

splitimes

The Official Newsletter of the Utica Roadrunners

April 2021



A Special Roadrunners Evening
with

Kathrine Switzer



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April
2021
Utica Roadrunners
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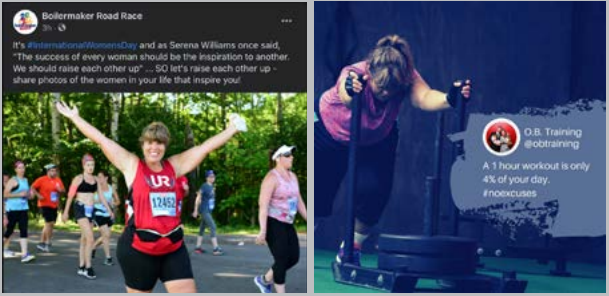
If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett • michelle@484design.com

Useful Links:

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



Hey, We Know Her!

Karen Piccola was featured in two ads/posts on Facebook in March – The Boilermaker's page for a International Women's Day post and O.B. Training's page for a "4% of Your Day" post to encourage putting in the hard work!



Go, Gary!

Gary Burak ran his first live race of the season – the Electric City 5 Miler



President's Message

by Jim Mott



“ Everybody comes to a point in their life when they want to quit. But it is what you do at that moment that determines who you are.”

– DAVID GOGGINS

Runners:

April is here and the good weather has already paid us a visit! Things continue to look optimistic for a better year as our events calendar is taking shape and we are ready to have some LIVE events! This month's quote comes from one of my favorite athletes. He is advertised as the hardest man alive. He is a former Navy Seal who has what is called the Goggins Challenge. Over a 48 hour period you have to run four miles every four hours. It is held in March and has quite a following. I can tell you that the FIVE after FIVE Fiesta Committee is already planning a challenge of their own. Stay tuned.

The quote also relates to us all as runners and as people. As most of you know, Phyllis Spohn Bates is in the battle of her life and there is no quit in her. She is now at Strong Memorial Hospital fighting AML (acute myeloid leukemia) in hopes of getting a bone marrow transplant. We are forming a UR Army to support Phyllis as we are #PHYLLISSTRONG. Today kicks off our **Second Scavenger Hunt** and we are raising money to support Phyllis through the financial hardship that something like this brings with it. So far the Army has well over 100 people but we are looking for more recruits! You can register for the Scavenger Hunt throughout the month but if you want a shirt you must register soon. A big thank you to Rebecca Aceto Purcell, Alex Gonzalez, Melissa Barlett and Jen Bachelder for all their work on this event.

We have many other things in store for you coming up. We continue our **Virtual Speaker Series** as we have had the opportunity already to hear from local legends Stephen Paddock and Dale Seaton. Last month Dale spoke on a variety of topics including a tour of what he calls The Pain Cave! Dale takes training to a whole new level in The Pain Cave! A big thank you to Rick Gloo and Michelle Truett for their work with our Speaker Series. For April we have BIG NEWS! We have the honor and privilege to hear from running legend **Kathrine Switzer!** Kathrine, who went to Syracuse University, is known for being the first woman to run the Boston Marathon in 1967 even after the race committee tried to drag her off the course. It is what she has done then with her platform that makes her one of the most important runners the world has ever known, Kathrine will speak to us from New Zealand on Wednesday, April 28th at 6pm. The event is FREE. Yes, you heard it right. It is FREE to all UR members. We are working in partnership with The Sneaker Store who will have some great deals and offers throughout the month to help support the event!

What are the four pictures you may wonder that accompany my message this month? Glad you asked! As we try to prepare for our race season this year, I wanted to see what other clubs and other cities are doing to be able to hold LIVE races safely and successfully. I ran in four races this month – four different distances in three cities in our state. I first traveled to Buffalo for Our First Ward Shamrock 8k Run in Buffalo. The next week I went to Schenectady for the first ever Electric City Five Mile Race. The following week was The Lake Effect Half and Quarter Marathon in Minoa and the final race was back to Schenectady for The Run For Your Life Firefighters 5k. All the races shared their own version of staggered starts. The runs were in a controlled area where there were multiple loops or laps. Runners wore their masks and gaiters until they were able to be socially distant and pre and post race activities looked much different from what we once knew.



PRESIDENT'S MESSAGE (CONT.)

What was encouraging was that it can be done. This is the information that will help us as we prepare for our races which starts with The Summer Sizzle on June 20th. The race is now a part of the USATF Adirondack Grand Prix and it will bring in a lot of fast runners! A preview of the great shirts and age group awards are included in this newsletter.

What else do we have planned? Read on in this wonderful newsletter!

Tim and Joan Kane are working hard on making our **Boilermaker Training Program** happen starting this month. Ashley Mancini is getting her group together to bring back the **Development Runs** in late May. We have a full committee that has been working on our **banquet** which will happen at The Whitestown Vets on May 22nd. There is this and so much more including our **Grand Prix Racing Series** which will include our **Stephen Siller Tunnel to Towers 5k** that Phil Tryczinski and Alex Gonzlaez have been working on making a reality on August 22nd. And don't forget the virtual **Run For Bee** in May!

A reminder that if you would like anything brought up at our monthly board meetings please send me a quick message to my email at jmott@cvalley.csd.org.

Thank you all for your support and your generous donations as we begin The Scavenger Hunt today! Happy hunting and I hope to see you on the roads soon!

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.



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

LEARN MORE

Save The Date



August 22, 2021

A Special Roadrunners Evening *with* Kathrine Switzer

The Utica Roadrunners proudly presents the wonderful opportunity to listen and participate in a Virtual Evening with running legend Kathrine Switzer. Join us to hear Kathrine's story of triumph and inspiration to the running community and beyond.



Wednesday April 28 • 6pm

FREE for UR Members

REGISTER NOW

\$25 for Non-Members

Get a UR membership with your fee!

Switzer is a pivotal figure in women's sports history, as well as the women's Olympic movement and the global history of running. She captivates audiences of both sexes with her often rollicking and always moving talks on the history of women in sports and in particular the tremendous social and cultural change that has occurred through the women's sports movement. She is a visionary and offers up her thought-provoking glimpses of the future for all audiences. Switzer is the author of *Running and Walking for Women Over 40* and co-author of *26.2 Marathon Stories*. She is the founder of 261 Fearless, a non-profit that empowers and connects women around the world through running. An Emmy-winning television commentator, she lives and runs in New York and New Zealand.

It is the perfect time to join or renew as all of our 2021 events are about to kick off! UR members sign up and you will see the 100 percent discount kick in as you check out with your registration! We are planning on partnering with The Sneaker Store for some wonderful deals, gift cards and prizes!

The April Virtual Scavenger Hunt

All Month!
April 1-30, 2021



REGISTER NOW

You can also register as part of
the [4 Race Challenge Bundle](#)



**Are you looking for something to do while
keeping your “social distance”?**

Have you ever participated in a scavenger hunt?

Looking for something fun, while keeping your kids active?

Did you have fun in our Scavenger Hunt last year?

**Were you hoping the Scavenger Hunt would
return better than ever in 2021?**

***If you answered yes to any of those, the
Utica Roadrunners has just the thing for you.***

We are looking to keep our members and their families active and support our local community! This is a fun challenge. This event will officially start on April 1st, 2021 and run the entire month.

All proceeds will be going to a very special member of our club and running community. Phyllis Spohn Bates has a smile that can light up a room and a fun personality that quickly captured our hearts. She made the best of 2020, running her first 1,000 mile year as well as earning all her volunteer points. Phyllis was recently diagnosed with AML Leukemia and is now in the fight of her life. We could not be more honored to donate the proceeds of our April Scavenger Hunt to her directly. Please consider registering for this event knowing you are making a difference.

The cost to participate is \$10. That fee allows you to be a part of the Scavenger Hunt and be eligible for prizes throughout the month. For \$25 you will also get a performance long sleeve shirt and an opportunity to be part of a drawing we will have at the end of the event. Please consider donating no matter what you choose.

How It Works

Visit the Utica Roadrunners Facebook page and join the “event” (UR Social Distance Scavenger Hunt). The list of scavenger hunt items will be posted in the event page on April 1st. Take a pic of each item that you find on your daily run and/or walk and post them on the Event page. If you do not have Facebook, you can email them to Rebecca Purcell at rebapurcell1321@yahoo.com. This is a running/walking (bike, scooter, etc. for KIDS ONLY) event. NO CARS! Please track on Garmin or Strava or any running app (verification may be required).

Prizes will be awards to participants at the end of the challenge for certain categories (most items, most unusual, etc.)

Scavenger Hunt List

April 1-30, 2021

- ☐ 1) Selfie with a local "celebrity"
- ☐ 2) Coolest patterned mask in an outdoor setting
- ☐ 3) Your running shoe twin (pic must include both pairs of shoes on feet)
- ☐ 4) A vaccine distribution site (does not have to be active, does have to have signage)
- ☐ 5) "Street Art"
- ☐ 6) Unique front door
- ☐ 7) Dog in a sweater (can't be yours!)
- ☐ 8) A run that spells a letter/word/ picture on the map (PG please!)
- ☐ 9) A green house
- ☐ 10) Farm equipment (large)
- ☐ 11) "Thanks Essential Workers" sign
- ☐ 12) A musical instrument
- ☐ 13) Evidence that you picked up 5 pieces of trash and threw them away
- ☐ 14) Leave a positive message using rocks/sticks/leaves somewhere
- ☐ 15) Something reminiscent of a nursery rhyme (Be sure to tell us which rhyme!)
- ☐ 16) Wreath
- ☐ 17) Your favorite historic building
- ☐ 18) Produce stand
- ☐ 19) Blue shutters around a window
- ☐ 20) A house you would love to live in
- ☐ 21) Hidden driveway sign
- ☐ 22) Orange car
- ☐ 23) Pine cone
- ☐ 24) Wildflowers
- ☐ 25) A hole in a tree
- ☐ 26) Reflection in water
- ☐ 27) A wild animal
- ☐ 28) A clock
- ☐ 29) A bell
- ☐ 30) Yellow running shoes
- ☐ 31) Classic car or truck (at least 30 years old)
- ☐ 32) A historical site
- ☐ 33) Your favorite post-run meal (encouraged to tag local restaurants!)
- ☐ 34) Selfie with a farm animal
- ☐ 35) Unique garden decoration
- ☐ 36) Unique Mailbox
- ☐ 37) Out of state license plate
- ☐ 38) Pink Flamingo
- ☐ 39) Caution tape
- ☐ 40) A street sign named for something from nature
- ☐ 41) Animal crossing sign
- ☐ 42) Water fountain
- ☐ 43) Train
- ☐ 44) Golf Course
- ☐ 45) Trash can
- ☐ 46) Holiday decoration
- ☐ 47) Something with the number 21
- ☐ 48) Bobcat (construction equipment)
- ☐ 49) Emergency Vehicle (Police Car, Fire Truck, Ambulance)
- ☐ 50) Construction Zone Sign
- ☐ 51) Motorcycle
- ☐ 52) Green house
- ☐ 53) Statue (person)
- ☐ 54) UR Boilermaker sign Mile Marker
- ☐ 55) Running related store (Ex: The Sneaker Store)
- ☐ 56) Zoo sign
- ☐ 57) A Brewery
- ☐ 58) Outdoor fitness equipment
- ☐ 59) Boilermaker (or your favorite local run) Start Line
- ☐ 60) Boilermaker (or your favorite local run) Finish Line
- ☐ 61) Animal tracks
- ☐ 62) Coffee Shop
- ☐ 63) Dedication Plaque
- ☐ 64) Large Household Item (sink, fridge, etc.)
- ☐ 65) Car part
- ☐ 66) Realtor sign
- ☐ 67) An Eagle
- ☐ 68) The letter of your first name on a sign or wall
- ☐ 69) NY State Flag
- ☐ 70) City Skyline
- ☐ 71) Wagon Wheel
- ☐ 72) Something that starts with the letter "J" (cannot be a house)
- ☐ 73) Wear red/black for AML (acute myeloid leukemia)
- ☐ 74) A message/sign of support for Phyllis
- ☐ 75) Your favorite locally owned business (tagging encouraged!)
- ☐ 76) A mini free library
- ☐ 77) Your favorite local non-profit (tagging encouraged!)
- ☐ 78) The answer to the riddle: What runs all around a backyard, yet never moves?
- ☐ 79) The answer to the riddle: I have branches, but no fruit, trunk or leaves.
- ☐ 80) The answer to the riddle: What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

Upcoming Virtual Event



**May 5 -
May 20th
2021**

REGISTER NOW

***Your Choose
Your Challenge!***

- Run a 5k every day
- Run five miles every day
- Run a combination of
both a 5k or 5 miles
- Run 50 miles from May 6-20
- Run 50k from May 6-20

**The Utica Roadrunners are bringing
back the FIVE after FIVE challenge!**

Has it already been a year?!

**Are you ready to be motivated once
again by our Fiesta Committee?**

Registration for this individual event is now at a very low rate! Don't wait to register as the price will increase on April 2nd! We have great swag, lots of prizes to give away and many other new things to look forward to!

Member Accomplishments

Congratulations to Our Members Who Ran the Lake Effect Half!



Summer Sizzle 5-Miler



Our first live event of the year!
June 20, 2021 • Proctor Park

REGISTER NOW

We will be following all city, state, and federal guidelines to hold a safe race for all our participants. We will also be offering a Virtual and VirtuReal option for runners who would prefer to do the 5 mile distance on their own. In the event we are not able to hold our event, we will transfer all entrants into a Virtual category. There will be no refunds or deferrals into 2022. The Summer Sizzle has a long-standing tradition of being a family event. To celebrate Father's Day we will have multiple divisions for families to compete in for special awards and prizes.

2021 Student Scholarships

Deadline to Apply:
Friday, May 21, 2021

Do you know of any graduating high school seniors with a running background?

The Utica Roadrunners are pleased to announce that they will be continuing the tradition of awarding graduating seniors with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

The \$500 scholarships are a one-time award to be used for tuition, fees, or residential costs at an accredited college or university. Runners who have received a full ride scholarship are not eligible for these scholarships.

For more information and application, please go to <http://uticaroadrunners.org/about/scholarships/>



Macros – A Healthy Balance

by Jeannine Macera

In March we discussed daily energy needs. This month, we'll break it down further and talk about macronutrient requirements. Macronutrients (macros) are carbohydrates, proteins, and fats. They have caloric value, therefore we have a large daily need for them. Our macro requirements depend on a few factors; body weight, total energy needs, and activity level are key among them. Because each macro has a unique role and different nutrients, eliminating or restricting any will likely result in unfavorable health conditions. Let's begin with carbohydrates.

Carbohydrates are our body's preferred energy source. They provide us with quick energy (glucose), and an energy reserve (stored as glycogen in the muscles and liver and later broken down to glucose). Carbohydrates supply us with fiber, which is essential for digestive health. Fiber slows down the absorption of glucose, provides us with bulk and satiety, and has been associated with a lower risk of type 2 diabetes, heart disease, and some cancers. Healthy sources of carbohydrates are fruits, vegetables, legumes, whole grains, oats, sweet potatoes, and quinoa.

Percentage-wise, 45-65% of our daily calories should come from carbs. More specifically, we should consume 3-12 grams per kg of body weight. This is a large range and dependent upon activity level (see chart to the right). For example, an individual weighing 150lbs (68kg) should consume anywhere from 204-816 grams of carbohydrates daily ($68 \times 3 = 204$, $68 \times 12 = 816$).

Daily Carbohydrate Intake Recommendations

| Type of training | Training duration (hours/day) | Daily carbohydrate intake range (g/kg) |
|---|-------------------------------|--|
| Low intensity or skill-based activities | < 1.0 | 3-5 |
| Moderate training | ~1.0 | 5-7 |
| High volume training | 1.0-3.0 | 6-10 |
| Extreme commitment | > 4.0-5.0 | 8-12 |

Protein is necessary for the growth, repair, and maintenance of our body tissues. On average, protein consumption should be about 10-35% of our daily calories. The recommended range for daily protein consumption for the general public is .8 grams per kg of body weight, whereas the recommended daily range for athletes is 1.2-2.0 grams per kg body weight (see chart below). A 150 lb (68kg) individual with a sedentary/lightly active lifestyle should consume about 54 grams of protein daily ($68 \times .8 = 54$). Some good protein sources include nuts, seeds, legumes, soybeans, and peas.

Daily Protein Recommendations

| Type of athlete | Daily grams of protein/kilogram body weight | Percentage of total calories contributed by protein |
|-----------------------|---|---|
| Sedentary individuals | 0.8 g/kg | 10-20% |
| Athletes | 1.2-2.0 g/kg | 15-35% |
| Injured Athletes | ≥ 2.0 g/kg | 25-35% |

UR Health & Wellness Series (cont.)

Fats provide us with essential fatty acids. They assist in the transport and absorption of fat-soluble vitamins. In addition, we rely on fats as an energy source during rest or light activity. The recommended daily fat consumption is calculated by percentage. The AMDR (Acceptable Macronutrient Distribution Range) for fats is 20-35% of total energy for adults. Ideally, we should eat unsaturated fats and limit our saturated fat consumption to less than 10% daily.

Fats provide 9 calories per gram. Using an example of 2,000 cal/day diet and a daily intake of 50 grams of fat : $(9 \times 50 = 450 / 2000 = .22)$ or 22%, which falls within the recommended range. Healthy fats include nuts, nut butters, seeds, avocado, olives, and olive oil.

We should strive to hit our macro goals, but shouldn't stress if we end up above or below our goals on a particular day. Allowing some flexibility is important, because there are times when our bodies may require more or less of a certain macro. Carb loading days before a long run is a good example of this.

Wondering if your macros are balanced and not sure where to begin? Free online apps such as MyFitnessPal can help get you started.

*Fink, Heather H. MS, RD, CSSD and Mikesky, Alan E. PhD, FACSM. *Practical Applications in Sports Nutrition*. 5th ed. Burlington, MA: Jones & Bartlett Learning; c2018. Ch.3, Carbohydrates p.68-69; Ch. 4, Fats. p.101; Ch.5, Proteins p.124.

Boilermaker Training Program

It will start mid-April (6 months before race day) and will be led by

Tim Kane, Joan Kane, Josh Belisle and Karen McDaniel

RRCA Certified coaches who have dozens of Boilermaker finishes and hundreds of races completed.

There will be 3 programs:

Finish 5K • Finish 15K • Run a Better 15K

Watch the UR website and social media pages for details!

PLEASE JOIN US FOR THE UTICA ROADRUNNERS ANNUAL AWARDS BANQUET

Saturday, May 22nd, 2-6 PM

Whitestown Vet's Club – 174 Whitesboro St. Yorkville



Picnic Style Buffet * Awards * Door Prizes
Entertainment by our resident DJ Ryan Misencik
****Wear your red jacket to be entered into a special drawing****

Please RSVP by sending \$18 per person by April 30th to:

Jennifer Bachelder
30 Imperial Drive, New Hartford, NY 13413
Check Payable to: Utica Roadrunners
or

<https://runsignup.com/Race/NY/Yorkville/UticaRoadrunnersAnnualAwardsBanquet>

Utica Roadrunners Inc
@UticaRoadrunners-Inc



venmo

Questions please contact Jen at (315)796-3545 or jmbachelder@gmail.com

The venue itself is an outdoor pavilion with garage doors on the sides that we plan to keep largely open. There are outdoor restrooms located in a separate building across the parking lot from the pavilion. We will provide hand sanitizer at tables as well as disinfecting wipes for your convenience and peace of mind.

Due to capacity restrictions in place because of Covid-19, we ask that you limit your registration to member plus one guest. If due to unforeseen circumstances there are reduced capacity restrictions we will limit the registration list based on the order of RSVP. We would of course issue you a refund if this were to happen.

Heart Rate Monitor Training

by Terry Dwyer



Have you ever run so hard that when you stopped you felt like your heart was going to explode through your chest and your lungs were like two billowing sails on a racing schooner? It feels great, doesn't it? A sure sign you are alive and active. I had a few of those moments this past winter when I'd incorporate a dozen 200-300-

meter sprint intervals into my snowshoe treks along local hiking paths. The sprint intervals amped up an already physically taxing workout. Anyone who has snowshoed knows exactly what I am talking about. Snowshoeing re-acquaints you with certain muscles, especially those taken for granted hip flexors.

The winter snowshoe sprints reminded me of two things. One was the amazing internal engine that fuels the body for this type of outdoor activity. Our bodies are reliant on the nutrients consumed and the efficiency with which it is processed to ignite our energy systems. It is truly wondrous when you think about it. We have been primordially designed and separated from most other mammals in our ability to travel quickly on foot over long distances. When we run far, we are fulfilling the purpose of our body's design.

The other recollection was of when I undertook heart rate monitor (HRM) training a few years back while prepping for the NYC Marathon. This was naturally brought on by the rapidity of my heart's beating and a desire to know the rate. However, I did not dare take off my gloves at the time to check my pulse. What I did recall though was how the use of a heart rate monitor made me more aware of my training efforts.

I have always been a "run by feel" type. I am not into gadgets other than my trusty Timex Ironman watch. But some reading on the

subject, as well as a few coaching seminars, piqued my interest and curiosity. I gave heart rate monitor training a try and decided to devote one marathon to its use. Since there are plenty of excellent articles online, I will not delve into the basics of HRM training, but I will provide my impressions from the experience. First, I found it to be a fun way to train and it provided me with some important feedback on my sessions. Second, even though I already had a well-developed sense of pacing, it was not as "dialed in" as I thought. Use of the heart rate monitor told me when what I felt was an easy training pace was still too fast under the circumstances. Experienced long distance coaching icons from Lydiard to Daniels have instructed their runners that slow running days are as important as up tempo runs. The problem many of us amateur runners encounter in our self-guided training is that we run too fast on the slow days. Use of a heart rate monitor helped me to throttle back the pace when my heart rate began to move outside the acceptable limit. The end result on race day was a feeling of not being over trained that led to a second-best overall marathon time. If you are interested in HRM training, the links below are to a few good articles on the subject. HRM training will not be suited for everyone, and like anything it will take getting used to, but if properly utilized heart rate monitoring can benefit your running.

<https://www.runnersworld.com/uk/training/beginners/a760176/heart-rate-training-the-basics/>

<https://www.runnersworld.com/beginner/a20812270/should-i-do-heart-rate-training/>

<https://trailrunnermag.com/training/heart-rate-training-101.html>

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

Grand Prix

It's Back!



THE RACES

Fort to Fort 10k – 4/11/21
Summer Sizzle - 6/20/21
Honor America Days - TBD*
Save Our Switchbacks – 8/15/21
Woodsmen 10k – TBD*
Tunnel to Towers, Utica – 8/22/21
Falling Leaves 14k – 9/26/21
Boilermaker 15k – 10/10/21
Skeleton Run – 10/17/21
Mad Mile – TBD*
Erie Canal Half – TBD*

The Grand Prix series of races is a friendly competition among all members in good standing as of one day prior to the first race of the series. Members are automatically eligible, and points are received per race order of finish in five-year age groups, with one's age as of October 31, 2021, determining age group for the season. The best 6 performances among the 11 designated races will determine the standings for the awards, with a minimum of 3 races required to be eligible for an award.

- Must complete at least 3 events to qualify for Grand Prix Awards
- Highest 6 races to count towards your Grand Prix Awards

SCORING

1st place – 12 points
2nd place – 10 points
3rd place – 8 points
4th place – 7 points
5th place – 6 points
6th place – 5 points
7th place – 4 points
8th place – 3 points
9th place – 2 points
10th place – 1 point
11th place & higher – no points

AGE GROUPS

Based on age as of 10/31/2021

There will be 13 age groups

Male & Female:

| | |
|----------|-----------|
| 0 to 14 | 40 to 44 |
| 15 to 19 | 45 to 49 |
| 20 to 24 | 50 to 54 |
| 25 to 29 | 55 to 59 |
| 30 to 34 | 60 to 64 |
| 35 to 39 | 65 to 69 |
| | 70 & Over |

A FUN CHALLENGE WITH YOUR FAVORITE LOCAL RACES

Please note: *The event list is incomplete at this time but will be continually updated as Race Directors commit to dates for their races.

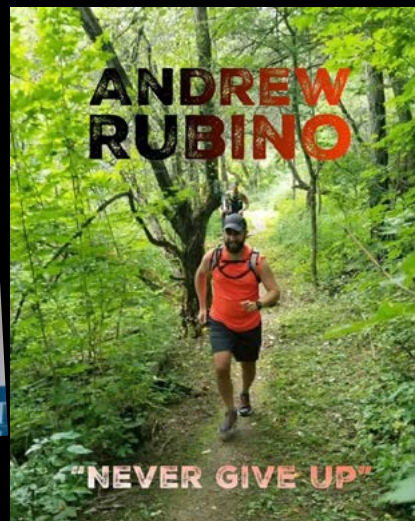
To be considered for a Grand Prix award you must run these events in-person, no virtual entries will be considered.

#MemberMonday #FeatureFriday

Every Monday and Friday on the UR Facebook page, we are featuring our members so you can get to know them better! We are also sharing the first month of them here in SPliTImes.



UTICA ROADRUNNERS



If you would like to be featured, please answer the questions below and email them, along with a picture, to jmbachelder@gmail.com.
If you know someone who would be great to feature (but they may be shy!) please send their name and contact information to Jen.

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:

Meet Our Members

Gary & Felicia Burak



They almost need no introduction, they are a couple of the club's longest members. Gary has run around the world more than twice now – 50,000 miles lifetime! Need proof?? He'll show you his famous running logs. Felicia is more than just a "trustworthy sidekick", while she of course supports all of Gary's crazy ventures she is a runner herself and after years of volunteering at club functions she racked up enough miles in 2020 to earn her red jacket.

Years running: Gary - 32, Felicia - 30

Years as a UR member: Gary - 32, Felicia - 30

Favorite Local Race: Gary - Falling Leaves, Felicia - Fort to Fort 10K

Favorite All-Time Race:

Gary - Boston Marathon, Felicia - Boston BAA 1/2 Marathon

Favorite Running Movie:

Gary - Prefontaine, Felicia - Brittany Runs A Marathon

Favorite Quote/Mantra:

Gary - "I want to run until I can't run" Bill Rodgers

Felicia - "Keep Moving"

Favorite Running Song:

Gary - Right Now by Van Halen, Felicia - anything by Pat Benata

Currently Training For: Gary - Druthers Helderberg to Hudson 1/2 Marathon in April then the Syracuse 1/2 which is also the USATF Masters National Championship 1/2. Felicia - I'm running a 5K the day before Gary's 1/2 in April so I guess I'm training for that.

Favorite thing about the club:

Same from both of us, It's the the People. We made so many new friends and we love all the energy and excitement they have.

Phyllis Spohn-Bates



With a smile that can light up a room and a fun personality Phyllis Spohn Bates quickly captured our hearts. She made the best of 2020, running her first 1,000 mile year as well as earning all her volunteer points. Phyllis was recently diagnosed with AML Leukemia and is now in the fight of her life. We could not be more honored to donate the proceeds of our April Scavenger Hunt to her directly.

Years running: One

Favorite thing about the club: the challenges that provided me the opportunity to earn my 1000 miles.

Favorite local race: Falling Leaves

Favorite all time race: Freihofer's Run for Women

Favorite running movie: Brittany Runs a Marathon

Favorite song to run to: The Greatest by Sia, This is Me by Keala Smith, and Girl on Fire by Alicia Keys

What are you training for currently: my race against Leukemia

Favorite running mantra or quote: You've Got This

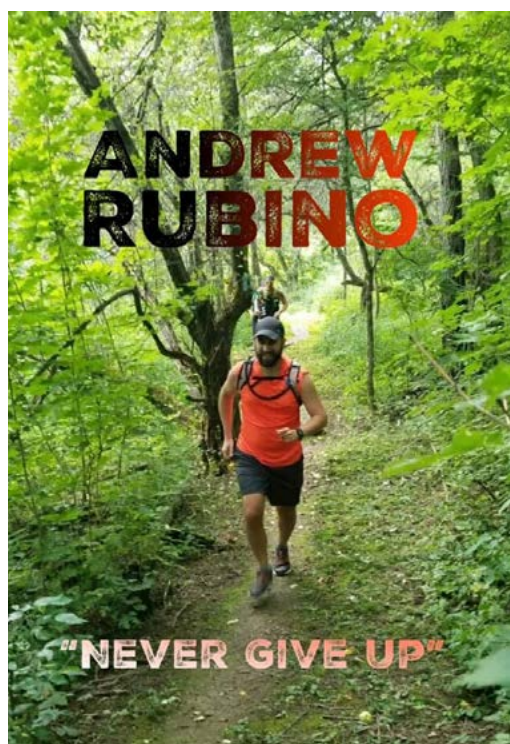
Thank you for reading, for your support and prayers. Help us all be #PhyllisStrong in April!

#knowAML

#PhyllisStrong

#scavengerhunt

Meet Our Members



Andrew Rubino

Andrew has grown so much as a runner just in the past year. He thrives when he steps ever so slightly outside his comfort zone and looks forward to some BIG ultra endurance races this year. He recently took on the role of VP of Activities & Events for the Club and is excited to bring his energy into everything he does this year.

Years running: Irregularly since 2006

Years as a UR member : Joined 2018

Favorite thing about the club: I never knew how much I truly loved running before joining the Club. The motivation, inspiration, and connections I've gained from the community has pushed me further than I ever thought I could go.

Favorite local race: Falling Leaves

Favorite all time race: Virtual Table Rock Challenge.

Favorite running movie documentary: Forrest Gump

Favorite song to run to: Where the Streets Have No Name - U2. But I really prefer the conversations with friends or listening to the sounds of the city or nature.

What are you currently training for: Lake Effect Half, English Ridge Rumble 50k, Rock the Ridge 50 miler.

Running mantra or quote: "It's just one mile 26 times"; "Never Give Up."

Member Benefits



\$100/YEAR
MEMBERSHIP

Carbone Athletics at
the fitness mill

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



\$50/YEAR
TRACK
MEMBERSHIP



5241 Judd Rd, Whitesboro, NY 13492

The 4 Race Challenge Registration is OPEN!



All Four Race Challenge participants get a **custom shirt** and a **one-of-a-kind medal** as well as getting all the great swag from each event they register for!

Get locked into races at their lowest rates and register for our LIVE events *before* they open up for their individual registration dates.
\$100 for 4 events of your choice, \$125 for five or all six for \$150

SIGN UP TODAY

Those who deferred their 2020 registration, please check your email for a one time only code, which will cover the cost of your first four races and any processing fees. Also for those who purchased a Four Race Challenge hoodie - your order is still good and there is no need to order again.



The April Virtual Scavenger Hunt

April 1-30

Individual Registration
is now open



The FIVE after FIVE Virtual Challenge

May 6-20

Individual Registration
is now open

The Summer Sizzle 5 Mile

Sunday, June 20, 2021

Individual Registration
opens April 1

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

We, of course, will be taking all safety measures for all of our live events and will be offering virtual options for those who choose not to attend in person.
We also will be abiding by all city, state, and federal guidelines as they are told to us.

Meet Our Members

Jessica Ott



Jess is a 2020 Red Jacket recipient - running over 1000 miles for the first time - (1,332 to be exact)! Everything she does, she does with heart and her smile lights up any room.

Years Running: 4 years, only because a friend told me that I was running a 5k, no ifs, ands, or butts and it's stuck with me.

Years as a UR member: just over a year.

Favorite thing about the club: the camaraderie and the support of the other members I've gained.

Favorite local race: Erie Canal Half & 5k- running into the Aud for the finish is awesome and amazing. First time running the 5k was in a downpour from the start to finish.

Favorite all-time race: It's A Wonderful Run 5k, it's so amazing to run with 5000+ people and just have fun running through "Bedford Falls" in the snow.

Favorite running movie/documentary: Run, Fatboy, Run, because I relate to the Simon Pegg's character on people doubting that he could finish the race.

Favorite song to run to: Anything with a good beat is going to get me rocking away, just too many to pick from my running playlist and it varies from rock to pop to rap to country, shuffle keeps me surprised.

What you are training for currently: under the guidance of Coach Karen at The Sneaker Store, I have several races I've got planned to train for: Freihofer's Run for Women, Mountain Goat Run, 18.12 challenge (I'm hoping it's still on this year), planning on Syracuse Half this year as well.

Favorite running mantra or quote: Progress Over Perfection.

I have it on my ID band for my Garmin, it's there to remind me that not all runs are perfect and the progress to becoming a better runner in my own way.

Photo is from the 2020 E-Race Half, first in-person half I got to complete even tho I did 2 virtual halves early in 2020. Never thought I would ever do a half marathon when I started running in 2017. I was comfortable just running 4 miles just for Tipp Hill but after doing the Burn Run 15k, it was the kick in the pants to get me out of my comfort zone in 2020 to do a half marathon and boy did it. I didn't let 2020 hold me back from reaching my goals. And don't let the naysayers say you can't!

Ryan Misencik



It's our favorite in house DJ! Ryan is a 12-time marathoner and a 3-time Ironman. He is an aspiring ADK 46er - a goal he hopes to accomplish by this fall. You may have seen him behind the mic at our Annual Awards Banquet. He brings the fun and seems to know everyone - wherever he goes!

Years Running: 31 **Years as Utica Roadrunner:** he's lost track

Favorite thing about the Club: the friends he has made, mutual support amongst friends and being like a big extended family.

Local Race: Boilermaker 15k

All Time Race: MCM Marathon

Favorite Running movie: McFarland USA

Favorite Song: Coldplay - Every Teardrop is a Waterfall

Training for: Life! His marathon in April was recently canceled.

Running Quote: a short run is better than no run at all, hills are just inverted declines, If it doesn't challenge you, it won't change you." – Fred DeVito

Thank you!



A big thank you to Dale Seaton for a wonderful April Speaker Series and tour of "The Pain Den"! Miss it live? Watch it [on YouTube!](#)



President's Picks *by Jim Mott*



I am constantly seeking movies, documentaries, and books on running. I would like to recommend a few things I recently came across that some of you may find interesting.

The first thing I have for you comes from Beau Miles in **"One Mile an Hour-Running a Different Kind of Marathon"**. This short film documents 24 hours in the day of Beau running one mile every hour for 24 hours around "the block" where he lives. The concept was to run one mile every hour and in the time between each mile, do something around the house that is productive or creative. It is something I may try some day!

[WATCH NOW](#)



The second thing is a book from one of my favorite runners **Dean Karnazes**. Dean is a great writer and usually dictates his books and "writes" as he runs. This book is coming out soon and I can't wait to add it to my collection! **[LEARN MORE](#)**

Lastly, I found this documentary to be very inspiring. It is the story of family and friendship as a runner attempts his first 100 miler at **The Cascade Crest 100**. The runner is Ethan Newberry, who calls himself The Ginger Runner. The run takes place in Washington State and I believe it is certainly worth your time!

[WATCH NOW](#)

I hope you enjoy any of the aforementioned suggestions and I certainly would love to hear from you and some recommendations you have for me!

Upcoming Virtual Race



VIRTUAL, APRIL 24 - MAY 2, 2021

To raise awareness of social health and wellness in adolescents and young adults

Choose a course of your liking near your home, a track, or your treadmill.

A VirtuReal course will be set up at the Utica Switchbacks with signs to make the event interactive as we raise awareness. A memorial will take place on **May 1st at 12pm** at the Utica Switchbacks in memory of Bianca and teens we have lost to suicide.

SIGN UP TODAY

And learn more about their teen video contest

Shirt Pick Up

Each participant will receive a custom performance t-shirt available for pick up at the Sneaker Store on April 23, 2021 from 4-6pm

Post and Share

Post results on social media, tagging Bee Rose Foundation and the organizers encourage you to share why you ran and why you support the cause.



Bee Rose Foundation was founded in memory of Bianca Rose Capri Palek, who was lost to suicide on May 15, 2017 at just 15 years old.

The foundation wants to assist all who have been impacted by mental health conditions such as teen suicide, anxiety, depression, bullying, and other social health factors. Their goal is to implement educational programs in our school systems and other markets that have a target/focus on youth mental health.

To Benefit



All race proceeds will help Bee Rose Foundation advance their mission, fund offerings, and provide funding for scholarships.

2020 Award Nominations



We have locked in a date for our Annual Awards Banquet. It will be held on May 22, 2021 at the Whitestown Vets Club from 2-6pm. In the coming days/weeks we will finalize our plans and fill you in on all the details. In the meantime, we need your help. We will be giving out some awards for both volunteer service as well as running merit. While 2020 was anything but “traditional” we know that our members have accomplished some amazing things and we want to celebrate those accomplishments. Please take a moment to read through the list below and nominate anyone you feel may be deserving of any of these awards. **All submissions will be due on April 14** so the awards committee has ample time to make final selections prior to the banquet. **Please email your nominations to Jen Bachelder, at jmbachelder@gmail.com or Andrew Rubino, at arubino13@gmail.com for consideration.**

Run Healthy and Happy, Utica Roadrunners Banquet Committee

DISTINGUISHED SERVICE AWARD

Established in 1987 in honor of Bob (Coach) Carlson, to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing and running events, social events and helping to run the Club.

VOLUNTEER AWARD

Awarded to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.

INSPIRATION AWARD

Awarded to the Utica Roadrunner whose upbeat attitude and dedication to using his or her talents has had a positive influence on other runners throughout the year.

UTICA ROADRUNNER HALL OF FAME AWARD

Awarded to the individual who has excelled for many years in the sport of running and has distinguished himself or herself through racing achievements and/or support of the running community.

TRAINING/VOLUNTEER OF THE YEAR AWARD

Awarded to recognize an individual with the most enthusiasm, time and support to new members of the running world.

**DEADLINE FOR
NOMINATIONS
APRIL 14**

splitimes



UTICA ROADRUNNERS

Advertise with us!

Our monthly newsletter is emailed to over 700 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)

- ☐ May 2021
- ☐ June 2021
- ☐ July 2021

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

☐ Yes ☐ No

Total included: \$ _____