

September 2023

splitimes

The Official Newsletter of the Utica Roadrunners



Summer Youth Track Program
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Favorite
is BACK!**



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September
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](#)

Woodsmen's 10K



Bill and Sue Luley (left) and Laura and Jeff George (right) at the Woodsmen's 10K

Happy Hour



Members enjoying some pool and some great camaraderie at Happy Hour in August!

**President's
Message**
by Andrew
Rubino

“ When you run on the earth and with the earth you can run forever.

– RARÁMURI PROVERB

This month's quote recognizes the Tarahumara, also known as Rarámuri, who are people indigenous to northwestern Mexico. Rarámuri translates to “runners on foot” or “those who run fast.” They consider running to important social and spiritual pursuits. This proverb speaks to me personally since running keeps me moving forward by staying grounded and connected to our community.

In August, my partner and I traveled to Fort Collins, Colorado to pursue a revolutionary heart surgery for our dog. Less than 100 of these procedures have been completed in the world. The surgery was a success and his initial prognosis is very encouraging. With the stress of the surgery behind us, I was able to explore parts of the extensive trail system the city had to offer. Let me tell you, running at 5,000 feet was challenging, but fun. Unfortunately, I don't think I got much benefit from high altitude training when we returned to Utica, but for me it was more about exploring what new places have to offer.

In Roadrunners local news, September is the last month for the **Development Runs**, which means fall is almost here. Congratulations to everyone who showed up consistently earning themselves this year's shirt! Shout out to Ashley Mancini and her crew for all their hard work and commitment to another great season. Additional shout outs go to Phil Trzcinski and Alejandro Gonzalez for directing the third year of **Tunnel to Towers**. Participation and support doubled since starting only two years ago. Keep checking Facebook for all the photos. My last shout out goes to Rob Kapfer for his work directing the second annual **Trenton Fish and Game Run for Autism Awareness**. Over 100 people participated and generated donations for Kelberman, Trenton Fish and Game, as well as for the Utica Roadrunners.

The Club's final two races of the UR Four Pack are quickly approaching. The Four Pack hoodies and t-shirts have arrived and we will be distributing them at our upcoming races and events. If you haven't heard, **Falling Leaves** is right around the corner. And, if you haven't signed up yet, September 3rd, 2023 is the last day to guarantee yourself a shirt! Delta Hotels by Marriott has welcomed us inside for registration, pre-race needs and post-race awards ceremony which includes snacks, coffee, and celebration. **SIGN UP NOW** **The Skeleton Run** also returns on Sunday October 15th at the Deerfield Wilderness Park. Start thinking about your costumes! **SIGN UP NOW**

Now is the time to get your **Utica Roadrunners Apparel** from USA Racing and The Sneaker Store and Mohawk Valley Designs! Act fast because the online stores are here for a limited time.

- Mohawk Valley Designs/Sneaker Store Online Store (closes September 10th)
- USA Racing Online Store (closes September 16th)



President's Message (Cont.)

Club Group Runs are continuing Wednesday Nights at the Development Runs, Saturday Mornings at Accelerate, and Thursday Nights at The Mill Family Fitness Center in New York Mills. Let us know if you are looking to organize your own group runs - which earns points to get the coveted red jacket. **READ MORE** Contact Rebecca LaPorte for more information about membership, volunteering, or about organizing a group run: xrunnerkll@gmail.com.

Last, but not least, September and October brings a number of Club supported local runs. **Connor's Way**, **The Brookfield Classic**, **Copper City Classic** are happening in September. **The Sitrin Riggie Run & Walk** and **Burn Run** are happening in October. My apologies in advance in case I missed any race.

Be sure to stay connected with us on Facebook or shoot me an email sharing your pictures and stories from the summer and all the great running September will bring. I'd love to hear about what everyone has been up to and accomplishments.

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

7 Hamlets Brewing Company

**Friday, September 15
6:00-8:00pm
26 Seymour Ln
Westmoreland, NY**

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

November Membership Meeting



**Mark your calendars for the
November Membership meeting**

November 13, 2023

6:00pm

Boilermaker Headquarters, Court Street

We will have food/drink, some time to chat with your fellow UR members, discussion about next year's events and races, and voting for new Board members. This is your chance to have your voice heard in the Club's planning process and we would love to see all of you there!



Now is the time to get your **Utica Roadrunners Apparel**
Act fast because the online stores are here for a limited time.

**Mohawk Valley Designs/
Sneaker Store Online Store**

SHOP NOW

Closes September 10th

USA Racing Online Store

SHOP NOW

Closes September 16th

Summer Youth Track Program



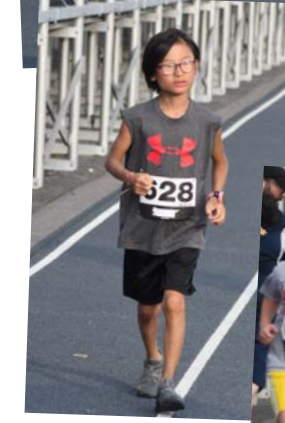
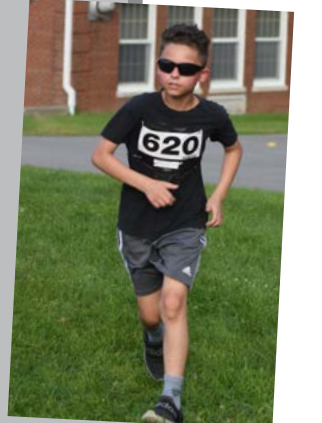
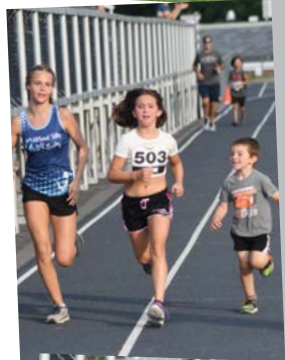
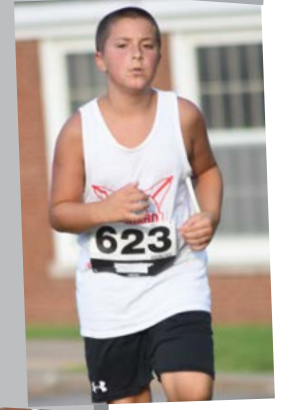
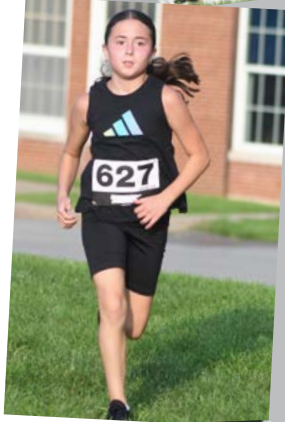
The Summer Youth Track Program ended another successful year on August 4, 2023. The five-week program is offered free of charge thanks to the support of the Utica Roadrunners, who provide the insurance for the program and t-shirts for the participants.

The campers were instructed on various aspects of long distance and middle distance running, including pacing, strength and conditioning, and hydration. They were also visited by Josh Belisle of the Sneaker Store, who demonstrated running footwear for the campers. "Sportskidship" batons were awarded each week to individual campers who demonstrated great effort in the camp and respect for other campers.

"We offer an interdisciplinary approach to the camp. We have teachers who enrich the experience of the campers with age-appropriate instruction and games, working with those who have expertise in running," said camp Co-Founder Nate Getman. "The end result is a unique combination of important lessons that keep running very fun."

The camp also featured a cross-country race with official timing provided by Jerry Tylutki of TNT Timing, race bibs from the Sneaker Store, and medals given by the Utica Boilermaker. The camp culminated with a track meet at the Whitesboro High School, complete with food trucks. "We can't thank our volunteers enough. We have a dedicated group who lend their knowledge and time each week. We could not do this without their help, and the support of the Utica Roadrunners," said camp Co-Founder Abbie Sutliff. She added, "Whitesboro Central School has also been so great every year letting us use their facilities."

Over 180 campers registered for the camp this year. The camp began in 2017.



One Race 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 16 - Boonville~~

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

ONE RACE REMAINING!

Falling Leaves 5K & 14K

September 24 - Utica

RESULTS

RESULTS AFTER THE WOODSMEN'S FIELD DAYS 10K

TEAM	WOODSMEN	SCORE	SEASON TOTALS
Roman Runners	367.05	5	22
Kuyahooraa Kickers	361.74	4	22
Utica Roadrunners	354.16	3	16
Toe Path Trekkers	313.94	2	9
MV Hill Striders	48.50	1	6

UTICA ROADRUNNERS TOP SCORING RUNNERS

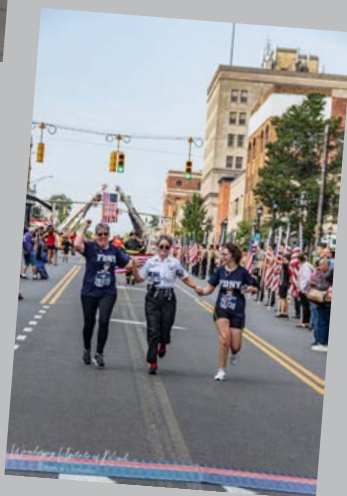
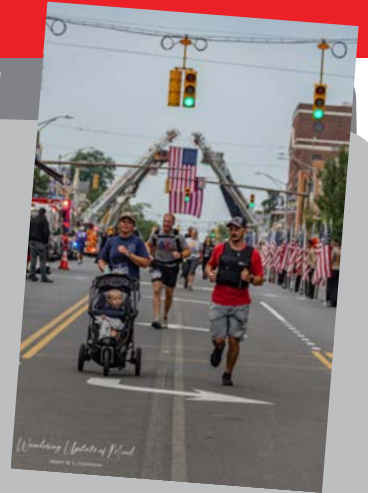
Susan Luley	0:58:33	74.27
Eric Kasper	0:42:09	74.25
Bob Longo	0:46:51	71.91
Tim Kane	0:50:00	67.38
Laura George	0:57:13	66.35

OTHER URR PARTICIPANTS

Elizabeth Miller, Jeff George, Bill Luley

Tunnel to Towers 2023

Photos by Logan Constantine



[SEE MORE PHOTOS](#)

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



**The Burn Run benefits the Burn survivors from Upstate
Medical Center**

On November, 5th 2023 at 8:30 am

**The events are held at the East Syracuse Fire
Station #2 on 148 Sanders Creek Pky E Syracuse NY
We will have just under 1,000 folks on hand!**

**Join Fire, EMS, and Health Care Providers from across
CNY**

Our Kid's run kicks off at 8:30 am

www.Theburnrun.org

Instagram [theburnrunofeastysyracuse](https://www.instagram.com/theburnrunofeastysyracuse)

Email John Minnick johnjm1@msn.com cell 315-447-2812

Standings as of 8/20/23



[LEARN MORE](#)

FEMALE

Remaining 2023 Grand Prix Races

9/24/2023

FallingLeaves - 14K, Utica

10/15/2023

Skeleton Run - 5K, Deerfield

0-14	Abigail Goldberg	12	Christine McGlynn	18	
	Schuyler Carey	12	Catherine Berryman	17	
15-19	Mia Mattia	24	Agnieszka Kwiatkowska	16	
	Riley Scott	12	Erin Ulrich	14	
20-24	Julizette Melgar	12	Aimee MacLagger Carey	12	
	Bianca Durso	10	Karen Randall	10	
	Kristen Despina	8	Jen Bachelder	6	
25-29	Jessica Cooley	46	Elizabeth Preuss	3	
	Brooke Newton	22	Kate Despina	2	
	Rebecca Laporte	22	Tiffany Malinowski	1	
	MaKenna Cooley	12	50-54	Kathy Garbooshian	72
	Chloe Hartman	8	Kathleen Novak	31	
	Susan Pizza	7	Denise Thompson	30	
30-34	Kelley Bogner	62	Lindi Quackenbush	20	
	Breanna Rand	44	Tryntjie Chrysler	19	
	Yuliya Karpov	39	Melissa Williams	11	
	Meghan Wedgren	38	Missy Scanlon	10	
	Maureen Bishop	12	Stephanie Flack	7	
	Abbie Sutliff	7	Kristin Campbell	7	
	Ally Lapoint	6	Donna Morreall	6	
	Tesia Galliher	5	Christina Reilly	5	
	Deanna Butera	3	Karen Piccola	2	
35-39	Sarah Harrison	58	55-59	Beth Talbot	34
	Brittany Praznik	32	Carolyn Humphrey	12	
	Fallon Russo	32	Ingrid Otto	12	
	Dana Cooreman	24	Lauren Mattia	12	
	Julie Medler	16	Sharon Wise	10	
	Amanda Mondrick-Robertello	16	Lisa Seigle	8	
	Brittany Bogan	15	Marylisa Nolan	7	
	Amanda Mazza	12	60-64	Laura George	66
	Audrey Piccione	5	Sue Tucker	48	
40-44	Jessica Charles	48	Elizabeth Miller	37	
	Jerilyn Mashaw	46	Felicia Burak	30	
	Melissa Barlett	39	Lorrie Tibbits	24	
	Crystal Overstreet	33	Jean Kosina	15	
	Sue Brumm	28	Linda Hudyncia	13	
	Erin Brown	22	Sheila Bishop	13	
	Monique Ludwig	22	Joan Kane	8	
	Ashley Pace	16	65-69	Patrice Bogan	34
	Emily Mishalanie	16	Diane Van Pelt	27	
	Andrea Murray	10	Sharon Scala	27	
	Anne Marie Latshaw	8	Virginia Truax	24	
	Jennifer Stefka	7	Debbie Brockway	22	
	Rachel Shenhav-Goldberg	6	Katheryn Doran	18	
	Tara Anguish	5	Sharon Stedman	5	
	Junell Pryputniewicz	2	Susan Kappler	4	
	Margaret Hammell	1	70-74	Susan Luley	72
	Jenn Koenig	0	Dorothy Massinger	48	
	Rebecca Bolton	0	Carolyn Mohr	10	
45-49	Danielle Bliss	48	Barbara Deangelo	8	
	Jennifer Toti	28	Joanne Campbell	8	
	Allison Miller	24	75+	Maggie Peterson	12
	Melanie Francis	19			

Standings as of 8/20/23



[LEARN MORE](#)

MALE

Remaining 2023 Grand Prix Races

9/24/2023

FallingLeaves - 14K, Utica

10/15/2023

Skeleton Run - 5K, Deerfield

0-14	Magnus Brumm	36	Phil Trzcinski	22	
	Evan Carey	12	Hisham Zoghby	13	
	Maddox Joslin	10	Nate Getman	10	
15-19	Alejandro Roberts	44	Mahesh Padmanabhan	5	
	Kole Owens	24	John Sloan	4	
	Andres Roberts	17	Mike Hammell	3	
	Cole Zuk	10	Keith Sack	2	
	Ethan Brown	6	50-54	Jim Latshaw	38
20-24	Patrick Fitzgerald	70	Robert Bauer	34	
	Nick Despina	12	Glen Andrew Roberts	26	
	Robby Bauer	8	Ross Berntson	24	
25-29	Ryan Fitzgerald	34	Donald Izzo Jr.	22	
	Mason Hadeen	18	Scott Daskiewich	18	
	Erik Winberg	12	Patrick Carey	15	
30-34	James Kuny	72	Peter Colburn	8	
	Travis Belanger	56	Sam Scalise	5	
	Tommy Carlson	53	55-59	Eric Kasper	54
	Matthew Krush	20	Dave Putney	48	
	Justin Bogner	8	Paul Humphrey	32	
	Mark Galliher	6	Kevin Tracy	28	
35-39	Christopher Edick	68	Thomas Durso II	22	
	Colt Brumm	49	Al Schnier	16	
	Benjamin Nelson	44	John Seigle	12	
	David Saxe	34	Michael Hartnett	10	
	John Martin	28	Michael Flack	10	
	Andrew Rubino	25	Richard Crandall	7	
	Michael Hoover	24	Donald Lynskey	7	
	Michael Daly	15	Jim Mott	5	
	Ryan Stevener	11	David Brown	3	
	Dan Mazzorana	5	60-64	Robert Longo	58
	Ryan Toner	4	Jeff George	48	
	Michael Carney	1	Tim Kane	38	
40-44	Tom Joslin	70	Joe Campbell	26	
	Josh Belisle	36	Steve Tibbits	20	
	Noah Lange	33	David Pesesky	19	
	Travis Olivera	28	Harry Campbell Jr.	14	
	Joe Mashaw	28	Scott Shatraw	13	
	Andrew Hartnett	23	Gordie Felt	13	
	Colin Quinn	15	Tom McGlynn	12	
	John Myers	8	William Kosina	11	
	Hanan Goldberg	7	Frank Vellone	8	
	Nick Grimmer	5	65-69	Gary Burak	66
	Nicholas Pryputniewicz	2	Gene Allen	37	
	Chris Davis	0	Gary LaShure	30	
45-49	Ryan Maine	70	Dan Stedman	24	
	Steve Fairbrother	50	James Siepiola	14	
	Gregg Chrysler	36	70+	Bill Luley	72
	James Peters	24			

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**

**Guaranteed
shirt size
cut-off
9/3/23**

Help on the Way Benefit in Honor of Tiffany Brown



Dear Businesses and Donors,

Our beloved Tiffany Brown, a local community member and Herkimer County employee, has been battling lung cancer this past year. This courageous fight has involved several trips out of state, prolonged absences from work, and precious time away from her loved ones. Tiffany's bravery and determination has not once wavered and she has remained strong for all those around her. Over the last few months, Tiffany has encountered some setbacks with her fight and is indefinitely out of work while continuing to travel to Boston for treatment. Tiffany is always first in line to help any friend, family, or community member and it is now our time to rally together to return the favor.

Along with the emotional toll, there is a heavy financial burden involved in the type of fight Tiffany and her family is involved in. We are seeking to relieve some of this burden and allow Tiffany and her family to focus on what is important – family time and overall health. A party to celebrate Tiffany's continued strength will be held to benefit her and her family on September 24, 2023 at the Herkimer VFW from 1 PM until 7 PM. We kindly ask for any donations, big or small. Monetary donations, food, gift baskets, "big ticket" items, or any other form of assistance is humbly appreciated.

Please feel free to reach out to Sarra DeRocco at 315-723-7203 or Mary Palmieri at 315-717-7626 with any questions. We appreciate your time and thank you in advance.

Respectfully,

Tiffany's Friends and Family Benefit Volunteer Group

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

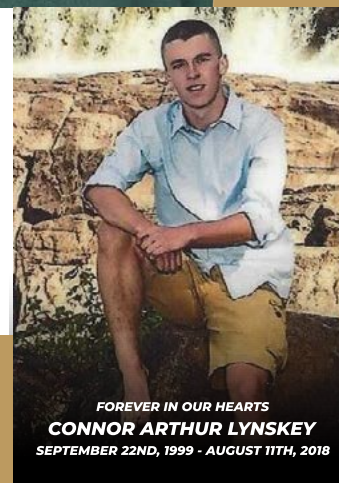
Food Trucks - Live Music - Awards to Top Runners

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!

www.climbchirosportshealth.com

315-733-0590

RUNNERS, THIS IS FOR YOU!

CLIMBYOGA

with Tim Kane, RYT

A gentle Vinyasa Flow yoga that emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom, and fluidity in the body and mind.

Suitable for all levels

EVERY
WEDNESDAY
@5:30PM

Yoga helps improve mobility. Mobility is your joints' ability to move through their full range of motion. Ideally, runners want good mobility in their hips, knees, and ankles. With increased mobility, they can better support your joints to move freely on a run.

Yoga helps build strength. Yoga helps condition your stabilizing muscles that fire as a precursor to big movements like sprinting or charging uphill. In this way, it's an ideal form of cross-training for running. During yoga, you build strength and stability using your body weight. Poses that require you to stand, lunge and squat can help you develop strength in your lower body.

Yoga helps with balance. We accomplish this as we move from one pose to another (flow) as well as by doing single leg poses. Improving balance will help runners navigate different terrain, from uneven sidewalks to rocky, rooty trails.

CLIMB CHIROPRACTIC
SPORTS HEALTH

Register online @ www.climbchirosportshealth.com

Upcoming Race



5K

The Skeleton Run returns to Deerfield for 2023!

October 15th

[SIGN UP NOW!](#)

3K
TRAIL RUN

Join us for the Kids Quarter mile race, Community run (1.5 mile), or 5K race - all within the beautiful Deerfield Town Park Wilderness trails - it could get muddy!! Costumes (run safe) encouraged!

FREE
KIDS RUN

Awards: 5K Race awards for overall winners and age group winners (10 year).

Event Support: We are also looking for volunteers and sponsors. Please send a message if you are interested.

- Skeleton Run Race Director Crew!

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 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 (2,700+ 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)

- October 2023
- November 2023
- December 2023

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

- Yes No

Total included: \$ _____