

July 2022

splitimes

The Official Newsletter of the Utica Roadrunners



Frankie Run, June 25, 2022

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Join Us On
Sunday,
August 21

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July
2022
Utica Roadrunners
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Editor: Michelle Truett • michelle@484design.com

*A happy 45th wedding anniversary to
Al and Dorothy Massinger, who
started their day off with the last
run of the Boilermaker Training Program!*



Useful Links:

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

President's Message

by Jim Mott

“ I just like achieving near impossible goals in life... slowly grinding them down, piece by piece.”

- TOM FOREMAN

Runners:

Where to begin! The month of June was quite a year! We had so much happening, it really amazes me looking back on it as I write this. As amazing as it is, it does not surprise me what we got done. With the help of great people and members, this month was as memorable as any that I can recall in my time with the Utica Roadrunners! For me, the month was extremely busy in every facet of my life. Most importantly for me, my daughter graduated from high school and honored me and my love of running by taking part in my Mott Marathon Challenge at Central Valley Academy. She ran her first and perhaps only marathon two days before her prom to be a part of my school's senior tradition and rite of passage. I could not have been more proud watching her finish with my son as midnight approached. This month's quote is inspired by my children. As I have passed the torch to Pete Angelini with my monthly picks, I will throw a quick shout out to Foreman's book, *My Year of Running Dangerously*.

Running in many ways saved my life. It has taken a lot from me over the years. It has taken a toll on my body and tested my limits in every way possible. With that said, it has given me more than I can ever give back. That is why I serve in this capacity and that is why I still get the chills thinking about the day and night my family enjoyed because of running. That is why I get the chills thinking about the month we had as a club.

When I looked at the month ahead, I knew we had some challenges. Our **Boilermaker Training Program** led by Dorothy Massinger and our **Wednesday Development Runs** led by Ashley Mancini have been thriving. We had two major events back to back on one weekend as well as our **Scholarship Awards** to decide and distribute. A special thank you to Andrew Rubino who has taken the Scholarship Awards to new heights over the past few years.

Let me start with the **Mott Marathon Challenge** that happened in early June. This is the event that finally made me connect with this club. We had UR members form relay teams. We had members run their first marathon ever and they didn't plan on it until they got caught in the moment! Our members stayed until the very end cheering on my students and daughter for over eight hours. Their contribution and involvement will never be forgotten. For that, I am forever grateful.

From there, we went live on Saturday June 18th for the Third Annual **Run Against Racism**. A conversation between Michelle Truett and myself in 2020 turned into a moment of transcendence. We brought a running event into Cornhill. The way the community embraced the event and seeing the smiles on the faces of all those involved was worth more than any amount of money. Shirts were donated to all participants. A true sense of pride was apparent everywhere as running served the purpose that is the foundation of this club-supporting each other no matter what our differences might be. I cannot thank Michelle Truett enough for all she did for this



event. If not for her, the Run Against Racism doesn't happen. If you know Michelle, if she is involved- it is done with passion. Thank you to our entire DEI Committee - the best committee I have ever worked with. Alejandro Gonzalez, Andrew Rubino, Dave Jones, and Melissa Barlett - you guys rock!

Once we packed up, I took a deep breath and got ready for one of our signature races- **The Summer Sizzle**. The Sizzle, which is in its 34th year, has been under my direction now for five years. It has gone through some changes - but we have found a great home at Proctor Park and The Masonic Care Community. The weather was perfect for running as recent Sizzles have featured pouring rain and oppressive heat. Seeing the runners enjoy the day and course is all the thanks I could ever ask for. I am grateful to all my volunteers and especially to UR member Rob Kapfer that shows up every year at 6 am to help me and is the last one off the course with me as we clean up.

Our **Boilermaker Training Program** has been incredibly successful thanks to Dorothy Massinger and all of her volunteers. Saturday, June 25th we enjoyed the popular Frankie's Run. It is a run that covers over 7 miles and features some of the most beautiful and challenging parts of the Boilermaker course. Most people didn't get to know Frankie. I ran with Frankie when I wasn't a member. Frank D'Allesandro was the epitome of a true Roadrunner and volunteer. He cared about everyone. He ran with everyone. He sacrificed personal goals to help others reach their own goals. In a day and age where we see people do things with self-serving interests, Frankie truly got more pleasure from helping others. As one of the last that knew of him - I consider it an honor to pass along his legacy.

Speaking of legacies, let's talk about **Paul Ohlbaum**. Paul is going to turn 88 next month. Paul knows the foundation of what this club was founded on because he was there during its inception. At the age of 87, Paul still recognizes the importance of our young people. His passion behind the scholarships that are given to our young runners should never be overlooked. As a teacher, I realize the stereotype that hounds our youth. They are unmotivated. They don't know how easy they have it. They don't know the meaning of a hard day's work. These are things that you will never hear Paul Ohlbaum say. He sees the potential and promise in our kids. He sees the importance in making them feel appreciated. Listening to Paul and watching his pride in handing out the awards to our deserving candidates was so moving and meaningful. Andrew Rubino carries on Paul's legacy as an educator himself and he and his committee chose some deserving candidates as they were recognized recently before our Development Run.

So if you made it this far through my message, stick with me for a little bit more. We have a week before a true July Boilermaker-our first since 2019. It marks my 30th running of the 15k and I am as excited as I was for my first. You will see the Utica Roadrunners at the expo and on race day. For many, the Boilermaker is the goal of the year and for some of a lifetime. We line up on Wednesdays for the DRuns and get up every Saturday morning for the Boilermaker Training Program. We do it all for the chance to be a part of one of the greatest running events in the world.

Beyond July, we have a lot to look forward to. We have our **Second Annual Tunnel to Towers** in August, **Falling Leaves 14k** and **5k** in September, and our **Skeleton Run 5k** in October. We are still working on an October marathon and we will have more information as we get closer to that date. We are halfway through 2022. If the second half is anything like the first, we are in for an amazing ride! See you on the roads!

Jim

Development Runs Go Until Sept. 21!

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.

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.

Note from the Editor



Getting Your Groove Back

Hey, Runner Friends!

As you read in Jim's letter, what a June it was! As I was heavily involved in the Run Against Racism, multiple Juneteenth events in the city and getting the Levitt AMP Utica Music Series kicked off, I ran a little tight on time and was not able to squeeze in a member spotlight article. I have someone great in mind for next month, though, so stay tuned!

Another thing happened in June through all the activity – I got a jolt of excitement for running again. I have been hearing many people say they've lost their mojo a bit and are struggling. If that is you, I'm with you, friends. Covid and the past couple of years have taken a toll and its lingering affects hit us hard mentally, emotionally and physically. It's been frustrating. It's sucked. It's been rough.

I reconnected with the Boilermaker Training Program for the past few weeks and was so happy to run into many familiar faces – Mark Arcuri and Dorothy Massinger (pictured with me to the left) in particular made lots of great running memories flood back to me. Those two are straight joy. And running with a big group of awesome people was perfect.

I wish I had the magic formula to share with you that will help you get your groove back if you are waning. The rush of the Boilermaker will certainly help. Beyond that, keep embracing your training, be forgiving of yourself if a run sucks, bribe yourself with chocolate milk at the end, continue to switch things up (routes, music, who you run with) and borrow my mantra since that blizzard of a Syracuse Marathon back in 2016... *"Make Peace With It!"*

Happy training. Happy racing. See you out there! – Michelle

UR Boilermaker Information

Volunteers Needed for Expo

Calling all enthusiastic members who would like to volunteer at this year's Boilermaker Expo on

Friday, July 8th (12pm to 7pm)
Saturday, July 9th (8am to 4:30pm)

Volunteers are needed to share information about the club and give away prizes and swag. Contact Jenna via text 315-601-0738 or email jennifer.melinda@hotmail.com with times you are available.

UR Photo at 11am!

Join us at the Utica Roadrunners' Boilermaker Tent at the finish at 11am for a group photo! The tent is behind the Polish Community Center off of Columbia Street near Whitestboro Street!





RUN WALK HONOR ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

TUNNEL TO TOWERS 5K RUN & WALK UTICA

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



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

STAY INFORMED!

   #T2TRUN

SUNDAY
AUG 21, 2022 8AM

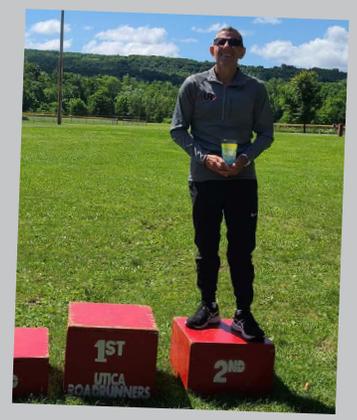
UTICA 9/11 MEMORIAL
SHERMAN DRIVE & THE PARKWAY
UTICA, NY 13501

[REGISTER NOW](#)

Summer Sizzle



[SEE RACE RESULTS](#)



Summer Sizzle Family Categories



[SEE RACE RESULTS](#)

UR July Social Events



Photo from June's Disc Golf Event with the Roman Runners



Group Run at What the Truck

Tuesday, July 26th

Meet at 5:45 near Aquavino for a group run or come at 6:30 to utilize the food trucks.

The new section of trail between Aquavino is done through Dyke Rd.

Lets check it out!

2022 CNY Running Clubs Cup

HELP US TO WIN BACK THE CUP THIS YEAR!



Roadrunners at the Patriot Run

URR Results from the Patriot Run on June 12

Susan Luley	58:49	74.1
Tom Joslin	38:35	73.52
Jessica Charles	42:49	72.95
Liz Casatelli	47:25	69.81
Allison Miller	48:03	69.68

Overall Standings

Roman Runners	19 Points
Kuyahooraa Kickers	18 Points
Utica Roadrunners	14 Points
MV Hill Striders	9 Points
Toe Path Trekkers	8 Points
Syracuse Track Club	8 Points
Rock City Runners	7 Points

The CNY Cup is a friendly competition between the local running clubs. Participating Clubs are the Utica Roadrunners, Kuyahooraa 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 Remaining Schedule

NEW! Sundae Run 5K - July 17 • Little Falls Freedom Run 10K - August 13
Woodsmen's 10K - August 19 • Falling Leaves 14K - September 25

What do you need to do? To be eligible to represent the club, you have had 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.

UR RUN

UTICA ROADRUNNERS

OUR 3RD ANNUAL AGAINST RACISM



<< Thank you to Caleb Crowder for singing the National Anthem and to Astena Smith for singing "Lift Every Voice and Sing"

>> Also, a special thank you to the talented Rich Vocals from The Loft for capturing powerful photos of our run!



Thank you to our sponsors:





UR RUN

UTICA ROADRUNNERS

OUR 3RD ANNUAL AGAINST RACISM



2022 UR Student Scholarship Awards



Kayleigh Simpson
Proctor High School

Kayleigh will major in pharmacy at Albany College of Pharmacy and Health Sciences. She started running at the Development Runs way back when she was in first grade. She fondly remembers getting a jolt of adrenaline hearing Katy Perry's "Roar" pushing her to the finish of the Falling Leaves Kid's 1K. This was one of the first races of many races for her. Running has taught her how important hard work and perseverance means to her.



Lexi Bernard
South Lewis Central School

Lexi will attend the University at Buffalo where she will study Bio-medical Sciences. She was a State Qualifier in Cross Country in 2021 all the way back to 2016. Her cross country personal record is 18:35. Lexi attributes her success to her hard work and the support she receives from her small town community. She believes living in a small town should not hinder your goals or expectations for yourself in the future.



Richard Zielenski
Holland Patent Central School

Richard will go on to study computer science at Mohawk Valley Community College. Richard is a Cross Country CSC All Star 2019-22 as well as a State Champion Qualifier in 2021. He is a multi-sport varsity athlete for Cross Country from 2019-2022, Outdoor Track from 2021-2022, Golf from 2017-2021, and Nordic Ski this past year. Running has taught him: "You can always give a little more than you think."



Elizabeth Lucason
Camden Central School District

Elizabeth will attend Milligan University in the fall where she will study nursing. She plans on running both Cross Country and Track at Milligan. Her cross country personal record is 18 minutes, 14 seconds. She strives to specialize as a nurse on a pediatric cancer unit in the future.



Omar Mohamed
Proctor High School

This year's GRIT Scholarship goes to Omar Mohamed. Running may have very likely changed the direction of Omar's path. Omar is a refugee who escaped war and famine in Sudan. He experienced hurdles along the way such as a language and cultural barrier, being in danger of falling into an at-risk peer group, and other challenges living in his neighborhood. In the spring of his 8th grade year, Omar tried out for the track and field team. While he was unmistakably faster than anyone else, poor grades forced him to be dismissed from the team. Through hard work, he was able to pass his classes and get on the varsity track team where he developed his passion for running. Running helped him stay focused on the path to graduation. Omar brings people together, encouraging his teammates and future teammates to come to the Wednesday night Development Runs. He will attend MVCC where he will study nursing.

Upcoming Races to Support



The club is supporting this great 5 mile trail run, put on by the Trenton Fish & Game Club. All money raised will be donated to The Kelberman Center. The race will donate money to the overall male and female race winners' charity of choice. The course is run on the non-technical ATV trails that wind through the pines and open hardwoods of the Trenton Fish and Game Club.

[REGISTER NOW](#)



Connor's Way 5 Mile Memorial Run/Walk
In-Person Event ~ September 18, 2022
Virtual Event ~ September 11-18, 2022
5 Mile Challenging Run/Walk through the Scenic Hinckley State Forest

[REGISTER NOW](#)



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

Standings as of 6/19/22

Men's Standings

15-19		Hisham Zoghby	18
Alejandro Roberts	12	Jim Latshaw	14
		James Peters	12
20-24		Mahesh Padmanabham	12
Ian Kurzrock	12	Phil Trzcinski	12
		Brian Connery	10
25-29			
Mason Hedeem	24	50-54	
Ryan Fitzgerald	22	Robert Bauer	36
		Joey Santini	27
30-34		Kevin Tracy	18
James Kuny	44	Matthew Moore	12
David Argoff	22	Al Schnier	10
John Webb	18	Ralph Scanio	10
Matthew Krush	10		
Steven Howe	7	55-59	
		Eric Kasper	52
35-39		John Gilligan	38
Christopher Edick	44	Paul Humphrey	38
Ryan Stevener	29	David Putney	36
Michael Hoover	22	Jeff George	24
Nick Grimmer	20	Peter Angelini	12
Alex Gonzalez	19	Rich Crandall	11
Michael Daly	18	Thomas Durso II	8
Cole Perkins	16	Scott Shatraw	7
Ryan Toner	10	John Seigle	6
Andrew Rubino	6	Steve Lachacz	4
Jonathan Mizgala	5		
Travis Richards	3	60-64	
		Gary Burak	45
40-44		David Pesesky	42
Steve Fairbrother	26	Joe Campbell	16
Robert Kapfer	25	Dan Stedman	12
Josh Belisle	24	Tim Kane	12
Noah Lange	22	Steve Tibbits	12
Tom Joslin	22	Bill Kosina	10
Zachary Wasielewski	16	Tom McGlynn	7
Ryan Maine	15		
Joe Mashaw	13	65-69	
Myron Thurston III	7	Gene Allen	24
Ryan Orilio	5	James Siepiola	10
Michael Desjardins	3		
		70+	
45-49		Bill Luley	24
Lee Sampson	30	Mark Desjardins	12
John Vergis	18		

Women's Standings

15-19		Allison Miller	34
Kate Bauer	12	Jennifer Toti	18
		Sarah Vergis	16
20-24		Jennifer Bachelder	12
Brooke Newton	24	Robin Demarco	10
		Melanie Crisino	7
25-29		Tiffany Brown	7
Rebecca Laporte	24		
		50-54	
30-34		Kathy Garbooshian	58
Sarah Harrison	36	Jeannine Macera	32
Amanda McElroy	34	Missy Scanlon	16
Heather Monroe	30	Mary Bennett	12
Gwen Murphy	16	Rachelle Gagnon	8
Stephanie Bergstrom	12	Cassie Winter	7
Amy Vormbrock	10	Lindi Quackenbush	7
Yuliya Karpov	6	Karen Piccola	6
		Melissa Williams	6
35-39			
Laura Fischer	24	55-59	
Brittany Ritzel	23	Beth Talbot	22
Michelle Grimmer	22	Carolyn Humphrey	12
Ashley Pace	20	Ingrid Otto	12
Fallon Russo	12	Debra Pasch	10
Sarah Gaasch	8	Felicia Burak	8
Ashley Law	7	Lisa Seigle	8
Katt Santini	6		
		60-64	
40-44		Laura George	46
Danielle Bliss	36	Sue Tucker	22
Jessica Arevalo	32	Sharon Scala	16
Melissa Barlett	24	Lorrie Tibbits	12
Cheryl Burmaster	18	Linda Salerno	8
Jennifer Stefka	17	Elizabeth Miller	8
Jerilyn Mashaw	17	Linda Hudyncia	7
Losay Jones	10		
Kerry Van Vechten	10	65-69	
Bobbi Cookinham	9	Susan Luley	46
Agnieszka Kwiatkowska	7	Virginia Turax	12
Andrea Carney	7	Debbie Brockway	10
Melissa Perritano	6	Mary Pustay	10
Michelle Rosinski	5	Diane Van Pelt	8
Monique Ludwig	3		
Sheri Perry	3	70+	
		Carolyn Mohr	12
45-49		Dorothy Massinger	10
Denise Thompson	34		

Pete's Pick: *For the Love of Their Brother*

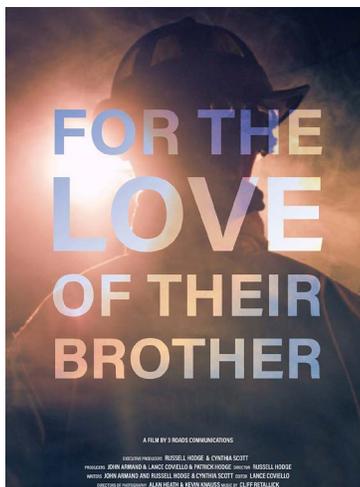


This month's installment of Pete's Picks examines a 2016 documentary entitled "For The Love of Their Brother."

This heartbreaking yet powerfully inspiring documentary chronicles the heroic actions of New York City fire fighter Stephen Siller, who was tragically killed in the line of duty on September 11, 2001, as well as his family's efforts to keep Stephen's memory and mission alive through their Tunnel to Towers Foundation. As many of you know, the Tunnel to Towers Foundation organizes 5k races across the country and the world, in honor of Stephen's frantic run from Brooklyn, through the Brooklyn Battery Tunnel, to the World Trade Center (WTC) in lower Manhattan on 9/11.

As we learn in the documentary, Stephen was a fire fighter and member of Rescue Squad 1 in Brooklyn, New York, which is an elite squad, the best of the best. He had worked the night before and was on his way to golf with his brothers in New Jersey when news of the first plane hitting the WTC was received. Knowing that he would be needed, he called his wife to tell her that he was heading back to his fire house in Brooklyn to get his gear. After doing so, Stephen headed to the scene by way of the Brooklyn Battery Tunnel, only to find it closed from the snarled traffic. So, he strapped on his 60 pounds of gear, and ran through the tunnel and into lower Manhattan to the WTC, a distance of about 3 miles.

The terrorist attack on September 11, 2001 produced the largest emergency response in the history of the United States. Approximately 414 firefighters, many who were off duty just like Stephen, responded to the scene to help evacuate the estimated 17,000 people still in the towers. Sadly, 343 New York City fire fighters perished in the effort, including Stephen Siller and 11 other members of his Rescue Squad 1, the most loss of any firehouse in the city. Stephen's remains were never recovered.



Stephen Siller was 34 years old when he died. He was married and had 5 children. He was also one 7 children. By all accounts, the Siller family is a tight knit group. Desperate to climb out of the "black hole" from his death, the family wanted to honor his sacrifice. One of his siblings Frank Siller suggested starting a small foundation, and in the development of it, the idea of retracing Stephen's route on that fateful day was born.

The first Tunnel to Towers 5K Race occurred in September 2002, one short year after the horrific events of 9/11. There were 2,000 runners who ran from Brooklyn through the tunnel and into lower Manhattan. Today this annual event has grown to over 30,000 runners, and there are similar races sponsored by the founda-

tion across the country and world. The Tunnel to Towers relies on an army of volunteers to make this happen, and they have been very successful. As of 2016, the foundation has raised over \$70 million dollars. The money has been used to help the families of first responders, victims of Hurricane Sandy, and severely injured Iraq and Afghanistan war veterans, among others.

As stated by his family, Stephen Siller was the catalyst to all of this. Hence, even after his death, he is still helping people. This is why I found this documentary to be so moving and inspirational. He never thought about himself on that terrible day. He, like all first responders, literally ran directly towards the danger to help people he did not even know. And he is still helping people to this very day.

"For The Love of Their Brother" can be viewed on Amazon Prime Video. Please enjoy this excellent documentary of heroism, deep loss, and perseverance. Please also consider running in one of the many Tunnel to Towers 5K's. This year's Utica race will be on August 21. I ran it last year, and it was wonderful! The New York City race will be on September 25. After seeing this documentary, I certainly plan on running in both events, and it would be wonderful to have a club presence, especially in the New York City event.

Member Accomplishments



Members tackled the Cayuga Trails 50 in Ithaca



Jessica Ott race the Freihofer's 44th Run for Women



Members took part in the Patriot Run



Scott Neary got 2nd place in his age group at the Nate the Great 12K



Members took part in the Mott Marathon in Ilion!





Join Camp Do Good

DONATE BLOOD. HELP SAVE LIVES.

**Utica Roadrunners Blood Drive
Accelerate Sports**

5241 Judd Road, Whitesboro, NY 13492
Sports Court

**Tuesday, August 9, 2022
1:00 p.m. to 6:00 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-



Book a donation appointment at the Utica Roadrunner summer blood drive on **Tuesday, August 9 from 1-6pm** and help keep the blood supply stable this summer. All who come to give will receive a \$5 gift card by e-mail to a merchant of choice!

**Schedule your appointment: www.redcrossblood.org
Sponsor code: UticaRR**

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

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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,

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 2022
- September 2022
- October 2022

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

- Yes No

Total included: \$ _____