up solar lights and put small signs and notes in every mailbox up the street with instructions for the homeowners. Every one of them put the lights out by their mailboxes and it made a lit path of gratitude and celebration for the essential workers on the frontlines fighting COVID-19.

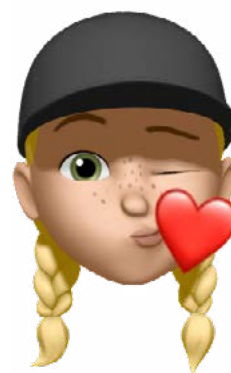
She took part in lots of virtual events in 2020, including the Great Race Across Tennessee – 1,200 miles which she tackled in May, June and July over 113 days. As race director of the Clinton Jingle Jog since 2018, she pulled off an in-person race in December this year and got runners back out in-person on the course with lots of work, waves and care. She finished 2020 having run 3,572 miles.

So what is she choosing to tackle next? No full marathons, that’s for sure. The most she’s ever ran at once is 20 miles and although it sounds funny with the huge total she ran last year, she feels like 26 miles would get boring! She likes that sweet spot of 10-14 miles – just enough for her to feel like she DID something. She does have her eyes on a Half Ironman in 2022 and many more years and miles of not taking herself too seriously!

She is surrounded by a lot of wonderful people in her life – many that run and many that do not. They keep her going and active. We can’t not mention her hysterical, incredible husband of 33 years Joe before we wrap up. M and Joe have been friends since they were five years old and is truly her best friend. They crack each other up, but Joe will also “crack the whip” when needed during races, especially tris where she’s coming out of the water to transition and he’ll be tapping his watch nudging her on. When she stopped to give him a kiss during the Boilermaker, while he appreciated it, he also told her that she better “get moving!” He is her total support.

M can teach us all a lot through her experience – above all, how toughness, fitness, humor and positivity make for a powerful mix that can knock down any barrier in your way.

The final parting words to share from her interview sum it all up: “You have a choice to make. Choose better.” ■



AWESOME STUFF

Empire State Trail Celebrates Connecting 750 Miles



New York has finished work on the final connections for the Empire State Trail, a 750-mile collection of new and existing paths that will allow for direct hiking or biking from New York City to the Canadian border and Albany to Buffalo. The path passes through 26 counties.

[READ MORE](#)

Great Books for Runners!



The list includes six books by female runners. Pick out your next read to get you motivated through the rest of winter!

[READ MORE](#)

Strava's Year in Sport

Spoiler: we ran a whole LOT in 2020



Check out what Strava data tells us about running as a whole during COVID

[READ MORE](#)

UR Member Benefits

A special offer to URR members from
Andrew and Jamie of



Plant-based, vegan, soy free and gluten friendly.
BOOM! Energy Bars provide a carefully crafted balance
of organic calorie sources and organic energy.

**SAVE 20% ON YOUR FIRST
ORDER OF \$25 OR MORE**

**SPECIAL CODE FOR UR MEMBERS
THROUGH MARCH 1ST**

URR20

This code is only for URR!



UR MEMBER
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MEMBERSHIP



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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)

☐ March 2021

☐ April 2021

☐ May 2021

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

☐ Yes ☐ No

Total included: \$ _____