

July 2023

splitimes

The Official Newsletter of the Utica Roadrunners



2023 Scholarship Winners
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by Melissa Williams



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July
2023
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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](#)

President's Message

by Andrew Rubino



“ Nothing is impossible. It certainly helps to have family and friends to support you. Just get up, get out, and see what’s out there.”

– DEB MARCUCCI

For me, June and July shines the most light on the power of running through inspiration and community. I take great pride in seeing what our club does and how it brings us together no matter our differences or abilities. It is also a pinnacle of handwork, perseverance, and accomplishment.

The Boilermaker start is less than two weeks away. A special thank you to Erik and all the volunteers and Accelerate for making the Boilermaker Training Program happen this year. Also, thank you to the Sneaker Store for their hydration donation to the program. On race weekend, stop by the Club booth at the Boilermaker Health and Wellness Expo and hang out! Take some time to catch up and encourage others to run with us. On race day a Club picture will be taken at 7:30 am before the start at the grassy area across the street from the ECR brick building on Dwyer Avenue. If you miss that one, you'll get another chance. After the race, there will be another group photo at 11 am at the tent behind the Polish Community Center off of Columbia Street near Whitestboro St. Come on over and and enjoy a cold one with us and celebrate! Good luck to all the runners. Remember the words of Wendy while running to keep you moving!

Club Boilermaker Photo #1

7:30am
grassy area across from ECR brick building

Club Boilermaker Photo #2

11:00am
at our tent behind the Polish Community Center

On June 17th we brought running to Cornhill again this year with the Fourth Annual **Run Against Racism**. This event is a culmination of how running brings people together and grows community. Money raised from the event comes completely from donations to continue to help the Johnson Park Center grow. This year on the course, runners saw the preparations for the ground breaking ceremony that will bring housing units and a community center. The work of race director Michelle Truett's passion brought huge success to the event and embodies belonging.

Thank you to everyone who came out to the **Summer Sizzle!** Headed by race director, Jim Mott, the Sizzle has a lasting tradition of being a family event in celebration of Father's Day and multiple divisions for families. By the way, Jim is also the director of the Mott Marathon held at Central Valley Academy. This event brought the community of the Valley once again as a rite of passage to celebrate the conclusion of another school year and to raise awareness of the importance of mental health.

Paul Ohlbaum and Howard Rubin Scholarships were presented to five deserving high school seniors. These students are phenomenal! Read about them in this issue. We can not thank Paul Ohlbaum enough for his contribution and dedication to youth,



President's Message (Cont.)

fitness, and community. Also, thank you Travis Olivera for his work leading the committee. The ceremony was held right before the Development Run on June 21st. Congratulations to all the recipients and to all the graduates of 2023!

We are beginning to plan the 2023 year **Utica First Falling Leaves Road Races**. The 14k is an RRCA Championship event. There is also a 5k and Kid's Kilometer Fun Run. As the director, I could certainly use a hand. Please let me know if you would like to help in anyway – from race day to behind the scenes. I took on the role as race director because this is one of my favorite races in the city. I love the challenging uphill for the first half, the scenery of the switchbacks, and rush of exiting the golf course and down Genesee for the finish. Plus the shirts are always the best! If you aren't registered for the Four Pack, registration opens Boilermaker weekend.

Enjoy the Journey!

Andrew
arubino13@gmail.com

Blood Drive Results!

We had another successful Blood Drive on June 26th. We had 19 people registered at the drive. We were able to generate 20 pints of donated blood and will bring hope and life-saving resources to at least that many patients.

O+ and O- blood types are the most in-demand and the first to run out in a shortage. Type O donors are needed to help patients facing life-threatening conditions & emergencies each day. Six people with type O donated at the drive! In addition, we had two first time donors!

Thank you to everyone who came out and made a difference. If you were unable to donate, please consider **making an appointment** at the Donation Center in New Hartford or at one of the drives in our area.

Volunteers Needed! UR Booth at the Boilermaker Expo July 7th & 8th

You don't have to be an expert about Club history or happenings, just be friendly and encourage people to run with us.

Contact Rebecca LaPorte
xrunnerkll@gmail.com
to volunteer to do a
2 hour spot at MVCC
on **Friday 7/7 from 12 to 7 PM**
or **Saturday 7/8**
from 8 AM to 4:30 PM

Join us!
**Club Happy
Hour**



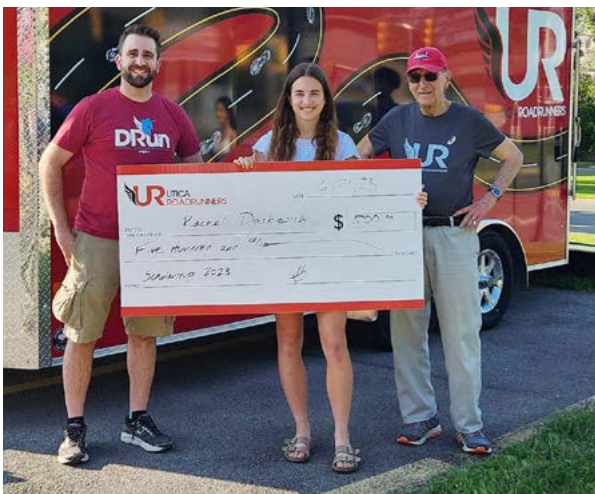
Friday, July 28
6:00-8:00pm
Woodland Brewery
6002 Trenton Road
Utica, NY

First 20 members who come to the happy hour event will receive a ticket for one free drink!

Student Scholarships



Congratulations to this year's UR Scholarship recipients and thank you to Dr. Paul Ohlbaum who continues to support young runners in our community!



Rachel Daskiewich

Although she feels like she began her track career later than most, Rachel Daskiewich has shown incredible improvement over the last three years, having been named a three-time CSC All Star, two-time Most Improved Athlete, and two-time team captain for the girls' varsity track and field team. According to Daskiewich, track has helped build her confidence, which she has applied to her classes. She is in the top ten students at Oriskany Central School where she is a member of the Technology Club, Science Club, serves as Vice President of the National Honor Society, and more! She also volunteers at community events and has taught elementary students to play soccer! In the fall, Daskiewich is attending SUNY Brockport where she will be studying Exercise Science and continuing her track career.



Matthew Hanna

Matthew Hanna has learned important life lessons through running at Sauquoit Valley High School. Mentality, he says, is as important as fitness. Hard work and dedication shaped him as a student, and knowing that good things don't come easy. Through a positive mental attitude, Hanna has landed in the top 10 of his class, studied Mandarin Chinese for six years, and earned an RIT University Computing Medal. Through hard work and dedication he was able to consistently maintain an Honor Roll and High Honor Roll Grade Point Average, all while serving as captain of his Cross Country, Indoor Track, and Track and Field teams. Next year, Hanna will be studying Biology with a pre-med track at the University of South Florida - Judy Genshaft Honors College, where he plans to continue running with his future roommate and running club. Don't worry - he'll still find time to volunteer and participate in Roadrunner events when he's home from college!

Summer Sizzle

Ella McCarthy

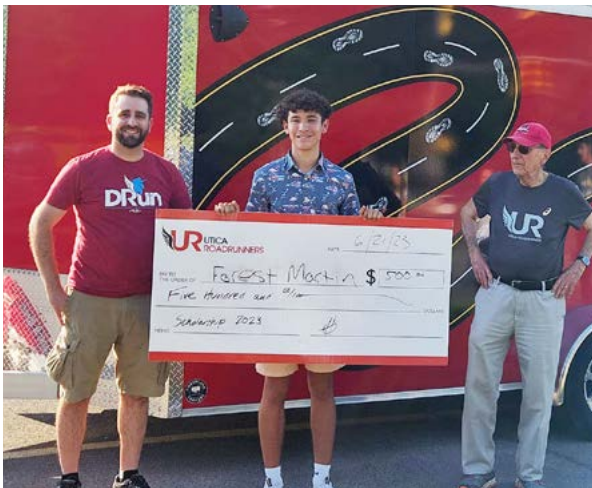
Through running at Sauquoit Valley High School, Ella McCarthy has gained grit, perseverance, and confidence that will surely help her at Union College this fall, where she will be studying Sociology with a concentration in Pre-Law. While there, she looks forward to trying Cross Country, something she was unable to pursue in high school due to her participation in field hockey. Throughout her high school career, she has managed to balance athletics, extracurriculars, and academics to be an exemplary student athlete. In addition to running indoor and outdoor track, she is also the captain of those teams as well as the field hockey team. In the realm of extracurricular activities, McCarthy almost has too many to mention. From Jazz Band to the Yearbook Club, it's a wonder she is able to devote any time to running at all. Recipient of the Sauquoit Optimist Student of the Month, Field Hockey MVP, Indoor Track's Most Improved Player, and an Area All-State saxophonist, McCarthy is one of the most versatile student athletes this committee has had the privilege to review.

Collin Gannon

Collin Gannon is a versatile athlete at Rome Free Academy, earning his varsity letters not only in Outdoor and Indoor tracks, but Soccer and Volleyball as well. A leader on and off the field, he was appointed Captain of his soccer and outdoor track teams his senior year, serves in the Leo Club, Rotary Club, National Honor Society, and is Senior Class Vice President, to name a few distinctions. He is also in the top ten of his class of over 400 students while challenging himself with high level classes such as AP Biology and Calculus, and is a Section 3 Scholar Athlete. After high school, Collin plans on attending St. John Fisher University to study nursing, play soccer, and run track.

Forest Martin

Forest Martin is an exemplary athlete who is staying in the area to study Business Management at Utica University in the fall, where he aspires to continue his Track and Field career. On running, he said that his only regret is not starting sooner! Focusing on improvement helped him not just physically but mentally as well. Aside from his athletic achievements at Poland Central School, where he is a State Qualifier for the 4 x 800 relay, a captain on the Soccer, Basketball, and Track teams, he also makes time to complete his studies. He attributes his sense of discipline in many aspects of his life to running, and it motivates him to start his days early, gives him structure, and keeps him active. While the pandemic was difficult for everyone, Martin began running more seriously over lockdown and became an important part in his life.



Frankie's Run

by *Melissa A. Williams*

These two words can either have one of two reactions: total fear of the unknown or fond memories of an old friend and training partner. Frankie's run has been a long time tradition with the Utica Roadrunner Boilermaker Training Program since its inception in 1999. It is a challenging 8 plus mile run throughout the city of Utica which is more challenging than the Boilermaker. If you can complete this run, you are set for the second Sunday in July.

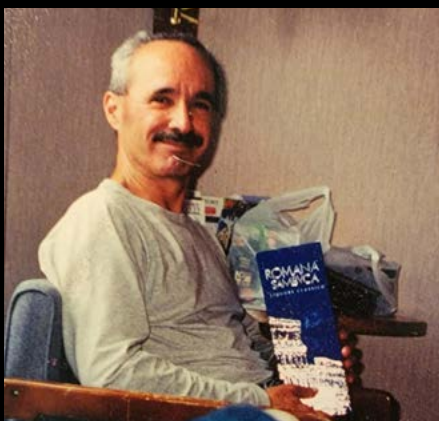
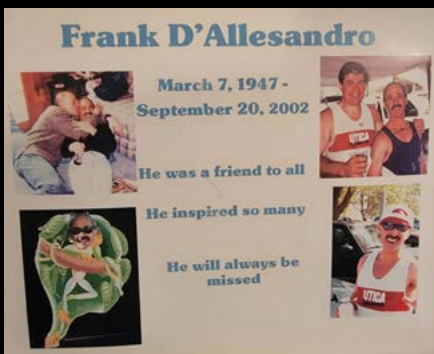
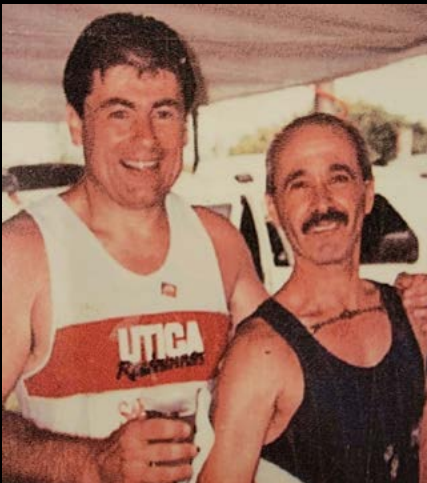
So what exactly is Frankie's run and how did it come about?

Frank D'Allesandro was one of the original founders (with Linda Turner and Mike Kessler) of the Boilermaker Training Program back in 1999 which started out of the Fitness Mill in New York Mills. It was at The Fitness Mill that he met Don Reese and they became close friends. He asked Don to help assist with the new training group. Frankie and Don would meet Monday through Thursday at The Fitness Mill to help train during the week (for those who wanted to attend). Each week, Don would send out encouraging emails about running tips, routes for the Saturday long runs, where the water stops would be and where to meet for the point to point runs along the Boilermaker route on Saturday mornings.

According to Don, before the training runs began, Frankie took him on his favorite run through parts of the city. They met at Utica College on the side where the softball fields are located along Burrstone Road. From there, they ran up Burrstone Road to the Parkway until they reached Valley View Road. With a right onto Valley View, they entered the golf course and ran up to The Eagle and then a straight downhill to Oneida Street. With a left onto Oneida Street, they proceeded to Higby Road, where they took another right all the way down to Genesee Street. They then crossed over and took a right onto French Road all the way up to Friendly's Restaurant and back to where they began. I am sure Don was thinking, "where in the world is this man taking me?" This was Frankie's favorite run and thus was rightfully named. This run then became one of the training routes during the program.

I joined the Utica Roadrunner Boilermaker Training Program in 2002 in order to run my first Boilermaker. I was turning 30 years old and set it as a goal for myself. It was because of this program, everyone's encouragement and weekly support (especially Frankie and Don's), that I successfully completed my first 15k Boilermaker. Since that time, I have completed fifteen 15ks in a row and five 5ks (due to injuries). This year, I am making a comeback to the 15k. I am 21 years older and probably 21 minutes slower, but I will be out there!

Frankie was the most encouraging and soft spoken trainer. There were many days where he could have run ahead of me (because he was quicker) but he stayed right by my side. There are not many people left who trained all of those years ago who knew Frankie. But wherever you say his name, a smile comes across all of our faces. He was taken from us too early in the fall of 2002 but his memory lives on.





UR RUN

UTICA ROADRUNNERS

AGAINST RACISM

RACISM

CORNHILL RUN 2023



Summer Sizzle



Presented By:



The 35th Annual Summer Sizzle was held on its traditional Father's Day date, June 19, 2023. The event was held again at Utica's Proctor Parks and the Masonic Care Community Campus.

There were 138 finishers with **Mike Brych** winning the overall title with a scorching time of 29:02. **Amanda Mazza** was the top female with a time of 34:58.

All results and age group winners can be found online!

[SEE THE RESULTS](#)

Summer Sizzle



Summer Sizzle



Upcoming Race

SUNDAY - 6 AUGUST 2023

TRENTON FISH AND GAME CLUB
Holland Patent NY



5 Mile

TRAIL
RUN

AUTISM AWARENESS

To Benefit Kelberman

Registration

\$35 Registration Fee
Register at runsignup.com

Time

9 AM Race Start
Free Kids Run @ 8:30 am

Sponsors



Scan to Register

Low-key race all proceeds
will be donated to charity.

Upcoming Race

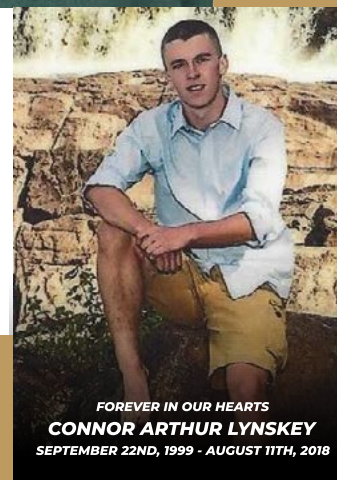


6TH ANNUAL - SEPTEMBER 17th, 2023

Virtual Option: September 10th-17th

REGISTER @ ConnorsWay.com, click on RunSignup
Free Tee Shirt with Registration through August 26th, 2023
Food Trucks - Live Music - Awards to Top Runners
Proceeds Fund Scholarships for Area Youth

Sponsorships available through August 26th, 2023
For more information, visit ConnorsWay.com
📍 Connors Way Memorial



Find Out How to Volunteer for the Club!

YOU ARE UR!

If you want to volunteer with the Utica Roadrunners and are unsure how you would like to help, we can help match you to many opportunities we have: water stations, packet pickup, finish line, merchandise, setup or clean up, sponsorship outreach, or a general coordinator role.

We would love to have you!

Contact Rebecca LaPorte via email at xcrunnerrkll@gmail.com and [more info here](#) as well!

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.



SITRIN MILITARY
PROGRAM

The Challenge is at the Mid-Way Point!

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

25 UR MEMBERS PARTICIPATED IN THE PATRIOT RUN!

UTICA ROADRUNNERS TOP 5

Gary Burak	0:23:09	70.20 5K	1st AG
Susan Luley	0:29:06	69.93 5K	1st AG
Jessica Charles	0:40:59	75.80 10K	2nd OA Female, 1st AG
Kathy Garbooshian	0:23:27	69.65 5K	3rd OA Female, 1st AG
Eric Kasper	0:19:29	77.13 5K	3rd OA, 1st AG

Total 362.71

The team was 2nd behind Roman Runners and we currently sit in 3rd place in the challenge overall

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.

Mott Marathon



The 17th Annual Mott Marathon was a huge success yet again. The Class of 2023 at Central Valley showed up in numbers as 33 of 38 runners finished the 105 lap challenge - completing 26.2 miles on the CVA track.



The event was moved from Thursday, June 9th to Sunday, June 12th due to the air quality problems caused by the Canadian wildfires.

Students again raised awareness for Mental and Holistic Wellness in the "My Best Me" Marathon. Alumni from CVA, Mohawk, and Ilion joined faculty and staff doing solo and relay efforts. Also joining were members of the Utica Roadrunners supporting the cause and students.

Many ran in the relay and Andrew Rubino was joined by UR member Jennifer Toti doing the whole distance. All in all, UR members tallied 160,9 miles for the day. Students raised over \$2,500 for the school charity. The 18th Mott Marathon is already scheduled next year for Sunday, June 9th at 10 am.

Standings as of 6/18/23



LEARN MORE

Remaining 2023 Grand Prix Races

- 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	45-49	Jennifer Toti	28
15-19	Mia Mattia	12		Allison Miller	24
25-29	Jessica Cooley	34		Agnieszka Kwiatkowska	16
	Brooke Newton	22		Catherine Berryman	12
	Rebecca Laporte	12		Danielle Bliss	12
30-34	Kelley Bogner	32		Melanie Francis	12
	Meghan Wedgren	28		Erin Ulrich	10
	Yuliya Karpov	24		Christine McGlynn	10
	Breanna Rand	22	50-54	Kathy Garbooshian	72
35-39	Sarah Harrison	34		Lindi Quackenbush	20
	Fallon Russo	22		Kathleen Novak	15
	Brittany Praznik	22		Tryntjie Chrysler	15
	Dana Cooreman	12		Denise Thompson	10
	Amanda Mazza	12	55-59	Beth Talbot	24
	Julie Medler	10		Carolyn Humphrey	12
	Brittany Bogan	8	60-64	Sue Tucker	28
40-44	Jerilyn Mashaw	32		Felicia Burak	24
	Melissa Barlett	28		Lorrie Tibbits	24
	Crystal Overstreet	26		Laura George	20
	Jessica Charles	24		Elizabeth Miller	17
	Sue Brumm	16		Jean Kosina	10
	Ashley Pace	16		Linda Hudyncia	6
	Monique Ludwig	15	65-69	Patrice Bogan	24
	Erin Brown	12		Debbie Brockway	12
	Emily Mishalanie	10		Katheryn Doran	12
	Andrea Murray	10		Sharon Scala	12
	Jennifer Stefka	7		Diane Van Pelt	12
	Rachel Shenhav-Goldberg	6	70+	Susan Luley	60
				Dorothy Massinger	20
				Barbara Deangelo	8

Standings as of 6/18/23



LEARN MORE

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- 9/24/2023 FallingLeaves - 14K, Utica
- 10/15/2023 Skeleton Run - 5K, Deerfield

MALE

MALE

0-14	Magnus Brumm	24	James Peters	16	
15-19	Alejandro Roberts	24	Hisham Zoghby	13	
	Kole Owens	12	Phil Trzcinski	10	
20-24	Patrick Fitzgerald	48	50-54	Jim Latshaw	28
25-29	Ryan Fitzgerald	24	Robert Bauer	24	
	Mason Hedeem	10	Glen Andrew Roberts	22	
30-34	James Kuny	48	Donald Izzo, Jr.	12	
	Tommy Carlson	36	55-59	Eric Kasper	42
	Travis Belanger	34	Paul Humphrey	32	
	Matthew Krush	20	Dave Putney	24	
35-39	Christopher Edick	51	Kevin Tracy	12	
	Benjamin Nelson	34	Thomas Durso II	10	
	Colt Brumm	32	Michael Hartnett	10	
	David Saxe	28	Al Schnier	8	
	John Martin	24	60-64	Tim Kane	22
	Andrew Rubino	22	Robert Longo	21	
	Michael Daly	13	Steve Tibbits	20	
	Michael Hoover	12	Jeff George	18	
	Ryan Stevener	11	Joe Campbell	14	
	Ryan Toner	4	Scott Shatraw	13	
40-44	Tom Joslin	46	David Pesesky	7	
	Noah Lange	27	Gordie Felt	6	
	Travis Olivera	24	Tom McGlynn	4	
	Andrew Hartnett	20	65-69	Gary Burak	48
	Joe Mashaw	20	Gene Allen	22	
	Josh Belisle	12	Gary LaShure	20	
	Colin Quinn	8	James Siepiola	8	
	Hanan Goldberg	7	70+	Bill Luley	36
	John Myers	7			
45-49	Ryan Maine	48			
	Steve Fairbrother	35			
	Gregg Chrysler	30			

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)

- August 2023
- September 2023
- October 2023

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

- Yes No

Total included: \$ _____