

May 2024

splitimes

The Official Newsletter of the Utica Roadrunners



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May
2024
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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](#)

RENEW
your membership
TODAY

RENEW ONLINE

Renew your membership
or join the club
for the first time!

Individual, Couple, Family
Memberships Available

**Check out the benefits of
membership [on page 13](#)**

President's Message

by Andrew Rubino



“ It feels like I’ve been silent running (silent) Through the infinite pages, I scroll out Searching for a new world (trip and fly) Waits on the sunrise I’m silent running.”

– SILENT RUNNING, GORILLAZ

UR's first official race of the season is crushed and the Grand Prix is heating up! Melissa Barlett did an exceptional job organizing her first race as race director! Congratulations to all the finishers. The first-place finisher, Benjamin Nelson, had a lightning fast time of 28:10, and second-place finisher, Catherine Beck, finished with 28:57. I'd like to thank all the volunteers who helped to make this race happen, our friends at The Sneaker Store and The Beer Hub for hosting our packet pickup, and to the City of Utica. We hope you all enjoyed those hills running through the South Woods Switchbacks.

If you are looking for more hills, join us on the Parkway for the Development Runs starting May 1st! As I mentioned in last month's newsletter, the D-Runs have been going for over 50 years and are a huge part of Utica Roadrunner's identity. The D-Runs were my first experience with running in Utica and with the Club when I first moved to the area years ago. So, spread the word, run the course, and lend a hand while you are there.

Have you heard? The Five After Five is returning this Cinco De Mayo. [Register here](#). Now that the pandemic is over, we are planning a bunch of in-person events during this 15 day challenge. If you are looking to spice up your training and build endurance, this is the event for you.

Congratulations to all that participated in the first Club Cup event of the season. Our top five finishers were Paul Humphrey, Benjamin Nelson, Virginia Truax, and Eric Kasper in the 10k and Fallon Russo in the 5k. Contact Tim Kane to get on his email chain and with questions about anything Club Cup related. trkane59@gmail.com The next race is the [Towpath Trail Run](#) May 11th.

I am excited to announce that we are piloting a new UR racing team!

Travis Olivera volunteered to captain the Brookfield Classic on September 14th. Roadrunners who sign up for the team will get \$10 off their registration fee for any race distance! Contact Travis at travis.l.olivera@gmail.com to let him know you are interested and to get the code. We are also planning a group run to preview the course over the summer and other fun perks for signing up. More information about the race [can be found here](#).

Chris Edick volunteered to captain the Mohawk Hudson Marathon on October 13th. For this one, we are looking for a group of members who want to represent the Club and destroy 26.2 miles.

Details are still forthcoming about special benefits afforded to Club members who sign up. Email Chris at chrisedick32@gmail.com if you are interested. More information [can be found here](#).

Please keep sending in your pictures and stories and running those miles. We are looking for members to write articles, do interviews, or generally help out with the newsletter. If you have any ideas we'd love to hear it!

Enjoy the journey!
Andrew
arubino13@gmail.com

The First Race of the Season!

SAVE OUR

SWITCHBACKS

THE TED PETRILLO

Congratulations to all runners for completing a half a Boilermaker at our first official race of the season!

[SEE THE RESULTS](#)



Upcoming Race!



June 16, 2024 • 5 Mile Race • Kids Race

Presented By:



The Sizzle is back and it is hotter than ever! One of our classic races that returns to Proctor Park and our friends at the Masonic Care Community! The Utica First Summer Sizzle enters its 36th year. Come celebrate Father's Day on June 16th

Divisions include:

Father/Son, Father/Daughter, Mother/Son, Mother/Daughter, and a Division for all Couples.

There is a \$5.00 price reduction for all members of the Utica Roadrunners!

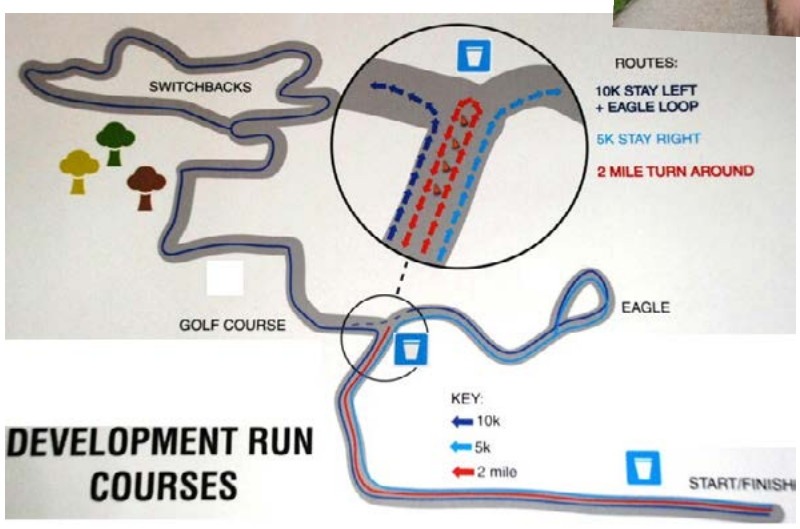
REGISTER NOW

Development Runs Have Started!

Join us on Wednesday Nights!



Nothing prepares you better for the Boilermaker (and other races!) than the longstanding UR Development Runs!



Registration opens at 5:30pm
6:30pm hard start time
2 mile, 5k & 10k distances
Free to all our members
\$2 for non-members

[LEARN MORE](#)



2024 BOILERMAKER TRAINING PROGRAM

**Going on now! You can still join!
Saturdays at 7:30am**

SIGN UP TODAY!

**Our goal is to get you across that finish line for
your first time, your next time, or your best time.**

Led by Erik Winberg, Peter Angelini, and Wendy Bowers!

Many of the coaches involved in the creation of these running plans are certified by RRCA, which is the most credible coaching certification for recreational runners in the United States.

Two Training Levels to choose from for both the 5k and 15k.

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After about six weeks at Accelerate, we move the runs outdoors to locations which will be announced well in advance.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from March 2nd right up to the Boilermaker July 14th.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group.

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$25 for the year for an individual, \$30 for couples or only \$40 for a family of 3 or more living at the same address. You'll get local running news throughout the year and other benefits. [Sign up on our website.](#)



Standings as of 4/20/24

[LEARN MORE](#)

FEMALE

0-14	Dylan Joslin	12		Brittany Praznik	8		Christine McGlynn	10
25-29	Kaitlyn Barlow	34	40-44	Jessica Diestel	7	55-59	Mary Ann Lasher	12
	Brooke Newton	12		Crystal Overstreet	22	60-64	Laura George	34
	Gabrielle Morreale	10		Sue Brumm	12		Sue Tucker	12
	Emily Ward-Case	8		Andrea Carney	12		Felicia Burak	10
30-34	Kelley Bogner	36		Sarah Gaasch	10		Beth Talbot	10
	Yuliya Karpov	28		Emily Mishalanie	10		Sheila Bishop	8
	Julie Hall	14		Melissa Barlett	8	65-69	Linda Salerno	22
	Lindsay Huckabone	10		Sarah Jones	8		Joan Kane	12
	Jessica Cooley	8	45-49	Jennifer Stefka	7		Patrice Bogan	12
	Alison Shanley	8		Jerilyn Mashaw	22	70-74	Virginia Truax	34
35-39	Amanda Mazza	24		Danielle Bliss	12		Susan Luley	20
	Caroline Pissolato	19		Agnieszka Kwiatkowska	12		Wendy Kent	12
	Fallon Russo	10		Erin Dibble	10		Carolyn Mohr	8
	Amanda Hartnett	10	50-54	Denise Thompson	24		Katheryn Doran	8
	Ashley Mancini	8		Allison Miller	12		Dorothy Massinger	7
				Karen Piccola	10		Joanne Campbell	6

MALE

0-14	Maddox Joslin	24	40-44	Christopher Edick	36	55-59	Paul Humphrey	24
	Magnus Brumm	10		Colt Brumm	20		Thomas Durso II	20
25-29	Patrick Fitzgerald	32		Andrew Hartnett	18		Eric Kasper	20
	James Withers	12		Derek Alexander	15		Carl Lee	10
	Ryan Fitzgerald	12		David Dietz	6		John Seigle	8
30-34	Tommy Carlson	23	45-49	Tom Joslin	29	60-64	Jeff George	30
	Justin Bogner	22		Steve Fairbrother	23		Dave Putney	24
	James Kuny	22		Ryan Maine	20		Bill Kosina	10
	Paul Brockett	12		Joe Mashaw	12	65-69	Gary Burak	12
	Matthew Krush	8		Gregg Chrysler	11		Tim Kane	12
	Travis Belanger	7		Robert Kapfer	10	70-74	Gary LaShure	24
	Roberto Leandry	6		Gino Olivato	8		Gene Allen	18
35-39	Michael Daly	36		Ernie Marcello	8		Tom Bick	10
	John Martin	18		James Peters	6	75+	Bill Luley	12
	David Gillen	10		Frederick Latus III	5		John Kieffer	12
	Ryan Stevener	10		Hisham Zoghby	3			
			50-54	Peter Madden	12			
				Ross Berntson	12			
				Jim Latshaw	10			

Get Ready for Summer Youth Camp!



2024 CNY SUMMER YOUTH TRACK AND DISTANCE CAMP

July 11, 18, 25

Whitesboro Middle
School Track

August 1 & August 8

Whitesboro High
School Track

Session One: 5:30 pm-6:15 pm

This session is open for students entering First Grade through Fourth Grade.

Session Two: 6:30 pm -7:45 pm

This session is open for students entering Fifth Grade through Seventh Grade.

The camp is offered free of charge thanks to the support of the Utica Roadrunners.

The camp is designed to introduce and foster interest in middle and long-distance running. The camp is staffed by dedicated volunteers with experience in, and passion for, running. The camp features guest instructors with specialized experience in nutrition, strength and conditioning, and running equipment. There will be a cross-country meet and a track meet where campers will be able to compete.

Registration is limited. There is no paper registration. Please register at [RUNSIGNUP-CNYSummerTrackProgram](#) or use the QR code below.



RULES AND CODE OF CONDUCT

-Thank you for your interest in this program. As you know, the benefits of running can be felt throughout a lifetime. This program is designed as a positive, minimum-intensity introduction to middle and long distance running. Please take a moment to review these rules with your child(ren).

-Parents/Guardians (at least one) must remain throughout the session, but shall stay outside the fence unless directed to enter the track or field by an official/volunteer.

-Contact will be made via email with any updates or information that needs to be disseminated. You will receive an email before the first session to ensure your child's registration was accepted and with other camp updates.

-The sessions will be held unless the weather conditions are hazardous or potentially hazardous. Cancellations will be made by 5:00 pm on the day of the event and will be communicated via email and Facebook only.

-Children should be attired appropriately for athletic activity and for the weather conditions. Children should also wear running/athletic shoes. **NO SPIKES ARE ALLOWED.**

-Children should bring labeled water/sports drink each evening and should be well-hydrated throughout the day. Please discard of all bottles, cups, and other debris upon your departure.

-All participants are expected to listen to the instructions provided by the instructors/coaches/volunteers and adhere to the rules of the facility. Please be respectful of all volunteers and officials. Failure to abide by such instructions may result in removal from the program.

-Participants should not register if they are going to miss more than 2 sessions. If you are aware that you or your child will not be able to attend a specific session, please notify a volunteer or Nate Getman/Abbie Sutliff.

-Please be courteous to volunteers who are giving of their time and expertise.

Camp Directors: Nate Getman and Abbie Sutliff

Email:
cnysummertrackprogram@gmail.com

Facebook: "CNY Summer Track Program"

Register using the QR code at
RUNSIGNUP



Get Ready!



HELP US TO WIN THE CUP THIS YEAR!

NEW YEAR. NEW COMPETITION.

2024 Schedule

May 11 – Towpath Trail Run 5K or 10K, St. Johnsville

June 9 – Patriot Run 5K or 10K, Rome

July 21 – Sundae Run 5K or 10K, Richfield Springs

August 16 – Woodsmen's Run 10K, Boonville

September 22 – Falling Leaves 5K or 14K, Utica

Scoring

The top 5 calculated percentages from each team (using either race at events with more than one distance) will count toward the total for each race.

Calculated percentages are statistically lower as race distances increase, so any 5K percentages used will be multiplied by 0.98 to level the playing field. Incomplete teams (between 1 and 4 runners) will still count toward race points.

Club points awarded at each event after totaling the race percentages are 6-5-4-3-2-1. The champion will be the team with the most points at the end of the season.

A tie after the six races would be broken by comparing the total event percentage points calculated throughout the season.

Historical Results

- 2015 – Kuyahooraa Kickers
- 2016 – Utica Roadrunners
- 2017 – Utica Roadrunners
- 2018 – Kuyahooraa Kickers
- 2019 – Kuyahooraa Kickers
- 2020 – COVID -19 won
- 2021 – Roman Runners
- 2022 – Roman Runners
- 2023 – Kuyahooraa Kickers



Save The Date!!

Sunday August 18, 2024

Tunnel to Towers Foundation
5K RUN & WALK
CENTRAL NY

Announcements

TRACK MEMBERSHIP

Only \$50 for a year!



UR members receive a discount for use of the indoor track at Accelerate on Judd Road in Whitesboro

SIGN UP ONLINE

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.

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!

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

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!

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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)

June 2024

July 2024

August 2024

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

Yes No

Total included: \$ _____