

June 2023

splitimes

The Official Newsletter of the Utica Roadrunners



Members at the Five After Five Kick Off Event on Cinco de Mayo!

In Memory of Greg Jerome

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June
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](#)

DEVELOPMENT RUNS EVERY WEDNESDAY!

See page 12 for more information



In Memory of Greg Jerome

It is with great sadness to announce the passing of our friend Greg Jerome. Greg served on the board as secretary and was leading the scholarship committee. Greg always was energetic and had a positive attitude. He will be missed greatly.



If you are moved to do so, please consider making a donation to his family through Go Fund Me

DONATE NOW

President's Message

by Andrew Rubino



“ The moment that someone fully believes, without doubt, that they can do something, their body unlocks another source of strength and endurance that they weren't tapping into before.”

– ADDIE J. BRACY, MENTAL TRAINING FOR ULTRARUNNING

May kicked off with the **Five after Five Challenge** on Cinco Day Mayo at Saranac Brewery. Club members pushed themselves to run a 5k or 5 miles everyday for 15 days! And if that wasn't enough, there were special challenges each day of the event. Born out of the pandemic, this virtual event continues to remain popular with Club members by adding a jump start to anyone's training program. Muchas gracias to the Fiesta Guy, Jim Mott, for continuing this event.

May also brought the return of the **Development Runs** and TIMING!!! A huge shout out goes to Ashley Mancini and Rebecca LaPorte for making this happen. This season looks to have a record number of participants running one of the three distances. Our friends from the Sneaker Store joined us a couple weeks ago and brought New Balance for anyone interested in taking their shoes for a test run. In the upcoming weeks we will have Saucony doing demos. Also, mark your calendars to join us in celebrating the accomplishments of our youth athletes on Wednesday June 21st at the Parkway Rec Center. At the ceremony we will award four college bound athletes with a \$500 scholarship. The ceremony happens right before the Development Run. Special thanks to Paul Ohlbaum for his generous donations and commitment to the running community and youth athletes.

The Father's Day Classic, **Summer Sizzle** presented by Utica First Source Insurance is June 18th. This is the 35th running of the Sizzle, lead by Race Director and former UR President, Jim Mott. If you signed up for the Four Pack, you are already registered. Have you checked out the swag from our friends at USA Racing? It is straight fire! There are divisions for everyone, so bring the whole family to join us before you celebrate Dad's Day. [SIGN UP HERE](#)

The **Run Against Racism** is happening June 17th at Kemble Park and is part of Utica's Juneteenth celebration. We will have a 5k Run/Walk and a Kids' Run as well! The event is FREE, but if you are so moved to do so, please make a donation. Last year the Run raised \$600 for the Johnson Park Center. Our first 100 participants get a FREE shirt! All kids participating also get a FREE shirt as well! [SIGN UP HERE!](#)

President's Message

by Andrew Rubino

June brings the final weeks of the **Boilermaker Training Program**, which is still going strong thanks to Erik, Wendy, and the team. Be sure to show up Saturday June 24th at Utica University for the annual Frankie Run. I never had the opportunity to meet Frankie, but I have heard stories about his compassion for others and always encouraging others to meet their goals – sometimes at the cost of meeting his goals. Frankie's spirit is one I admire and strive to uphold.

Looking for more to do in June? Well, the **Patriot Run** is happening June 11 at the Wingate Hotel in Rome. The 5K-10K Run/Walk in memory of USMC LCPL Daniel J Geary who died March 20, 2009 while supporting combat operations in Kandahar, Afghanistan. Geary graduated from Rome Free Academy in 2006. The 5k is part of the Grand Prix and the 5k and 10k are part of the Club Cup. [SIGN UP HERE!](#)

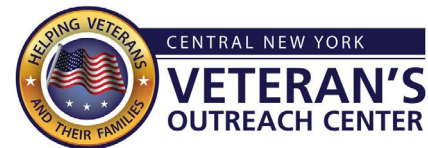
Looking for even more? The Club has a team running the annual **Mott Marathon** Thursday June 8th at the Central Valley Academy track. Runners can run all 105 laps around the track or splitting it up into a relay. The event has evolved over 17 years to celebrate the students and running by raising awareness for Mental and Holistic Wellness. If you have never been to this event, you must check it out. The event boasts an unprecedented 105 water and aid stations, music, food, trucks, swag for purchase, and surprises along the course. I even hear one of our Club members is looking to break the course record! You must contact Race Director Jim Mott before the event at jmott@cvalleycsd.org to sign up.

The Club rounds out June with our next **Blood Drive** June 26th from 1pm to 6pm at the American Legion in North Utica. [Schedule your appointment today](#) and help save a life!

One last thing, don't be shy about emailing me any questions or ways to get involved with the Club. We love to see your accomplishments and photos so we share them with everyone. If there's anyone you would like to give a shout out to, let us know!

Enjoy the Journey!
Andrew
arubino13@gmail.com

UR Donates \$4,314 to CNYVOC



The Utica Roadrunners presented a check to the Central New York Veterans Outreach Center for \$4,314. The donation was from the proceeds from our Run 2 End Hunger event in November.

Each year, the CNYVOC continues to advance its mission of enriching all Veterans' quality of life by providing comprehensive support services to all Veterans and their families.

Pictured are Race Director Rocco Fernald (left) and CNYVOC Executive Director Vincent Scalise (right)

Upcoming Race - Part of Juneteenth Weekend

4th Annual, 2nd Live Race



UR RUN UTICA ROADRUNNERS **AGAINST RACISM**

CORNHILL RUN 2023

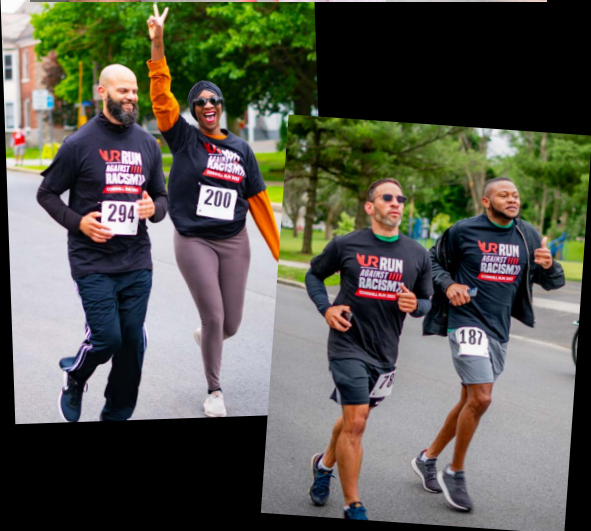
Free
to participate!

3 Mile Course
2 Loops from
Kemble Park
to Johnson Park
*(do both or just one,
run or walk!)*

SATURDAY, JUNE 17

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

REGISTER NOW



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



Sunday,
October 8

DIVISIONS INCLUDE

5K run, 5K wheelchair race, 2-mile walk, 1/2- and 1-mile Kids Run.

5K participants can register for the **Riggie Challenge** in which they will be required to eat one bowl of riggies at the halfway point of the race.

The **Riggiefest** will commence at the conclusion of the Run & Walk and will showcase local restaurants' versions of this famous Utica dish.

For more information, visit: www.SitrinRiggieRunWalk.com

— Presented by —



ADIRONDACK BANK

Bank Local

All proceeds will benefit the Sitrin Foundation to support the Military Program.



Five After Five in the Month of May



An event that was created due to the pandemic in 2020, FIVE after FIVE, continued this year and has evolved into an event that connects runners and challenges them to meet goals as they prepare for the 2023 racing season.

FIVE after FIVE is an event that begins officially after Cinco de Mayo on May 6th. The challenge is to run a 5k or 5 miles every day for 15 straight days. Runners can adapt to the challenge and do more or less than the challenge calls for. Options include to run/walk 50k (31 miles) or 50 miles over the 15 day period. Each day offers a different challenge for the participants and as they post their daily achievements on Facebook and Strava, they are eligible for prizes from our sponsors at Saranac and USA Racing.

This year we kicked off the event on Cinco de Mayo at the Saranac Biergarten with a group run from the brewery. Participants could come get their FIVE after FIVE swag and get ready for the 15 day challenge.



The event was a huge success and participants finished things on Thursday, May 25th back where it all started at the Biergarten to pick up their prizes. As a co-creator of this event during the first year of my presidency with UR, I have been thrilled to see it continue and evolve. Bringing it back this year was especially meaningful since I have stepped down from that leadership role with the club. The event truly rekindled the community spirit of what running should be all about. Although running is a solo endeavor, we need the challenges, goals, and support from others.

You can see the list of winners on the next page and the daily challenges they were asked to meet. Plans for the event in 2024 are already in the works. Those plans include a live race in Mexico! Mexico, New York and potentially other locations including Utica. We intend on inviting other running clubs to the party to make it a true Fiesta for all.





THANK YOU to everyone who took part in our Five After Five event in May and congratulations to our daily winners!

Saturday, May 6 - Accelerator Saturday - **Jessica Cooley** - Saranac 6 Pack

Sunday, May 7 - Boilermaker Mile - **Melissa Williams** - Saranac 6 Pack

Monday, May 8 - Mountain Monday - **Chris Edick** - Saranac 6 Pack

Tuesday, May 9 - Taco Tuesday - **Tommy Carlson** - Saranac 6 Pack

Wednesday, May 10 - D-RUn Wednesday - **Mary Ann Lasher** - Saranac 6 Pack

Thursday, May 11 - Turbo Thursday - **Debbie Pasch** - Saranac 6 Pack

Friday, May 12 - UR Pride Day - **The Seigles (John and Lisa)** - Saranac 12 Pack!

Saturday, May 13 - Summer Sizzle Saturday - **Tyler Meyer** - Summer Sizzle Free Registration

Sunday, May 14 - Mother's Day Challenge - **John Martin** - UR Swag

Monday, May 15 - MVCC Monday - **Colt Brumm** - USA Racing Swag Bag

Tuesday, May 16 - Two for Tuesday - **Joe Mashaw** -

Saranac 6 Pack/**Mary Ann Lasher** - USA Swag Bag

Wednesday, May 17 - Sneaker Store/Smash UR Goals Wednesday - **John Martin** - USA Swag Bag

Thursday, May 18 - Trail Thursday - **Ashley Mancini** - 6 Pack of Choice from Saranac

Friday, May 19 - Favorite Team Friday - **Matt Krush** - Saranac 6 Pack of Choice from Saranac

Saturday, May 20 - Saranac Saturday - **Jessica Cooley and Debbie Pasch** -

USA Swag Bag/Summer Sizzle Entry 2023 or 2024

Upcoming Race



PATRIOT 5K-10K RUN/WALK

June 11, 2023

NEW START TIMES: 5K & 10K 9:00AM

PACKET PICK UP: Race Day 7:00am – 8:30 am at the Wingate Hotel, Dart Circle, Rome, NY US 13440

BOTH RACES WILL START AND FINISH AT WINGATE

AWARDS CEREMONY: Immediately following the race

Sponsored by the Roman Runners Club



REGISTER NOW



LEARN MORE

Standings as of 5/21/23

Remaining 2023 Grand Prix Races

- 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
- 8/20/2023** Tunnel to Towers - 5K, Utica
- 9/24/2023** FallingLeaves - 14K, Utica
- 10/15/2023** Skeleton Run - 5K, Deerfield

FEMALE

0-14	Abigail Goldberg	12	Jerilyn Mashaw	20	50-54	Kathy Garbooshian	48	
15-19	Mia Mattia	12	Crystal Overstreet	14		Lindi Quackenbush	10	
25-29	Jessica Cooley	12	Erin Brown	12		Denise Thompson	10	
	Rebecca Laporte	12	Emily Mishalanie	10		Kathleen Novak	8	
	Brooke Newton	10	Andrea Murray	10		Tryntjie Chrysler	7	
30-34	Breanna Rand	22	Sue Brumm	8	55-59	Carolyn Humphrey	12	
	Kelley Bogner	22	Jennifer Stefka	7		Beth Talbot	12	
	Meghan Wedgren	20	Rachel Shenhav-Goldberg	6	60-64	Sue Tucker	18	
	Yuliya Karpov	12	Ashley Pace	6		Felicia Burak	12	
35-39	Sarah Harrison	34	Monique Ludwig	5		Laura George	12	
	Dana Cooreman	12	45-49	Jennifer Toti	18	65-69	Lorrie Tibbits	12
	Amanda Mazza	12		Catherine Berryman	12		Elizabeth Miller	10
	Fallon Russo	10		Danielle Bliss	12		Patrice Bogan	24
	Brittany Praznik	10		Melanie Francis	12		Debbie Brockway	12
	Brittany Bogan	8		Allison Miller	12		Katheryn Doran	12
40-44	Melissa Barlett	28		Erin Ulrich	10	70+	Susan Luley	36
	Jessica Charles	24		Christine McGlynn	10		Dorothy Massinger	10
				Agnieszka Kwiatkowska	8			

MALE

0-14	Magnus Brumm	12	40-44	Tom Joslin	34		Dave Putney	12
15-19	Kole Owens	12		Noah Lange	20		Thomas Durso II	10
	Alejandro Roberts	12		Travis Olivera	18		Al Schnier	8
20-24	Patrick Fitzgerald	36		Andrew Hartnett	15	60-64	Tim Kane	22
25-29	Ryan Fitzgerald	12		Josh Belisle	12		Robert Longo	22
	Mason Hedeem	10		Joe Mashaw	10		Jeff George	8
30-34	James Kuny	36		Hanan Goldberg	7		Steve Tibbits	8
	Travis Belanger	22		John Myers	7		Joe Campbell	7
	Tommy Carlson	18	45-49	Ryan Maine	36		David Pesesky	7
	Matthew Krush	10		Steve Fairbrother	28		Gordie Felt	6
35-39	Christopher Edick	34		Gregg Chrysler	22		Scott Shatraw	5
	Benjamin Nelson	24		James Peters	16		Tom McGlynn	4
	John Martin	21		Hisham Zoghby	7	65-69	Gary Burak	24
	David Saxe	20	50-54	Robert Bauer	24		Gene Allen	12
	Andrew Rubino	20		Jim Latshaw	18		Gary LaShure	10
	Colt Brumm	14		Donald Izzo, Jr.	12	70+	Bill Luley	12
	Michael Daly	8		Glen Andrew Roberts	10			
	Ryan Stevener	7	55-59	Paul Humphrey	32			
	Ryan Toner	3		Eric Kasper	20			
				Kevin Tracy	12			

Development Runs Are Underway

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

Members run the 5K Run to End Hunger in West Winfield



Dave Saxe tackled the Buffalo Marathon

Gary Burak ran the Miles on the Mohawk 10M



UR Members Ran Peak2brew FLX



Lee Sampson, Gary Burak, Paul Fostini, Gregg Chrysler, Ashley Mancini and Cole Perkins



ATTENTION MEMBERS!

Do you have photos of a race you've recently run that you would like included in SpliTimes? Send your photo and description to Michelle at michelle@484design.com

Tom Durso, Dylan Thomerie Sharon Scala, Amy Ingham, Melanie Crisino and Jen Marshall



Utica RoadRunners

June 26, 2023
1:00p – 6:00p

American Legion Post 229
409 Herkimer Rd. Utica, NY 13502

Give in June for a \$10 gift card by email plus chance to win a home theater package! rcblood.org/June

For an appointment please visit RedCrossBlood.org and enter sponsor keyword **UticaRR**
Or call 1-800-RED CROSS (1-800-733-2767).

Be part of something big. Make an appointment.

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

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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

TOWPATH 10K OVERALL

Kickers	376.7
Roman Runners	364.14]
Utica Roadrunners	347

UTICA ROADRUNNERS TOP 5 AT THE TOWPATH 10K

Chris Edick	0:18:32	71.03
Tim Kane	0:47:47	70.49
Susan Luley	1:01:51	69.28
Joe Mashaw	0:41:17	68.51
Ben Nelson	0:39:43	67.69

OVERALL STANDINGS

Kickers	10 points
Roman Runners	8 points
Roadrunners	6 points

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) 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.

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



@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)

- July 2023
- August 2023
- September 2023

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

- Yes No

Total included: \$ _____