

splitimes

March 2022

The Official Newsletter of the Utica Roadrunners

**BOILERMAKER TRAINING PROGRAM
HAS BEGUN! STILL TIME TO JOIN!**



In this issue:

Annual Awards Banquet	5
Happy Hour at Woodland Brewery	6
Member Accomplishments	8
Walking Chevron Information	9
Boilermaker Training Program Information and Registration	10
Everything Your Need to Know About Age Graded Racing by Gary Burak ..	11
Check Presentation to Utica Center for Development	13
UR Blood Drive Results	14
President's Picks by Jim Mott	21
UR Benefits	25

Upcoming Runs

The Mad Mile	9
Grateful for Graham 5K	16
3rd Annual UR Scavenger Hunt and Save Our Switchbacks	22
Summer Sizzle and Five After Five	23
Falling Leaves and Skeleton Run	24

Member
Spotlight:
**Melissa
Barlett**

Page 17



Two Ways to Get Competitive!



Grand Prix
Page 14



Running Clubs Cup
Page 15

March
2022
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All payment, copy, advertisements and race applications
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Useful Links:

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



UR Snowshoeing Outing

*Roadrunners trading running for
Snowshoeing for the day - great
winter crosstraining and FUN!
Thank you to Dani Bliss for coordinating.*



President's Message

by Jim Mott

"I run so I can be the best me."

- RYAN CRAWFORD

Runners:

Is it Spring yet? I just spent a glorious week in Florida absorbing as much sunshine and good running weather as possible. I was even fortunate enough to run a 5k in Leesburg, Florida. Finding new races is one of my favorite things to do when I am out of town. The winter months here have been harsh but I know many of you have been out there battling the elements and even doing some racing! I saw some UR members in Syracuse at the Lake Effect Quarter and Half Marathon and I was able to get a quick run in on Super Bowl Sunday at the Couch Potato 5k.

Things are certainly heating up for our club already! Our **Boilermaker Training Program** officially kicked off this past Saturday at Accelerate Sports. Under the new leadership of long time member Dorothy Massinger, we had a great turnout. The energy Dorothy and her team will bring to BTP every week is beyond exciting! We have a program for all levels and that program will continue to be developed by running legend Tim Kane. Each week we will have a guest speaker, door prizes, and many other things to get you prepared for the Boilermaker that returns to its traditional Sunday in July. A very special shout out to Andrew Rubino for his persistence in making sure the BTP got up and running! The BTP is free to all members and is every Saturday at 7:30 am. We begin the first few weeks at Accelerate and when the weather gets a bit better we will go outside. A special thank you to Josh Belisile at The Sneaker Store for bringing his usual expertise to our members during week one. Please remember to sign up if you haven't already at our RunSignup page that you will see here in this month's newsletter.

March brings the **Mad Mile** back as it is the first event of the **UR Grand Prix**. The Mad Mile will kick off the St. Patrick's Day Parade on Saturday, March 12. For those doing the BTP, there is a special discount for the Sneaker Store if you participate in the Mad Mile. More information can again be found here in the newsletter. March also sees the return of our **Annual Awards Banquet** to a more formal setting. We have secured Club Monarch in New York Mills on Saturday, March 26th at 6 pm. Cost is \$30 and you can sign up at our RunSignup page! Thanks so much to Jen Bachelder and the entire Banquet and Awards Committee for their hard work in putting this great event together!



President's Message (cont.)

As March concludes it sets the stage for a busy April! **Our Third Annual Scavenger Hunt** kicks off on April 1st and runs through the whole month concluding on April 30th - the same day as our new event, the **Grateful for Graham 5k**. Those who sign up for both will have a special incentive. What is it? You have to sign up and participate in both to find out! The Grateful for Graham 5k already has over 160 people signed up. There is still time to register. Thank you to Rebecca Aceto and Phil Trzcinski for their hard work in developing this race.

Let's not forget about our **6 Pack Bundle!** Registration closes on April 15th! Put that tax refund to great use and you will be able to participate in our traditional **Save Our Switchbacks 7.5K** race! The race is directed by our own Sharon Scala and we have great swag as always! The event is so important as it brings money to the City of Utica for the preservation of our beloved Switchbacks. Those are the same Switchbacks that are home to our **Development Runs** that begin on Wednesday, May 11th. The DRuns will again be under the leadership of Ashley Mancini and her great group of volunteers!

We have big plans in the works for our **Third Annual Run Against Racism** and a potential marathon in October that starts and finishes at the Saranac Brewery! We have almost survived the winter and now comes the time to enjoy all the benefits that come along with being a member of the Utica Roadrunners! Stay safe and I look forward to seeing you on the roads!

Jim

Quick Links to Register for our 2022 Races



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



[REGISTER AS PART OF OUR 6-PACK](#)

Individual race registration will open soon



Upcoming Event



Our Annual Awards Banquet



SIGN UP TODAY

**Saturday, March 26, 2022
Club Monarch
16 Erie Street in Yorkville**

We return this year to our more traditional style banquet.
Come together with us to celebrate all of
YOUR ACCOMPLISHMENTS from 2021.

We will have Raffles, Awards, Door Prizes and lots of fun!

*** Wear your red jacket to be entered into a special drawing***

Member Accomplishments

Send us
your photos



We're looking for
your photos from the year
to be displayed during
the banquet on a slideshow!

**Best of 2021 - Memories - Fun Runs
Races - PRs - Friends - and more!**

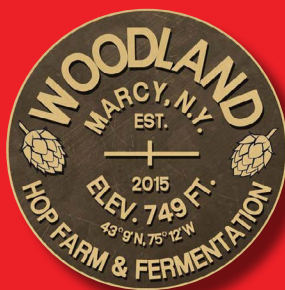
**Please email Jeannine Macera
by Friday, March 18
jeannineb23@gmail.com**

Join us!

Club Happy Hour

**Friday, March 4
5:00pm**

**Woodland Brewery
6002 Trenton Road Utica, NY**



In our February issue,
Jim Mott asked for
members to share their
2022 goals in his
President's Picks section.

You can still submit and
we will publish your goals
in the next issue!

[Email now](#)

2022 Running Goals

by Dorothy Massinger

- 1 Find all the items on the UR Scavenger Hunt list
- 2 Earn the Blue Walk/Run Chevron
- 3 Run my 18th Boilermaker
- 4 Help with the Boilermaker Training Program and the Development Runs,
- 5 Have a 2022 "Rockin'Chic" adventure (in 2021, we went to Boston during Marathon weekend and ran the course that Friday. We saw all the marathon landmarks, attended the expo, got cheers along the way, and earned a Boston Unicorn Medal).



Register for the UR SIX PACK CHALLENGE

Registration is now open and will remain open until April 15, 2022.

We have made our Four Race Challenge bigger and better at the same insane low prices!
Each event has new swag and you will also receive the commemorative Six Pack Shirt with your registration.

The Six Pack- \$140 • The Five Pack-\$125 • The Four Pack-\$100

REGISTER NOW

Member Accomplishments



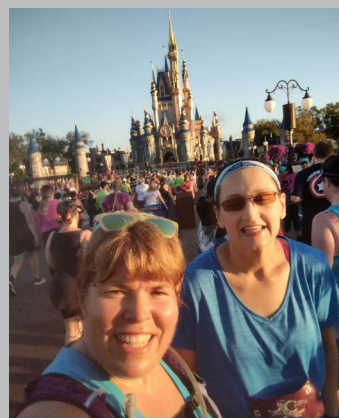
L-R: Jim Latshaw, Melissa Barlett, Travis Belanger, Jeannine Macera and Wayne Murphy ran the Lake Effect Half Marathon.



Sharon and Dan Stedman ran the Run for Paws 5K in Naples, Florida and a 5K with the Gulf Coast Runners. Dan won his age group in both races! It was Sharon's first time racing in over two years and she did great, too!



Karen Piccola and Grace Saxe ran the Disney Princess Half Marathon.



Upcoming Event



New UR Walking Chevron Expands 1,000 Mile Program

Proposed by longtime UR members Dan and Sharon Stedman, the Board of Directors recently approved the addition of a walking Chevron – an important addition to the annual goals for our walk/running community. The walking program criteria is:

- 1) Maintain the current runner chevron mileage requirement, i.e., 1,000 running miles earns the member a red chevron.
- 2) Offer a blue chevron to those members who run/walk or walk only a distance of 1,000 miles.
- 3) Allow members to earn both chevrons if they separately run and walk the 1,000 mile distance.
- 4) All members would be eligible to earn a red jacket with either a red or blue chevron as long as all other jacket criteria are met.

UR Boilermaker Training Program

Saturday Mornings at 7:30am



The graphic features a yellow background with a large blue circle on the right. On the left, the UR logo is displayed with the text 'UTICA ROADRUNNERS' below it. Below the logo, the text 'Our Boilermaker Training Program is back!!' is written. In the center, there is a small image of a Boilermaker race bib. To the right of the image, a list of reasons to join is provided. At the bottom right, the text 'Train with us to run your first 15k, 5k or a personal best!' is followed by 'Join us : Accelerate Sports Complex'.

UR
UTICA ROADRUNNERS

Our Boilermaker Training Program is back!!

BOILERMAKER

Reasons to join us:

- Train with a group
- Certified Coaches
- Support & Motivation
- Make new friends
- Run the Nation's best 15k
- Sense of Accomplishment
- Have FUN!!

Train with us to run your first 15k, 5k or a personal best!

Join us :
Accelerate Sports Complex

Special thanks to our week one special guests on our first Saturday of the season – Josh Belisle from the The Sneaker Store and Gwen Murphy.

Dorothy and her team did a phenomenal job getting things started for us.

REGISTER NOW

We hope you will join us next week. This is FREE to all our members!

Everything You Need To Know About Age Graded Racing

by Gary Burak

Next month's Fort-to-Fort races will kick off another year of competition against our local run clubs in our Club Cup Challenge. Once again, we will be using age graded results to score this event, and we are not the only group of runners using this scoring system.

The USATF Adirondack Association uses this system to score their individual and team competition for their 50-plus age group runners in their Long Distance Grand Prix series. Many USATF National Master Championship races use it to pay out their prize money. So, who came up with this scoring system? How does it work? Should you use it? Where can you find an age graded calculator and most importantly is it accurate? Well I'm going to answer all these questions for you.

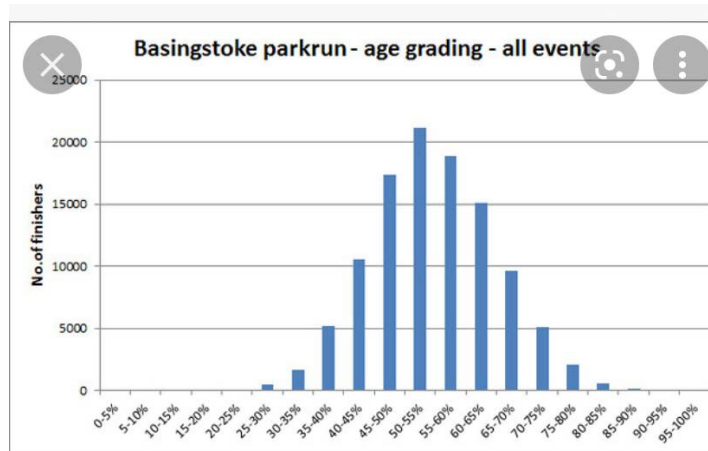
In 1989, the world governing body for track and field, the World Association of Veteran Athletes (WAVA) – which has since become the World Masters Athletics (WMA) – decided to devise a system to compare the performances of runners of different sexes and ages. The system they devised first separates runners by their sex. They are then divided into the following age groups. Runners ages 19-34 are in the open age group. Then, starting at age 35 they are divided into 5 year age groups, which currently go all the way to the 105-109 age group. I'm sure we will see runners competing at over 110 years old in the very

near future. This system has also been adapted to work for youth runners as well, those between 8 to 18 years of age are divided into 2 year age groups. The current world record for the age group they are scoring is used as the 100% standard. By dividing the race time of the runner you wish to score by the standard, you come up with that runners score or percentage of that standard. With new age group world records consistently being set, it can take awhile for a websites calculator to be updated. Because of this, if you are going to use an age graded calculator to track your

performances I strongly recommend you keep using the same one all the time. So, now, let's see how this system works.

The times need to be in seconds, so first your minutes and hours must first be converted to seconds and then added to the remaining seconds. Let's say we have a 25 year old male runner who ran a

36 minute 10K and the standard for his age group is 30 minutes. We also have a 60 year old female runner who ran 71 minutes and her age group standard is 60 minutes and we want to compare their performances. We multiply the minutes by 60, giving us times of 1800 seconds and 2160 seconds, respectively. Dividing 1800 by 2160 we get 83.33 which is the 25 year old's age graded performance percentage. For the 60 year old female we divide 3600 by 4260 which comes out to 84.51. Most events will use their age graded



percentages to determine the winner. So even though she ran 35 minutes slower than the 25 year old male runner, the 60 year female runner has outperformed the younger runner and won. How fast would she have run if she was a open male runner? Let's find out. By dividing the open runner's standard by the 60 year old female standard we can also figure out how fast she would have run if she was a male runner in the open age group. If we divide 1800 by 3600 we come up with .5. By multiplying her 4260 seconds by .5 we come up with a time of 2130 seconds or 35:30. Many age graded calculators give you both the performance percentages as well as calculated race times. Either can be used to determine the winner.

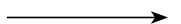
So, what else can we do with this information? Could we use it to plan our weekly training or project what time we may potentially run in a upcoming race? First, let me remind you that we're using the world record for your age group as the 100% standard and only one person in the whole world has ever ran that fast. So don't get discouraged when you see what your age graded percentage is. You need to put this in perspective. A score of 70% doesn't mean 30 percent of the runners are better and faster than you. If you score 50% you're the average middle of the pack runner. Runners scoring in the 60's are considered to be local class runners. In the 70's they are considered regional class, in the 80's national class and in the 90's world class. Can this help to tell where you might place in you age group at your next race? Local class runners have a good chance of being on the awards podium in your average local race with fields of about 150 to 250 runners. Regional class runners have a good chance at larger races like the Falling Leaves 5K, with a field of 500 to 750. National class have a good chance at larger events with

2,000 or more runners like the Boilermaker. Using the 2021 Stockadethon 15K age graded results page, out of the total field of 1,025 finishers, only 29 runners performed at 80% level or above, and just two ran at 90% or above. The second runner actually ran at 89.99, but close enough.

I have included a graph from the Good Run Guide running club showing their age graded performances for a year. As you can see the 50-59 percent-age group, middle of the pack runners is the largest followed by the 60-69 and 40-49 groups.

So now that you have an understanding of how age grading works, where can you find an age graded calculator? There are plenty on the internet, but [my long time go to is here](#). What I like most about it is distances are for both track and road races and yes, they have different world record time for the same distances. Track distances will drop down first, followed by the road races. A helpful hint is that track events measure their distances in meters, road races use kilometers, so you'll see 5000M for track and 5K for road races. [Another useful calculator I like is here](#). With this calculator you put in your sex, age, and the percentage you wish to run you will get back the times you need to break to score that percentage. This calculator can be extremely helpful with making your training plans for the coming race season.

Finally how accurate is it? Here's one of my personal experiences with age grading. In 2013 I returned to the Big Apple to run my second New York City Marathon. My goal was to run the pace I had the last time I ran NYC 22 years before - 3:40. After all, the first time I ran in NYC it was my second marathon and I had only been running for a year and a half, along with the fact it happened to be the current



BQ time for my age group. Unfortunately, I was nursing a little right hamstring issue. So before the race, I rubbed it out with Biofreeze and popped several Ibuprofens which was working fine, and I was right on pace at the 30K mark. As I hit 1st Avenue the leg began to act up. I gave it some more Biofreeze which lasted to mile 20, where I finally ended up having to pull my cell phone out of my Spibelt to call Felicia to tell her I would be walking and jogging in, and to expect me at the finish line around the 4 hour mark. I did better then expected and crossed the finish line at 3:54:12. After meeting up with Felicia, we returned to our hotel and went to the hotel's pub for an ice cold IPA and some French onion soup. Felicia knew I wasn't happy with myself and wanted to get me out of my funk. So she grabbed a napkin out of the dispenser, pulled out a pen and, covering the napkin so I couldn't see it

wrote something down. She then looked at me and asked if I had age graded today's run. I told her I hadn't. She then said you might as well do it now, but when you get the result don't tell me just let me know you have it. After telling her I had it she turned the napkin to me and opened it. There it was, clear as day, 3:18, the same time as on my age graded calculator without the seconds. As I stared at it she said you were unhappy and miserable when you ran 3:18 in Boston, and you're unhappy and miserable running a 3:18 equivalent now. Nothing changed, sweetie. When Gary Burak has a bad marathon, it's a 3:18. Most runners will never run that time and you should be proud. Felicia was right, nothing changed.

So, are age graded results accurate? Yes. Should you be using an age graded calculator? Yes, after all, there is only one Felicia, she's mine, and I'm not sharing!



Run 2 End Hunger Donation to Utica Center for Development, Inc.

On February 2, Race Director for the Run 2 End Hunger, Rocco Fernald, presented a check to the Utica Center for Development, Inc. for the proceeds from the run, totaling \$5,236!

Thank you to all who participated and made very generous donations - this would not have been possible without your support!!



3/12/22 MAD MILE
4/3/22 FORT TO FORT 10K
4/16/22 SAVE OUR SWITCHBACKS 7.5K
5/15/22 ERIE CANAL 1/2 MARATHON
6/19/22 SUMMER SIZZLE 5 MILE
7/10/22 BOILERMAKER 15K
7/30/22 HONOR AMERICA DAYS
TBA WOODSMEN'S 10K
8/21/22 TUNNEL TO TOWERS 5K
9/25/22 FALLING LEAVES 14K
10/16/22 DEERFIELD SKELETON RUN 5K

2022 Grand Prix

Friendly Age Group Competition Between UR Members

As a reminder: your UR club membership must be renewed prior to the Mad Mile (March 12) to be eligible to participate in the Grand Prix.

Become a member or renew now

GET REGISTERED!

MARCH 12

Mad Mile - Use code URFASST22 for \$5 off

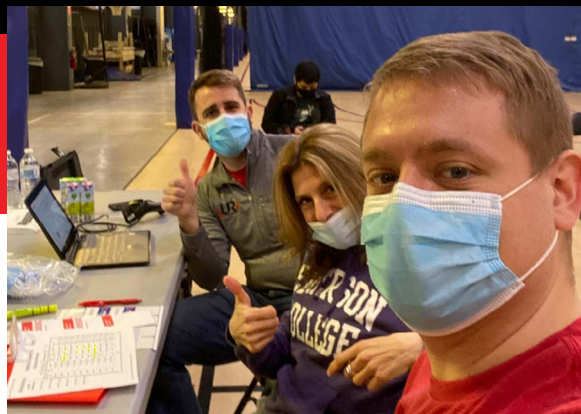
APRIL 3 - Roman Runners Fort to Fort 10k

APRIL 16

The Ted Petrillo Save Our Switchbacks 7.5K Road Race
Stand Alone Race or Part of our Bundle of Races

MAY 15

Erie Canal Half Marathon



Blood Drive Results

Goal for February Blood Drive: 16 units

- 19 appointments
- 16 registered (2 were PRC)
- 2 deferrals 1 incomplete draw
- 11 whole blood and 2 PRC procedures
- 15 units total

Utica Roadrunners have now hosted three blood drives:

Sunday, August 1, 2021 – 16 units

Thursday, November 11, 2021 (Veterans Day) – 21 units

Friday, February 25, 2022 – 16 units (snow storm)

Total - 53 units

2022 CNY Running Clubs Cup



**HELP US TO
WIN THE CUP
THIS YEAR!**

The CNY Cup is a friendly competition between the local running clubs. Participating Clubs are the Utica Roadrunners, Kuyahoora Kickers, Mohawk Valley Hill Striders, Rock City Runners, Roman Runners, and Toe Path Trekkers.

In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the five other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. The Cup is open to all of our members. The best five results by each club's members in a race will be compared to the other clubs and points awarded on a descending basis, with six points to the best, five to second, and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year.

In 2021, for the first time ever, the Cup was won by the Roman Runners with the Utica Roadrunners finishing second.

The 2022 Schedule

Fort to Fort 10K - April 3 • Towpath Trail Run 10K - May 7
Patriot's Run 10K - June 12 • Little Falls Freedom Run 10K - August 13
Woodsmen's 10K - August 19 • Falling Leaves 14K - September 25

(obviously everything is subject to change and additional races may be added)

What do you need to do? To be eligible to represent the club, you have to be a member by April 1st and you have to tell Tim Kane (trkane59@gmail.com) that you are representing URR. The reason we need to do this is that there are some people who belong to multiple clubs. It is also helpful to put your name on the sign-in board that is at each race.

A New Race to Help a Fellow Roadrunner and Her Son

Utica Roadrunner Amanda Robertello's son, Graham, battles Epidermolysis Bullosa, or EB.
All proceeds raised will go to the EB Research Partnership,
which is an innovative organization with a mission to treat and cure EB.



Graham Robertello was born with recessive dystrophic Epidermolysis Bullosa (EB) - A life threatening rare genetic disorder that affects the body's largest organ: the skin.

Individuals with EB lack critical proteins that bind the skin's layers together. Without these proteins, the skin tears apart, blisters, and shears off, leading to severe pain, disfigurement, and internal and external wounds that may never heal.



Today, there are no treatments or cures available for EB. We are looking to help change that!!



Join us for the very first Grateful for
Graham 5k Run / Walk
A Utica Roadrunners Event

All money raised will go directly to the
EB Research Partnership!



When: Saturday April 30, 2022 @ 9 am

Where: Rt 840 Trail, New Hartford, NY

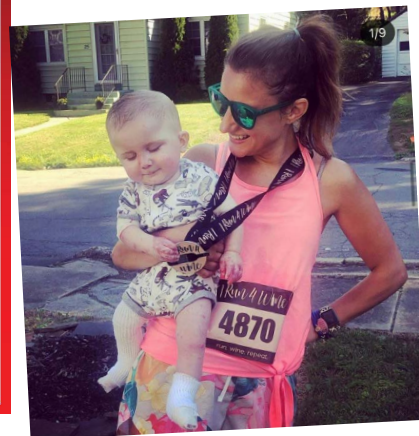
(trailhead by BOCES on Middle Settlement Rd)

Registration Fee: \$25 per person

To Register: Scan the QR code (RunSignup)

Visit us on Facebook: Grateful for Graham 5K Run and Walk

Printing Donated by PJ Green, Inc. Utica, NY



SIGN UP TODAY

Member Spotlight



Melissa Barlett isn't *just* from New Jersey. She's from FREEHOLD, New Jersey – hometown of icon Bruce Springsteen. Melissa is now an avid runner and a huge contributor to our club. We got to sit with her to hear the story of how she made it to Upstate New York and her journey with running.

(And oh... she JUST celebrated a milestone 40th birthday last week! Happy Birthday and welcome to the Masters!)

JERSEY GIRLS ARE BORN TO RUN

High school Melissa was a “band geek”, playing the clarinet in concert band and saxophone in marching band. She had the marching band varsity jacket - it was kind of a big deal. She was also in the choir and in ALL the shows. Running... not so much. “I was the kid who was really good getting out of running the mile in gym,” she shares. “Our gym teacher was also the football coach AND a big Broadway fan and we could distract him with Broadway talk before he realized we weren’t getting our laps in!”

Melissa did her undergrad in biology at Allegheny College in Pennsylvania. She met her husband Bill there, who grew up in Erie. She completed grad school at Kent State in Ohio in 2007 and then did two postdocs at Indiana University and the University of Massachusetts. 2010-2011 wasn’t an ideal time to find a job and after putting out about 150 resumes, lucky for us she was hired by Mohawk Valley Community College, where she is now an Associate Professor of Biology.

Her history with running starts with the old adage that you have to “go downhill before coming back uphill.” In college, she was diagnosed with fibromyalgia which she claims “annoyed the nonsense out of me.” When she was in Indiana, she had access to a gym and finally had some free time after grad school and would take some light fitness classes like yoga and Pilates. She also started walking with the inspiration of many Leslie Sansone videos. Her overall health began to improve – moving helps! She also started getting better with

Member Spotlight (Cont.)

her diet, going gluten-free when she moved to Massachusetts, which made a major difference.

It was in Massachusetts that she decided out of the blue to do a Couch to 5K program and signed up for the 2009 Hot Chocolate Run in Amherst. She describes it as “shockingly good!” She jogged almost the whole thing at an easy pace, and at the end thought “well that was fun. I ran a 5K!” It was the start to many, many miles of adventures.

Melissa’s family members are Disney nerds and she has been going there since she was two years old, at one point visiting four times in one year! Disney was there for her at every age – the kid, the apathetic teenager, the newly minted 21 year old (“once you can drink at Disney, it changes everything!”) Since she starting running, her family works vacations around races there and at other destinations.

In 2010, she ran a Halloween 5K at Disney with a friend who threw out “what if we run the Princess Half



At her first half marathon in Disney!

Marathon in February?!” Melissa, who is very competitive by nature and likes to have a goal (“If I have a thing, I will do the thing”) was on board and went from 5K to 13.1 miles in four months.

A fun fact about Melissa is that she has run in Vibrams for 10 years. She was getting bunions and needed some adjustments– after reading *Born To Run* and getting a bunch of info on running stance and changing to mid-striking, she tried wide toed box shoes and it wasn’t cutting it. She tried Vibrams and it was like magic! The bottom of her feet might hurt more than everyone else’s, but the pain in her hips, knees and calves were all better.

To date, she has completed 28 half marathons and ran two fulls in the past year and a half – Wineglass and Disney. Disney wasn’t JUST the full, it was the famous Dopey Challenge – a 5K, 10K, half and full in four consecutive days. To get ready for that feat, her fall running schedule was really tight. On some weekends she did some back-to-back long runs, like a half one day and Falling Leaves the next day, or the Boilermaker within a week of Wineglass. Getting up to run between 3-5 miles is her standard and these days, she doesn’t blink that hard at a six mile run, so the 5K and 10K days were cake. She took it easy for the half (officially her slowest half purposefully) and saved up energy for the full. There was nothing else on the docket the day of the half but recovery, rest, foam rolling and the hot tub. It was then a mental game at the point of the marathon and the mental *always* pulls her through. She does a lot of math while she runs - a combination



Member Spotlight (Cont.)

MELISSA BARLETT BY THE NUMBERS

Runs per week:

5
minimum

Miles per week:

25-35

Average miles per day, 2021:

4.5

Consecutive
100 mile months:

27

Races from 2009-2022

65

Number of Disney Races

15

Number of days running
since 2011, per MapMyRun:

93

Yearly miles:

2018: 1,000

2019: 1,300

2020: 1,600

2021: 1,650

of things like percentages and partials in a strength-based way. Instead of concentrating on what she's ran already or dreading the number laying ahead of her, she pushes herself with positivity. ("I *only* have a Boilermaker left - I can do that!" or "There's *only* a 5K left - I can definitely do that!")

The majority of her runs and goals were tackled solo before she had a running community through the Roadrunners. She moved to South Utica in 2014 and would walk her dog past the Parkway where they "ran into the runners". (She has two dogs now – a pug named Macklin for all the Parks and Recreation fans out there and a chihuahua named Pika after Pikachu.)

She finally made the connection that it was the Utica Roadrunners Boilermaker Training Program and that it was in fact a "thing" and started showing up to it. She hooked up with the Facebook page and that's all she wrote. She was in.

Initially, she was nervous – she had never run with people before and was worried that the group would be serious and very fast. To her delight, she found our motto is true and that we have "a place for every pace". She found her people.



Macklin and Pika



with Jim Latshaw



The Rockin' Chicks

She connected with the Rockin' Chicks and was an add on to their pace crew as they readied themselves for The Rock the Ridge ultra. She also found Jim Latshaw, a fellow 100-mile month stalker and a karaoke lover like her. Beyond running, that is one of her favorite pastimes and she has been doing it since she lived in Massachusetts. She hunted down karaoke when she moved here and then running and singing collided. She met Jim at a Sneaker Store run and they hit it off. "He's chatty. I'm chatty. Winkler brought a guitar one night and I was like 'I know these 90s songs - want me to do some harmonies?!' " Again, that's all she wrote! She also met Alex, who shares her affinity for Scotch Bourbon. —————>

Member Spotlight (Cont.)



She joined the UR board of directors last year and serves as our secretary, assists with website updates and is also on our Diversity, Equity and Inclusion Committee. She is one of most organized and enthusiastic people around and we are lucky to have her working closely with the club.

Becoming part of the Roadrunners gave her more to push for than she thought she'd be able to do herself. Seeing other people complete things like marathons and ultras (especially those in her pace category) was inspiring. There are people around to help figure it out. "We don't leave people behind. There's always someone willing to help. We get each other somewhere."

For 2022, she's got a lot on her plate – six half marathons, the Boilermaker, Falling Leaves and SOS for now and she'll see where the rest of the year takes her.

On a personal note, Melissa has fun, varied interests she lovingly calls her "nerd stuff". She is into online gaming and Melissa and Bill have three six-foot shelves full of board games. They have "more gaming systems than two people ever should - especially for people who don't have kids!"

She runs her longer runs on Saturdays and Sundays are dedicated to Unitarian Universalist church, where she is just as involved as she is with the Roadrunners! Melissa makes social justice a priority in her life and has always lived in that space, but just didn't know it. When she was younger, she could be found collecting winter jackets, donating half her Halloween candy, was a Girl Scout, worked at a food bank in the summer and more. She engages in a lot of volunteer work for her church, serving as their finance chair, upkeeping social media and is a member of their worship committee often putting together Earth-centered pagan services.

She hopes her running career is one of longevity and health. "I want to run until I'm 100 – that's my goal!"

President's Picks

by Jim Mott

Runners:

Welcome to another edition of my President's Picks. I hope you have set your running goals and started to get your racing calendar in order as we prepare for spring. As I have tried to do since starting this feature, I offer you some motivation through good books, films or documentaries.

My kids are always baffled as they can't understand why I like watching other people run. My answer is simple – everyone has a story to tell and a journey they are on. We live now in an age where we can go step-by-step with some of these ordinary heroes doing extraordinary things.

My first pick is a documentary about an Australian Muay Thai (A form of combat fighting) champion looking for a new challenge in the sport of ultrarunning. After failing at a 100 mile race, Ryan Crawford sets his sights on a 200 mile ultra. In the documentary, ***"Against the Tide"*** watch the battle that Crawford endures as he embraces his new challenge head on! [**WATCH NOW**](#)

The second pick this month sticks with the Australian theme as I found this to be quite unique! It is called ***"Birdy's Backyard Ultra"***. The challenge is simple-complete a 6.71K route in under an hour! That's not that hard, you say? Well the small print will tell you that it is a last man and woman standing event. The winner is the one who completes the most laps in a 24 hour period. If you do any lap in over an hour-you are out. [**CHECK OUT THE FOOTAGE HERE.**](#)

If you are in the area in August this year, [**here is the link to sign up!**](#)



2022 UR Races



The Third Annual Scavenger Hunt begins April 1st and runs through the entire month of April!

Bigger and better than ever, we will have prizes and incentives for our runners each day! The UR Police are ready to hit the streets and keep our runners honest!

SIGN UP FOR THE HUNT

Beneficiary of proceeds -
Abraham House - end of life care -
rely solely on donations



Individual Race Registration is Now Open!

SIGN UP FOR SOS

Or sign up as part of a 2022 race bundle

2022 UR Races



**JUNE 19TH,
UTICA NEW YORK**

2022

Summer SIZZLE 5
MILE ROAD RACE

UR

Our traditional 5 mile event at Proctor Park and the Masonic Care Community on Father's Day. Check out the swag – a hot Summer Sizzle tank, headband *and* shades to keep you looking cool!

SIGN UP TODAY

Or sign up as part of a 2022 race bundle



FIVE after FIVE

May 6 - 20, 2022

Back by popular demand – The Third Annual FIVE after FIVE Challenge! For 15 days we challenge you to go 5k or 5 miles each and every day. The event is sponsored by Saranac and we will have a great Fiesta at the Brewery to celebrate once we're done! We will also be bringing back the Badass Challenge – Run 5k or 5 miles every 5 hours for 55 hours!

SIGN UP TODAY

Or sign up as part of a 2022 race bundle

2022 UR Races



Register for one or both as part of our Six Pack Bundle!
(Individual race registration opens soon)

INCLUDE THESE IN YOUR 6-PACK REGISTRATION TODAY



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 UR member Dorothy Massinger, 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
Grateful for Graham 5K
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 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)

☐ April 2022

☐ May 2022

☐ June 2022

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

☐ Yes ☐ No

Total included: \$ _____