

December 2023

splitimes

The Official Newsletter of the Utica Roadrunners



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No Runner Left Behind

by Al Massinger



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Save the Date!



Stay tuned via email for more details

December
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



“ Bad weather always looks worse through a window.”

– TOM LEHRER

I keep this in mind during the winter running months, which might seem like most of the year in CNY! It's almost always seems worse before you get out there and get it done. However, there are some days I do wish I swapped my running shoes for snow shoes or ice skates. Be safe out there and have fun!

We had a great time at the annual November board meeting. It was exciting seeing everybody, hearing the exchange of fresh ideas, and looking forward to where the Club is headed next year. A special thank you to **Mason Hedeem** for getting the sandwiches and snacks from Brooklyn Pickle!

I'd like to welcome **Phil Trzcinski** back to the board as well as newcomers **Frank Vellone** and **Andy Hartnett**. **Sarah Harrison** will step away from the board, but will continue to be involved with the Club through race directing and sponsorships.

There was an amazing turnout for the **Run 2 End World Hunger** this year. Rebecca LaPorte and Mason Hedeem did a fantastic job from start to finish. Over 400 participants finished and 1,400 pounds of food collected for the Rescue Mission of Utica!

January 1st, 2024 will be **UR's New Year's Day Run** at Accelerate. This has become a new tradition of the Club. The 5k run is free to members. We always look to see new and returning faces so bring a friend!

As we round out the December, remember to **renew your Utica Roadrunners membership**.

Also, be sure to share your photos as you hit your 1000 miles and other mileage goals for the year.

Happy Holidays Everyone and Enjoy the Journey!

Andrew Rubino
Arubino13@gmail.com



Thank you to Matt Krush (kneeling, right) for his service on the board of directors!

Member Accomplishment

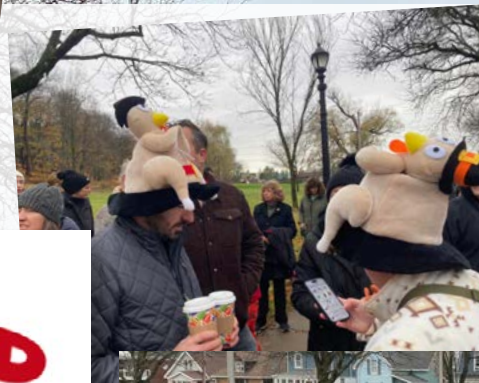


Amanda Roach-McElroy

Ran the Philadelphia Marathon in November, finishing with an impressive 19 minute PR!

CONGRATULATIONS!

Amanda is a staff member at The Sneaker Store. Next time you're in, give her a high five for this incredible accomplishment!



Announcements

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



Congratulations on 1,000 Miles!

Longtime UR member and 2023 Grand Prix Co-Champion Sue Luley hits the 1,000 mile goal again this year!

If you hit your 1,000 miles this month, please send a photo to SpliTimes editor Michelle Truett to include in our January issue! Email to michelle@484design.com or text to 315-534-0067. Please include your name and any fun facts you can (is it your first time hitting 1,000 miles? Your 10th year in a row? Did your 1,000th mile have any significance with where you ran it or who you ran it with?)

NO RUNNER LEFT BEHIND

by Al Massinger



"No runner left behind." This is the mantra or attitude I always have as an active volunteer with the Utica RoadRunners. It all started when my wife, Dorothy, decided to run. For many reasons I just never became a runner, but volunteerism is in my make up. It seems all of my life I have been a volunteer of one sort or another, from Peace Corps Volunteer to Therapy Dog team volunteer to Roadrunner water station volunteer.

Being a volunteer for Roadrunners has been a different kind of volunteering because you can see the immediate impact you have. I speak for all the other UR volunteers and myself that we are there for the runners and their safety. That is why I chose the mantra that all volunteers share "No Runner Left Behind."

My early days of volunteering at running events started back in the early 80's when our family and friends would volunteer at the Boilermaker water station at the entrance to the Valley View Country Club. We would meet friends there to cheer on runners and pass out water. I could see in the eyes of the runners the need for some quick water, and grateful smiles that followed.

Over the years my support of Dorothy and her running friends has changed from just going to the Boilermaker to all kinds of running events sponsored by UR and other running venues. I have morphed from just standing at one location handing out water, to trying to stand at several vantage points to hand out water and shout out encouragement or just play music.

No Runner Left Behind (cont.)

My little Red Honda Fit was well known at many UR runs by a lot of our running friends. Often runners would tell me that seeing our little red car was encouraging and gave them a feeling of well being and safety as they ran. Other times I would ride around the course on my bike, while wearing a yellow jacket and giving out water, nourishment, band-aids and sunscreen. I also found myself collecting clothes and accessories and holding on to them as the runners go along the course and then cheer them on at the Finish Line.

In these last few years my most recognizable volunteering with UR has been manning the Water station at the T for the Wednesday Development runs.

Life on the T – or the break in the course – for the Wednesday runs that separate the 5 and 10K, has been the gathering place for a lot of Wednesday UR volunteers. Giving out water and encouragement is core to the needs of every runner.

I started off by saying “No Runner Left Behind”. When we volunteer at the T, we try to make sure every runner is accounted for and that they safely get back to the finish line. The volunteers at the T also support the community folk who walk in the park on Wednesdays. We extend greetings and offer water. Lately the water station has also become a meeting place for some very friendly pups.

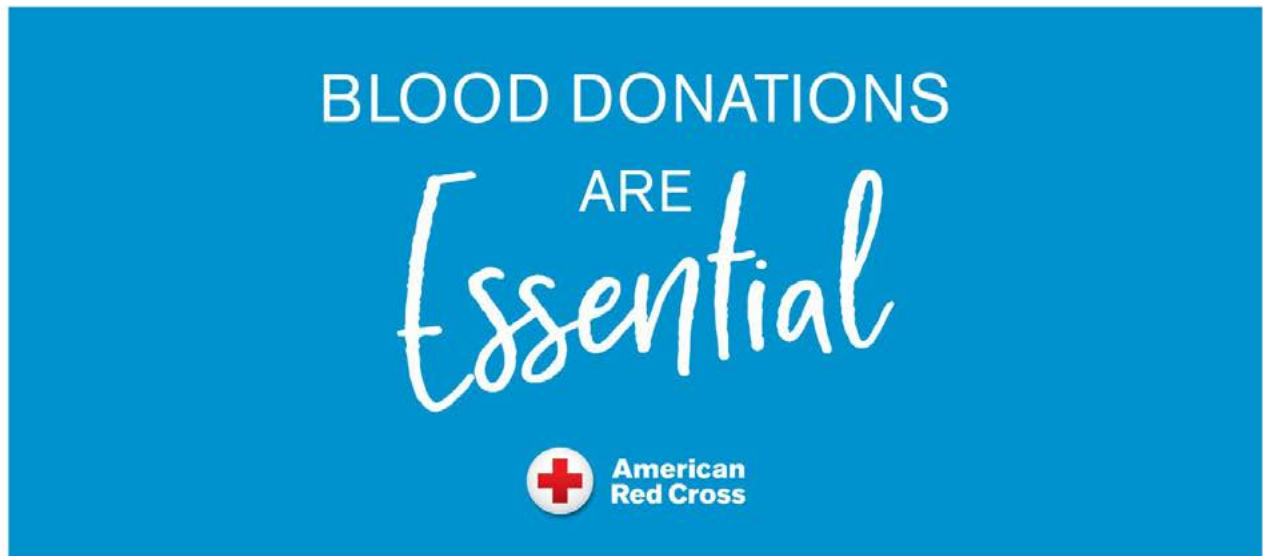
There are lots of ways to volunteer for UR. Just contact Rebecca LaPorte., the Volunteer Coordinator. She is friendly and welcoming and will really appreciate your help. Hope to see you at the T.



Editor's note: I was so happy to see this article come through from AI for this month's SpliTimes! AI has been an omnipresent and comforting presence for so many training runs and races for me over the years. Two instances I will ALWAYS remember – him playing “Eye of the Tiger” on his radio on the Right to Run in like six spots and fellow runners commenting on how amazing he was to pop up along the route like that.

The second was his “magical appearance” during a particularly hard Peak to Brew leg. It had just POURED rain, it was 90+ degrees out and I was the first runner out from the windmill farm (I think up on Tug Hill?), running alone through a swampy trail of nastiness. It smelled like dirt and frogs and the sun was making all that newly fallen rain into a thick wall of humidity. It was surreal and kinda gross, a touch scary and of course pretty super cool, as so many P2B legs end up being! I'll be darned if a little red car doesn't roll up behind me with AI at the wheel! He calmly asked how I was doing (AI - sorry if swear words came out of my mouth... I don't quite remember!) and then he said, “It's not much further. You got this. Dorothy and the gang are just up there.” He brings peace and comfort and we love him so much for that!

Upcoming Event



BLOOD DRIVE

Utica RoadRunners

American Legion Post 229

409 Herkimer Rd Utica, NY 13502

Monday - January 15th, 2024

12:30p – 5:00p

Visit redcrossblood.org and enter keyword **UticaRR** to sign up. Consider a Power Red donation to multiply your life saving impact!

All presenting donors will receive a free Red Cross T-shirt and be entered for a chance to win an exciting trip for you and a guest to Super Bowl LVIII in Las Vegas! Includes travel, hotel, \$1000 gift card, and more!

[Schedule a blood donation appointment today:](#)

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

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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!

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UTICA ROADRUNNERS

Advertise with us!

Our monthly newsletter is emailed to over 900 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)

- January 2024
- February 2024
- March 2024

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

- Yes No

Total included: \$ _____