

# splitimes

December 2021

The Official Newsletter of the Utica Roadrunners



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December  
**2021**  
Utica Roadrunners  
Board of Directors



**President** Jim Mott

**Vice President**

**Administration & Finance**

Sharon Scala

**Activities and Events**

Andrew Rubino

**Secretary** Melissa Barlett

**Treasurer** Jen Bachelder

**Board Members**

Rebecca Aceto	Alejandro Gonzalez
Danielle Bliss	Rick Gloor
Rocco Fernald	Tim Kane
	Jeannine Macera

**Advertising**

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

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

Editor: Michelle Truett • michelle@484design.com



**Useful Links:**

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



**Join the Roman Runners & Utica Roadrunners for the Rome Holiday Lights 5k fun run/walk.**

Saturday, Dec. 4, at 5:00 p.m.

Meet at the Rome Arts and Community Center parking lot

**\*\*NOT a closed course**

**\*\*Dress in lights & costumes if possible**

Hosts: Matt Moore & Dani Bliss

Questions? Dbliss49@gmail.com



**Roadrunners Brunch Run**

Danielle Bliss coordinated a great social run on the Canal

# President's Message

by Jim Mott

## "The one who falls and gets up is stronger than the one that never fell."

– LUCY BARTHOLOMEW

Runners:

I trust you all had a great Thanksgiving holiday as we head into December and get ready to close out 2021. It has been a great year and we, as a club, have accomplished so much in a year's time. For November we had some special events take place.

We had a large group of runners show up in support of our good friend Phyllis Spohn Bates at the **One NY Half Marathon and 5k**. Before Phyllis passed away earlier this year, she had hopes she would not only get better but run a half marathon. Her experience with the virtual One NY experience in 2020 helped set her sights on participating in the One NY in 2021. As a tribute to her, Missy Scanlon ran in her honor and many of us showed up to be PhyllisStrong. It was an emotional morning for many of us.

We followed that up with our **Safety Run** that was held at the Masonic Care Community campus on November 23rd. Sharon Scala did a wonderful job directing the event and providing a great atmosphere for our runners. The event was sponsored by our good friends at the Sneaker Store. Two days later we celebrated Thanksgiving with our **Annual Run 2 End World Hunger**. Rocco Fernald did a great job directing the event as it was a huge success. Last year we had to cap our participation to 50 people and held the event over a three day period. This year it was so wonderful to see a mass start as we all ran together. We raised over \$5,000 which is truly incredible!

Now in December we have a new board in place for 2022 and I certainly want to thank Tim Kane, Jeannine Macera, and Rocco Fernald for their commitment to the club and all they have done for us. With that I would like to welcome our new Board members Jenn Stefka, Julie Buehner, and Phil Trzcinski. They are joined by our returning members that begin their new two-year term in January. They are Sharon Scala, Jennifer Bachelder, and Danielle Bliss. The elections took place in early November at the Boilermaker Offices. It was great seeing some of our members there and I will share with you my bullet points at the meeting which sums up 2021 and look ahead to 2022.

- We have created two new great virtual events that will live on in the **Scavenger Hunt** and **FIVE after FIVE** and assisted on the Run 4 Bee.
- We have soldiered through COVID and figured out ways to hold our core events virtually and ultimately bring them back LIVE and in person this year including a **great banquet outdoors** to celebrate our club and runners.



Top: The start line of the Run 2 End World Hunger

Bottom: #PhyllisStrong at the One NY Half Marathon

- Our **Four Race Challenge** with the added five and six pack bundle was a huge success and will return bigger and better than ever in 2022. Attention we have the SOS happening April 16 and a new 5k run/walk for Epidermolysis Bullosa (EB) directed by Rebecca Aceto on April 30th.
- We helped make **Tunnel to Towers** not only a vision but one of the best events this area has ever seen. The potential of this event in the future is limitless.
- Under new leadership our **Boilermaker Training Program** and **Development Runs** were a huge success. Even through numerous changes we adapted and with the help of all our volunteers we established consistency and something all our members could count on to help in their training.
- Our **Run Against Racism** has reached the national stage as we have received attention from all over the country. We also have formed a DEI Committee that has really brought a focus on diversity and equity in our community.
- We have had a **Virtual Speaker Series** that included the great Kathrine Switzer in an event at The Sneaker Store that was a huge hit with our members. We also have had great social opportunities and brought back our Happy Hour!
- We have established a **Blood Drive** now and also made our relationship with Accelerate one that will continue to get better and bigger in the future. We have also reached out to numerous new organizations including the Fitness Mill and formed new relationships while making the ones we already have stronger.
- 2022 offers this and so much more starting with the **New Year's Run** at Accelerate and soon an unveiling of a great new trailer. Only through the hard work, dedication and commitment of our Board of Directors and Race Directors was this possible.

Looking back it truly is amazing. What is even more amazing is that I know that 2022 will be better. Happy Holidays and I can't wait to start 2022 off and running!

Jim



#### **Your 2022 Board Members:**

*Standing, left to right:*

Phil Trzcinski, Rick Gloo, Julie Buehner, Melissa Barlett, Sharon Scala and Jim Mott

*Kneeling, left to right:*

Rebecca Aceto, Alejandro Gonzalez, Jennifer Bachelder, Andrew Rubino and Danielle Bliss

*Missing from photo: Jenn Stefka*





## **Our Second Utica Roadrunners New Year's Day Membership Run**

**Accelerate Sports Complex - 5421 Judd Rd. Whitesboro**

**Registration starts at 8:30 a.m. All Roadrunners signed up for 2022,  
(by December 31, 2021) at 6 p.m. will be free! All others will be \$10 per person.**

**This is a great opportunity to renew your membership or become a new member!**

**All membership information can be found here**

***(A UR membership is a great last minute gift idea!)***

**Kids Run - 9:15 a.m.** There will be two runs to choose from (1 Lap or 2 Laps around the elevated track). All kids that run will receive a ribbon! All kids run FREE!

**5K - 10 a.m.** The run is now set up as an out and back! The run will go from Judd Rd. by the Kurt Wyman Park Entrance to Halsey Rd. Runners will then turn left and run up Halsey Rd. on the sidewalk to Gibson Rd. Runners will then turn onto Gibson Rd. and run on the sidewalk to the Whitestown Town Park to the second entrance which the turn around will be. Runners will then run down Gibson Rd. on the right side of the road to Halsey Rd. Runners will then turn right on to Halsey Rd. and run back on the sidewalk to Judd Rd. Runners will run down Judd Rd. to the finish. There will also be one water station located at the Whitestown Park Entrance on Gibson Rd. where the turn around is located. Roads will be open to cars so please note traffic and stick to the right along Gibson and Judd Roads.

**Post Run** - After the run we will gather inside Accelerate, they have generously staffed the facility for us, so we're encouraging all runners to use their smoothie and coffee bar for post race refreshments! Please bring a few dollars for your favorite post run snack.

This run is also a great time to get a view/tour of Accelerate!! Accelerate has also extended the following discounts to all Utica Roadrunners members:

- 1) 15% of any Accelerate Membership
- 2) \$50 for an Annual Track Membership (Track memberships include locker room access!)

### **Questions?**

Jennifer Bachelder at [jmbachelder@gmail.com](mailto:jmbachelder@gmail.com) or Jeannine Macera at [jeannineb23@gmail.com](mailto:jeannineb23@gmail.com)

# Upcoming Events



## ***Dear Santa Sizzlers:***

Santa Sizzle has been thinking of nice and naughty things to offer you since last year. Since we had our Summer Sizzle this year, I have decided to offer you one challenge.

***On Saturday, December 18th, run/walk as far as you can.*** You can take breaks and record your miles over the course of 24 hours. The most miles wins... period. The winner gets some serious Santa swag and a gift card from one of our local partners. Who knows, a 5k might be enough! Maybe 50 miles won't be enough!

To sign up visit our Facebook events page and stay tuned! Santa Sizzle has put down the gauntlet. It is an honor system for your miles. Hey, what the heck, I am Santa... I know if you're being naughty!

20



22

We have a new date! On Saturday morning, April 16th come join us for our Annual Save Our Switchbacks Race! There is no better way to get ready for Easter than to run the first LIVE event of our Four Race Challenge!

A special rate will be announced soon and our Four Race Challenge bundle will open up soon as well for our members to sign up for as many as seven great events for a super low price! Stay tuned!



# UR Annual Meeting





# November UR Races



**Safety Run**



**Run 2 End Hunger  
Over \$5,000 raised!**

## A Note from a UR Partner - the SPI Recovery Lounge



I am Erik Winberg and I am a Physical Therapist and Strength Coach with SPI/RMPT. I developed Run U Race Performance to help people become successful with racing. From D1 athletes to age group award winners, we are bringing a more developed approach to mastering any distance, road, track or trail. Learning how to integrate effective training aspects help us to create consistent success. At RURP, we build athletes and break records.

**The Sports Performance Institute** and **Ryan Monaco Physical Therapy** has been bringing athletic performance and sport specific rehabilitation to the area since 2014. We train and treat athletes of all sports and levels of competition. From high school to professional sports, we've done it all.

We are excited to announce the **SPI Recovery Lounge** as a new product at our new location in the Accelerate Sports Complex. NormaTec boots and Whole Body CryoTherapy are our most effective recovery options. We are excited to partner with Utica Roadrunners to offer this service to its members.



## Arms and the Runner: Part 2 *by Terry Dwyer*



When my children began running in high school and I noticed how their arms started to drop as they fatigued, I asked their coach how to improve their form. He said that with increased mileage they would grow stronger and fatigue less in the latter part of a race, and then

the problem would be corrected. Partially true I thought at the time for what I perceived to be a problem tied to running mechanics. Their lungs and legs were being trained but not the rest of the body. One day, when out on a run with one of my girls, I noticed her arms starting to drop and her hands flop around. In a moment likely inspired by my having watched endless episodes of the 1970s television show *Kung Fu*, I took on the role of Master Po to my daughter's "Grasshopper" and picked up two twigs. I told her to take a twig in each hand and hold them as she ran. She was instructed to hold them tight enough so as not to drop them but not so hard so as to snap them. We continued on our run and at the end I had her show me the twigs. They were intact. I asked, "Did it help you?" She replied that she was not clenching her fists as she had been and because she was conscious of holding something in her hand it helped her to relax and keep her arms up. Over the season she would pick up twigs and run with them. Admittedly, this was a training idea I had read about years before and filed away. But as I recalled it, I realized it was a simple fix to a common problem. Over time I incorporated it with some simple weight exercises.

I have always believed in the benefits of strength training for runners. I grew up in a time when weight training was anathema to the ideal of the light, waif-like runner who did high mileage. As I continued running into adulthood, I found the benefits of weight training displaced the prior conventional thinking on runners getting too bulky.

To improve arm carriage, I suggest the following exercises with light to moderate weights: 3 sets of 8-12 repetitions of front

lateral raises, side lateral raises, standing military presses, bicep curls, and triceps extensions. The best method I have found is to use a set of dumbbells and alternate left and right-side movements. I believe doing this 2-3 times a week with alternate 1-2 heavy weight lifting sessions per week will provide most runners with the required upper body strength for longer runs. However, this takes care of only the strength part. We still must focus on form.

In a variation of weight training, a runner can do form exercises using light hand weights. The best way to practice form is by standing in place in front of a mirror as you pump your arms. Never run while using hand weights because this tends to throw off the leg mechanics. Form drills should focus on keeping your arms up, but not too high, and moving back-and-forth instead of side-to-side across the body. While a higher arm carry is preferred, it should not be so high up on the chest that it provides no functional purpose. Similarly, arms that swing side-to-side across the body work against the forward movement of the legs. And the last thing to remember is what your grade school teachers and parents told you in the past, keep your shoulders back and straighten-up.

Runners spend many hours logging miles while focusing on the balance between intervals, tempo runs, and long slow days. This is combined with stretching to ward off pulled muscles. Amidst all of that the upper body can be forgotten. By picking up a light set of hand weights and doing multiple sets of arm swings in front of a mirror you can add to your training routine. We all have one or two rest days or cross-training days built into our schedules and this is a perfect time to pick up those hand weights. Lastly, when running, pick up a set of twigs to hold in each hand. It will make you not only focus on what your hands and arms are doing but also give you an added sense of being in step with the beautiful natural world we all get to run and walk through.

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

# President's Picks

by Jim Mott

It is now December and the snow is here to stay so I decided to share an inspirational movie choice with you that takes you to the slopes and high in the mountains. If you liked the movie *Free Solo* that featured climber Alex Honnold, you will love *The Alpinist*! The cinematography is truly breathtaking and the story of climber Marc Andre-Leclerc is one that all runners can relate to on some level. [WATCH THE TRAILER](#)

My second pick of the month is more runner friendly and is called *Running Out*. It is available on Vimeo and the movie is worth your time. The movie documents Lucy Bartholomew's quest to run a 231k trail run in Australia that is one of the most challenging courses and climates. If you're a runner, watch this film! [WATCH THE TRAILER](#) or [CHECK OUT THE MOVIE WEBSITE](#)



## Dorothy's Dream

By Dorothy Massinger

Have you ever had one of those reoccurring dreams, where, as you are dreaming, you're also hoping for a different ending? My running dream is more interesting than frustrating. It weaves together two of my favorite races: The Boilermaker and Fort-to-Fort.

The run takes place on a hot summer morning. I'm running the Boilermaker. I feel strong and run with confidence. There are many runners in front of me, as well as behind me. We begin to funnel into a doorway of an old building, and climb a short, enclosed concrete staircase. The route runs through a kitchen and out the back door. In the kitchen, the cooks want me to take food and drinks, but I'm too much in a hurry to even say thank you.

Once outside, I see a large open field. There are race marshals, but no one can tell me which way the runners went. I have picked left, right and straight, but have never found the finish line.

I have always enjoyed this dream because #1: in my dream I'm a strong runner, and #2: I keep thinking that one of these times I will find my way to the finish line.

Also this dream says something about how I race. I'm always grateful that I made it to another start line. And the finish line isn't always the main reason why I sign up for a race.

Thank you, George and the Utica Roadrunners for a chance to reflect and have some fun at the Slumber Run.



# Member Accomplishments



**Sue Luley hit her 1,000th mile for 2021!**



**Gary Burak competed in the USATF Adirondack Association Cross County Championships in Saratoga Springs and scored an 8th place finish in his competitive 60-64 age group!**



**Melanie Crisino (and Gary!) ran the Stockadeathon 15K**



**Sharon Scala placed 3rd in her age group at the Upstate Classic Half Marathon. She ran with Danielle Fadness, her son's girlfriend.**



**Myron Thurston ran the Team Nuun Half Marathon and the Great NYS Half Marathon... both in under 2 hours!**



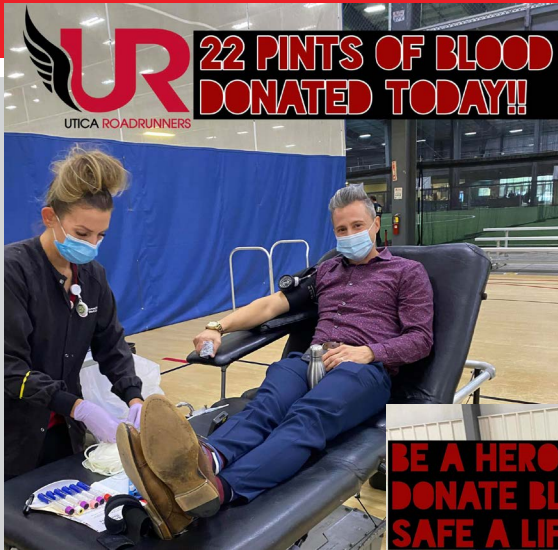
**We just love this shot of Grace Saxe and her daughter/running buddy!**



**Ashley Mancini completed her second Wine and Dine Weekend at Disney**



# November Blood Drive

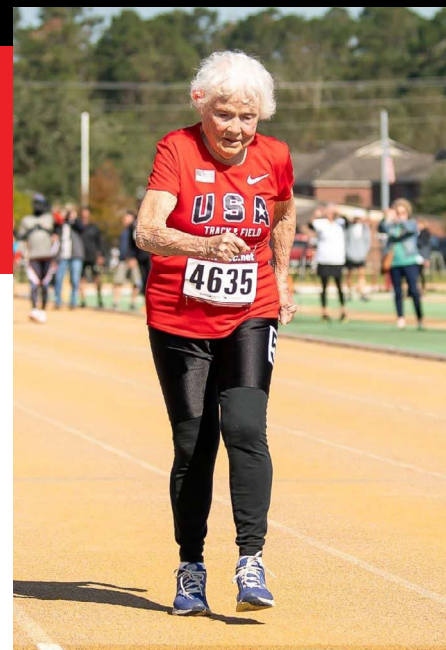


**Thank you to UR members for donating 22 pints of blood and to board members Andrew Rubino and Jeannine Macera for organizing**

## What a Record!

**105-year old Julia "Hurricane" Hawkins has clocked a record time of 1:02:95 for the 100m in her age category.**

**Incredibly, two of her former students, aged 89 and 90, watched her set the record!**



*Photo credit: Brit Huckaby / Senior Games*



# UR MEMBER BENEFITS

**Two amazing benefits at local businesses  
exclusively for Utica Roadrunners' Members**

Carbone Athletics at  
**the fitness mill**

**\$99 12-month  
membership**

*includes all fitness classes as well!*

**JOIN NOW**



**15% off Accelerate  
Memberships**

**\$50 Annual Track  
Membership**

5241 Judd Road, Whitesboro  
[www.accelerate-sports.com](http://www.accelerate-sports.com)

*Join us!*

**Club Happy Hour**

**Friday, December 3  
5:00-7:00pm  
Beer Garden  
1777 Burrstone Road,  
New Hartford**



# Member Accomplishments



**Jim Latshaw and Jim Mott**



**Amanda Roach-McElroy hit a 5K PR and Linda Salerno completed her first half marathon!**



**Wayne Murphy, Carolyn Mohr, Karen Piccola and Dorothy Massinger**





# Roadrunners at the Central Valley Academy Turkey Trot



**Age group winners Linda Hudyncia (2nd place), Sue Luley (1st place) and Sharon Scala (3rd place)**



**Harry Campbell -  
2nd place AG**



**1st place finish  
for Aiden Sampson**



**Team #PhyllisStrong**



**John Gilligan (1st) and Jeff George (3rd)**



**1st place  
finish for  
Chris Edick**

**Laura George  
(1st) and  
Missy Scanlon  
(2nd)**



**Jude Polidori**



**Jennifer Toti  
3rd place**



**Bill Luley's  
2nd place finish**



**Rick Gloo  
3rd place finish**



**Dorothy Massinger  
Walker Winner!**



# UR Membership Has Its Benefits!

The Utica Roadrunners, founded in 1975, is a running club that has a “place for every pace”. The members are wonderful and the benefits are great. [Become a member today!](#)

## TRAINING OPPORTUNITIES & GUIDANCE

### Wednesday Development Runs

For over 30 years, we have held the “Dev Runs” on Wednesday nights at the Parkway which includes a kid’s fun run, a 2-mile, a 5K and a 10K following a challenging route up the golf course and into the Switchbacks... guaranteed to get you “Boilermaker Ready!”

### Boilermaker Training Program

Led this year by RRCA Certified Running Coach, Tim Kane, this popular Saturday morning program will get you ready to finish OR improve on your 5K or 15K race. The weekly routes are laid out, plans are made to follow, and the club provides support for runners.

## LIVE UR RACES

We have been running these local favorites for years!

**Save Our Switchbacks**  
**Summer Sizzle 5-Miler**  
**Falling Leaves 5K and 14K**  
**Skeleton Run**

Plus we added the Run Against Racism, and the Tunnel to Towers 5K, which will be back in 2022

## CHALLENGE YOURSELF



Run 1,000 miles in one year and accumulate volunteer points and you get our coveted Red Jacket!

## EDUCATION & INSPIRATION



From fellow Roadrunners with great stories to the legendary Kathrine Switzer, our Speaker Series grew stronger during the pandemic and will continue with great programming to inspire our members!

## FRIENDLY COMPETITION



Get points for running local races and compete against UR members in your age group



A season-long, age-graded challenge against other CNY running clubs.

## CONNECTION

So many opportunities to meet new people and stay in the know with running

**Social Events**  
**Happy Hours**  
**Monthly SpliTimes Newsletter**  
**Great Social Media**  
**Group Bus Trips**  
**Friendship & Camaraderie**  
**Natural mentorship**  
**and positive support**

## SAVINGS!



Our members receive a 10% discount on their gear at The Sneaker Store plus they have access to select members-only sales throughout the year. **Plus!** Enjoy race discounts exclusively for our members.

## GREAT LEADERSHIP



We have some of the hardest working people around involved in UR – from the board, committees, race directors, special program leaders, volunteers and more!

## CELEBRATION



Our Annual Awards Banquet and Ceremony celebrates member accomplishments from throughout the year, lets us kick back and enjoy one of the best events of the year!



# splitimes



UTICA ROADRUNNERS

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](mailto: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)

- ☐ January 2022
- ☐ February 2022
- ☐ March 2022

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

☐ Yes ☐ No

**Total included: \$** \_\_\_\_\_