

August 2023

splitimes

The Official Newsletter of the Utica Roadrunners



In this issue:

- President's Message 3
- Member Photos 5
- Boilermaker Photos 6
- Volunteer for the Club 10
- Member Benefits 15
- Advertise in SpliTimes 16

Upcoming Races:

- Sitrin's Riggie Run 7
- Connor's Way 10
- Trenton Fish & Game Club's Autism Awareness Trail Run 11

Club Happy Hour at The Village Pub

Page 4

Upcoming Race



Page 8

A Fall Favorite is BACK!



Page 9



Page 12



Page 13

August
2023
Utica Roadrunners
Board of Directors



President Andrew Rubino

Vice Presidents

Administration & Finance

Melissa Barlett

Activities and Events

Rebecca LaPorte

Secretary Matt Krush

Treasurer Travis Olivera

Board Members

Sarah Harrison Phil Trzcinski
Mason Hedeem Erik Winberg

Advertising

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](#)



We enjoyed hot dogs, chips, and conversation after the last Development Run hosted by the club. Look out for other upcoming D-Run activities as we keep it going until Falling Leaves!

**President's
Message**
by Andrew
Rubino

**“ If you wait for perfect conditions,
you’ll never get anything done.”**

– UNKNOWN



Hot. Humid. Smoke!? Whatever the weather or whatever your mindset, you got it done! Congratulations to everyone who ran the Boilermaker and all the other races this far this summer.

I can not thank everyone enough for their contributions to bring this event to life. Of course we have to thank the Boilermaker for another successful year, all of the sponsors, the Sneaker Store and their pacers, the City of Utica, the volunteers, and of course you the runners! A special thank you goes out to Melissa Barlett for throwing a fantastic celebration under the training tent, Rebbecca LaPorte for coordinating the expo, and Erik Winberg for leading the Boilermaker Training Program. Even though the Boilermaker is finished, we are still running. Wednesday Night Development Runs, Thursday Night Runs, and Saturday Morning Runs are continuing. Follow us on Facebook to keep updated or contact us for more information.

For upcoming races, we have the [Trenton Fish and Game Club Trail Run for Autism](#) in Holland Patent is Sunday August 6th. [Tunnel to Towers CNY](#) in Utica Sunday August 20th and is a Grand Prix event. [The Woodsmen's Field Days Run](#) in Boonville Friday August 18th is both a Grand Prix and Club Cup event.

Youth Cross Country Training Program wrapped up (or wrapping up) August 3rd. Nate Getman and Abbie Sutliff and their team did another amazing job this season coaching the 7 to 12-year olds and fostering a love for running. The Utica Roadrunners provided insurance through the RRCA and shirts for the participants. I can't wait to see what these kiddos continue to do in the Club's Kids' runs and races.



President's Message (Cont.)

I'd be remiss if I didn't give a shout out to Tom Durso and Jeff George for organizing a memorable post-Development Run celebration with runners treated to free hot dogs, snacks, and beverages courtesy of the Club. I love seeing our members do activities like this. If you have any ideas for events or activities, let us know!

Planning for the **Utica First Falling Leaves Road Races** is well underway. Have you registered yet? Price increases after August 27, 2023. The Falling Leaves is UR's largest event drawing hundreds of runners for the RRCA Championship 14k, the 5k, and even the Kid's Kilometer Fun Run. If you would like to help in anyway – from race day to behind the scenes – please let me know!

Be sure to stay connected with us on Facebook and share your pictures and stories from the summer.

Enjoy the Journey!

Andrew
arubino13@gmail.com

Looking for New Board Members for 2024!

If you enjoy all of the runs, trainings, races, social events, and more that the Utica Roadrunners offers - consider being a part of the planning process by joining the Board of Directors! The Board meets in person on the 2nd Monday of each month and oversees the club's activities and finances.

Board terms begin with the December meeting in 2023 and run for two years.

If you want to know more about being on the Board, feel free to contact and chat with any of the Board members or officers. ***If you are interested in running for one of the 6 spots (of 12 total) up for election this year, please send a short bio to Melissa Barlett at docbarlett@gmail.com by September 20th.***



Join us!
Club Happy Hour
The Village Pub

Friday, August 18
6:00-8:00pm
138 Campbell Ave.
Yorkville, NY

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

Member Photos

July Club Happy Hour at Woodland Brewery



Roadrunners at Honor America Days



Boilermaker 2023



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.



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

Upcoming Race

SEPTEMBER 24TH 2023



5K

14K

Kids Run

Presented by



September 24, 2023
Downtown Utica



The fall classic is back once again this September! Join us for the downtown 5k or the scenic switchbacks 14k. For the second year the 14k is a RRCA New York State Championship event!

See you at the start line!

Delta Hotels by Marriott Utica
200 Genesee Street, Utica, NY

\$35 – Price increase after August 28th!

SIGN UP NOW!

If you have any questions about this race,
contact race director at arubino13@gmail.com

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

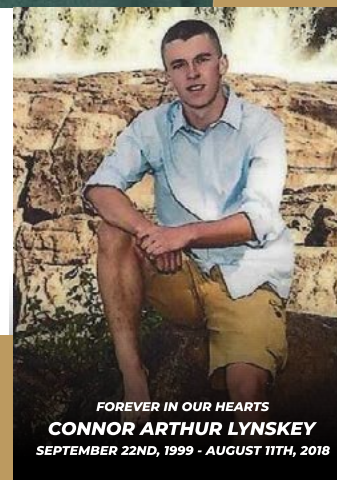
Food Trucks - Live Music - Awards to Top Runners

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 - Register Through Day Of!

SUNDAY - 6 AUGUST 2023

**TRENTON FISH AND GAME CLUB
Holland Patent NY**



5 Mile

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.**

Two Races Left in The 2023 Challenge



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

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

RESULTS

15 UR MEMBERS PARTICIPATED IN THE SUNDAE RUN!

UTICA ROADRUNNERS TOP SCORING RUNNERS

Susan Luley	28:48	70.67
Chris Edic	18:56	69.53
Amanda Mazza	21:41	67.72
Laura George	27:36	65.69
Jeff George	51:09	63.44

Our total score of 337.05 placed us 3rd behind the Kickers (371.61) and Roman Runners (367.21)

Roadrunners Participants

Travis Belanger	Joanne Campbell
Colt Brumm	Sarah Harrison
Magnus Brumm	James Kuny
Sue Brumm	Bill Luley
Harry Campbell	Dorothy Massinger

Team Totals

Team Totals after the Sundae Run with 2 races to go!

Kuyahoorra Kickers	371.61 (5)	season totals:	18
Roman Runners	367.21 (4)		17
Utica Roadrunners	337.05 (3)		13
Toe Path Trekkers	306.16 (2)		7
MV Hill Striders	57.92 (1)		5

Standings as of 7/16/23



[LEARN MORE](#)

FEMALE

Remaining 2023 Grand Prix Races

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

0-14	Abigail Goldberg	12	45-49	Danielle Bliss	36
15-19	Mia Mattia	12		Jennifer Toti	28
	Riley Scott	12		Allison Miller	24
20-24	Julizette Melgar	12		Melanie Francis	19
	Bianca Durso	10		Christine McGlynn	18
	Kristen Despins	8		Catherine Berryman	17
25-29	Jessica Cooley	34		Agnieszka Kwiatkowska	16
	Brooke Newton	22		Erin Ulrich	14
	Rebecca Laporte	22		Karen Randall	10
	MaKenna Cooley	12		Jen Bachelder	6
	Chloe Hartman	8		Elizabeth Preuss	3
	Susan Pizza	7		Kate Despins	2
30-34	Kelley Bogner	40		Tiffany Malinowski	1
	Meghan Wedgren	32	50-54	Kathy Garbooshian	72
	Breanna Rand	32		Kathleen Novak	21
	Yuliya Karpov	31		Lindi Quackenbush	20
	Maureen Bishop	12		Tryntjie Chrysler	19
	Ally Lapoint	6		Denise Thompson	18
	Tesia Galliher	5		Missy Scanlon	10
	Deanna Butera	3		Stephanie Flack	7
35-39	Sarah Harrison	46		Christina Reilly	5
	Brittany Praznik	32		Melissa Williams	3
	Dana Cooreman	24		Karen Piccola	2
	Fallon Russo	22	55-59	Beth Talbot	24
	Julie Medler	16		Carolyn Humphrey	12
	Brittany Bogan	15		Ingrid Otto	12
	Amanda Mazza	12		Sharon Wise	10
	Amanda Mondrick- Robertello	8		Lisa Seigle	8
	Audrey Piccione	5		Marylisa Nolan	7
40-44	Jerilyn Mashaw	36	60-64	Laura George	44
	Jessica Charles	36		Sue Tucker	36
	Crystal Overstreet	33		Elizabeth Miller	27
	Melissa Barlett	31		Felicia Burak	24
	Sue Brumm	28		Lorrie Tibbits	24
	Erin Brown	22		Linda Hudyncia	13
	Ashley Pace	16		Jean Kosina	10
	Emily Mishalanie	16		Sheila Bishop	6
	Monique Ludwig	15	65-69	Patrice Bogan	34
	Andrea Murray	10		Diane Van Pelt	20
	Anne Marie Latshaw	8		Sharon Scala	19
	Jennifer Stefka	7		Katheryn Doran	18
	Rachel Shenhav-Goldberg	6		Debbie Brockway	12
	Tara Anguish	5		Virginia Truax	12
	Junell Pryputniewicz	2		Sharon Stedman	5
	Margaret Hammell	1		Susan Kappler	4
	Jenn Koenig	0	70+	Susan Luley	72
	Rebecca Bolton	0		Dorothy Massinger	38
				Carolyn Mohr	10
				Barbara Deangelo	8
				Joanne Campbell	8

Standings as of 7/16/23



LEARN MORE

MALE

Remaining 2023 Grand Prix Races

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

0-14	Magnus Brumm	36	Phil Trzcinski	22	
15-19	Alejandro Roberts	32	Hisham Zoghby	13	
	Kole Owens	24	Mahesh Padmanabhan	5	
	Cole Zuk	10	John Sloan	4	
	Andres Roberts	7	Mike Hammell	3	
	Ethan Brown	6	Keith Sack	2	
20-24	Patrick Fitzgerald	70	50-54	Robert Bauer	34
	Nick Despina	12		Jim Latshaw	31
	Robby Bauer	8		Glen Andrew Roberts	26
25-29	Ryan Fitzgerald	34		Donald Izzo Jr.	12
	Mason Hadeen	18		Ross Berntson	12
	Erik Winberg	12		Peter Colburn	8
30-34	James Kuny	60		Patrick Carey	7
	Travis Belanger	56		Scott Daskiewich	6
	Tommy Carlson	43		Sam Scalise	5
	Matthew Krush	20	55-59	Dave Putney	48
	Justin Bogner	8		Eric Kasper	42
	Mark Galliher	6		Paul Humphrey	32
35-39	Christopher Edick	64		Kevin Tracy	18
	Colt Brumm	49		Al Schnier	16
	Benjamin Nelson	44		Thomas Durso II	14
	David Saxe	34		Michael Hartnett	10
	John Martin	28		Michael Flack	10
	Andrew Rubino	25		Richard Crandall	7
	Michael Hoover	24		Jim Mott	5
	Michael Daly	15		David Brown	3
	Ryan Stevener	11	60-64	Robert Longo	34
	Dan Mazzorana	5		Jeff George	28
	Ryan Toner	4		Tim Kane	22
	Michael Carney	1		Steve Tibbits	20
40-44	Tom Joslin	68		Joe Campbell	19
	Noah Lange	33		Harry Campbell Jr.	14
	Travis Olivera	28		Scott Shatraw	13
	Joe Mashaw	28		David Pesesky	13
	Josh Belisle	24		Gordie Felt	13
	Andrew Hartnett	23		Frank Vellone	8
	Colin Quinn	15		Tom McGlynn	7
	John Myers	8		William Kosina	4
	Hanan Goldberg	7	65-69	Gary Burak	58
	Nick Grimmer	5		Gene Allen	30
	Nicholas Pryputniewicz	2		Gary LaShure	20
	Chris Davis	0		Dan Stedman	12
45-49	Ryan Maine	58		James Siepiola	8
	Steve Fairbrother	42	70+	Bill Luley	60
	Gregg Chrysler	36			
	James Peters	24			

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 Erik 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 Spltimes 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)

- September 2023
- October 2023
- November 2023

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

- Yes No

Total included: \$ _____