



2023 TROY TURKEY TROT STORY IDEAS

-Energy Leader Overcomes Pain, Bone and Muscle Problems to Compete with Son in Trot's 10K

As a child, Diane Berman had numerous bone and muscle problems that required multiple surgeries.

She spent years in and out of hospitals, and at times had to use a wheelchair.

"Back then, many schools couldn't handle kids in wheelchairs," said Berman, who is commissioner at the New York State Public Service Commission. "I stayed home and had a tutor."

As an adult, she was diagnosed with complex regional pain syndrome (CRPS). The Mayo Clinic [describes](#) it as a form of chronic pain that "typically develops after an injury, a surgery, a stroke or a heart attack. The pain is out of proportion to the severity of the initial injury. CRPS is uncommon, and its cause isn't clearly understood."

Discussing Diane's struggle once on Facebook, her husband Jonathan [wrote](#), "I'm going to try to use Diane's example of strength and dignity and perseverance in the face of real suffering as a model to emulate."

Two years ago, Diane had brain surgery. They put a stimulator in her brain to help tamp down the significant health issues and pain issues on the left side of her body. The procedure helped bring her pain down from "off the charts" to about "a seven or eight out of ten on a normal day," she said.

Though that's still very high, she decided to "figure out how to live life to the fullest and get back with my personal and professional life, moving forward knowing what I need to do to deal with the pain without medication." Being involved and present both at work and at home helps a great deal, she said.

Earlier this year, All Energy CEO Katie Mehnert invited Diane to join the Women & Allies in Energy team for the TCS New York City marathon in November.

"I initially thought, 'Oh, I can't do this, physically and mentally,'" Diane said. "But the more I thought about it, the more it fit within the realm of all that I'm doing in the energy space, and trying to collaborate and succeed at things that seem insurmountable."

She started running in February, gradually increasing her distances. She joined her 20-year-old son, Jack, a junior at University of Vermont and in the Army ROTC program, and some of his fellow Army cadets for a 5K in Vermont.

"At the end, listening to the cheers, you would have thought I came in first...even though I came in dead last!," she said.





On Nov. 5, two years after her brain surgery, Diane ran the 2023 New York City Marathon. Nov. 6, was [Color the World Orange Day](#), created to bring recognition to CRPS. She finished the marathon in 8 hours 2 minutes and 59 seconds.

“Slow and steady! I finished...albeit the fastest runner could have run nearly 4 marathons in my finishing time!” she said.

On Thanksgiving morning, Diane will lace up her sneakers again. She’ll participate in the Trot’s 10K at 8 a.m. with her son, Jack, and 1200+ other participants.

“I am running for the first time in the Troy Turkey Trot,” said Diane, who moved from Delmar three years ago to Starbuck Island, which right is on the 10K course. “Running with him is a dream come true!”

“Diane’s story touched a positive note for me, as I too have my personal best marathon finishing time at the NYC Marathon,” noted Troy Turkey Trot Event Director George Regan. “Being able to run with your son in the Trot’s 10K is a beautiful thing and clearly a cause for celebration, especially considering that Thanksgiving is a family holiday. Facing challenges with courage, focus and an unwavering commitment to succeed is one of life’s greatest lessons.”

More: <https://www.allyenergy.com/blog/an-energy-leaders-journey-of-a-thousand-miles>

Contact: Diane X. Burman / 518.817.5897

-Woman Battles Cystic Fybrois to Compete in Trot

Hi Ed! I am a 28-year-old female living with a lung condition called Cystic Fibrosis. Three years ago, my lung function was at approximately 60% and I was frequently hospitalized. Today, I am up to nearly 80% lung function and capacity and have decided to sign up for my first ever 5K. Thanks to modern medicine, called Trikafta, my life has taken a complete 180 and I am finally living a normal life. I no longer do nebulizers or other typical cystic fibrosis treatments as frequently as I used to (which was 3x/daily). With my newfound love for exercise and trips to Orangetheory, I am now confident that I can complete a 5K and I can’t wait! My contact info is this email or my cell number 518-396-6998. I can be reached most days after 3:45 PM as I am an elementary school teacher. Thanks!
eckertm354@gmail.com

-Family Returning from Austin, Texas to Troy, N.Y. for Annual Troy Turkey Trot

Hello, my name is Jack Flynn and I'm 13 years old. I'm flying in from Austin, Texas to spend Thanksgiving my grandparents, Mike & Gerrie Flynn of Brunswick. This will be my first Troy Turkey Trot and I'm running with my sister Evey, 14, and my mom and dad, Asher, and Mark Flynn. My Dad grew up in Troy and this will be our first visit back in five years. Being from Texas, personally, I'm hoping that we can run in the snow.

Contact me at this email or call my mom Asher at 512-944-3596





-Three Generations of DeWolf Family Set to Trot

For many years, my Thanksgiving started by observing The Troy Turkey Trot. A few years ago, I decided that I was tired of being a spectator, I wanted to be a participant. My idea really caught on with my family. This year there will be three generations of the DeWolf family taking part in the event. Myself Frank, my son Dan, my grandson Jonathan, and the possibility of my grandson Jared. I thought what a great way to start Thanksgiving, having fun and helping those in need also. Contact: Frank DeWolf: 518-258-2178.

-Bogden Overcomes Weight Issues to Compete in Inaugural Trot

My name is Kara Bogden, and this will be my first time running...(jogging) the Troy Turkey Trot. This is a huge accomplishment for me because the idea of me running for sport use to be unfathomable. About 9 years ago I use to weigh 275 pounds. I was newly married and wanted children desperately. My husband and I were having trouble conceiving, and my doctor said my weight could be a contributing factor. I was struggling with some health issues due to my weight as well as mental health issues. I decided I had, had enough. I was ready to lose weight so I could be a happier and better version of myself. I went about it all wrong at first. Tried running full speed right from the start instead of easing into it. Yo yo dieting and restricting my food, unrealistic goals, and gym expectations. I failed a bunch of times, but I didn't give up. It took me awhile but eventually I did it, I changed my lifestyle habits and started losing weight. I'm now over 100 pounds lighter, have two kids and I feel amazing. I still have my struggles and give in to indulgences but then I start again and that's the most important thing. I started jogging 3 times a week about 2 years ago, started with 2 miles and have worked my way up to 6. It's not a consistent jog, I take breaks to catch my breath when the need be. Running is never something I have ever dreamed to be doing one day, but here I am. I'm scared, no terrified, of doing this but at the same time excited to be trying something new. But most importantly to show my kids that with the right amount of determination and commitment you can do anything. I always wanted to be someone my children could look up to and now I'm doing just that. I hope that by sharing my story I can inspire just one other person who may be struggling or feel like change is impossible. Even the longest of journeys began with a single step. I live in East Greenbush, I'm 41 and I own a small in-home daycare. I'm not sure that I have pictures of me running as I take my run early in the morning and I'm not much of a selfie taker. I do have before and after pics that show my weight loss. I may have some pics of me after a run I will have to check.

-Kara Bogdan / 518-881-5826 / Easiest to reach me by e-mail: karabogdan@yahoo.com

-Keeping the Streak Alive: 80-Year-Old Trojan Plans to Tackle 45th Consecutive Trot

My name is Clara Hunt and my good friend, Louise Liberty will be running the Troy Turkey Trot's 5K for the 45th consecutive year at this year's Turkey Troy and she will turn 80 years old on November 28. She is an avid supporter of the Turkey Trot and absolutely loves the event! She does not remember what her best time was but thinks it might have been 28 minutes back in the 80s when she came in 12th in her category. We have been running together for years. I am 86. She is a one in a million person and is always involved in helping in the community. She participates in the Our Lady of Snow Food Pantry in Grafton every Saturday. This year she has walked in the Hospice walk, Alzheimers Walk and previous years the Walk for Parkinsons. Together we conduct a Troy Drive for Unity House and collect a wonderful supply of toys each year. She never stops volunteering! These are only a few of the organizations that she has been involved in over the years. Louise does not have an email and when I registered her in this year's event, I used my email chunt15@nycap.rr.com or call her at 518-274-6384. Her address is 7 Country Way, Apt. 206, Troy, NY 12180 Clara Hunt 518-421-8047





-Other Longtime Trotters You Can Chat With

- John Driscoll and Phil Grogan have run the TTT for 46 and 45 years in the 10K. Both are from Troy and could be good to set something up with in advance! JDRISCOLL1@NYCAP.RR.COM philgrogan@lathampool.com
- Frank Lanzillo - 10k - trifrank@hotmail.com - 518-221-6181- Troy, NY,
- Mike Brinkman. 10k - tinker41754@gmail.com - Troy, NY - 518-421-9765
- Dan Larson - 5k - brantlakedan@gmail.com - Queensbury, NY - 518-798-8388
- Mark Mindel - 10k - eliscomin10@gmail.com - 518-560-2280 - Ballston Lake, NY

-Former 10K Champion Returns

Ricardo Estramera, 37, a dedicated local elite runner, won the Troy Turkey Trot's 10K in 2013 and 2016 (30:59). He's hoping to secure an elite entry in the 10K field for the 76th edition of the Trot on Thanksgiving Day. He previously trained as an elite distance runner in Florida and hoped to compete in the 2020 Olympic games in Tokyo representing Puerto Rico, before retiring from the sport. In 2016 he fell just short of Thomas Dalton's 29:43 record in 1980.

Contact: restremera86@gmail.com Phone: 518-428-2017

