

splitimes

December 2022

The Official Newsletter of the Utica Roadrunners



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It's Back!



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December
2022
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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](#)

MEMBER ACCOMPLISHMENTS



Members at Stockade-athon



Sharon Scala and
Melanie Crisino
at the Burn Run

"You either die a hero or you live long enough to see yourself become the villain."

- THE DARK KNIGHT



Hello Runners:

Happy Holidays! It is our last month of 2022 and another year is nearly in our rearview mirror. As the philosopher Seneca once said, "Every new beginning comes from some other beginning's end." A quote that was later used by one hit wonder Semisonic in their song "Closing Time". For me, my run with the Utica Roadrunners has come to an end as President and a board member. I finish with great satisfaction for what was accomplished and great frustration and sadness

for what else I had hoped to do. Over the last three years I have learned a lot about myself, about how good people can be, how great the sport of running is, and how hard it can be to lead people to a common goal.

This year is serving as a lot of lasts for me. It is my last year of 33 years of coaching and 30 years of teaching. As my soccer team enjoyed what at times was a fairytale run, it finished with a very unhappy ending. My team found themselves victims of some bad officiating and really poor unsportsmanlike conduct from our opponent. As I spoke to my team after, they looked to me for some words to comfort them. As I dug deep, I had nothing other than to tell them the sad reality that sometimes, life is just not fair. Our setbacks and disappointments can serve as the greatest lessons and motivation to be a success next time. All we can hope today in the end, is that we did our best.

With that said, I can tell you that I did my very best in serving this great club that has developed such great traditions and such a prominent place in our community. For me, my goals will be different in 2023 – much uncertain which is both exciting and scary. My last picture that accompanies this message reminds me of the cyclical adventure that brought me to the Utica Roadrunners. The picture is from this past June at my school's marathon. As a runner with no affiliation throughout the 1990s and much of the 2000s we have experienced so far, it was the Mott Marathon that connected me to the club with the help of Jim Moragne. His support brought me into the club and made me want to give more to the running community. Years later, I believe I have and I now return to where it started preparing for Mott Marathon 2023; an event the school wants me to continue after I retire.

I look forward to seeing many of you at my final Summer Sizzle this June on Father's Day and the day before at the Run Against Racism, as I plan to still serve on the DEI Committee. Beyond that, I leave the club in good hands. We have good people that have served the board for a number of years returning. We also have some new and young faces joining that are prepared to serve you and your running pursuits. I hope for the following two things:

- That board members serve their commitment to the end of their terms,
- That club members support your board as they are all volunteers doing their very best.

Congratulations to all of you who achieved some amazing things in 2022! Good luck to all as you pursue new and exciting goals in 2023. Ultimately, I find myself truly blessed to have had the opportunity to work with many of you, to get to know some of you, and develop some true friendships along the way. Enjoy the remainder of 2022 and the remainder of the holiday season.

- Jim

Calling all 2022



Red Jacket Candidates

As we embark on the last quarter of the year, we are wondering who is looking to earn their red jacket for 2022?!

You must have 1,000 miles in 2022 and 10 volunteer points (which can be from this year and last)

Please don't wait for us to reach out to you, be proactive and get your points.

Reach out to Jenna and let her know when you are able to volunteer at jennifer.melinda@hotmail.com.

We can't wait to celebrate with you in early 2023!

Limited Edition UR Hat



**Show your team spirit and UR Pride!
Available NOW!**

Limited Edition and Limited Quantity – our new UR hat is sure to sell out fast. These are lightweight, wicking and PERFECT for running.

\$20 each - [available through Sharon Scala](#)
Cash, Check or Venmo @UticaRoadrunners-Inc

Special thanks to Sharon Infusino Scala for the idea and USA Racing for the design.

UR Annual Meeting - November 14, 2022



UR Annual Meeting - November 14, 2022



Run 2 End World Hunger 2022



On Thanksgiving morning, the Utica Roadrunners held their 38th Annual Run 2 End World Hunger. Over 150 people participated in the 5k traditional run up from the parkway to the Eagle and back.

The race was once again under the leadership of Rocco Fernalld and he did another amazing job organizing and managing the event. The weather was perfect for running. The Roadrunners would like to give special thanks for the support of the Greater Utica Sunrise Rotary Club, for their time collecting food on Thanksgiving morning.



The Santa Sizzle is BACK!



Do you remember Santa Sizzle and the 12 Runs of Christmas? Well, Santa Sizzle has one last ride and challenge with the Utica Roadrunners!

SIGN UP FOR FREE!

The Utica Roadrunners will be presenting The Santa Sizzle Distance Challenge over the weekend of December 16th-18th! During that weekend you can run and post your running accomplishments and compare yourself to other UR Holiday runners! Prizes will be available for :

- Longest Distance covered accumulated over the weekend
- Longest Run over the course of 24 hours
- Best Santa Sizzle costume
- Plus, other creative prize ideas as determined by Santa and his Elves!

Winners will be announced on Monday, December 19th [on this RunSignup page](#)

The Facebook Event Page will be shared a few days before the event. Photos of your accomplishments can also be shared.

YOU CAN PICK UP ALL YOUR SWAG AND LET SANTA KNOW IF YOU'VE BEEN GOOD ON THURSDAY, DECEMBER 22ND AT THE SNEAKER STORE'S NEW LOCATION. All Santa Sizzle prizes can be picked up at that time. It is a great time to pick up your gifts and share some Christmas cheer! All prizes must be picked up at this time. Prizes include sweet swag from other UR races and quality beverages from our good friends at Saranac!

WHAT DOES IT COST, YOU SAY? IT IS FREE! That's right no cost to you as the participant with everything to gain and nothing to lose other than a little holiday weight!



Shake Up Your Holiday Tradition

Give Blood

Blood Drive Sponsored by Utica Roadrunners! American Legion Post 229

**Banquet Hall
409 Herkimer Road, Utica, NY 13502**

**Friday, December 30, 2022
12:00 p.m. to 5:00 p.m.**

Please call 1-800-RED CROSS or go to www.redcrossblood.org and use sponsor code - UticaRR - to schedule your appointment!

Ask about Power Red Cells if you are O-, O+, A- or B-



**Shake up your traditions! Come give Dec 16-Jan 2
for a NEW long-sleeved Red Cross T-shirt, ltd qty!**



Give Something that Means Something®

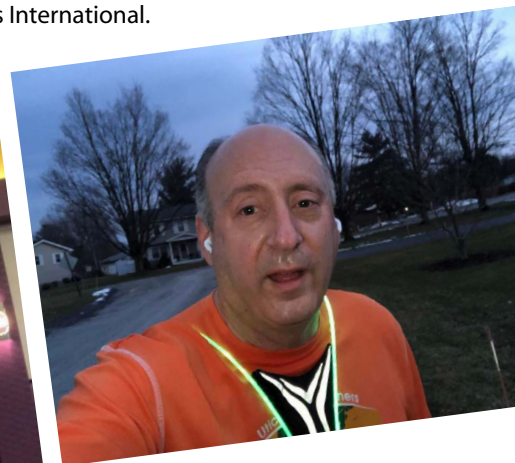
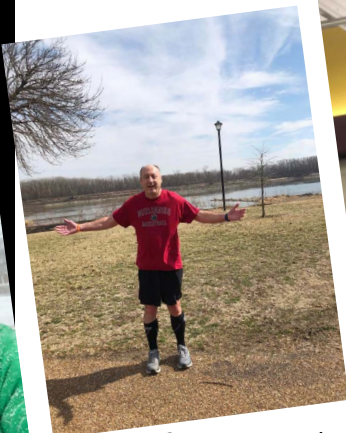
1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

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Pete's Picks

In this last installment of Pete's Picks for 2022, I'd like to comment on what has been an almost year-long passion project for me, otherwise known as The Streak. Over the last decade or so of running, I've periodically toyed with the idea of daily running. It started with a challenge posted by Runner's World Magazine, to run a mile everyday between Thanksgiving and New Years' Day, which is about 39 days. I did this with my friend who was an editor with the magazine, along with some local runners here, and with my daughter, who was a little girl at the time. I've never been a big mileage guy, so running 7-10 miles per week was a lot for me, and frankly still is, other than when training for a big event such as the Boilermaker. But the concept of a Streak seemed intriguing to me, so I thought, why not give it a try! And try we did. We made it successfully through to New Years' Day. My daughter and I ran our last daily mile on that Streak at SUNY Poly. It snowed like crazy that day, and I'll never forget how we were absolutely covered with snow when we finished. I'll also never forget how constantly sore and tired I was during that span of time. I vowed, never again. It was not for me, I thought.

During that time, I joined a Facebook group called Streak Runners International. This is an international group of runners who share a passion for running, and daily running in particular.



Once a person has run at least one mile per day for 365 consecutive days, they are entitled to register their running streak with this group. The Facebook page is a friendly digital place of like-minded people from all over the world who share their running stories, successes, and unfortunately their failures too. Their stories are amazing, inspiring, motivating, and also sometimes absolutely heartbreaking. This page represents some of the best things about social media.

Many of the runners who post their stories are ordinary people, doing amazing things. Although one mile a day for a year is the minimum, most run significantly more miles per day, and have been doing it for years, sometimes even decades. Every day, I went to this page, and I became inspired beyond words from reading about the incredible feats these runners have performed. And it reinforced in my mind about just how much the human spirit can accomplish. We truly have limitless potential.

So, after a few years of following this group, I decided to give it another go. In April 2021, I ran my first Streak mile, with the intent to go as long as possible. Later, I modified this goal to one year, so I can register the streak. It was hard at first. Streak running inevitably makes you more sore and tired than regular running. But unlike the last time, I kept it up. I'd run late at night, early in the morning, after work, before work, or any time and anywhere, just to get in my mile or more. I started to get a little stronger too, as time went on. I made it 121 straight days, and then it all came crashing down. I suffered an injury, followed by Covid. I just couldn't run through it. It was so disappointing, and I felt depressed. I don't think I ever realized how much daily exercise helped me feel good about myself, until it was taken away from me.

Pete's Picks



I knew that I needed to get back into daily running, so on December 26, 2021, I started again, and luckily, I've been going strong ever since. I've run at all hours of the day, indoors, and outdoors, through 2 bad colds, while training for the Boilermaker, and when training for nothing in particular, and in every other scenario you can think of. I've run locally, and I've run out of town. And everywhere I've run, I have blogged about it on my personal Facebook page and a separate page I created called the Central New York Streak Runners page, so that I can share my journey.

I have less than a month remaining to hit one year. If my math is right, it should be the day after Christmas. I am so looking forward to that moment, not because it is such a huge momentous accomplishment, because I know that it really is not that. Many, many people, including at least one person in our club that I am aware, have done it. I'm looking forward to finishing a year, because it is a major goal that I set for myself, one that is not so common, one that takes a great deal of determination, and let's face it, a little bit of luck to accomplish. As mentioned above, it's a goal that reminds me of every person's limitless potential.

When my year is up, it will be time for a new goal. In 2023, I want to get in better shape, and to run a quicker Boilermaker (at least quicker for me), and I really, really want to run a Half Marathon. I've never run more than 10 miles before, so that will be a real challenge. To do all of this, I am going to need a little rest, I think, so daily running will cease, but in favor of targeted daily exercise, which I will never give up. The mental lift of daily exercise is just too powerful to ignore. That's a lesson I learned the hard way when I was hurt and sick and couldn't run.

But perhaps most importantly, a major goal I have set for the New Year is to give back to others what I've been so abundantly blessed with. I want to share with others the motivation and inspiration I have felt that prompted me to accomplish my Streak. In short, I want people to be able to accomplish their goals and to live a Limitless Life. More to come on this in the New Year.

I hope you all have a very enjoyable Holiday Season, and that you always feel Limitless in all ways!

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
Summer Sizzle 5-Miler
Falling Leaves 5K and 14K
Skeleton Run

Plus we added the Run Against Racism, Grateful for Graham 5K and the Tunnel to Towers 5K,

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!

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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)

- ☐ January 2023
- ☐ February 2023
- ☐ March 2023

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

☐ Yes ☐ No

Total included: \$ _____