

# splitimes

June 2021

The Official Newsletter of the Utica Roadrunners



## Red Jackets and the Annual Banquet Bring Us Together!



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Our first in-person  
race of 2021!

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Member Article

## 5-5-55

by Jen Bachelder



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June  
**2021**  
Utica Roadrunners  
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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



***Thank you to the  
Proctor High School  
Track Team for  
joining us at our  
recent Dev Run!***

**Useful Links:**

[Utica Roadrunners Facebook Page](#)  
[Club Handbook](#)





# President's Message

by Jim Mott



**“ If you run into a wall, don't turn around and give up. Figure out how to climb it.”**

– MICHAEL JORDAN

Runners:

It is hard to believe that it is already June and we are nearly halfway through 2021. We have already been through so much yet there is so much to look forward to! This month's quote is about finding a way. Through it all, we have all found a way. We have been through a lot emotionally. With the loss of our close friend Phyllis Spohn-Bates, we were reminded yet again about the fragility of life and how precious each day is.

As a club we have shown great resilience and I couldn't be more proud to be in the position that I am. Watching the success of the Scavenger Hunt, the inspiration of the FIVE after FIVE and the beauty of our recent outdoor banquet, how could one not be proud to be a member of the Utica Roadrunners?

With the lead of Rebecca Aceto, Alex Gonzalez, and Melissa Barlett, we raised \$4,000 for the family of Phyllis. The **FIVE after FIVE** was an amazing event that had some real badass members complete the 5k or 5 miles every 5 hours for 55 hours! Thank you to the Fiesta Committee of Jen Bachelder and Jeannine Macera for their daily challenges and inspiration. Congratulations to all who participated! Swag and prize pick up at Saranac on June 2nd from 2-5 pm!

For months we as a board debated on if, when, and where we could hold an **end of year banquet**. We faced obstacle after obstacle but in the end we found a way. Changing course from tradition we went outside to the Whitestown Vets. We not only adapted – many responded that it was the best banquet ever! Thanks so much to Jen Bachelder, Andrew Rubino, Rebecca Aceto, Ashley Mancini, Alex Gonzalez, and the entire Banquet/Awards Committee for the endless hours of work that went into making the event a success. A huge congratulations to all those who won the awards as well!

It certainly doesn't stop there! Our **DEI Committee** continues to put in the work. They were the lead for the RRCA National newsletter last month as they will be holding a national ZOOM meeting talking about the Run Against Racism and the entire DEI agenda. I am so proud to be a member of that group. Our **Boilermaker Training Program** gets bigger each week led by Tim and Joan Kane. Have you heard our **Development Runs** are back? The Wednesday night tradition has returned and Ashley Mancini and her crew have put in a lot of work to ensure a safe and secure environment. As the weeks progress, the ability to get back to normal looks better and better. Currently we have two waves leaving at 6:15 and 6:30 pm.

That leads me to what is up and coming and things are getting hot! **The Summer Sizzle returns!** On Father's Day, June 20th, we return to Proctor Park for a UR tradition. The course has been measured and is now USATF certified. The Summer Sizzle is a UR Grand Prix event, a Club Cup Challenge event, and on the USATF ADK Grand Prix -that means we have some great runners coming to our city! We are near capacity for the race and we are looking to hold one start without waves.



## PRESIDENT'S MESSAGE (CONT.)

The coming months only get busier! **The Erie Canal Half Marathon and 5k return in July!** We have the **Save Our Switchbacks** and **Tunnel to Towers 5k** in August, the **Falling Leaves 14k and 5k** in late September and the **Skeleton Run** returns to Deerfield Town Park in October!

As a club we are stronger than ever! Nearing 500 members, we are certainly the biggest and most successful club in the Mohawk Valley and beyond. That is all because of each and every one of you. Please stay healthy and get ready for a great summer and second half of 2021. The best is yet to come. We have waited patiently and found the way.

I am looking forward to seeing you at our events and out on the roads!

Jim

# Development Runs Are Back!



**Every  
Wednesday  
Night!**  
Two waves at  
6:15pm and  
6:30pm



# From the Editor

by Michelle Truett



Hello, friends!

I didn't realize I missed you all SO MUCH!

The UR banquet was one of the first "big crowd" events I've been to in a long time, as I'm sure it was for many of you. It was for sure the first time I didn't wear a mask in a space like that and it shifted me. Seeing so many familiar faces in person, hugging and chatting and the SMILES! Holy cow...

While our running community has had connection through social media and fun virtual events through the club, and as I accepted that that was how it was going to be for a while, I didn't realize how much I truly missed the presence of people. It might have been all that Coldplay that Ryan was playing during the awards, but dang... I FELT it.

I got to spend time with my friend and fellow RIT-er Jen Szatko (pictured to the left with me) and it reminded me of all the great people I've met through running over the years. It's funny "coming out of COVID" – we're going to have a lot of decisions to make, precautions still to take and emotions to unpack. I'm glad I have you guys to navigate it with.

I hope everyone is healthy and getting revved up for some in-person runs and other fun activities. Continue to stay safe. Run hard. I'll see you out there!

Michelle

## Scavenger Hunt Pick-Up



**THANK YOU**  
to our dedicated  
board members  
and volunteers  
for running a smooth  
Scavenger Hunt  
swag pick up.  
(And thank you to  
The Sneaker Store  
for hosting us!)

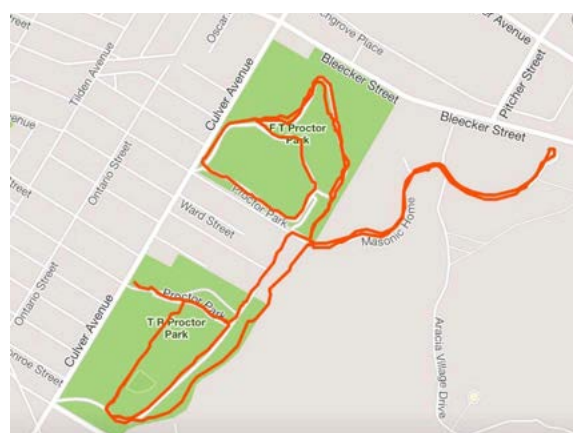


# Summer Sizzle 5-Miler



**Our first live event of the year!**  
**5 Mile Course • USATF Certified**  
**June 20, 2021 • Proctor Park**  
**Sign up deadline: June 1st!**

**REGISTER NOW**



We will be following all city, state, and federal guidelines to hold a safe race for all our participants. We will also be offering a Virtual and VirtuReal option for runners who would prefer to do the 5 mile distance on their own. In the event we are not able to hold our event, we will transfer all entrants into a Virtual category. There will be no refunds or deferrals into 2022. The Summer Sizzle has a long-standing tradition of being a family event. To celebrate Father's Day we will have multiple divisions for families to compete in for special awards and prizes.





# Upcoming Race



## TUNNEL TO TOWERS 5K RUN & WALK UTICA

FOLLOW THE FOOTSTEPS OF 9/11 HERO, NEW YORK CITY FIREFIGHTER  
STEPHEN SILLER, AND ENSURE WE NEVER FORGET THE SACRIFICES OF  
OUR NATION'S FIRST RESPONDERS AND MILITARY HEROES.

**SUNDAY**  
**AUGUST 22, 2021**  
**STARTS 8AM**

**UTICA 9/11 MEMORIAL**  
SHERMAN DRIVE & THE PARKWAY  
FINISH LINE AT GENESEE ST, DOWNTOWN UTICA





Utica Roadrunners  
Five After Five Challenge  
May 6 - 20, 2021

Tuesday May 6	3.45 miles	(4.45 total)
Wednesday May 7	3.67 miles	(8.12 total)
Thursday May 8	13.18 miles	(21.3 total)
Friday May 9	3.9 miles	(25.2 total)
Saturday May 10	3.65 miles	(31.85 total)
Sunday May 11	3.65 miles	(35.5 total)
Monday May 12	3.2 miles	(38.7 total)
Tuesday May 13	3.17 miles	(41.87 total)
Wednesday May 14	3.72 miles	(45.59 total)
Thursday May 15	4.31 miles	(49.9 total)
Friday May 16	16.61 miles	(66.51 total)
Saturday May 17	3.25 miles	(74.76 total)
Sunday May 18	6.17 miles	(80.93 total)
Monday May 19	4.58 miles	(85.51 total)
Tuesday May 20	5.35 miles	(90.86 total)
Wednesday May 21	5.87 miles	(96.73 total)

FINISHED!

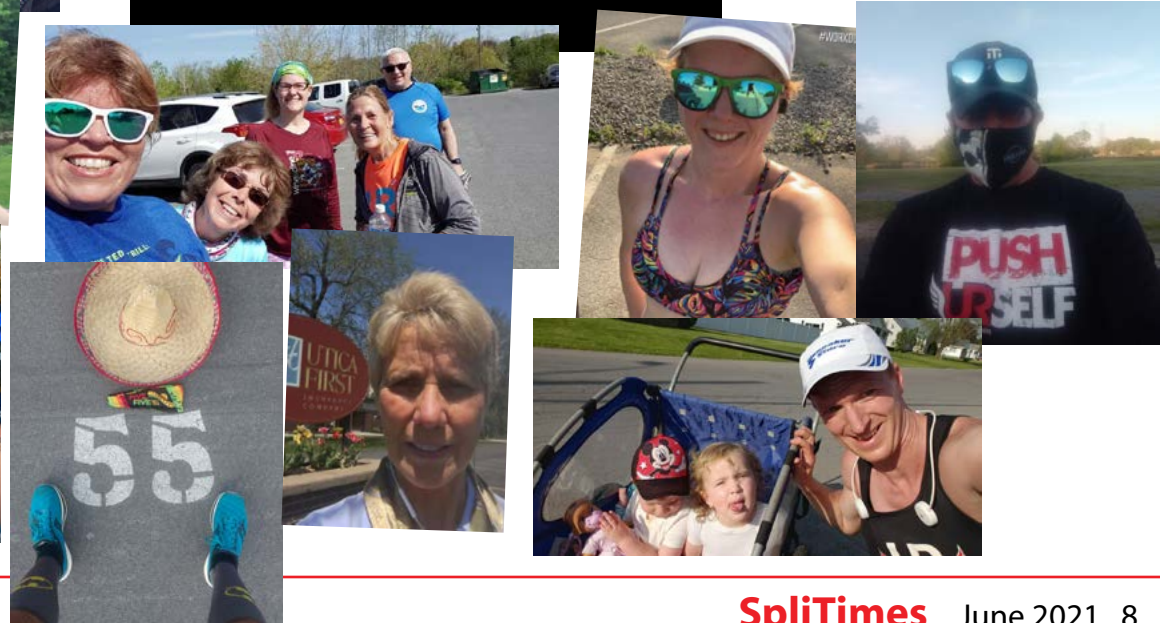
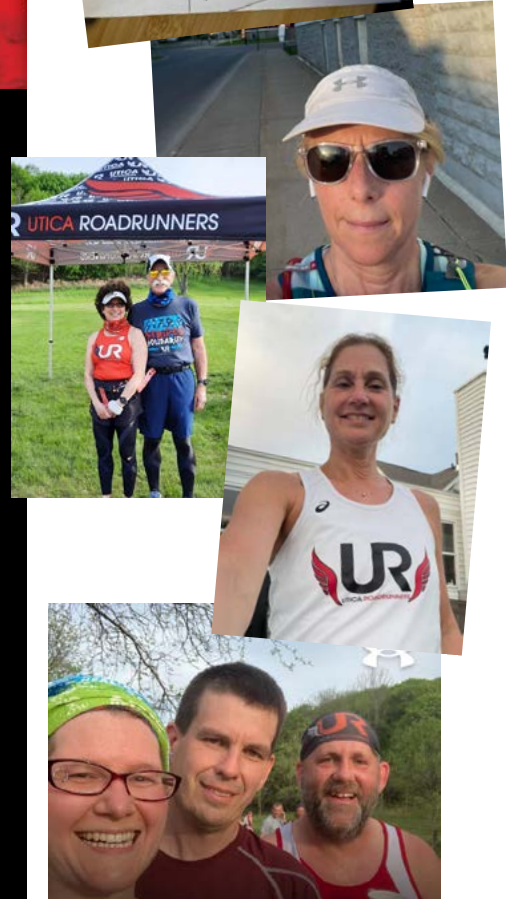
**4,182.69 miles were run**

**10 people completed the 5 miles or 5k every 5 hours for 55 hours challenge**

**88 participants**

**32 streakers of at least a mile a day everyday throughout**

**Swag pick-up Saranac Brewery June 2nd, 2-5pm**





# 2020 UR Awards

## 2020 Red Jacket Recipients



**Rebecca Aceto**  
**Travis Belanger**  
**Felicia Burak**  
**Terrence Dwyer**  
**Alyssa Fanelli**  
**Alejandro Gonzalez**  
**Carolyn Mohr**  
**Jessive Ott**  
**Beth Pedulla**  
**Karen Scanio**  
**Jennifer Szatko**  
**Phyllis Spohn-Bates**

## Golden Shoe Awards

Rebecca Aceto  
Jen Bachelder  
Melissa Barlett  
Travis Belanger  
Danielle Bliss  
Allison Bowers  
Felicia Burak  
Bill Callahan  
Harry Campbell  
Melanie Crisino  
Chris Edick

Alyssa Fanelli  
Jeff George  
Laura George  
John Gilligan  
Alex Gonzalez  
Sara Hanna  
Tim Kane  
Anne Marie Latshaw  
Sue Luley  
Ashley Mancini  
Dorothy Massinger  
Ryan Misencik  
Carolyn Mohr

Jim Mott  
Wayne Murphy  
Jessica Ott  
Beth Pedulla  
Cole Perkins  
Tracy Perkins  
Andrew Rubino  
Sharon Scala  
Karen Scanio  
Phyllis Spohn-Bates  
Jen Szatko  
Lisa Walchusky



# 2020 UR Awards

2019 – Gary Burak  
2018 – Bill Callahan  
2017 – Jim Mott  
2016 – Susan Luley  
2014 – Dennis Johnson  
2013 – Linda Turner  
2012 – Dan Cohen  
2011 – Paul Humphrey  
2010 – Jason Pare  
2009 – Ted Petrillo  
2008 – Paul Humphrey  
2007 – Jim Fiore  
2006 – Christine Sisting  
2005 – Kermit Cadrette  
2004 – Janice Williams  
2003 – Sybil Johnson  
2002 – Dennis & Sybil Johnson



## 2020 Hall of Fame

**Dave Jones**

(With nominators Tim and Joan Kane)

2019 – The Sneaker Store  
2018 – The Boilermaker  
2017 – McDonalds  
2016 – Utica Fire Dept  
2015 – City of Utica  
2014 – The Sneaker Store  
2013 – Utica Police Department  
2012 – The Masonic Care Community  
2011 – Mike Evke-Eversan  
2010 – Chobani Yogurt  
2009 – The Fitness Mill  
2008 – NY Beef Council  
2007 – The Sneaker Store  
2006 – CJ Burth Service  
2005 – HSBC  
2004 – Utica Observer Dispatch  
2003 – WOUR/Jerry Kraus  
2002 – Larry Gilroy



## 2020 Distinguished Roadrunner Supporter Award

**Utica First Insurance Company**



# 2020 UR Awards

2019 – Cole & Tracy Perkins  
2018 – Nate Getman / Abbie Sutliff  
2017 – Harry Campbell  
2016 – Melanie Crisino  
2015 – Melanie Crisino  
2014 – Jerry Tylutki  
2013 – Jeremy West  
2012 – Jeremy West  
2011 - Karen Casler / Nick Netti  
2010 - Doreen Camerona  
2009 - Dawn Ortlieb  
2008 - Ray Brych  
2007 - Kelly Ann Nugent  
2006 - Linda Turner  
2005 - Ken Muzzy  
2004 - Mike Kessler



**2020 Frank D'Allesandro  
Training Volunteer Award**  
**Andrew Rubino**

2019 – Andrew Rubino  
2018 – John Gilligan  
2017 – Sharon Scala  
2016 – Stephanie Stark  
2015 – Mark Arcuri Sr  
2014 – Doreen Camerona  
2013 – William Dunham  
2012 – The Arcuri Family  
2011 - Dawn Ortlieb  
2010 - Ray Brych  
2009 - Mike Brych  
2008 - Jim Stasaitis  
2007 - Mike Kessler  
2006 - Melissa Williams  
2005 - Judy Marris  
2004 - Maryann Vanderpool  
2003 - Annette Bick  
2002 - Charlene Coughlin



**2020 Volunteer  
of the Year Award**  
**Alex Gonzalez**

# 2020 UR Awards

2019 – Sharon Stedman  
2018 – Melanie Crisino  
2017 – Karen Piccola  
2016 – Michelle Truett / Wayne Murphy  
2015 – Dorothy Massinger / Jim Mott  
2014 – Rich D’Accurzio  
2013 – MaryBeth Erlichman  
2012 – Moe Lalonde  
2011 - Dave Putney  
2010 - Gary Burak  
2009 - Kathy Fuller  
2008 - Dave Putney  
2007 - Kelly Ann Nugent  
2006 - Mike Kessler  
2005 - Jim Fiore  
2004 - Meg Parsons  
2003 - Don Baum  
2002 - Paul Ohlbaum



## 2020 Ed Bruni, Sr. Inspiration Awards

**Harry Campbell**

**Jason Mashaw**

2019 – John Gilligan  
2018 – Wayne Murphy  
2017 – Bill Luley  
2016 – Mike Kessler  
2015 – Stephanie Stark  
2014 – Mike Brych  
2013 – Mike Kessler  
2012 – Ted Lenio  
2011 - Paula May  
2010 - Jim Moragne  
2009 - Jim Moragne  
2008 - Melissa Williams  
2007 - Mike Brych  
2006 - Meg Parsons  
2005 - Jim Stasaitis  
2004 - Linda Turner  
2003 - Mary MacEnroe  
2002 - Janice Williams



## 2020 Robert H. “Coach” Carlson Distinguished Service Award

**Jim Mott**



# 2020 UR Awards

2019 – Rick Gloo & Rocco Fernalld  
2018 – Lisa Walchusky  
2014 – Kermit Cadrette  
2013 – Bob Vandenbergh  
2012 – Jim Moragne  
2011 – Paul D'Ambrosio  
2010 – Meg Parsons  
2009 – Mike Brych  
2008 – Sybil Johnson  
2007 – Mike Kessler & Meg Parsons  
2006 – Jim Stasaitis  
2005 – Meg Parsons & Sybil Johnson  
2004 – Howard Rubin  
2003 – Janice Williams  
2002 – Bob Ingalls



## 2020 Club President's Awards

**Rebecca Aceto &  
Jennifer Bachelder**



**The 2020 Tenacity Award  
Cole Perkins & Marylisa Nolan**



**The Phyllis Spohn-  
Bates Award  
Missy Scanlon**

# 2020 Mileage Chevrans

## 1000 Miles

Allison Bowers  
Terry Dwyer  
Jeff George  
Laura George  
Leroy Hodge  
Anne Marie Latshaw  
Susan Luley  
Kelly O'Bryan  
Karen Scanio  
Phyllis Spohn-Bates  
Jennifer Szatko  
Sharon Stedman  
Steve Tibbits

## 1100 Miles

Rebecca Aceto  
Travis Belanger  
Danielle Bliss  
Mary Beth Erlichman  
Alejandro Gonzalez  
Sara Hanna  
Lorrie Tibbits

## 1200 Miles

Felicia Burak  
Cheryl Burmaster  
Alyssa Fanelli  
Scott Neary  
Joanne Reese

## 1300 Miles

Tom Durso II  
Jeannine Macera  
Jessica Ott  
Beth Pedulla

## 1400 Miles

Sharon Scala

## 1500 Miles

Cole Perkins  
Andrew Rubino  
David Saxe

## 1600 Miles

Melissa Barlett  
Gary Burak  
James Latshaw

## 1700 Miles

Chris Edick

## 1800 Miles

Dan Stedman

## 2000 Miles

Ryan Misencik

## 2200 Miles

John Gilligan  
Chris Potocki

## 2500 Miles

Dave Putney

## 2600 Miles

Tom Joslin

## 3000 Miles

Bill Callahan

## 3500 Miles

Jennifer Bachelder  
Marylisa Nolan

## 2020 Marathoners

### Marine Corp Marathon \*

Melissa Barlett  
Harry Campbell  
Mary Beth Erlichman  
Grace Saxe

### Meat Grinder

John Gilligan  
Jennifer Bachelder  
Cole Perkins  
Andrew Rubino

### Old Forge

Tom Joslin

### Dopey Challenge

Ashley Mancini  
Karen Scanio  
Lorrie Tibbits  
Steve Tibbits

### Upstate Classic \*

Dave Putney

### New York City \*

Missy Scanlon

## 2020 Ultra Marathoners

### Beast of Burden 50 Miler

#### Mountain Mist 50k

Tom Joslin

### Marine Corp Marathon 50k \*

Carolyn Mohr  
Grace Saxe

### English's Ridge Rumble 50k \*

Jennifer Bachelder  
Cole Perkins  
John Gilligan

*\* signifies a virtual event*



# Thank you!



## Door Prizes

***Shout out to our AMAZING sponsors that donated some very generous door prizes for our banquet! Thank you so much to all of the following businesses:***

Saranac  
The Sneaker Store  
The Cremeria  
Utica Coffee Roasting Company  
Utica Zoo  
Copper City Brewing Company  
16 Stone Brewpub  
Upstate Empire Fitness  
Hall of Frames - Tom Napoli  
Studio 55 - Joe Martin  
Brimfield Winery - John & Pat Hughes  
Greg Perez - "the snowshoe guy"  
Woodland Brewery  
The Roman Runners  
Climb Yoga  
Amanda Sprague - cash donation used to purchase gift cards to three area restaurants.



## Hey Mr. DJ...

***Thank you to our favorite DJ Ryan Misencik for donating his time and talent during our banquet. His song selections throughout the awards totally MADE the afternoon!!!***



# UR 2020 Awards Banquet





# UR 2020 Awards Banquet





# UR 2020 Awards Banquet







## Don't Wait, Hydrate!

by Jeannine Macera

With warm weather upon us, staying hydrated is challenging, yet crucial. As runners, we are focused on performance, but we sometimes downplay the role of nutrition and hydration. Appropriate hydration before, during, and after we run is critical to meeting our goals.

The combination of heat and dehydration can lead to heat cramps, heat exhaustion and heat stroke. Dehydration resulting in weight loss of as little as 2-3% of body weight begins to compromise cardiovascular function, and has a direct impact on sport performance.

Let's begin with some general recommendations of daily fluid consumption. The AI (adequate intake) of fluids for adults over age 19, is 3 liters (approx 101 oz) for men and 2.2 liters (74 oz) for women. A more specific method for estimating fluid needs is dependent upon energy intake, or calories. Our total daily calories divided by 240 is equal to the number of 8-oz cups of fluid required. For example, an individual consuming 2000 calories daily would be calculated as follows:

$2000/240 = 8.3$ . Thus, daily consumption of eight 8-oz cups of water is a good estimate. It is important to keep the following guidelines in mind:

- Although water is recommended, fluids can also be obtained from milks, juices, coffee, tea, coconut water, sports drinks, and foods such as soup, fruits and vegetables.
- Sports drinks and coconut water are a good option during intense activity lasting longer than 90 minutes, as they provide electrolytes, carbs, and calories.
- Caffeine should be limited due to its diuretic effect, and alcohol and soda should be avoided altogether.
- Optimal hydration should stimulate urine production every 1-2 hours.
- Urine should be almost clear - light yellow in color.

### **How much fluid should be consumed prior to exercise?**

A good recommendation is to drink approximately 13-20 oz at least 4 hours before exercise, and 7-10 oz in the 10-20 minutes prior to exercise.

### **How much fluid should be consumed during exercise?**

Although consuming fluids may not have a huge effect on short duration activity, it has a large impact on long duration exercise (60 min or greater), especially in hot and humid conditions. Consuming 7-10 oz of fluid every 15 minutes is a good rule of thumb for most individuals.



**How much fluid should be consumed after exercise?** Performing sweat trials is the most accurate way to determine how much should be consumed. Sweat trials are conducted by subtracting our post-exercise body weight from our pre-exercise body weight. The difference is fluid that our bodies have lost during activity. (body weight before exercise - body weight after exercise = water lost). Sweat loss should be matched 100-150%, therefore post-exercise recommendation is 16-24 oz of fluid for every pound lost during activity. This should be consumed as soon as possible after activity. A good post-run beverage would be a fruit-protein smoothie. This provides calories, carbohydrates, natural sugar, and protein to aid in recovery.

Have difficulty meeting your hydration goals? Try filling up a gallon size water bottle and slowly sip throughout the day. This is an easy way to get fluids in and keep track of consumption. Similar to good nutrition, appropriate hydration should be a lifestyle, not a fad.

<b>DAILY FLUID RECOMMENDATION</b> Men age 19 and over - 3 L/day (approx 100 oz) Women age 19 and over - 2.2 L/day (approx 75 Oz) or 1mL/calorie consumed
<b>2 - 4 HOURS PRIOR TO EXERCISE</b> 13-20 oz
<b>10 - 20 MINUTES PRIOR TO EXERCISE</b> 7-10 oz
<b>DURING EXERCISE</b> 7-10 oz every 15 to 20 minutes
<b>AFTER EXERCISE</b> 16-24 oz per pound of body weight lost, consumed within 2 hours

*\*Fink, Heather H. MS, RD, CSSD and Mikesky, Alan E. PhD, FACSM. Practical Applications in Sports Nutrition. 5th ed. Burlington, MA: Jones & Bartlett Learning; c2018. Ch.8, Water. p.218-220, p.234.*

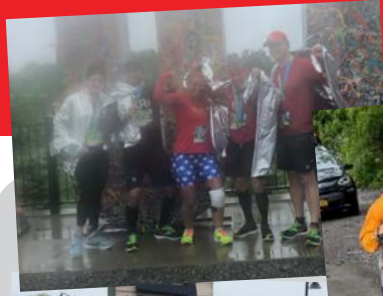
## Member Accomplishments



**Jeannine Macera, Jim Mott, Jessica Ott, Alex Battista, Karen Scanio, Tiffany Brown and Sue Tucker took part in the Erace Cancer races**



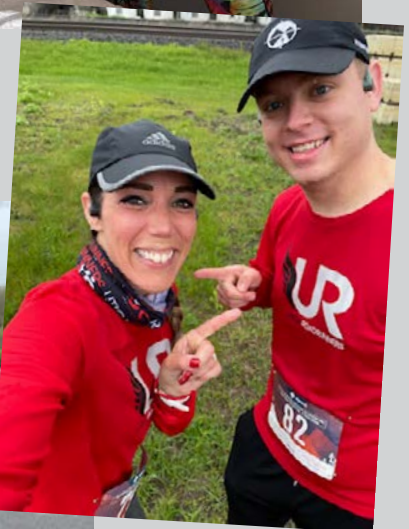
# Member Accomplishments



^ Roadrunners logged amazing finishes and times at the Miles on the Mohawk Races - 10 miler, half and full marathons!

>> Joanne Willcox ran a 1:17:00 virtual Anthem Health 10 Miler

<< Karen Scanio ran the Progressive Sweet 16 (1 mile, a 5k and then a 10k)



Jen and Travis with personal 10K PRs!



Danielle Bliss, Jessica Arevalo, Jeannine Macera, Travis Belanger, Jen Bachelder and Bill and Sue Luley took home trophies from the Towpath 10K and the ladies helped UR end with a 2nd place finish in the CNY Running Clubs Cup



Melanie Crisino tackled the ProFootball Hall of Fame Half Marathon



## Member Article *by Jen Bachelder*



### **Five miles (or 5k) every five hours for 55 hours. SAY WHAAAAAT?!?!**

This was a challenge our dear president, Jim Mott, thought up for Five After Five this year. It was inspired by a David Goggins challenge and is as much a mental challenge as it is physical. When he first mentioned the idea at a board meeting months ago, he directed it towards me, thinking - she's just crazy enough to do it. I laughed - HARD! He's right though, I am. And guess what...so were nine others!

Back in April, we rounded up a group of 5 of us that knew we wanted to do the 5 mile challenge all together. We agreed on a start day and time and started planning routes. When you have to run every 5 hours with a group it needs to be fair so

we chose routes near everyone's homes and split it up that way.

Our start day was 5am Friday and the next legs went like this: 10am, 3pm and 8pm on Friday; 1am, 6am, 11am, 4pm and 9pm on Saturday; and 2am and 7am on Sunday. We really lucked out with some incredible weather for the weekend we chose. It was dry and warm but never got unbearable. For me, the hardest mentally was the 5th leg at 1am leg on Saturday morning. I think we were all pretty much out of it for that leg, at least initially. I remember Jeannine struggling with her Noxgear vest and putting another long sleeve layer





over the top of it. The simplest things seemed to take forever to decide - like whether or not to wear gloves and carry water. Looking back I realize this leg was the hardest because it was the middle of the night and also we weren't even halfway through at that point. Ironically, the 2am leg (leg 10) on the following night didn't seem half as bad. I think it was because we were so close to being done. We were running on pure adrenaline. The most physically challenging legs, for me, were in the middle of the afternoon (the warmest part of the day). Those legs got hot but we slowed our paces down and made it through.

The teamwork aspect of it was clutch for us all. Having people to keep you accountable, talk you through the tough times and make sure you're awake were super important. We had a group text going and would do check-ins 30 mins before the start of our next leg to make sure everyone was up. Everyone always was! We laughed, we sweat, we complained a little, we took lots of pictures and celebrated a sweet victory at the end, AS A TEAM!!

"Alone we can do so little, together we can do so much." - Helen Keller

Congratulations to my fellow #Badass Teammates: Amanda Robertello, Travis Belanger, Jeannine Macera and Andrew Rubino for conquering the 55 hour challenge with me. Also a HUGE congratulations to all the others that finished this challenge solo - I thought about you all several times throughout this challenge thinking about how much tougher this would have been solo. You should be proud - it takes strength and grit to do something like this alone! Would I do this again?! Heck yeah I would. I think we all would - 10 times over - #ALLDAY!



# 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 RRCA Certified Running Coach, Tim Kane, 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, and the Tunnel to Towers 5K, which will be back in 2021

## 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, let’s us kick back and enjoy one of the best events of the year!



# CNY Running Clubs Cup

## WHAT IS IT?

The CNY Running Clubs Cup is a friendly competition between six of the running clubs from the Central New York area: the Utica Roadrunners, Roman Runners, Kuyahooraa Kickers, Toe Path Trekkers, Rock City Runners and the Mohawk Valley Hill Striders.

## HOW DOES IT WORK?

Team members from each club will compete in a series of predetermined races held in the area throughout the year, beginning in the spring and ending in the fall. Typically, there is about one Cup race per month; members of each team are able to earn points at each of these races for their club, which are then tallied at the end of the season to determine the winner!

## BECOME A MEMBER OF THE TEAM

The Cup Team is open to all members of the Utica Roadrunners. To be a member of the Roadrunner's Cup Team, please send an email to Tim Kane at, [trkane59@gmail.com](mailto:trkane59@gmail.com). Additionally, you MUST have paid your dues to the club BY APRIL 10th, 2021!

## HOW IT IS SCORED

To score points for the UR Cup Team, the results of the top five performing team members will be compared to the other clubs top five. Points are then awarded to each of the six club's as follows: 5 points goes to the club with the highest cumulative score of those members, 4 to the club with the second highest, and so on.

## EVERYONE COUNTS!

The top 5 team members for one team who can earn points are not necessarily the first 5 to cross the finish line! All results are age-graded, which means that your race time will be compared to a calculated standard for your age and gender at that race distance. This allows all UR members to be competitive in this competition and earn points for us!



## Standings after two races:

Roman Runners	370.22	6	12
Utica Roadrunners	351.54	5	10
Kayahooraa Kickers	338.23	4	6
Rock City Runners	168.82	2	5
MV Hill Striders	204.25	3	4
Toe Path Trekkers	0	0	4

## Our scoring members at the Toepath 10K

Congratulations to all who represented the club:

Sue Luley 56:29:00

Jeannine Macera 46:52:00

Jen Bachelder 44:43:00

Danille Bliss 46:51:00

Jessica Arevalo 50:54:00

Travis Belanger & Bill Luley also represented URR

**The next race is the Summer Sizzle on June 20th at Proctor Park.**

# Upcoming Run



**Monday, June 14th, 2021  
2:30pm**

Roadrunners are welcome to run,  
but capacity is limited.

Contact Jim Mott  
at [jmott@cvalleycsd.org](mailto:jmott@cvalleycsd.org)

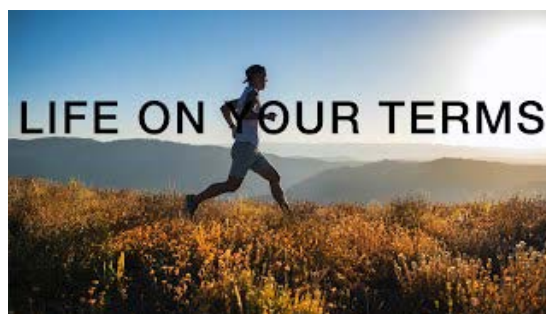
## President's Picks *by Jim Mott*

This month I will focus on the films of **Billy Yang**. I have encouraged running friends on social media to watch his films which are so well done and inspiring. Yang is an ultrarunner and he documents everything he does.

The first video called, "Life On Your Terms" gives a window into the philosophy of a man who lives to run. [\*\*WATCH NOW\*\*](#)

He also makes beautiful films about the people he runs with and the competitors who inspire him. He recently put out this film about runner Zach Miller. Miller is one of the most competitive people you will ever find. Watching "Zach" will be worth your time. [\*\*WATCH NOW\*\*](#)

Subscribe to his YouTube channel if you find these videos entertaining. [\*\*SUBSCRIBE NOW\*\*](#)





# Sleeves Up

**Join us in the UR #SleevesUp campaign and go for a run in another's vein. You will be supporting others in the community who are in desperate need of blood. Help make a difference by saving a life.**

AML leukemia is a type of cancer of the blood and bone marrow with excess immature white blood cells. AML progresses rapidly, with myeloid cells interfering with the production of normal white blood cells, red blood cells, and platelets. People with AML often receive antibiotics to prevent and treat infections and will need transfusions of red blood cells and platelets throughout chemotherapy.

Only 37% of the population is eligible to give blood with the need of every one in four people needing a blood transfusion at some point in their life. Pledge your blood donation anytime between now and June 18th. [LEARN MORE](#) or see the list of local blood drives below.



**American  
Red Cross**

**GIVE A PINT,  
GET A PINT**  
with Stewart's Shops!

## June Community Blood Drives

Thursday	6/3/2021	Redeemer Church	12 - 4:30	Sponsor Code - Redeemer
Thursday	6/3/2021	Utica State Office	9 - 2pm	Sponsor Code - UticaState
Saturday	6/5/2021	New York Mills Fire Dept	8 - 1pm	Sponsor Code - NYMillsFD
Tuesday	6/8/2021	Centerpoint Church	1 - 5:30pm	Sponsor Code - centerp
Tuesday	6/8/2021	Westmoreland UMC	1 - 6pm	Sponsor Code WestmorelandUMC
Wednesday	6/9/2021	Rome VFW	10 - 3pm	Sponsor Code - romevfw
Friday	6/11/2021	MVHS St Elizabeth Camp	10 - 3pm	Sponsor Code - MVHStE
Friday	6/11/2021	Dunham Public Library	12 - 5pm	Sponsor Code - DunhamPL
Tuesday	6/15/2021	Seventh Day Baptist Ch	1 - 6pm	Sponsor Code - VSDBCHURCH
Saturday	6/19/2021	Mohawk Valley Church	10 - 3pm	Sponsor Code - MVC
Monday	6/21/2021	Schuyler Commons	11 - 3pm	Sponsor Code - schuylercommons

**Free Tee! Come to give May 28-June 13 for a limited-edition Red**



**Cross T-shirt, while supplies last!**

Special offer from our partners at Amazon: To thank you for coming to give June 14-30, we'll send you a \$5 Amazon.com Gift Card by email. Restrictions apply, see [amazon.com/gc-legal](https://amazon.com/gc-legal). Terms and conditions apply; visit [rcblood.org/together](https://rcblood.org/together).

2020-APL-01546/2021-APL-0384



All presenting blood donors this June will receive a voucher redeemable for one prepackaged pint of ice cream or gelato at any Stewart's Shops!\* For more information and Stewart's Shops locations, please visit [www.StewartsShops.com](https://www.StewartsShops.com).

© 2019 The American Red Cross | 248001-MS-01 | 2019-APL-00547 | \*Offers and items are non-transferable and are not redeemable for cash. Items are available while supplies last.

# Grand Prix Standings

The Grand Prix series of races is a friendly competition among all members in good standing as of one day prior to the first race of the series. Members are automatically eligible, and points are received per race order of finish in five-year age groups, with one's age as of October 31, 2021, determining age group for the season. The best 6 performances among the designated races will determine the standings for the awards, with a minimum of 3 races required to be eligible for an award.



## Men's Standings

As of 4/11/21

### 30-34

Travis Belanger 12

### 35-39

Joshua Belisle 12

Christopher Edick 10

Troy Williams 8

Alejandro Gonzalez 7

Cole Perkins 6

### 40-44

Mike Brych 12

Tom Joslin 10

Joe Mashaw 8

Steve Fairbrother 7

### 45-49

Ryan Misencik 12

Lee Sampson 10

### 50-54

Paul Humphrey 12

Daniel Pierson 10

### 55-59

Dave Putney 12

Jim Mott 10

Jeff George 8

Thomas Durso II 7

### 60-64

Gary Burak 12

Bill Kosina 10

Wayne Murphy 8

Harry Campbell Jr. 7

## Women's Standings

As of 4/11/21

### 30-34

Amanda Mondrick-Robertello 12

Amanda McElroy 10

Alyssa Fanelli 8

Carla Williams 7

### 35-39

Jennifer Donofrio 12

### 40-44

Jennifer Bachelder 12

Danielle Bliss 10

Andrea Carney 8

Jessica Arevalo 7

Jerilyn Mashaw 6

Jennifer Stefka 5

### 45-49

Tracy Perkins 12

Melanie Crisino 10

### 50-54

Jeannine Macera 12

Marylisa Nolan 10

### 55-59

Laura George 12

### 60-64

Sharon Scala 12

### 65-69

Carolyn Mohr 12

### 70+

Dorothy Massinger 12

## 2021 Grand Prix Races

Fort to Fort - 4/11/21

Summer Sizzle - 6/20/21

Honor America Days - tdb\*

Save Our Switchbacks - 8/15/21

Woodsmen 10k - tbd\*

Tunnel to Towers, Utica - 8/22/21

Falling Leaves 14k - 9/26/21

Boilermaker 15k - 10/10/21

Skeleton Run - 10/17/21

Mad Mile - tbd\*

Erie Canal Half - 7/18/21

## Scoring

Best total for 6 races will be taken for your Grand Prix score.

1st place - 12 points

2nd place - 10 points

3rd place - 8 points

4th place - 7 points

5th place - 6 points

6th place - 5 points

7th place - 4 points

8th place - 3 points

9th place - 2 points

10th place - 1 point

11th place & higher - no points



# splitimes



UTICA ROADRUNNERS

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 (1,800+ 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](mailto: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)

- ☐ July 2021
- ☐ August 2021
- ☐ September 2021

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

☐ Yes ☐ No

**Total included: \$** \_\_\_\_\_