

November 2023

splitimes

The Official Newsletter of the Utica Roadrunners



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2023 SAFETY RUN

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THE FINAL STANDINGS



Pages 9 & 10

Dan and Sharon Stedman finishing the Runway 5K in Florida. "The race was entirely on three different runways. A lot of fun but not much elevation!"

November
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



“ I run because I can. When I get tired, I remember those who can't run, what they would give to have this simple gift I take for granted, and I run harder for them. I know they would do the same for me.”

– UNKNOWN

Now that many of the leaves turned colors and fallen we look to what is ahead for November. But first, a thank you to Rob Kapfer and his crew for putting on the **Skeleton Run**. It was such a successful day all around – from being well directed and organized to perfect temperatures and the rain holding off to a huge post-race buffet spread. It was truly a wonderful event to officially end our race season. With that said, be sure to check out the final standings of the **Club Cup** and **Grand Prix**. Congratulations to everyone who participated, the Utica Roadrunner top performers, and the Kuyahoora Kickers for taking the Cup this year. Thank you to Tim Kane for organizing the Club Cup and thank you to Gary LaShure for organizing the Grand Prix.

Are you looking to give back to the Club, running community, and the Utica area? Are you looking to improve things for next year? **Consider being a part of the board**. Please take a look at our current candidate bios. We are accepting write in candidates. Everyone is invited to our November board meeting on Monday November 13 at 6:00pm for food and beverages as we vote in the new board. The meeting will end with a normal business meeting. The meeting will be another time that you can pick up your Four Pack shirt or hoodie if you haven't already.

BIG NEWS!!! The Mill Family Fitness Center in New York Mills is offering an exclusive gym membership deal to the Utica Roadrunners. Memberships are from January 1, 2024 until December 31, 2024. The cost is only \$325 OR \$30/month. We hope many of you take advantage of this opportunity. A special thank you goes out to Wendy Bowers for coordinating this deal!

Join us on Tuesday, November 21 at 6:00pm for the **Annual Safety Run**. The run starts at 6:30pm. We will meet at Mill Family Fitness Center in NY Mills, run down Main Street, and meet at Pizza Boys after for food and drinks. It is an out and back, so run whatever distance you like! Reflective gear and head lamps are encouraged as well as other creative running outfits. Our friends at The Sneaker Store will be there with reflective running gear and head lamps to try out. Come early for a tour of the gym and sign up for your membership.

The 39th Run 2 End Hunger returns Thanksgiving Day. It is directed by Rebecca LaPorte and Mason Hedeem this year. Bring your canned goods as part of your entry. We thank The Greater Utica Sunrise Rotary Club for collecting food. All other donations will benefit local nonprofit food pantries. It's the perfect way to start kick off the holiday! [Sign up here.](#)

There's a lot to be thankful for this November. So keep running those miles and hit your goals! Send your pictures in as you meet your goals. We'd love to hear stories from you about your achievements and reflections as we close out the year. [Submit to Spltimes to share!](#)

Enjoy the Journey!
Andrew
arubino13@gmail.com

Upcoming Event

Thursday, November 23, 2023 Run or Walk a 5K or 2 Mile

9:00am
start time

8:00-8:45am
In-Person
Registration



220 Memorial
Parkway
in Utica

100% of proceeds
benefit local
nonprofit
food pantries

This event has been running for 38 consecutive years on Thanksgiving morning!
The run follows the Utica Roadrunners' Wednesday night 5K Development Run
course through Valley View and around the Eagle on paved pathways.

Registration is just \$10 or \$25 per family (3 or more participants)
plus a minimum of 3 nonperishable items per person.

Registration for this family-friendly (dogs included) run/walk will take place
in-person on Thanksgiving Day at the Utica Recreation Center (inside),
starting at 8am until 8:45am or [ahead of time on RunSignUp](#)

For those bringing children under the age of 18,
a waiver form will need to be filled out during in-person registration.

All food donations can be dropped off prior upon entering the Utica Recreation Center
that morning. We'd like to give a special thanks for the support of the Greater Utica
Sunrise Rotary Club, for their time collecting food on Thanksgiving morning.



Announcements

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2023 SAFETY RUN

Tuesday, November 21 • 6:30pm

Meet at Mill Family Fitness Center in NY Mills, run down Main Street and meet at Pizza Boys after for food and drinks

Reflective gear and head lamps are encouraged as well as other creative running outfits. Our friends at The Sneaker Store will be there with reflective running gear and head lamps to try out. The route is out and back, so run whatever distance you'd like! Come early for a tour of the gym and sign up for your membership.

2023 Board of Directors Election Ballot

We currently have 6 seats that will be open on the board of directors for the 2023 term. These 3 people will automatically fill seats unless we receive write-in votes that override any of them. Please submit your votes and any write-ins for the election. Thank you.

_____ Sarah Harrison _____ Phil Trzcinski _____ Frank Vellone

Write-In(s) _____

Cast your ballot in advance in one of three ways:

Print, fill out and scan/email this page to Rebecca at: rebapurcell1321@yahoo.com by November 10th

OR

Print it (just this page) and bring it with you to the annual club business meeting at the Boilermaker Office Building on November 13th starting at 6:00 p.m.

OR

Ballots will also be available at the meeting so you can cast your ballot upon arrival.

Every member is invited to attend our annual business meeting. We have food and drinks for all.

Red Jacket Candidates



You must have 1,000 miles in 2023 and 10 volunteer points (which can be from this year and last)

There are still plenty of opportunities for you to earn points with the Run 2 End Hunger and the Safety Run.

Please don't wait for us to reach out to you, be proactive and get your points.

Reach out to Rebecca LaPorte and let her know when you are able to volunteer at xcrunnerrkl@gmail.com

We can't wait to celebrate with you in early 2024!

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!

Get Your UR Apparel



Did you miss your chance to get your UR apparel? Dont worry, we've reopened the store from USA Racing to give you another chance to grab your gear!

[SHOP NOW](#)

49th Falling Leaves Photos



There are many great shots of Falling Leaves on our Facebook page!

[SEE MORE](#)



FINAL STANDINGS



FEMALE

0-14	
Abigail Goldberg	12
Schuyler Carey	12

15-19	
Mia Mattia	24
Riley Scott	24

20-24	
Julizette Melgar	12
Bianca Durso	10
Kristen Despina	8

25-29	
Jessica Cooley	46
Rebecca Laporte	34
Brooke Newton	22
MaKenna Cooley	12
Chloe Hartman	8
Susan Pizza	7

30-34	
Kelley Bogner	66
Breanna Rand	54
Meghan Wedgren	46
Yuliya Karpov	39
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
Sue Brumm	38
Monique Ludwig	30
Ashley Pace	28
Erin Brown	22
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	46
Jennifer Toti	36

Christine McGlynn	36
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	41
Lindi Quackenbush	32
Denise Thompson	30
Tryntjie Chrysler	19
Christina Reilly	17
Melissa Williams	11
Missy Scanlon	10
Dodi Murray	8
Stephanie Flack	7
Kristin Campbell	7
Donna Morreall	6
Karen Piccola	2

55-59	
Beth Talbot	34
Carolyn Humphrey	12
Imgrid Otto	12
Lauren Mattia	12
Sharon Wise	10
Lisa Seigle	8
Marylisa Nolan	7

60-64	
Laura George	68
Sue Tucker	60
Elizabeth Miller	47
Lorrie Tibbits	36
Felicia Burak	30
Sheila Bishop	27
Linda Hudyncia	21
Jean Kosina	15
Joan Kane	8
Debra Pasch	6

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

FINAL STANDINGS



MALE

0-14	
Magnus Brumm	48
Evan Carey	12
Maddox Joslin	10

15-19	
Alejandro Roberts	44
Kole Owens	24
Andres Roberts	17
Tyler Quackenbush	12
Cole Zuk	10
Ethan Brown	6

20-24	
Patrick Fitzgerald	72
Nick Despina	12
Robby Bauer	8

25-29	
Ryan Fitzgerald	58
Mason Hadeen	18
Erik Winberg	12

30-34	
James Kuny	72
Tommy Carlson	58
Travis Belanger	56
Matthew Krush	20
Justin Bogner	8
Mark Galliher	6

35-39	
Christopher Edick	70
Colt Brumm	55
Benjamin Nelson	44
John Martin	38
David Saxe	34
Andrew Rubino	33
Michael Hoover	24
Ryan Stevener	21
Ryan Toner	19
Michael Daly	15
Dan Mazzorana	5
Michael Carney	1

40-44	
Tom Joslin	72
Travis Olivera	46
Noah Lange	41
Josh Belisle	36
Joe Mashaw	35
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	60
Gregg Chrysler	46
James Peters	24
Hisham Zoghby	23
Phil Trzcinski	22
Nate Getman	10
Mahesh Padmanabhan	5
John Sloan	4
Mike Hammell	3
Keith Sack	2

50-54	
Jim Latshaw	50
Robert Bauer	34
Donald Izzo Jr.	34
Glen Andrew Roberts	26
Ross Berntson	24
Scott Daskiewicz	18
Patrick Carey	15
Peter Colburn	8
Sam Scalise	5

55-59	
Dave Putney	72
Eric Kasper	54
Paul Humphrey	42
Kevin Tracy	28
Thomas Durso II	22
Michael Flack	20
Al Schnier	16
John Seigle	12
Michael Hartnett	10
Richard Crandall	7
Donald Lynskey	7
Jim Mott	5
David Brown	3

60-64	
Robert Longo	70
Jeff George	60
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	49
Gary LaShure	30
Dan Stedman	24
James Siepiola	14

70+	
Bill Luley	72

Skeleton Run Photos



Skeleton Run Photos



Skeleton Run Photos



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)

- December 2023
- January 2024
- February 2024

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

- Yes No

Total included: \$ _____