

October 2023

splitimes

The Official Newsletter of the Utica Roadrunners



Call for 2024 Board Members!

Learn more on page 5

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October
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](#)

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 at
xrunnerkll@gmail.com
and more info [here](#) as well!

President's Message

by Andrew Rubino



“ You never really know what it’s gonna be like until you get there, it’s going to be an unknown of what your body can do. Keep an open mind and know how much it’s going to hurt, and be prepared for that amount of pain. ” – MOLLY SEIDEL

What an amazing month September has been. The month kicked off with the Old Forge Marathon weekend. Many of us ran the Copper City Classic or the Mary Cleary 5K. Some gave the inaugural running of the Brookfield Classic a shot. I was able to run Connor’s Way and it was great to see so many Roadrunners there! Last but not least, was the Falling Leaves, which I directed. Fall is truly the best time to run.

I cannot begin to thank everyone enough for making the **Falling Leaves** a huge success! Special shout outs go to Rebecca LaPorte for rallying all the volunteers, organizing registration, and helping with the awards ceremony, Gary LaShure for picking up and delivering all the food for the post race and quick thinking for making some last minute adjustments, and Mason Hedeem for being the utility player of the day by filling in all the spots that we needed and making an unexpected run to the grocery store. I would also like to thank the former race director, Mike Brych, for all his guidance and being a huge support race day beyond being the emcee. Thank you to everyone else who volunteered, the City of Utica, and all of our sponsors. I am looking forward to celebrating the 50th Annual Falling Leaves with everyone next year!

I wrapped up September and welcomed in October by running the Wineglass Marathon for the second time – my seventh marathon. I was hoping for redemption on the course, but things quickly did not go as planned. The heat and a foot injury got the better of me early on, but I was determined to finish and I am glad I did. The after celebration included the traditional stop to Mooney’s for their famous mac and cheese. Congratulations to everyone else who finished. It’s always fun catching up with fellow Roadrunners when traveling for a race.

Skeleton Run is our last official Club race this year. Rob Kapfer has been working his tail off as the new race director, taking the reins from Rick Gloo. This year’s Skeleton Run is shaping up to be another fun one! If you haven’t signed up yet or would like to volunteer [you can do so here](#). You will also have another chance to pick up your Four Pack shirt or hoodie! Our next Club runs will be the **Safety Run** and the **Run 2 End Hunger**, both on Thanksgiving week.

Please keep a lookout for information regarding elections. We are still looking for motivated candidates who would like to give back to the running community and become more involved with the Club. We also invite everyone to come to our November board meeting on Monday, November 13, 2023 at 6:00pm for food and beverages as we vote in the new board.

Enjoy the Journey!

Andrew
arubino13@gmail.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!

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!



Join us!

**Club Happy
Hour**

**Burstone
Beer Garden**

**Friday, October 20
6:00-8:00pm
1777 Burrstone Rd,
New Hartford**

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

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 October 27th.***

2023 Final Results



The 2023 CNY Cup wrapped up with the 49th annual Falling Leaves Road Race. Going into the race the Kickers and Roman Runners were tied for first place. Both teams showed up wanting to win. In the end, the Kickers edged the Roman Runners 381.97 to 377.12.

The Utica Roadrunners finished 3rd on the day and ended the season in 3rd place.

RESULTS

TEAM TOTALS	FALLING LEAVES SCORE	FINAL SEASON
Kuyahoorra Kickers	381.97 (5)	27
Roman Runners	377.12 (4)	26
Utica Roadrunners	355.90 (3)	19
Toe Path Trekkers	307.68 (2)	11
MV Hill Striders	304.54 (1)	7

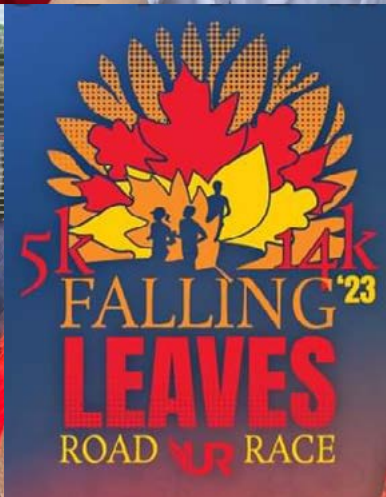
UTICA ROADRUNNERS TOP SCORING RUNNERS

Eric Kasper	5K	0:20:26	73.58
Paul Humphrey	14K	1:01:10	72.43
Amanda Mazza	5K	0:20:40	71.07
Colin Quinn	14K	0:56:40	69.48
Chris Edick	5K	0:18:59	69.34

SOME HIGHLIGHTS FROM THE YEAR:

- Bill and Susan Luley competed in all 6 races
- Chris Edick and Tim Kane competed 5 of 6 races
- Jessica Charles scored an impressive 82.66 at the Fort to Fort 10K
- Eric Kasper competed 4 times with an average of 75.5

49th Falling Leaves Photos



49th Falling Leaves Photos



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 9/24/23



FEMALE

Remaining 2023 Grand Prix Race

10/15/2023

Skeleton Run - 5K, Deerfield

0-14	
Abigail Goldberg	12
Schuyler Carey	12
15-19	
Mia Mattia	24
Riley Scott	12
20-24	
Julizette Melgar	12
Bianca Durso	10
Kristen Despina	8
25-29	
Jessica Cooley	46
Brooke Newton	22
Rebecca Laporte	22
MaKenna Cooley	12
Chloe Hartman	8
Susan Pizza	7
30-34	
Kelley Bogner	64
Breanna Rand	44
Yuliya Karpov	39
Meghan Wedgren	38
Maureen Bishop	24
Abbie Sutliff	7
Ally Lapoint	6
Tesia Galliher	5
Deanna Butera	3
35-39	
Sarah Harrison	70
Brittany Praznik	42
Fallon Russo	32
Dana Cooreman	24
Brittany Bogan	23
Julie Medler	16
Amanda Mondrick-Robertello	16
Amanda Mazza	12
Audrey Piccione	5
40-44	
Melissa Barlett	51
Jessica Charles	48
Jerilyn Mashaw	46
Crystal Overstreet	43
Monique Ludwig	30
Sue Brumm	28
Erin Brown	22
Ashley Pace	16
Emily Mishalanie	16
Andrea Murray	10
Anne Marie Latshaw	8
Jennifer Stefka	7
Rachel Shenhav-Goldberg	6
Tara Anguish	5
Junell Pryputniewicz	2
Margaret Hammell	1
Jenn Koenig	0
Rebecca Bolton	0
45-49	
Danielle Bliss	60
Allison Miller	34
Jennifer Toti	28

Christine McGlynn	26
Melanie Francis	19
Catherine Berryman	17
Agnieszka Kwiatkowska	16
Erin Ulrich	14
Aimee MacLagger Carey	12
Karen Randall	10
Jen Bachelder	6
Elizabeth Preuss	3
Kate Despina	2
Tiffany Malinowski	1
50-54	
Kathy Garbooshian	72
Kathleen Novak	31
Denise Thompson	30
Lindi Quackenbush	20
Tryntjie Chrysler	19
Christina Reilly	17
Melissa Williams	11
Missy Scanlon	10
Stephanie Flack	7
Kristin Campbell	7
Donna Morreall	6
Karen Piccola	2
55-59	
Beth Talbot	34
Carolyn Humphrey	12
Ingrid Otto	12
Lauren Mattia	12
Sharon Wise	10
Lisa Seigle	8
Marylisa Nolan	7
60-64	
Laura George	66
Sue Tucker	48
Elizabeth Miller	47
Lorrie Tibbits	36
Felicia Burak	30
Sheila Bishop	20
Jean Kosina	15
Linda Hudyncia	13
Joan Kane	8
65-69	
Patrice Bogan	46
Katheryn Doran	28
Diane Van Pelt	27
Sharon Scala	27
Virginia Truax	24
Debbie Brockway	22
Sharon Stedman	5
Susan Kappler	4
70-74	
Susan Luley	72
Dorothy Massinger	48
Carolyn Mohr	10
Barbara Deangelo	8
Joanne Campbell	8
75+	
Maggie Peterson	12

Standings as of 9/24/23



MALE

**Remaining 2023
Grand Prix Race**

10/15/2023

Skeleton Run - 5K, Deerfield

0-14	
Magnus Brumm	36
Evan Carey	12
Maddox Joslin	10
15-19	
Alejandro Roberts	44
Kole Owens	24
Andres Roberts	17
Cole Zuk	10
Ethan Brown	6
20-24	
Patrick Fitzgerald	72
Nick Despina	12
Robby Bauer	8
25-29	
Ryan Fitzgerald	46
Mason Hedeon	18
Erik Winberg	12
30-34	
James Kuny	72
Travis Belanger	56
Tommy Carlson	56
Matthew Krush	20
Justin Bogner	8
Mark Galliher	6
35-39	
Christopher Edick	68
Colt Brumm	55
Benjamin Nelson	44
John Martin	38
David Saxe	34
Andrew Rubino	25
Michael Hoover	24
Michael Daly	15
Ryan Toner	12
Ryan Stevener	11
Dan Mazzorana	5
Michael Carney	1
40-44	
Tom Joslin	72
Noah Lange	41
Josh Belisle	36
Joe Mashaw	35
Travis Olivera	34
Andrew Hartnett	28
Colin Quinn	25
John Myers	8
Hanan Goldberg	7
Nick Grimmer	5
Nicholas Pryputniewicz	2
Chris Davis	0
45-49	
Ryan Maine	70
Steve Fairbrother	55
Gregg Chrysler	46

James Peters	24
Phil Trzcinski	22
Hisham Zoghby	13
Nate Getman	10
Mahesh Padmanabhan	5
John Sloan	4
Mike Hammell	3
Keith Sack2	
50-54	
Jim Latshaw	50
Robert Bauer	34
Glen Andrew Roberts	26
Ross Berntson	24
Donald Izzo Jr.	22
Scott Daskiewich	18
Patrick Carey	15
Peter Colburn	8
Sam Scalise	5
55-59	
Dave Putney	60
Eric Kasper	54
Paul Humphrey	42
Kevin Tracy	28
Thomas Durso II	22
Al Schnier	16
John Seigle	12
Michael Hartnett	10
Michael Flack	10
Richard Crandall	7
Donald Lynskey	7
Jim Mott	5
David Brown	3
60-64	
Robert Longo	58
Jeff George	58
Tim Kane	38
Steve Tibbits	32
Joe Campbell	30
David Pesesky	25
Gordie Felt	20
Tom McGlynn	17
Frank Vellone	16
Harry Campbell Jr.	14
Scott Shatraw	13
William Kosina	11
65-69	
Gary Burak	66
Gene Allen	37
Gary LaShure	30
Dan Stedman	24
James Siepiola	14
70+	
Bill Luley	72

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

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)

- November 2023
- December 2023
- January 2024

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

- Yes No

Total included: \$ _____