

March 2023

splitimes

The Official Newsletter of the Utica Roadrunners



Boilermaker Training Program Starts SATURDAY!

4 PACK '23 Challenge

Register now! • Page 5

SUMMER SIZZLE - SAVE OUR SWITCHBACKS - SKELETON RUN - FALLING LEAVES ROAD RACE

In this issue:

- President's Message 3
- Upcoming Race - Try a Tri at RIT 7
- Member Benefits 11
- Advertise in SpliTimes 12

 *Our Annual Awards Banquet*

March 18th • Page 4

2023 Club Challenges



Pages 8 & 9

The First Grand Prix Race



Page 8

March
2023
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If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

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](#)

CONTRIBUTE TO SPLITIMES!

Do you like to write?
Or want to get back into it?

Does research excite you?

Do you enjoy taking photos?

Do you have running knowledge
you want to share with others?

Are you looking for volunteer
points for your Red Jacket this year?

*There are so many opportunities
to contribute to our monthly
newsletter and help continue
to make it a inspirational resource
for runners in our area!*

Connect with Michelle [via email](#)
to kick off a conversation.

President's Message

by Andrew Rubino

“Life is for participating, not for spectating.”

– KATHRINE SWITZER



Kathrine Switzer broke the tape for female runners in 1967 at the Boston Marathon, running through harassment from the press and spectators and being attacked by the race director.

You may remember Kathrine Switzer speaking with us back in April 2021. At the virtual event she spoke about running being a source of empowerment, realizing your potential, and being fearless. Her secret to success: showing up. Participation is not just racing at the events, it about the countless hours of volunteerism that drives our club. Showing up to dedicate your time as a member is something greater. It strengthens the bonds within our community and our members. If you would like to find out more about opportunities to volunteer with UR contact myself or Rebecca LaPorte at xcrunnerrkl@gmail.com.

Jennifer Stefka and Melissa Barlett have been diligently planning the **Annual Awards Banquet** on March 18th at Club Monarch. If you don't have your ticket yet, there is still time to [get your ticket here](#).

The Boilermaker Training Program is underway March 4th at Accelerate. Be sure to sign up and follow Erik Winberg on the [Facebook group here](#) to get all the updates.

At long last, **The UR Four Pack** is here! As always, the swag looks outstanding this year. A huge shout out goes to Joe Woodworth and USA Racing. [Be sure to sign up](#) for the best deal around. Registration closes April 1st, 2023.

Finally, the 2023 race calendar is set up with the **Grand Prix** and **Club Cup**. Be sure to email Tim at trkane59@gmail.com to let him know you want to run for UR. You'll also see that we've added a few more races to the Grand Prix to better correspond with the Club Cup. Thank you Gary LaShure for your work on making that happen. The first race in the Grand Prix is The Sneaker Store's Jessica Cooper St. Patrick's Day Mad Mile.

Enjoy the Journey!

Andrew
arubino13@gmail.com

Register Today!



Our Annual Awards Banquet



SIGN UP TODAY

Saturday, March 18, 2022 • 6:00-10:00pm
Club Monarch
16 Erie Street in Yorkville

Our traditional-style banquet will be held again this year.
Come together with us to celebrate all of
YOUR ACCOMPLISHMENTS from 2022.

We will have Raffles, Awards, Door Prizes and lots of fun!

*** Wear your red jacket to be entered into a special drawing***



4 PACK '23 Challenge



HOODIE UPGRADE

4 RACES • \$100

20

REGISTER NOW

23

April 8, 2023



June 18, 2023



September 24, 2023



October 15, 2023



Boilermaker Training Program Starts Saturday



Saturday, March 4th • 7:30am start
Accelerate Sports Complex, 5241 Judd Road, Whitesboro

Time to get training! FREE to UR Members

Meet every Saturday as a group from now until the Boilermaker, utilizing different routes as the weather changes.

Whether this is your first or your 21st Boilermaker, we have two levels of training designed to meet the needs of the entry level or the more experienced 5k and 15k runner:

Level 1 is designed for those who are first time runners

Level 2 is designed for returning runners and people who need a training plan to get through the finish line.

BECOME A UR MEMBER

RENEW MEMBERSHIP

SIGN UP FOR OUR BTP!

UR Club Run

**A great time was had by all on February 11
at our social run from Calabria Coffee**



Travel Mug Winners!

Below are the names of the runners who participated in 3 or more Cup races last season.

The names in bold are the top 5 age-graded scores.

Each of these runners will receive a travel mug at the banquet on March 18



Name	Races	Name	Races
Susan Luley	5	Gary Burak	3
Dani Bliss	5	John Seigle	3
James Kuny	4	Rob Bauer	3
Kathy Garbooshian	4	Bill Luley	3
Chris Edick	4	Tim Kane	3
Jessica Charles	3	Mike Hoover	3
Tom Joslin	3	Missy Scanlon	3
Allison Miller	3		



Upcoming "Try A Tri" Event at RIT



Join the RIT Running and Multisport Club for a Try-a-Tri event on March 26, 2023 at the RIT Gordon Field House!

Test your endurance and push yourself to new limits as you swim, bike, and run for 15 minutes each with a 5-minute transition

period in between each. This event is suitable for all skill levels as the time-based format is great for less experienced individuals who are interested in trying a triathlon on a smaller scale, as well as it being a fun and competitive environment for more experienced individuals to compete for some great prizes! In either case, this event is the perfect opportunity to challenge yourself and show off your skills. Compete against other participants and see how far you can go as the event is scored based on distances covered. Proceeds from the event will benefit the RIT Running and Multisport Club as well as the nonprofit organization ROcovery Fitness to give back to the Rochester community!

SIGN UP TODAY

Get Ready for the 2023 Grand Prix!



[LEARN MORE](#)

About the Grand Prix

The Grand Prix series of races is a friendly competition among all UR 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, 2023, 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.

2023 Grand Prix Races

3/11/2023	Mad Mile	1 Mile	Utica
4/2/2023	Fort to Fort	10K	Rome
4/8/2023	Save Our Switchbacks	7.5K	Utica
5/21/2023	Erie Canal Races	10 Mile	Marcy
6/11/2023	Patriot Run	5K	Rome
6/18/2023	Summer Sizzle	5 Mile	Utica
7/9/2023	Boilermaker	15K	Utica
7/16/2023	Sundae Run	5K	Richfield Springs
8/18/2023	Woodsmen's Field Days	10K	Boonville
Aug 2023	Tunnel to Towers	5K	Utica
9/24/2023	Falling Leaves	14K	Utica
10/15/2023	Skeleton Run	5K	Deerfield

Must complete at least 3 events to qualify for Grand Prix Awards

Highest 6 races to count towards your Grand Prix Awards

The First Grand Prix Race...



Saturday, March 11, 2023 • 9:45am

Start: Genesee/Clinton Place End: Genesee/Columbia

[REGISTER NOW](#)

The Sneaker Store's Jessica Cooper St. Patrick's Day Mad Mile presented by Standard is the best way to kick off a great St. Patrick's Day! Dash down the Genesee Street parade route just ahead of the Utica St. Patrick's Day Parade.

The 1-mile race course is a straight shot down Genesee Street (hello, downhill!), ending at Columbia Street where we will gather for results (TNT Timing) and prizes (Courtesy of The Sneaker Store).

Ready for the Challenge?!

The CNY Cup is a friendly competition between the local running clubs.

2023 CUP SCHEDULE

Fort to Fort 5K & 10K

Rome
April 2

Towpath Trail 5K & 10K

St. Johnsville
May 13

Patriot Run 5K & 10K

Rome
June 11

Sundae Run 5K & 10K

Richfield Springs
July 16

Woodsmen's Run 10K

Boonville
August 18

Falling Leaves 5K & 14K

Utica
September 24



Message from UR Club Cup Captain Tim Kane -

The 2023 Cup schedule is set! We are down to five Running Club teams this year: Utica Roadrunners, Roman Runners, Mohawk Valley Hill Striders, Kuyahoorra Kickers, and Toe Path Trekkers. Syracuse Track Club and Rock City Runners will not be participating this year.

HOW IT WORKS:

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.

CHANGE FOR 2023

The major change this year is that either race at any event with two distances can count for team points. This change will allow all runners from every club to be able to contribute to their team without having to run the longer race and give 5K specialists the chance to contribute. No minimum number of runners for either race is required and any five runners can score. However, all 5K scores will be multiplied by a factor of 0.98 to even out the playing field.

A RUNNING CLUBS CUP NOTE FOR OUR ANNUAL BANQUET:

We have a special award for runners who frequently competed and for runners who scored in last year's Cup that will be presented at the banquet. Stay tuned...

HOW TO GET INVOLVED

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.

News and Events from the UR DEI Committee

If you have an interest in joining our Diversity, Equity and Inclusion Committee, please contact Melissa Barlett at docbarlett@gmail.com

PARK-TO-PARK **FUN RUN** SUNDAY, FEBRUARY 19



**SAVE
THE DATE**
4th Annual, 2nd Live
UR RUN
UTICA ROADRUNNERS
AGAINST RACISM

CORNHILL RUN 2023

KEMBLE PARK > JOHNSON PARK



SATURDAY, JUNE 17

PART OF A MULTI-DAY JUNETEENTH CELEBRATION IN UTICA!

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 Eric Winberg, this popular Saturday morning program will get you ready to finish OR improve on your 5K or 15K race. The weekly routes are laid out, plans are made to follow, and the club provides support for runners.

LIVE UR RACES

We have been running these local favorites for years!

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

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

CHALLENGE YOURSELF



Run 1,000 miles in one year and accumulate volunteer points and you get our coveted Red Jacket!

EDUCATION & INSPIRATION



From fellow Roadrunners with great stories to the legendary Kathrine Switzer, our Speaker Series grew stronger during the pandemic and will continue with great programming to inspire our members!

FRIENDLY COMPETITION



Get points for running local races and compete against UR members in your age group



A season-long, age-graded challenge against other CNY running clubs.

CONNECTION

So many opportunities to meet new people and stay in the know with running

Social Events
Happy Hours
Monthly SpliTimes Newsletter
Great Social Media
Group Bus Trips
Friendship & Camaraderie
Natural mentorship
and positive support

SAVINGS!



Our members receive a 10% discount on their gear at The Sneaker Store plus they have access to select members-only sales throughout the year. **Plus!** Enjoy race discounts exclusively for our members.

GREAT LEADERSHIP



We have some of the hardest working people around involved in UR – from the board, committees, race directors, special program leaders, volunteers and more!

CELEBRATION



Our Annual Awards Banquet and Ceremony celebrates member accomplishments from throughout the year, lets us kick back and enjoy one of the best events of the year!

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UTICA ROADRUNNERS

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)

- April 2023
- May 2023
- June 2023

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

- Yes No

Total included: \$ _____