

May 2022

splitimes

The Official Newsletter of the Utica Roadrunners



Starts this week! Page 6

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May
2022
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](#)

CONGRATULATIONS!



We met up with Ross Berntson to present him with his Red Jacket!

Congratulations Ross, and thank you for all you did for the club in 2021!

President's Message

by Jim Mott

“ Our scars can destroy us, even after the physical wounds have healed. But if we survive them, they can transform us. They can give us the power to endure, and the strength to fight.”

- THE BATMAN

Runners:

What a great month we had! The rain and snow didn't go away completely but that didn't stop us from having some great events! April was the month of our Third Annual Scavenger Hunt. The UR PD was on patrol checking out all the posts of the great finds throughout the month. The Scavenger Hunt was created during the March of 2020 to help keep us connected when we were first dealing with the pandemic. We raised money for local businesses and fought our way through some very tough times like this month's quote states. This month we raised money for The Abraham House. Thank you to all who participated and to the UR PD and Rebecca Aceto.

April was also the month of our first live race of the year, the **Save Our Switchbacks** race led by Race Director Sharon Scala. Sharon has done such a great job with this event. The weather didn't cooperate but that did not matter to our participants as they battled the conditions making it another memorable event. Thank you to all the volunteers that helped make things run smoothly! April concluded with the first running of **The Grateful for Graham 5k**. The response to this event and cause was amazing as over 400 people participated and over \$26,000 was raised. Thank you again to Rebecca Aceto and Phil Trzcinski for all the work to put the event together. Speaking of Phil, he is our equipment manager and has gone next level in getting us our new trailer that you will be seeing at our races and D Runs. The graphics are sweet and it is truly something that the club is proud of.

May leads us to another big month ahead of us! Things get kicked off with our **Third Annual FIVE after FIVE Challenge**. Our Fiesta Crew is again hard at work and we are making this year's event bigger and better than ever. The FIVE after FIVE is a 15 day challenge to take your training to the next level. Each day starting on May 6th, you will be given new challenges as you attempt to run a 5k or 5 miles every day of the challenge. If you miss a day or you're not up to it, don't worry you can run 50k (31 miles) or 50 miles total over the 15 day period. Maybe that's not enough-then how about being a Badass? During a 55 hour period designated by our Fiesta Crew, run 5 miles or 5k every 5 hours! We have a great kickoff event this year at Saranac Brewery! Come on down to the Tap Room and join the group for the first run of the challenge. Then go on in and get your favorite beverage and some of the great swag that comes with the event. The Tap Room will be open from 4-7 pm and it will also serve as our monthly Happy Hour! Also, all the Scavenger Hunters can get their



President's Message (cont.)

sweet shirts and prizes they may have won from our generous UR PD! If you haven't signed up for the FIVE after FIVE there is still time but you had better hurry!

Ongoing events include our very successful **Boilermaker Training Program**, our **Grand Prix** has started as well as the **Club Cup!** Our **Development Runs** will begin on Wednesday, May 11th. D Run Director Ashley Mancini has been hard at work to bring you a great experience as you get ready to train for the Boilermaker. One thing to keep in mind is that most Wednesdays, we will not be able to close the Parkway. Therefore, we will be starting and finishing on the sidewalk as we run up to the golf course and through those beautiful switchbacks!

June will bring us the **Third Annual Run Against Racism** which will be a live 5k event this year on June 18th. It will not be a timed event and participation is free. We are also guaranteeing the first 100 registrants a free shirt. More details are in the newsletter! Thank you to Michelle Truett for her work in keeping this event going and so meaningful. The following day, we will be at Proctor Park for the **Summer Sizzle!** Registration is open and the swag is true fire!

It is such an exciting time to be a Utica Roadrunner! We are 500 members strong and we have not only survived the tough times, we have thrived and found ourselves stronger because of them! Thank you for believing in us and making us the great group that we are. I'll be looking forward to seeing you on those roads!

Jim

Quick Links to Register for our 2022 Races



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



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

Individual race registration will open soon

Development Runs Start May 11

6:30pm hard start time
2 mile, 5k & 10k distances
Free to all our members
\$2 for non-members

Waivers will be required once at the start of the season.
Water stops located at the 10k/5k split and
new this year at the entrance to the Switchbacks.
CPR certified individuals will be stationed at each water stop.

We wouldn't be able to have these runs without our volunteers. If you are interested in volunteering at the Development Runs, or at any of our club events, please [fill out this form](#) and someone will contact you to let you know how you can help.

UR Student Scholarships

The deadline to apply is May 6, 2022

Incomplete submissions will not be considered.

Applicants are encouraged to complete the application online [using the Google form](#).

However, the application can also be printed for submission [using this form](#).

Each year, we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student-athletes in our community. We are pleased to announce that this tradition will continue in 2022 with the **Paul Ohlbaum and Howard Rubin Scholarships** to the outstanding male and female applicants.

For eligibility, process and more...

[LEARN MORE](#)

2022 UR Races

GET READY!



**Kick Off Fiesta at Saranac
Friday, May 6, 2022, 4-7PM**

We will kick off Five After Five this year at Saranac Brewery! Come on down to pick up your swag (which again includes a great sombrero and a Buy One Get One Half Off vouchers for your favorite Saranac beverages!) Even go for your first run!

MAY 6-20, 2022

Back by popular demand – The Third Annual FIVE after FIVE Challenge!

For 15 days we challenge you to:

- Run a 5k a day
- Run 5 miles a day
- Run 50k (31 miles) over the 15 day period
- Run 50 miles over the 15 day period

We will also be bringing back the
Badass Challenge – Run 5k or 5 miles every 5 hours for 55 hours!

SIGN UP TO TAKE PART!

Remember that the event is a 15 day challenge to help us stay engaged and meet our training goals for 2022. Our Fiesta Crew will also have daily challenges for you to meet each and every day!

If those challenges are not enough, try our Badass Challenge and get a special Badass shirt! We had some Badass UR members meet the challenge last year and we are sure to have more this year! There is still time to sign up, so if you are a past participant, come join us again! If you know of someone that isn't registered- tell them to join in on the Fiesta Fun!

SEE YOU OUT THERE, THE FIVE AFTER FIVE FIESTA CREW

Upcoming 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



**BURDICK
BMW**

Mother's Day

5K WALK/RUN

Presented by Mix 102.5
Saturday, May 14th, 2022 at 10:30am
Proctor Park, Utica NY

Get ready to celebrate Mother's Day in a whole new way! Since mom is busy putting her feet up on Mother's Day weekend, we're celebrating the weekend after!

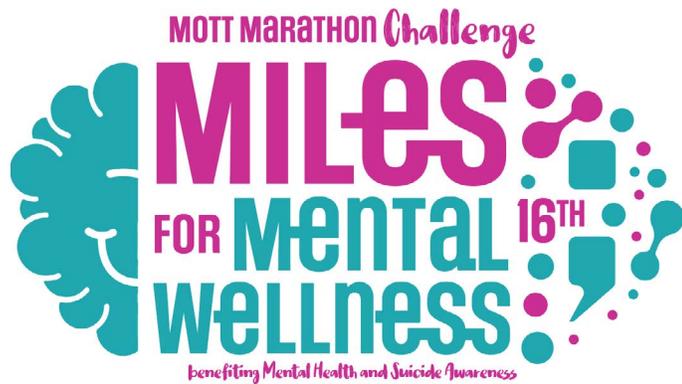
The race will start and end at the baseball field in the middle of TR Proctor Park. Each participant will receive some Mother's Day 5k Swag PLUS everyone will receive a Mother's Day rose at the finish line provided by Chester's Flower Shop & Greenhouse!

Donations will go towards assisting the **Thea Bowman House** located in Utica, NY. Their mission is to provide a safe, nurturing environment to enable culturally diverse children and families to achieve their full potential. They are also looking for children's summer clothes of all sizes, as well as diapers size 4 or 5. We will be accepting these donations on-site at the packet pickup building on race day as well!

SIGN UP TODAY

Mott Marathon

Join us!



Thursday, June 9, 2022

**The 16th Annual Mott Marathon Challenge returns
at Central Valley Academy**

A true marathon!

105 laps (26.2 miles) around the school track

The event is being called Miles for Mental Health and we are remembering and celebrating the life of CVA student Christopher Newtown.

The district is making the event district-wide as the school will be bringing in guest speakers, The United Way and many other important community groups.

Although it is for CVA seniors only, alumni, faculty, and community members are encouraged to complete the whole distance or form a relay team.

As always, the invitation is extended to all Utica Roadrunners members. They can try to run the whole distance or form their own team that can be from 2-6 people. There is no registration fee but donations are strongly encouraged. Shirts and other swag will be available and each participant will get a wonderful medal that is pictured here. There is also a registration/waiver needed.



For more information contact Jim Mott at jmott@cvalleycsd.org

Grand Prix Standings

5/15/22 Erie Canal Half Marathon
 6/19/22 Summer Sizzle 5 Mile
 7/10/22 Boilermaker 15K
 7/30/22 Honor America Days
 8/19/22 Woodsmen's 10K
 8/21/22 Tunnel to Towers 5K
 9/25/22 Falling Leaves 14K
 10/16/22 Deerfield Skeleton Run 5K

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, 2022, 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.



Men's Standings as of 4/23/22

| | | | |
|---------------------|----|-----------------|----|
| 15-19 | | James Peters | 12 |
| Alejandro Roberts | 12 | Hisham Zoghby | 8 |
| | | Jim Latshaw | 7 |
| 20-24 | | | |
| Mason Hedeem | 12 | 50-54 | |
| Ryan Fitzgerald | 12 | Joey Santini | 19 |
| | | Robert Bauer | 12 |
| 30-34 | | Matthew Moore | 12 |
| James Kuny | 20 | Al Schnier | 10 |
| John Webb | 18 | Kevin Tracy | 8 |
| David Argoff | 12 | | |
| Matthew Krush | 10 | 55-59 | |
| Steven Howe | 7 | Eric Kasper | 32 |
| | | David Putney | 24 |
| 35-39 | | John Gilligan | 23 |
| Christopher Edick | 22 | Jeff George | 18 |
| Michael Hoover | 22 | Paul Humphrey | 18 |
| Cole Perkins | 16 | Peter Angelini | 12 |
| Alex Gonzalez | 14 | John Seigle | 6 |
| Ryan Stevener | 12 | Rich Crandall | 5 |
| Michael Daly | 10 | Thomas Durso II | 3 |
| Nick Grimmer | 8 | | |
| Ryan Toner | 6 | 60-64 | |
| Jonathan Mizgala | 5 | Gary Burak | 27 |
| | | David Pesesky | 20 |
| 40-44 | | Dan Stedman | 12 |
| Josh Belisle | 24 | Tim Kane | 12 |
| Steve Fairbrother | 22 | Bill Kosina | 10 |
| Tom Joslin | 10 | Joe Campbell | 8 |
| Ryan Maine | 10 | | |
| Robert Kapfer | 10 | 65-69 | |
| Zachary Wasielewski | 8 | Gene Allen | 12 |
| Joe Mashaw | 7 | | |
| Ryan Orilio | 5 | 70+ | |
| | | Bill Luley | 24 |
| 45-49 | | | |
| Lee Sampson | 22 | | |
| John Vergis | 12 | | |

Women's Standings as of 4/23/22

| | | | |
|-----------------------|----|--------------------|----|
| 20-24 | | 45-49 | |
| Brooke Newton | 12 | Denise Thompson | 24 |
| | | Jennifer Bachelder | 12 |
| 25-29 | | Robin Demarco | 10 |
| Rebecca Laporte | 12 | Allison Miller | 10 |
| | | Sarah Vergis | 8 |
| 30-34 | | Jennifer Toti | 8 |
| Amanda McElroy | 27 | Melanie Crisino | 7 |
| Stephanie Bergstrom | 12 | Tiffany Brown | 7 |
| Sarah Harrison | 12 | | |
| Amy Vormbrock | 10 | 50-54 | |
| Heather Monroe | 10 | Kathy Garbooshian | 36 |
| Gwen Murphy | 8 | Jeannine Macera | 20 |
| Yuliya Karpov | 6 | Missy Scanlon | 8 |
| | | Rachelle Gagnon | 8 |
| 35-39 | | Cassie Winter | 7 |
| Laura Fischer | 24 | Mary Bennett | 7 |
| Brittany Ritzel | 15 | Karen Piccola | 6 |
| Fallon Russo | 12 | | |
| Michelle Grimmer | 10 | 55-59 | |
| Ashley Pace | 10 | Carolyn Humphrey | 12 |
| Sarah Gaasch | 8 | Beth Talbot | 12 |
| Ashley Law | 7 | Debra Pasch | 10 |
| Katt Santini | 6 | Felicia Burak | 8 |
| | | | |
| 40-44 | | 60-64 | |
| Melissa Barlett | 16 | Laura George | 36 |
| Jennifer Stefka | 14 | Sharon Scala | 10 |
| Jerilyn Mashaw | 12 | Sue Tucker | 10 |
| Danielle Bliss | 12 | Linda Salerno | 8 |
| Jessica Arevalo | 12 | | |
| Losay Jones | 10 | 65-69 | |
| Cheryl Burmaster | 10 | Susan Luley | 24 |
| Bobbi Cookinham | 7 | Debbie Brockway | 10 |
| Agnieszka Kwiatkowska | 7 | Mary Pustay | 10 |
| Kerry Van Vechten | 6 | | |
| Michelle Rosinski | 5 | 70+ | |
| Monique Ludwig | 3 | Carolyn Mohr | 12 |
| Sheri Perry | 2 | Dorothy Massinger | 10 |

President's Picks

by Jim Mott

Hello Runners:

This month I have some President's Picks I think you will find enjoyable and things you can connect with.



The first pick is a short video called **"Who is a Runner"** and it is the story of **Erin McGrady**. Erin talks openly about depression and how running has been meaningful in helping her deal with it. She is also very open about being a runner in the LGBTQ community. We all have our reasons to run and that is the beauty of the sport. [WATCH NOW](#)



The second pick features one of my living heroes and that man is Boston Marathon Director, Dave McGillivray. As a race director of smaller races, I certainly know how hard it is to put a quality event together. I also know that it is nearly impossible to run the event you direct. That is what makes Dave's story that much more incredible to me. Before Dave began directing the Boston Marathon, he was a runner that started to put together a very impressive streak of consecutive Boston finishes. Once he became the Race Director, he didn't want that streak to stop. Dave waits until nearly every participant has crossed the finish line and then heads to the start in Hopkinton and begins his journey that usually finishes a little before midnight. This year was his 50th consecutive. Dave has run across the country and also is known for running his age on his birthday every year. Now that he is much older he has to break it up into segments over the day but still does it. He turns 68 this August!

Dave directs and raises money and awareness for charity and is truly one of our sports true ambassadors!

['It's hard to put it in words': Dave McGillivray on what it means to have completed 50 Boston Marathons](#)
[More about Dave McGillivray](#)

Do you want to try Dave's birthday challenge? [Here is the way to do it!](#) Good luck!

Member Accomplishments



Members and friends ran a cold and wet Save Our Switchbacks Race!



Brittany Praznik ran her 6th marathon in Providence, Rhode Island



Boilermaker Training Program participants looking strong!

UR Boilermaker Training Program

Saturday Mornings at 7:30am



Our Boilermaker Training Program is back!!



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

- 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!!

You can still join the group! This is FREE to all our members!

Routes are posted for each week on Facebook under People Who Run Fun (Utica Roadrunners Training Program) by Dorothy Massinger

[REGISTER NOW](#)

Club Social Outing



Join Us At What the Truck Tuesday, May 17th

Meet at 5:45pm near Aquavino for a run before grabbing a bite at food trucks and listening to some music together!

Member Accomplishments



Karen Randall, Ann Marie Latshaw, Jen Szatko, Jessica Arevalo, Cheryl Burmaster, Jen Bachelder and Amanda Roach-McElroy represented at Seneca 7!



Chris Edick had a big month finishing first place at the Ted Moore 5K...and hitting a 1:27:49 PR at the Heidelberg Half Marathon



Wayne Murphy, Jim Latshaw, Melanie Crisino and Sharon Scala ran the Mountain Goat in Syracuse

Charles and Aiko Kane celebrated their 30th wedding anniversary and ran the Ted Moore 5K



Upcoming Race

UR RUN THIS YEAR,
IT'S A
LIVE EVENT
IN CORNHILL!

OUR
3RD
ANNUAL
AGAINST RACISM

3 MILE FUN WALK/RUN FROM
KEMBLE PARK TO JOHNSON PARK

Saturday, June 18, 2022

9am start - all ages are welcome! • Kids ¼ mile run at 8:30am
You must register online to participate - first 100 guaranteed a shirt!

REGISTER NOW

FREE to participate, donations raised will benefit
Johnson Park Center's Youth Summer Activities

After two years holding a virtual run, we are going LIVE with a run/walk to celebrate the Cornhill Community and promote unity. Relationship building, openness and exploration of the communities around us can lead to understanding and help combat racism.

**Bring family, friends
and colleagues
and let's spend the
morning together!**

(One loop = 1.5 miles,
two loops = 3 miles)
Race is not timed, but prizes
for 1st, 2nd and 3rd male
and female will be awarded.



Parking: utilize street parking
around start line and use the lot
on Oneida St. near Mosaic Health.
Parkway Rec Center lot may also
be used (3 block walk from start line).

Kids run starts at
Steuben and James
Streets for those 5-11
years old. Check in at
Kemble Park and volun-
teers will walk kids to start
line. Parents can run with kids.

Member Accomplishments



Members took part in the Fort to Fort Race

Members tackled English's Ridge Rumble at Green Lakes State Park on April 23rd



Joe Mashaw took 2nd in the 50k

Cole Perkins finished 12th in the 50k

John Gilligan and Sara Niccoli finished #7 and #8 overall in the 20 mile and Sara took 3rd overall female.

Missy Scanlon also ran the 20 mile.

Travis Bellinger ran the 10 mile



Members and friends completed the Seneca 7 Relay on April 24 (77.7 mile relay around Seneca Lake in Geneva, NY) Jeannine Macera, Sammy Lee, Cole Perkins, Joe Mashaw, Ryan Misencik, Deane Damsky, John Gilligan. Team finished in 9:42:18, 10th overall with 231 roadkills! Their Team Battle Cry: "Respeite a bandeira" (Portuguese: Respect the flag)

Race photos taken by Salt City Trail Running. Thank you to John Gilligan for the submitting the others!

Member Spotlight



SMILES FOR MILES

She has a smile that lights up the internet. Although she's only been running for five years, she has logged five half marathons and a handful of other race distances. She talked with us about her adventures so far and is open and honest about the need to take care of her mental well-being to find her running stride again.

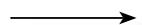
MEET

JESSICA OTT

Jess grew up in and still lives in Westmoreland. She attended Mohawk Valley Community College, studying general studies and photography. She is now the Assistant Manager at the Thruway Plaza in Westmoreland, where she will be celebrating her 20th anniversary this August.

Like so many Roadrunners members, she didn't run at all in high school - in fact, she hated doing the mile they had to do in gym class. She was on Honor Society and more into books, leading her to be caught several times reading in class. She made sure her academics were tight. She was a pretty hard hitter in volleyball though, and was a favorite to be chosen on teams in gym.

Running found her in 2017. Her coworker Anna ran a 5K at least once a month and they would chit chat at work about them. Jess was kind of intrigued to do one, but never jumped in. Anna stopped running a bit when she had her second baby. When she came back to work, she chose the Honor America Days 5K in Rome, told Jess she was going to run it and that she wasn't taking no for an answer!



Member Spotlight (Cont.)

ANNA AND THE KIDS WITH JESS AT A 5K ON JESS' BIRTHDAY



Jess did all of her training by herself for that first race. Her block where she lives is a perfect 3.1 mile route and she would head out to see how far she could go each time, striving to reach the next tree, mailbox or pole. Walking up to the start line for the 5K, she was feeling a little numb. She knew no one there. The race began. Within the first half mile, a woman ran up next to her and said "You're Jessica, right?" Turns out, the woman was Cheryl Patterson and her daughter graduated the year before Jess in high school. Cheryl ran with her the whole time and Anna came with both kids to cheer her on. From that very first running experience, Jess began to see that she had a support system and a community around her.

After that first 5K she swore "I was not going to do anything over four miles and surely never a Boilermaker!" There were people who doubted her running, and that gave her a lot of drive to prove them wrong. She signed up for the Boilermaker 5K in 2019 and when she came home from finishing that she claimed that "next year it will be the 15K!" And in 2020, she did the 15K virtually.

At the end of 2019, she decided she wanted to go bigger. A coworker had set a goal for 2020 of running a 5K, 10K, 15K and a half marathon that year. Sounded good. She was also going to the Sneaker Store runs and met some Roadrunners there around that time, who were planning on getting their red jackets in 2020.

Jess got started on what became her best running year yet.

But it didn't start out smooth. When she was running the Burn Run she felt like she "was going to die!" She hadn't ran more than six miles before that and at miles 7 and 8 during the race she had truly entered the unknown. She called her mom in tears and shared that "everything hurts!" Her mom comforted her and urged her to "just finish". Mom and dad are always supportive. Mom takes the mid-run calls and comes along if Jess needs someone to ride with her, complete with complimentary Dunkin'. Her dad gives her a hug, checks out her medals and brags to his friends. (And does call her mom on race day to check to see if Jess has finished!)

March 2020 came and we all know what that meant for the world and for races. Jess was furloughed for four months and that helped get her moving towards her 1,000 miles - she could easily get in 5-7 miles a day with the extra time. She got a little down being stuck home, but it kind of worked for her, especially with being able to log some good mileage at the start of the year.

Her first half marathon was going to be Earth Day 2020, which she ended up doing virtual on race day. She has gone on to run five half marathons in total with the 2022 Syracuse Half being her fifth. She dedicated a mile to someone important part in her life, thought about them and did call her mom at mile eleven wanting to know "WHY did I do this to myself?!"

2020 UR NEW YEAR'S RESOLUTION RUN WITH FRIENDS



Member Spotlight (Cont.)

Jess mostly does her runs by herself, but fellow Road-runner Amanda Roach-McElroy lives only a few miles from her and has become a good running buddy – they run opposite routes and check in with each other, sometimes leaving a cooler with provisions at the end of the driveway for the other.

Jess loves when runs and races are in Syracuse so she can visit Glazed and Confused. Her favorite run is the It's a Wonderful 5K - she loves that it's so magical and fun to end the year with. She runs it with a friend - they hit up Glazed and Confused on the way and then stay afterward to walk around Seneca Falls.

The beginning of 2021 was pretty good and then Jess shares that she, like many runners everywhere, hit a downward, burnt out feeling. As she thought about what was causing it, she knew it had to do with her mental health and physical well-being. Between work stress and mental health challenges as a by product of the pandemic, everything was piling on. "My mental health was not where it needed to be and it was affecting my running so I took a break and ran when I could or felt like it." She turned to reading and "me time" –

watching TV, relaxing and getting better. Reading helped out a lot, as it is something she has loved doing since she was young and books can really take your mind to a different place. She also joined the Run for Aim online running

IRISH GIRLS LOVE
THEIR GREEN!



JESS AND AMANDA
CROSSING PATHS
WHILE TRAINING!



group – 250 women break into three groups for 11 weeks and propose challenges and hold each other accountable. One of the challenges was to run without headphones, which is something Jess NEVER does, so it really got her out of her comfort zone. The group is helping, along with the purposeful pause and other mindful activities she has taken up.

Jess would like to give a shout out to Karen McDaniel who has been a wonderful help to her – she took over training in late 2020 and got Jess through the E-Race Half Marathon. When Jess was feeling bad about her mental health, Karen supported her and told her to "do what YOU need to do." She would also like to give her friends Pat and Jason recognition for being great support to her.

This year, Jess is running the Erie Canal 5K, Freifhoffer's 5K and the Boilermaker. She also just decided to run the Honor American Days 5K again to commemorate her fifth anniversary of running! On her bucket list is the Marine Corps Marathon, which will fall on her 40th birthday in 2025. She shares a birthday with a cousin who lives in Washington D.C., so MAYBE it will be a family affair! Jess is also big on history and tends to plan any trips around it, so perhaps there will be some true "historical races" in her future as well.

Jess has been told many times via social media and in person that she is inspiring and we couldn't agree more. We're looking forward to being there with her on her continued running journey and to seeing plenty more of her magnetic smiles as she accomplishes great things. ■

Member Accomplishments

Members supported our first Grateful For Graham 5K



A big thank you to our race sponsors!



2022 CNY Running Clubs Cup

HELP US TO
WIN THE CUP
THIS YEAR!



Remaining Races:

5/7 - TOWPATH TRAIL RUN 10K
6/12 - PATRIOT'S RUN 10K
7/17 - SUNDAE RUN 5K
8/13 - LITTLE FALLS FREEDOM RUN 10K
8/19 - WOODSMEN'S 10K
9/25 - FALLING LEAVES 14K
EMAIL TIM KANE TO REPRESENT UR
TRKANE59@GMAIL.COM

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 FIVE 10K - April 3~~ • **Towpath Trail Run 10K - May 7**
Patriot's Run 10K - June 12 • **NEW! Sundae Run 5K - July 17**
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.

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
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, 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

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)

June 2022

July 2022

August 2022

Would you like to add a UR Facebook post

for just \$15 (per month)?

Yes No

Total included: \$ _____