

July 2021

# splitimes

The Official Newsletter of the Utica Roadrunners



**Upcoming Races**

Tunnel to Towers ..... 8

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## THE STANDINGS



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July  
2021  
Utica Roadrunners  
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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](#)



**Scholarship chair Andrew Rubino, long time scholarship supporter Dr. Paul Ohlbaum and president Jim Mott join this year's Utica Roadrunners' scholarship recipients. To learn more, see page 6.**



# President's Message

by Jim Mott



**“ If you commit to something, then you have to see it through to the end.”**

– JAMES LAWRENCE (THE IRON COWBOY)

Runners:

June was such a challenging, yet rewarding month! To see runners step up to a starting line, without waves and masks was so incredible for me. Things have changed so much over the past few months and we weren't sure what our race would look like. In the end, we had a beautiful day (although very humid) and some Summer Sizzling times!

Runners came from many regions and we were a USATF certified event for the first time ever. The **Summer Sizzle** was also a Club Cup event. In all, we had about 180 participants and a fun Kids' Run to kick things off. There is so much that goes into putting on an event and the volunteers were so amazing. From the packet pick-ups at the Sneaker Store, day of race packet pick-up, and all the people that helped out on the course with water and directions-THANK YOU! A special thank you to the people of Masonic Care Community who trusted me and us by letting us use their campus. It was their first event since the pandemic. It is a relationship we will continue to cultivate as we are hoping to have other events there in the future!

June means the end of another school year for me and it was also the **15th Annual Mott Marathon Challenge**. The event challenges seniors at my school, CVA, to do 105 laps around the school track. This year we had 14 finishers, putting the grand total at 347 graduating seniors that have completed a marathon before they graduate. It is a special event and truly the event that connected me to this great club. We had relay teams this year but due to a scheduling conflict we could not hold the event on our traditional Thursday. That did not stop me and some of my rowdy UR friends from keeping the tradition alive. With the nutritional advice of Jeannine Macera, some good pacing miles from Rick Gloo and the amazing support of Jen Bachelder and Andrew Rubino we held the Not Mott Marathon. Details are included in a separate story.

Have you heard our **Development Runs** have returned?! Have you heard there are no more waves and the road will be closed for us like the good old days? Thank you to Ashley Mancini and all the volunteers for adapting and bringing the Development Runs back. We will be starting our Kids Run again at 6:15 pm and that will follow with a mass start for the 2 mile, 5k and 10k runners at 6:30 pm. We do ask that now that we can have a mass start to please wait and run with the group because that is the whole concept of the event. It is the thing we have been missing so much over the past 15 months! Also a special thank you to our **Scholarship Committee** that recognized five deserving students with our Paul Ohlbaum, Howard Rubin, Utica Roadrunner, and GRIT scholarship awards. We held the ceremony June 23rd right before the Development Run. Thank you to Andrew Rubino for the efforts it takes to do this. Also a huge thank you to Paul Ohlbaum. Paul is a running legend. He has been with the club since it began and his commitment to our youth is what the club's mission is all about. Paul makes a point of coming to present the scholarships in person and speak to the kids directly about the importance of academics.



## PRESIDENT'S MESSAGE (CONT.)

So as we are halfway through 2021, things are really heating up for us as a club! We have our **Second Run Against Racism** that our DEI Committee has been working hard on. A special shout out to Michelle Truett and Alex Gonzalez who hosted a ZOOM meeting talking about the DEI committee and last year's Run Against Racism. We have now received regional and national attention through the RRCA. July also brings us back the **Erie Canal 5k and Half Marathon**. That will lead to a very busy month of August as we prepare for our **Save our Switchbacks Race** on Sunday, August 15th. The event is directed by Sharon Scala and she has been working very hard on creating a great event. We have well over 100 registered-have you signed up yet? The next week brings a very unique event as Phil Trzcinski and Alex Gonzalez have brought **The Tunnel to Towers 5k** event right to the City of Utica. The event will be huge and truly could end up being one of our area's signature events for years to come.

Speaking of big events -**The Boilermaker!** A Boilermaker in October will be different but it will bring some fast times for sure. We are preparing on our end as Tim Kane's **Boilermaker Training Program** is thriving and the runners have been engaged for that target date of October 10th. The typical date for the Boilermaker would have been Sunday, July 11th. On that date, Mike Brych will open registration for our **Falling Leaves** races that will be back utilizing the normal courses. The Falling Leaves is an official warm-up event to The Boilermaker. Don't forget our **Skeleton Run** October 17th as the perfect cool down. Rick Gloop is bringing that event back to its roots at Deerfield Town Park.

It truly has been a strange journey to get where we are now. Speaking for myself, I appreciate some things now more than ever. We are able to see family, friends, and do the things we love without restrictions. We have not only survived as a club-we have found a way to get better. A huge thanks to all who have stepped up to help our club with the vision we have carried through. A huge thanks to all of you-you have trusted us and you have supported us in the toughest of times. Now let's get out there running, racing, and doing what we do best. I will certainly see you out on the roads soon!

Jim

## Development Runs Are Underway!



Every  
Wednesday  
Night!  
6:30pm Start!  
Kids' run at 6:15pm



# Our Next Race



Presented by



## Sunday, August 15th • 8am

the second live race in the 2021 4-Race Challenge!

**REGISTER NOW**

### Race Information

This year's race will start by heading up the Parkway before turning onto Valley View Road and hopping onto the running path. A quick stint in Valley View golf course takes runners into Roscoe Conkling Park to run the switchbacks in the reverse direction (from Falling Leaves). The course comes back onto the golf course for one last hill and then down to the Memorial Parkway to the finish. Price: \$30 Race Fee + \$2.90 SignUp Fee, Register online through August 14, 2021

### Kids Fun Run

*Presented by Mountain Ice (Mountainside Medical)*

The Kids Fun Run will begin at 8:30AM and run up the Parkway to Steele Hill Road (entry to Utica Zoo) and turn around. There is no fee, but please pre-register. Open to kids under 12.

### Details

Packet pickup will occur on Saturday, 8/14, time/location TBA. Day of registration and packet pickup starts at 7:00 AM at the Parkway Ski Chalet.

### Timing

Timing will be provided by TNT Timing. Results will be posted here on the Utica Roadrunners website and at [tnttiming.com/results](http://tnttiming.com/results)

### Awards Ceremony

The ceremony will start shortly after the completion of the 7.5K race. (must be present to accept awards)

### Food

There will be food and drinks available for runners after the race in the ski chalet

### Shirts

Technical shirts will be provided to those who sign-up prior to 7/20. Runners are encouraged to pre-register for proper sizes. Shirt sizes are not guaranteed.

# 2021 UR Scholarship Winners

It is our honor and great pleasure to introduce our 2021 Scholarship Recipients. These fine young men and women are going to do great things. Congratulations to each of them and their families.



## JADE DENING

Remsen Central School

Jade will attend Utica College in the fall where she will study Health Sciences and plans to continue her running career with the team. Jade has been an exceptional runner since her freshman year of high school earning Center State Conference All Star recognition at each varsity season she competed. She has medaled in nearly every invitational she competed in. Her personal records are (2:29) 800m, (4:53) 1500m, (10:43) 3000m, and (19:37) 5k.



## MADDOX ARAMINI

Cherry Valley-Springfield.

Maddox will attend the College of Saint Rose where he will study Criminal Justice. He would like to continue to run for the college. Maddox overcame a number of personal obstacles growing up to become the student athlete he is today. One challenge of note was when his school discontinued the Cross-Country program he loved. However, Maddox made the best of the situation by switching to soccer to stay in shape for track and field in the spring.



## HANNAH IELFIELD

South Lewis Central

Hannah will attend University of Mississippi in the Fall. She will study Exercise Science. She will continue to run for the Ole Miss. Hannah started running in elementary school and running has been a part of her ever since. Her family, coaches and the running community drives her to better herself every day. She has the Cross Country course records for Whitesboro, EJ Hermann, Beaver River, South Lewis, and Indian River.



## MAYKAYLA CHAMBERS

Adirondack Central High School

Maykayla will attend Boston University in the fall and will be on the Pre-Med track, studying biology. She intends to combine her passion for working with children and caring for others as a pediatrician. Running is something she will always do and hopes to join a running club at college. Despite sports being limited by the pandemic and having a spinal fusion surgery, Makayla thrived as a scholar athlete. She is a multi-sport athlete with accomplishments in Swimming, Nordic Skiing, Cross-Country, and Track and Field.

## DAVID LAMORE

Whitesboro High School  
(Not pictured)

David will attend SUNY Cortland in the Fall where he will study Biomedical Science and plans to continue his running career with the team. David plans on becoming a doctor with the goal to treat and cure genetic diseases. David has speedy personal records of 2:48 for the 1000 meter, 4:45 mile, 10:19 two mile, 17:22 5k, and 37:41 10k.

# Grand Prix Standings



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 designated races will determine the standings for the awards, with a minimum of 3 races required to be eligible for an award.

## 2021 Remaining Grand Prix Races

Honor America Days - tdb*	Falling Leaves 14k – 9/26/21
Save Our Switchbacks – 8/15/21	Boilermaker 15k – 10/10/21
Woodsmen 10k – tbd*	Skeleton Run – 10/17/21
Tunnel to Towers, Utica – 8/22/21	Mad Mile – tbd*
	Erie Canal Half – 7/18/21

## Men's Standings

As of 6/20/21

<b>25-29</b>		<b>50-54</b>	
Mason Hedeon	12	Paul Humphrey	12
<b>30-34</b>		Eric Casper	12
Travis Belanger	22	Daniel Pierson	10
James Kuny	12	Richard Crandall	10
Ryan Stevener	8	Glen Andrew Roberts	8
Michael Shue	7	<b>55-59</b>	
<b>35-39</b>		Dave Putney	24
Christopher Edick	22	Jeff George	16
Troy Williams	18	Thomas Durso II	14
Alejandro Gonzalez	13	Jim Mott	10
Joshua Belisle	12	John Seigle	10
Michael Daly	8	<b>60-64</b>	
Nick Grimmer	7	Gary Burak	22
Cole Perkins	6	Tim Kane	12
Andrew Rubino	5	Bill Kosina	10
Michael Carney	4	Wayne Murphy	8
<b>40-44</b>		Harry Campbell Jr.	7
Tom Joslin	22	<b>65-69</b>	
Joe Mashaw	15	Gary LaShure	12
Steve Fairbrother	15	James Siepiola	10
Mike Brych	12	Gene Allen	8
Ryan Maine	10	<b>70+</b>	
<b>45-49</b>		Bill Luley	12
Ryan Misencik	24		
Lee Sampson	10		
Jim Latshaw	10		

## Women's Standings

As of 6/20/21

<b>15-18</b>		<b>45-49</b>	
Emily Misencik	12	Tracy Parmeter-Perkins	20
<b>25-29</b>		Melanie Crisino	17
Rebecca Laporte	12	Allison Miller	12
<b>30-34</b>		Lindi Quackenbush	10
Amanda Mondrick-		<b>50-54</b>	
Robertello	24	Marylisa Nolan	17
Amanda McElroy	10	Jeannine Macera	12
Gwen Murphy	10	Karen Scanio	12
Alyssa Fanelli	8	Melissa Scanlon	10
Carla Williams	7	Lisa Seigle	8
<b>35-39</b>		<b>55-59</b>	
Jennifer Donofrio	22	Laura George	22
Alexandra Battista	12	Ingrid Otto	12
Brittani Ritzel	8	Beth Talbot	8
Ashley Pace	7	Karen McDaniel	7
<b>40-44</b>		Lesia Roback	6
Jennifer Bachelder	24	<b>60-64</b>	
Danielle Bliss	20	Sharon Scala	19
Andrea Carney	15	Sue Tucker	12
Jessica Arevalo	15	Christine Potocki	10
Jerilyn Mashaw	10	Debbie Brockway	8
Cheryl Burmaster	6	<b>65-69</b>	
Jennifer Stefka	5	Carolyn Mohr	12
Melissa McAuslan	5	Susan Luley	12
Margaret Hammell	3	<b>70+</b>	
		Dorothy Massinger	12

# Upcoming Race



**Tunnel to Towers  
Foundation**  
5K RUN & WALK  
UTICA, NY

**RUN  
WALK  
HONOR**



## **TUNNEL TO TOWERS 5K RUN & WALK UTICA**

FOLLOW THE FOOTSTEPS OF 9/11 HERO, NEW YORK CITY FIREFIGHTER  
STEPHEN SILLER, AND ENSURE WE NEVER FORGET THE SACRIFICES OF  
OUR NATION'S FIRST RESPONDERS AND MILITARY HEROES.

**SUNDAY  
AUGUST 22, 2021  
STARTS 8AM**



**UTICA 9/11 MEMORIAL**  
SHERMAN DRIVE & THE PARKWAY  
FINISH LINE AT GENESEE ST, DOWNTOWN UTICA

**REGISTER NOW**

# CNY Running Clubs Cup

## Standings after Summer Sizzle:

	SUMMER SIZZLE		OVERALL
<b>Roman Runners</b>	<b>354.25</b>	<b>6</b>	<b>18</b>
<b>Utica Roadrunners</b>	<b>353.34</b>	<b>5</b>	<b>15</b>
<b>MV Hill Striders</b>	<b>288.90</b>	<b>4</b>	<b>7</b>
<b>Kuyahooraa Kickers</b>	<b>280.50</b>	<b>3</b>	<b>9</b>
<b>Tow Path Trekkers</b>	<b>106.51</b>	<b>2</b>	<b>6</b>
<b>Rock City Runners</b>		<b>0</b>	<b>5</b>

## Our scoring members at Summer Sizzle:

Congratulations to the top 5 age graded runners that converted scores:

Susam Luley	F67	46:28:00	72.99
Tim Kane	M62	36:51:00	72.41
Tom Joslin	M42	31:59:00	70.61
Ryan Misencik	M46	33:37:00	69.31
Sue Tucker	F61	45:55:00	68.02

**TOTAL: 353.34**

**The next Clubs Cup race will be the 10K Patriot's Run in September. As our Cup Captain Tim Kane says "every second counts". We need participation to score!**

### WHAT IS IT?

The CNY Running Clubs Cup is a friendly competition between six of the running clubs from the Central New York area: the Utica Roadrunners, Roman Runners, Kuyahooraa Kickers, Tow Path Trekkers, Rock City Runners and the Mohawk Valley Hill Striders.

### HOW DOES IT WORK?

Team members from each club will compete in a series of predetermined races held in the area throughout the year, beginning in the spring and ending in the fall. Typically, there is about one Cup race per month; members of each team are able to earn points at each of these races for their club, which are then tallied at the end of the season to determine the winner!

### BECOME A MEMBER OF THE TEAM

The Cup Team is open to all members of the Utica Roadrunners. To be a member of the Roadrunner's Cup Team, please send an email to Tim Kane at, [trkane59@gmail.com](mailto:trkane59@gmail.com). Additionally, you MUST have paid your dues to the club BY APRIL 10th, 2021!

### HOW IT IS SCORED

To score points for the UR Cup Team, the results of the top five performing team members will be compared to the other clubs top five. Points are then awarded to each of the six club's as follows: 5 points goes to the club with the highest cumulative score of those members, 4 to the club with the second highest, and so on.

### EVERYONE COUNTS!

The top 5 team members for one team who can earn points are not necessarily the first 5 to cross the finish line! All results are age-graded, which means that your race time will be compared to a calculated standard for your age and gender at that race distance. This allows all UR members to be competitive in this competition and earn points for us!



## Hill Running: Not for the Faint of Heart

by Terry Dwyer



Frank Shorter, the 1972 Olympic Gold medal marathoner and running icon, once said that hills are speedwork in disguise. Others have equated hills to resistance training for runners. Both are accurate, yet despite the general knowledge from grade school geography class that the world is not flat,

runners are always cursing those darn hills that pop up at the most inopportune times of a race.

Many runners hate hills. It is usually a close competition between speedwork on the track, treadmill training, and hill running for most loathsome running activity. Still, we do them all because we run and there is nothing more gratifying than complaining to our non-running friends of how the day started with a hilly six miler or a set of 6x1200s on the track with a mile warmup and mile cool down. By comparison, our bewildered friends usually counter with the lament that their alarm went off too early and they had to hit the snooze button to catch an extra 15 minutes of sleep.

Whether you are a hill monster or really, really hate running hills, there is a proper way to engage those asphalt behemoths that rise to intimidate us during training sessions or a race. How often in the middle of a race have you seen runners approach a hill and as they slowly ascend the incline their bodies increasingly hunch over as if gravity on the ascent increased with each step? By the time they get to the top of the hill they look like lazy armadillos trying to cross a Texas highway. From the imagery you can guess that the result is not going to be good for either the armadillo or the runner.

Proper hill running technique requires you remember a simple but effective formula – chest, hips, push. Your chest should be upright and slightly forward but not extending over your knees. Your hips should be forward as well. Keep the rear tucked in alignment with the back. Finally, with your torso and rear working together instead of against each other, you will have the power to effectively push yourself forward up the hill from your hip flexors through your thighs. Many runners tend to rely on their calf muscles to propel them up a hill by shortening their stride and pushing off from the ankle, but this is putting too much pressure and reliance on a much smaller muscle group. It may work in the short term, but in a longer race it will tighten up the calf muscles and further reduce the stride. Remember that the hip flexors are big muscles that go into other big muscles. Run with the whole body, not isolated segments of it.

There are ways to improve your hill running technique and strengthen those important hip flexor and thigh muscles. In another article I will outline some of the simple and fun ways to work on your hill running technique.

One last tip for hill running – focus on something other than the big hill ahead of you. Whether it is a song, a prayer, or the recitation of a favorite poem, engage your mind in something to divert it from the physical work ahead. You will be surprised how conditioning yourself to engage in proper form and having a nice mental diversion can suddenly place you at the top of that big hill wondering what all the fuss was about.

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



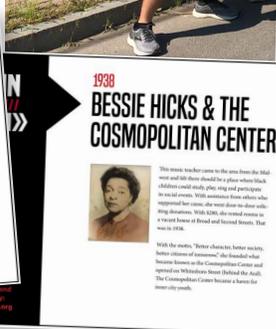
UTICA ROADRUNNERS

# AGAINST RACISM

AN 8.5 MILE RUNNING & WALKING ROUTE THROUGH UTICA TO HONOR BLACK LIVES LOST, STAND AGAINST RACISM AND TO LEARN ABOUT AND CELEBRATE OUR CITY'S BLACK COMMUNITY

REGISTER NOW

JUST OVER 30 SIGNS WILL BE PLACED ALONG THE ROUTE!



# JULY 17-AUG 1

## We have created a historic route through Utica!

### HOW TO TAKE PART:

- Walk or run the route, at a time that works for you, between July 17 - August 1, 2021
- Read temporary historical markers along the way to learn about places, people and events that celebrate the rich history and contributions of Utica's black community
- Reflect on racism and how you can combat it
- Post photos and thoughts to our event page

Join the UR Facebook event to find out dates when we will be doing group runs.

A variety of routes are being created by the committee and will be available for view/download soon.

Donations to this virtual event will support a U-ROAR student scholarship, to be added to our annual scholarship program in 2022 and participants will be chosen at random for prizes that will support both running-related and black-owned businesses. The event is FREE, but if you are so moved to do so, donations raised will help support those businesses.



# Summer Sizzle 5-Miler Results

## TOP 3 OVERALL MALE

1 Jonathan Lindenaue	33	Albany	27:29	5:30
2 Stephen Paddock	26	Cazenovia	28:44	5:45
3 Andrew Foxenberg	36	Kirkville	28:58	5:48

## TOP 3 OVERALL FEMALE

1 Karen Bertasso Hug	37	Selkirk	31:41	6:21
2 Kirsten McMichael	24	Clifton Park	33:41	6:45
3 Diana Tobon-Knoblo	40	Schenectady	35:07	7:02



## FAMILY AWARDS

### FATHER-DAUGHTER TEAM SCORING

1. 1:14:53 Irwins	(37:27)
33:15	Robert Irwin M 48
41:38	Beth Irwin F 17
2. 1:29:05 M&M	(44:33)
33:37	Ryan Misencik M 46
55:28	Emily Misencik F 16

### MOTHER-DAUGHTER TEAM SCORING

1. 2:08:52 C & M	(1:04:26)
1:04:26	Melissa Shupp F 39
1:04:26	Clara Shupp F 13

### FATHER-SON TEAM SCORING

1. 1:36:32 H & A	(48:16)
48:15	Henry Shupp M 11
48:17	Aaron Shupp M 45

### SISTER-SISTER TEAM SCORING

1. 1:44:19 Bachelder-Joy	(52:10)
38:06	Jennifer Bachelder F 43
1:06:13	Amy Joy F 32

### HUSBAND-WIFE TEAM SCORING

1. 1:04:47 Team Knobloch	(32:24)
29:40	Aaron Knobloch M 45
35:07	Diana Tobon-Knobloch F 40
2. 1:11:48 The Foxenbergs	(35:54)
28:58	Andrew Foxenberg M 36
42:50	Beth Foxenberg F 40

### 3. 1:31:27 Sole Mates (45:44)

40:17	John Seigle M 54
51:10	Lisa Seigle F 53

### COUPLE TEAM SCORING

1. 1:19:30 When The Sun Shines	(39:45)
39:19	Alexandra Battista F 35
40:11	Andrew Rubino M 37
2. 1:56:49 Jim & Diane	(58:25)
58:24	Diane Vanpelt F 65
58:25	James Siepiola M 67

# Summer Sizzle 5-Miler Results



## FEMALE AGE GROUP WINNERS

### 1 - 19

1 Beth Irwin	17	Guilderland	41:38	8:20
2 Emily Misencik	16	Whitesboro	55:28	11:06
3 Clara Shupp	13	New Hartford	1:04:26	12:54

### 20 - 29

1 Moriah Humiston	21	Rome	37:45	7:33
2 Sarah Depalma	27	Utica	38:13	7:39
3 Alexis Holmer	27	Utica	39:25	7:53

### 30 - 39

1 Hillary Holden	33	Utica	37:33	7:31
2 Jocelyn Lathers	32	Cortland	39:07	7:50
3 Alexandra Battista	35	Utica	39:19	7:52

### 40 - 49

1 Jennifer Bachelder	43	New Hartford	38:06	7:38
2 Danielle Bliss	43	Ilion	38:41	7:45
3 Kari Deer	42	Slingerlands	40:11	8:03

### 50 - 59

1 Ingrid Otto	56		41:49	8:22
2 Ellen Dickerson	50	Clinton	43:36	8:44
3 Laura Hash Davis	56	Rome	44:29	8:54

### 60 - 69

1 Sue Tucker	61	Ilion	45:55	9:11
2 Susan Luley	67	Sauquoit	46:28	9:18
3 Ann Lewicki	63	Hartwick	47:18	9:28

### 70 - 99

1 Martha Degrazia	70	Slingerlands	48:23	9:41
2 Margaret Jevens	75	Rome	1:08:20	13:40



# Summer Sizzle 5-Miler Results



## MALE AGE GROUP WINNERS

### 1 - 19

1 Nicolas Ferretti	19	Rome	29:23	5:53
2 Henry Shupp	11	New Hartford	48:15	9:39
3 Daniel Hickey	17	Utica	54:50	10:58

### 20 - 29

1 Ian Kurzrock	23	New Hartford	37:29	7:30
2 Sean Valentine	21	Utica	40:06	8:02
3 Kyle Coin	26	Clinton	40:14	8:03

### 30 - 39

1 Chuck Terry	39	Albany	29:55	5:59
2 Nick Jeror	31	Rome	31:25	6:17
3 Todd Butters	31		32:22	6:29

### 40 - 49

1 Aaron Knobloch	45	Niskayuna	29:40	5:56
2 William Callahan	44	Whitesboro	30:21	6:05
3 Jakob Irwin	40	Troy	30:43	6:09

### 50 - 59

1 David Putney	56	Newport	32:33	6:31
2 Bob Carrier	50	Rome	35:22	7:05
3 Eric Kasper	54	Clark Mills	36:11	7:15

### 60 - 69

1 Donald J Hughes	63	Syracuse	35:57	7:12
2 Tim Kane	62	New Hartford	36:51	7:23
3 Bill Bean	61	Scotia	37:46	7:34

### 70 - 99

1 William Luley	72	Sauquoit	54:15	10:51
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# Summer Sizzle 5-Miler



# A Special Not Mott Marathon

by *Jim Mott*



Imagine being told you can't do something you have your heart set on. Imagine that it is something that people have come to count on and it is such a tradition that people have just come to accept that on the Thursday before the end of classes is the Mott Marathon. That is what happened to my event this year and it truly broke my heart. The event was moved to a Monday and it unfortunately did not have the same impact as the many that came before it.

The seniors that ran the event this year made me so proud as they still wanted to have the opportunity to run 105 laps around the school's (Central Valley Academy) track. For many it is an achievement of a lifetime. For others, it puts an exclamation point on their high school career.

To keep the Thursday tradition alive, I was joined by UR members Jeannine Macera, Jen Bachelder, Andrew Rubino, and Rick Gloo. We started at 4 pm on Thursday, June 10th (the day the actual marathon should have taken place) and we set out for our journey that lasted long through the night.

Jeannine offered to run some laps even though she was hurt, Rick paced me for many miles and Andrew and Jen both ran the full marathon distance! We had medals and shirts and for me it was my 54th marathon.

I hadn't run over 13 miles all year and I hadn't run a marathon in five years.

We called the event the Not Mott Marathon and many people from the school and community stopped by showing support.

Running is empowering. Running is community and running has always been a way that I have dealt with adversity. I am so thankful to have such a supportive group of friends.

# Boilermaker Training Program

**Finish the 5k**  
**Finish the 15k**  
**Improve 15k and/or get your PR**

You can still register and get in on training!  
Group runs on Saturday mornings and is  
run by RRCA certified coach Tim Kane

**REGISTER NOW**



## President's Picks by Jim Mott

**This month I will share two of my favorite documentaries that I have watched numerous times. Whenever I feel I need a little boost of motivation, I can count on these two films.**



The first comes from the man that calls himself The Ginger Runner. Ethan Newberry documents the attempt of ultramarathoner Gary Robbins and his attempt to complete the infamous Barkley Marathons. Runners have 60 hours to complete five laps with an elevation gain that is off the charts-try 54,200 feet on for size! Robbins failed numerous times to complete the race and in 2017 he missed the cutoff by six seconds after taking a wrong turn. He was attempting to be only the 16th ever finisher of the event. It is advertised as a 100 mile event but many say it is more like a 130. It is definitely worth the watch and it is free. [\*\*WATCH NOW\*\*](#)



The second documentary is about a triathlete that calls himself the Iron Cowboy. James Lawrence recently just did the unthinkable. – he did an Ironman triathlon for 100 consecutive days. An Ironman consists of a 2.4 mile swim, a 112 mile bike, and a 26.2 mile run. Imagine that - *100 consecutive days!* The documentary that preceded that achievement documents Lawrence's attempt to do 50 Ironman triathlons in all 50 states for 50 consecutive days. [\*\*WATCH THE TRAILER\*\*](#) There are many options including Amazon Prime where you can watch it for free.

Enjoy some night to beat the heat!

# UR's DEI COMMITTEE

## STATE AND NATIONAL PRESENTATIONS



We had a wonderful opportunity to present the Run Against Racism to both the Road Runners Club of New York and the **Road Runners Club of America**, where participants joined us from all over the country. We discussed the process of putting the race together including outreach, how it worked virtually for runners and the outcome of the event.

In July, we will be presenting it to the Houston Area Road Runners Association (HARRA)'s Diversity, Equity and Inclusion Committee.

## A NEW INITIATIVE



It is part of the Utica Roadrunners Mission to promote and encourage running. However, we are aware that for many in our community the dues to join the Utica Roadrunners as an individual may be a barrier. Therefore, we want to provide wider opportunities for participation and reach out through community organizations to those who might benefit from participating in Roadrunner events. By taking part in U-ROAR, there is an immediate support system of local runners at a variety of paces, and support for learning, training, and improving.

The U-ROAR program allows a community organization to identify up to 10 individuals served by or associated with the organization to participate in UR events with many of the benefits of membership, but without the individual yearly dues. For any questions, please see Melissa Barlett or Alex Gonzalez of the DEI Committee.

## UTICA'S JUNETEENTH CELEBRATION

June 19, 2021 at Chancellor Park



UR set up a booth at Utica's annual Juneteenth event in Chancellor Park on June 19th. We were met with perfect weather and HUNDREDS of people who were excited to celebrate the occasion and be together in a public space.

We took our Run Against Racism signs and displayed them throughout the park so participants could read some history facts and we also made connections to help us add more signs/history to this year's event.

It was a great opportunity to talk with people about running, the club and our efforts.



# Member Accomplishments



**Sharon Scala and Melanie Crisino completed the Mott Marathon Relay**

**Melissa Barlett had a great run (and got some great photos!) at the Montezuma Half Marathon**



**Melissa Barlett, Dave Saxe, Jeannine Macera and John Gilligan ran the 26th annual Nate Race**

# 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 2021

## 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

## 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)

- August 2021
- September 2021
- October 2021

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

- Yes  No

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