

May 2023

# splitimes

The Official Newsletter of the Utica Roadrunners



Grateful for Graham  
Photo by Alison L. Sbiroli

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May  
2023  
Utica Roadrunners  
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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](#)



**Grateful for Graham**



**Save Our Switchbacks**

**President's  
Message**  
by Andrew  
Rubino

# “The journey of a thousand miles begins with one step.”

– LAO TZU



May kicks off with the return of the **Five After Five**. The party starts at Saranac Brewery with a 5k and 5 mile route. Food and beverages will be available to all runners and participants. The first beverage is included! If you signed up for the Four Pack, you automatically are entered into the Five After Five Challenge.

**[There is still time to sign up!](#)**

Registration is still open for the **35th Summer Sizzle** presented by Utica First Insurance on Father's Day Sunday June 18, 2023. This fun course goes through Proctor Park and Masonic Care Community. To celebrate Father's Day there are divisions for families to compete in for special awards and prizes. There's also a half mile kids run!

**[Sign up here.](#)**

**The Boilermaker Training Program** has taken it to the streets. Group runs are now outside Saturday mornings at 7:30 at the Parkway Rec Center in Utica by the trailer.

**[Be sure to sign up here](#)** for all the routes, updates, and training tips.

Our other major training program, the **Development Runs**, starts Wednesday May 10th at the Parkway Rec Center. The Development Runs are one of the Club's oldest traditions, going back over 50 years! D-RUNS are free to members and \$2 for non-members. We ask you check in starting at 6:00pm under the UR Tent. Participate in 15 of the 20 weekly runs to snag yourself this season's t-shirt. We've also got some special surprises coming at you each week. **[Join the D-RUN group on FB](#)** and don't miss a thing.

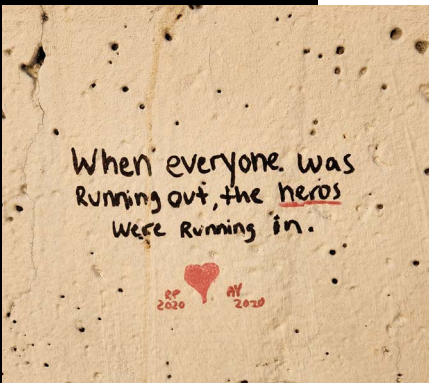
Every June the Club recognizes four student athletes for exceptional performance on and off the field with a \$500 scholarship for each student. If you know a deserving candidate, **[have them apply for the scholarship here](#)**. The deadline for applications is May 31, 2023

Help us take back the Cup! The next **CNY Running Clubs Cup** race is the Towpath Trail 5K & 10K at St. Johnsville on May 13. This race is hosted by our friends, The Kuyahooro Kickers. To be eligible to represent the Utica Roadrunners, you have to be a member and you have to tell Tim Kane (trkane59@gmail.com) that you are representing UR.

**[Register for the race here.](#)**

Lastly, registration for **Tunnel to Towers CNY** is now open! I recently ran through my hometown across the bridge that overlooked the Twin Towers and am reminded of the horror of that day and the impact it had on us as a country. While I was crossing the bridge, you might have visited the 9/11 Never Forget Mobile Exhibit at Griffiss Business and Technology Park. The exhibit had artifacts, images and sounds from the tragic day. FDNY Firefighters were there as guides and shared their experiences. The Tunnel to Towers race is August 20, 2023. **[You can sign up here.](#)**

Enjoy the Journey!  
Andrew  
arubino13@gmail.com



# 2023 Student Scholarships

## Do you know an outstanding Student Athlete?

**Nominate them for a \$500 UR scholarship**  
**Deadline: Friday, May 31st**

The Utica Roadrunners promotes family health and fitness through running. 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 2023 with the **Paul Ohlbaum and Howard Rubin Scholarships** to the outstanding male and female applicants.

Minimum qualifications the Scholarship Board will consider include the applicant's running achievements, academic achievements, and extracurricular activities. The \$500 scholarships are a one-time award to be used for tuition, fees, or residential costs at an accredited college or university. Runners who have received a full ride scholarship are not eligible for this scholarship.

[LEARN MORE](#)

**Download the application,  
Read over Eligibility Information  
and Procedure Details**

## Upcoming Race - Part of Juneteenth Weekend

**SAVE THE DATE**  
**4th Annual, 2nd Live Race**

**UR RUN**  
UTICA ROADRUNNERS  
**AGAINST RACISM**

**CORNHILL RUN 2023**

KEMBLE PARK > JOHNSON PARK



**SATURDAY, JUNE 17**

**Free to participate! Donations raised will go to  
Johnson Park Center to support their  
summer activities for youth!**

[REGISTER NOW](#)

# Grateful for Graham 5K Run/Walk

Photos by [Alison L. Sbiroli](#)



# Development Runs Start May 10

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

[MORE INFORMATION](#)

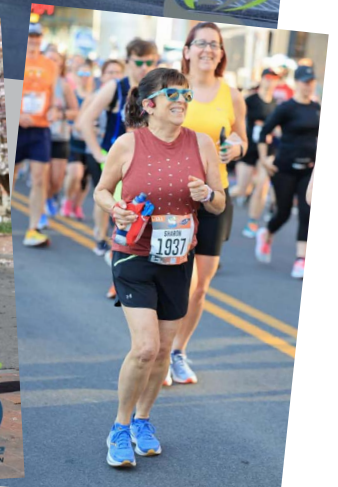
## 17th Annual Mott Marathon



[MORE INFORMATION](#)

# Member Accomplishments

**Congratulations to all UR members who took part in the Syracuse Half Marathon!**



# Member Accomplishments



Jennifer Toti tackled the Ridge Rumble 50K on a Saturday, and the Syracuse half the next day!



Ted Moore 5K: Gene Allen, Jessica Cooley (first in her age group), Chris Edick (overall male winner), Karen Piccola, Matt Krush and Melissa Barlett



Linda Hudyncia, Gary Burak and Jessica Charles finished the Helderberg to Hudson 1/2 Marthon



Jessica Cooley ran the B.A.A. 5K!



Congratulations to all who ran the Seneca 7!



# Standings as of 4/8/23



[LEARN MORE](#)

## 2023 Grand Prix Races

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

8/20/23 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**

### FEMALE

0-14	Abigail Goldberg	12
15-19	Mia Mattia	12
25-29	Jessica Cooley	12
	Rebecca Laporte	12
	Brooke Newton	10
30-34	Meghan Wedgren	20
	Breanna Rand	12
	Yuliya Karpov	12
	Kelley Bogner	10
35-39	Sarah Harrison	22
	Dana Cooreman	12
	Amanda Mazza	12
	Fallon Russo	10
	Brittany Bogan	8
40-44	Jerilyn Mashaw	20
	Melissa Barlett	18
	Crystal Overstreet	14
	Jessica Charles	12
	Erin Brown	12
	Emily Mishalanie	10
	Andrea Murray	10
	Sue Brumm	8
	Jennifer Stefka	7
	Rachel Shenhav-Goldberg	6
	Ashley Pace	6
	Monique Ludwig	5
45-49	Catherine Berryman	12
	Danielle Bliss	12
	Melanie Francis	12
	Erin Ulrich	10
	Jennifer Toti	10
	Agnieszka Kwiatkowska	8
50-54	Kathy Garbooshian	36
	Lindi Quackenbush	10
	Kathleen Novak	8
	Tryntjie Chrysler	7
55-59	Carolyn Humphrey	12
	Beth Talbot	12
60-64	Felicia Burak	12
	Laura George	12
	Sue Tucker	10
65-69	Debbie Brockway	12
	Patrice Bogan	12
	Katheryn Doran	12
70+	Susan Luley	24
	Dorothy Massinger	10

### MALE

0-14	Magnus Brumm	12
15-19	Kole Owen	12
	Alejandro Roberts	12
20-24	Patrick Fitzgerald	36
25-29	Ryan Fitzgerald	12
	Mason Hedeem	10
30-34	James Kuny	24
	Travis Belanger	22
	Tommy Carlson	18
	Matthew Krush	10
35-39	Benjamin Nelson	24
	Christopher Edick	22
	David Saxe	20
	Andrew Rubino	20
	Colt Brumm	14
	John Martin	11
	Michael Daly	8
	Ryan Stevener	7
	Ryan Toner	3
40-44	Tom Joslin	34
	Travis Olivera	18
	Andrew Hartnett	15
	Josh Belisle	12
	Joe Mashaw	10
	Noah Lange	8
	Hanan Goldberg	7
	John Myers	7
45-49	Steve Fairbrother	28
	Ryan Maine	24
	Gregg Chrysler	22
	James Peters	16
	Hisham Zoghby	7
50-54	Robert Bauer	12
	Donald Izzo, Jr.	12
	Glen Andrew Roberts	10
	Jim Latshaw	8
55-59	Paul Humphrey	20
	Eric Kasper	20
	Kevin Tracy	12
	Dave Putney	12
	Thomas Durso II	10
	Al Schnier	8
60-64	Tim Kane	12
	Robert Longo	10
	Jeff George	8
	Joe Campbell	7
65-69	Gary Burak	24
	Gene Allen	12
	Gary LaShure	10
70+	Bill Luley	12

# 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**  
May 13 – St. Johnsville

**Patriot Run 5K & 10K**  
June 11 – Rome

**Sundae Run 5K & 10K**  
July 16 – Richfield Springs

**Woodsmen's Run 10K**  
August 18 – Boonville

**Falling Leaves 5K & 14K**  
September 24 – Utica

## RESULTS

FORT 2 FORT	OVERALL
Kickers	379.90
Roman Runners	374.54
Roadrunners	371.70
Trekkers	339.94
Hill Striders	320.36

UTICA ROADRUNNERS TOP 5		
Jessica Charles	0:37:47	82.22
Paul Humphrey	0:41:50	74.14
Eric Kasper	0:42:19	73.97
Rob Bauer	0:42:16	70.9
Tim Kane	0:47:21	70.47

### 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.

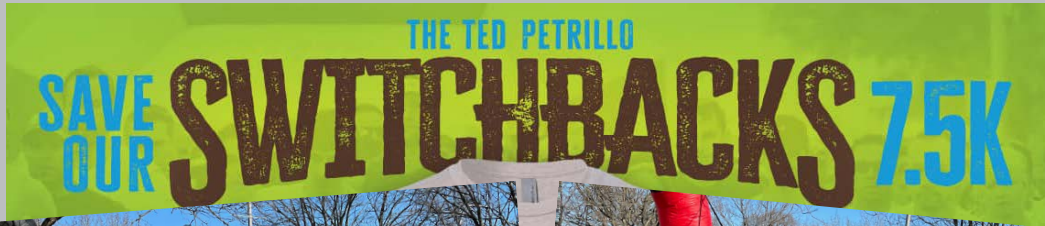
### CHANGE FOR 2023

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.

### HOW TO GET INVOLVED

To be eligible to represent the club, you have to be a member and you have to tell Tim Kane ([trkane59@gmail.com](mailto: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.

# Save Our Switchbacks



# Five After Five in the Month of May



## 5K<sup>OR</sup>5MI.

IT'S FIVE O'CLOCK SOMEWHERE  
CINCO DE MAYO 2023

## OVER 15 DAYS



## Saturday, May 6th - Saturday, May 20th

Run/Walk 5k or 5 miles every day for all 15 days.

Run/Walk a total of 50k (31 miles) or 50 miles over the 15 day period.

Want to be a FIVE after FIVE Badass?! Run 5 miles or 5k every 5 hours for 55 hours!

### REGISTER NOW

Friday, May 5th - Kick-off Party with a live 5k or 5 mile fun run/walk  
that starts and finishes at the Saranac Brewery

Food and beverages will be available to all runners and participants - the first beverage is on us!

Cost is just \$20

If you sign up for [the UR 4-Race Challenge](#), get Five After Five for FREE!

# Five After Five May Challenges

**FRIDAY, MAY 5 | KICK-OFF HAPPY HOUR** – This is an event with a 5k Run/Walk option. Swag available at Saranac. Biergarten opens for UR-5:30-9 pm. The Run/Walk starts at 6 pm from the Brewery on Varick Street. Take a left onto Court Street and run through the Boilermaker Finish Arch and continue up Whitesboro Street. Take a left onto Champlin left and then left onto Caroline Street. At the end of Caroline take a left onto Churchill and then go right back onto Whitesboro Street for a downhill finish at the Saranac Brewery. Make sure to stay on the sidewalks and wear your reflective gear (We encourage you to use your new FIVE after FIVE glow-in-dark maracas!) Note: This is a group run-not a race or a sanctioned run/walk-it is a run/walk at your own risk.

**SATURDAY, MAY 6 | -"ACCELERATE CHALLENGE"**  
Run/Walk 5k or 5 miles accelerating your mile pace doing negative splits. Join the Boilermaker Training Program and do a run/walk with the group at 7:30 at the Parkway Rec Center or from Accelerate Sports.

**SUNDAY, MAY 7 | BOILERMAKER MILE** – Make your Run include one of the Boilermaker Miles or wear some Boilermaker swag!

**MONDAY, MAY 8 | MOUNTAIN MONDAY** – Elevate your Run/Walk by getting as much vertical gain over a 5k or 5 mile run/walk as possible!

**TUESDAY, MAY 9 | TACO TUESDAY**-Celebrate your run enjoying Tacos before, during or after your run/walk! You may also do a run/walk wearing some authentic FIVE after FIVE swag like a sombrero, shirt, or enjoying your favorite beverage using a FIVE after FIVE pint glass.

**WEDNESDAY, MAY 10 | DEVELOPMENT RUN** – Dev Runs are back! Run/Walk the 5k or go big and do the 10k! Join us at the Parkway Rec Center in Utica. Registration is at 6pm, kids run at 6:15, and 2mile, 5k, and 10k at 6:30.

**Thursday, May 11 | Turbo Thursday!** – Do a personal best for a mile, a 5k, 5 miles or personal training course record!

**FRIDAY, MAY 12 | UR PRIDE** – Run/Walk a 5k or 5 mile wearing your favorite UR gear.

**SATURDAY, MAY 13 | SUMMER SIZZLE** – Run/Walk a 5k or 5 mile route at one of the many Summer Sizzle running routes over the years. Run/Walk at MVCC, Deerfield Town Park, SUNY IT or Proctor Park.

**SUNDAY, MAY 14 | MOTHER'S DAY CHALLENGE** – Run or Walk with your Mom. Moms run or walk with one of your children or Grandchildren. Run or walk paying tribute to your favorite mother.

**MONDAY, MAY 15 | MVCC MONDAY** – Join the MVCC group run/walk, run/walk on the MVCC Track or do a run/walk of your own that includes MVCC. Time of group run to be announced.

**TUESDAY, MAY 16 | TWO FOR TUESDAY** – Do two runs or walks over the course of 24 hours. Break up your workout so it equals the distance of a 5k or 5 miles. Certainly feel free to take your distance as far as you like.

**WEDNESDAY, MAY 17 | SNEAKER STORE WEDNESDAY** – Run/Walk with the Sneaker Store Run Club or join the Utica Roadrunners for their Development Run after stopping by the Sneaker Store!

**THURSDAY, MAY 18 | TRAIL RUN THURSDAY** – Do a run/walk that includes your favorite trail. Options include but are not limited to 840 Rayhill, Erie Canal, Barge, Deerfield Town Park or any running/walking trail of your choice.

**FRIDAY, MAY 19 | FAVORITE TEAM FRIDAY** – Support your favorite sports team or running group wearing their gear before, during or after your run.

**SATURDAY, MAY 20 | SARANAC SATURDAY** – Finish the FIVE after FIVE challenge saluting our friends at Saranac! Do a Run/Walk that includes something Saranac. Run/Walk that includes the brewery or just finish the run with your favorite Saranac beverage!

# Seeking Sneakers for The Morrow Center



Dear Runners,

The Morrow Center is in need of good condition sneakers for their guests. If you are willing to donate running shoes that you no longer use but are in good condition, you may take them directly to the Morrow Center located at the Cornerstone Community Church, 500 Plant Street, Utica (on the Oneida Square Circle) or contact Jamie Sitera at [jmsnydance@aol.com](mailto:jmsnydance@aol.com) for pickup.

Running shoes and sneakers will be picked up by Jamie until May 13th. Shoes can still be donated after that date directly at the Morrow Center at any time the Center is open - usually 7-9pm for dinner.

Your help is greatly appreciated.

# Urban Run in Utica - April 22, 2023



# Upcoming Race



**June 18, 2023 • 5 Mile Race • Kids Race**

***Presented By:***



The Sizzle is back and it is hotter than ever! One of our classic races that returns to Proctor Park and our friends at the Masonic Care Community! The Utica First Summer Sizzle enters its 35th year. Come celebrate Father's Day on June 18th

Divisions include:

Father/Son, Father/Daughter, Mother/Son, Mother/Daughter, and a Division for all Couples.

**REGISTER NOW**



# Upcoming Race



TUNNEL TO TOWERS  
NATIONAL RUN, WALK & CLIMB SERIES

TUNNEL TO TOWERS

**5K**



RUN & WALK



CENTRAL NEW YORK



**RUN. WALK. HONOR.**

**SUNDAY,  
AUGUST 20**

RACE STARTS AT 9:00AM

**UTICA 9.11 MEMORIAL**  
Sherman Drive & Memorial Parkway  
Utica, NY 13501

CentralNY@t2t.org



FOR MORE INFO & REGISTRATION,  
VISIT US AT [T2T.ORG](http://T2T.ORG)



@TUNNEL2TOWERS #T2TRUN

# 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!

# 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 2023

July 2023

August 2023

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

Yes  No

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