SOITIMES September 2021 September 2021

The Official Newsletter of the Utica Roadrunners



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Editor: Michelle Truett • michelle@484design.com

Utica Roadrunners Facebook Page **Club Handbook**



The 1st Annual Utica Roadrunner/ **Roman Runner Disc Golf Tournament** on August 27th was a hit!



President's Message by Jim Mott



Sometimes you get to choose your battles and sometimes they choose you."

- GABE GRUNEWALD

Runners:

It is September and we are coming off one of the most memorable and successful months in recent memory for our club. With the successes of the Save Our Switchbacks race and the Tunnel to Towers 5k, I can't say enough about the efforts and contributions of the Utica Roadrunners. This month's quote focuses on how running can help us win the battles we face on the roads and in life.

As our history proves, we set the bar for other running clubs. The contributions of our race directors, board members, volunteers, and members was on full display for all to see for the month of August. Our two races served to benefit something bigger than ourselves and bigger than our club.

Sharon Scala picked up the reins of the Save Our Switchbacks Race and made it such a wonderful event. The race was virtual last year under the leadership of Mike Kessler and Sharon took over and made the race a very memorable event for all who took part. The Save Our Switchbacks Race benefits the Switchbacks and we, as a club, donate \$5,000 to the City of Utica every five years for the upkeep and preservation of one of our city's greatest treasures. We had over 175 participants and a great kids run. Thank you Sharon, and your whole team of volunteers!

The next week, we supported the vision of two guys that approached me last year with a big idea. The Stephen Siller Foundation supports the Tunnel To Towers 5k in New York City, which has evolved into one of the biggest and most important races in our country. Phil Trzcinski and Alejandro Gonzalez approached me about the idea. We were able to create a very small event in Proctor Park last November that had a cap of 50 participants due to the pandemic. That got our foot in the door. What resulted was a year of endless work and dedication to make an event that was one of the most memorable our city has ever seen. The amount of work that went into this was unfathomable and Phil and Alex did it all. We had wonderful volunteers that stepped up to help see this vision through. The event raised over \$46,000 for the foundation and the entire 5k was so memorable and emotional that words cannot fully express the meaning of what the runners experienced.

As I said, it is hard to believe but September is here and that means the Falling Leaves Road Races on September 26th! The 5k and 14k races will help serve as great training for other Fall races and our numbers for the race are nearing 400. There is still time to register, so don't hesitate. Special thanks to Race Director Mike Brych and the expertise of Sybil Johnson in making the event our signature race!

The Wednesday Night Development Runs have been going wonderfully under the leadership of Ashley Mancini and the Boilermaker Training Program is now



PRESIDENT'S MESSAGE (CONT.)

at Proctor Park and thriving under the leadership of Tim and Joan Kane! The training serves to help all those running the Boilermaker and other big races that are on some of our runners' calendars.

Let's hope that we are able to continue the racing and community that we are experiencing now. With the pandemic still looming, every day serves as a question of what might happen next. We are getting ready for our Skeleton Run 5k that returns to Deerfield Town Park in October and registration is open with great new shirts that have been created with the vision of Race Director Rick Gloo and our friends at USA Racing.

Four months remain in 2021. Make the most of your remaining days in what has been a great year overall! Whether you are shooting for a PR at a race or a certain distance, trying to get your 1,000 miles for the red jacket or just going out for a run with friends-remember how lucky we have it and use your running as a way to make your life and the lives of others better.

Jim

Development Runs Are Going Strong!





The Falling Leaves Road Race is looking for volunteers!

Saturday, September 25th –Two Shifts

The Sneaker Store on Commercial Drive in New Hartford

- 1) 10:00am until 1:00pm, 8 people needed
- 2) 1:00pm till 4:00pm, 8 people needed

Volunteers will be taking registrations for the 5k and 14k races or handing out bib numbers for those already signed up for the race.

Sunday, September 26th

Delta Hotel by Marriott, Shade Bar and Grill 6:00-9:00am

10 people needed to help register those people who decided to run and to hand out the bibs for the race.

Please email Marie Seiselmyer at mrbs22@roadrunner.com if you are able to assist on either day!



Thursday Night Group Runs, one of our club's longest standing traditions are back!

- Accelerate Sports, 5241 Judd Rd, Whitesboro
- Meet at 5:30 pm and begin running at 5:45 pm
- Runners of all abilities are encouraged to join
- UR members can look for Tom Bick or Wendy Bowers for more information

Our Upcoming Race



Grand Prix Standings



As of 8/22/21

0-14	
Brody Edkins	12
25-29	
Mason Hedeen	24
30-34	
Travis Belanger	52
Ryan Stevener	32
James Kuny	30
Michael Shue	17
35-39	
Christopher Edick	58
Nick Grimmer	35
Troy Williams	28
Andrew Rubino	24
Michael Daly	16
Joshua Belisle	16
Alejandro Gonzalez	13
Cole Perkins	13
Mike Winkler	8
Travis Richards	6
David Saxe	6
Michael Carney	4
Jonathan Mizgala	3
40-44	
Steve Fairbrother	27
Tom Joslin	22
Joe Mashaw	15
Mike Brych	12
Myron Thurston III	12
Ryan Maine	10
45-49	
Lee Sampson	30
Jim Latshaw	25
Ryan Misencik	24
Robert Bauer	24
Nate Getman	12
Philip Trzcinski	10

Brian Connery		
Jeff Moulton	8	
50-54		
Paul Humphrey	34	
Richard Crandall		
Daniel Pierson	22	
Eric Casper	33	
Ross Berntson	12	
Kevin Tracy	10	
Glen Andrew Roberts	8	
Joey Santini	8	
Peter Angelini	7	
55-59		
Dave Putney	48	
Thomas Durso II	38	
Jeff George	34	
John Seigle	20	
Scott Shatraw	12	
Jim Mott	10	
Mike Ambrose	8	
Scott Neary	7	
60-64		
Gary Burak	34	
Tim Kane	24	
Wayne Murphy	20	
Bill Kosina	10	
Christopher Devins	10	
Harry Campbell Jr.	7	
65-69		
Gary LaShure	36	
Gene Allen	28	
James Siepiola	10	
70+		
Bill Luley	32	
Tom Bick	24	

2021 Remaining Grand Prix Races

Falling Leaves 14k – 9/26/21 Boilermaker 15k - 10/10/21

Skeleton Run – 10/17/21 Mad Mile - tbd*

Women's Standings

As of 8/22/21

15-18	ı	Lindi Quackenbush	10
Emily Misencik	12	Tiffany Brown	10
Kate Bauer	12	Melissa Williams	10
25-29		Kristin Campbell	8
Rebecca Laporte	24	Donna Morreall	7
30-34		Karen Piccola	6
Amanda Mondrick-		50-54	Ū
Robertello	32	Marylisa Nolan	25
Amanda McElroy	29	Karen Scanio	24
Gwen Murphy	22	Jeannine Macera	24
Alyssa Fanelli	18	Melissa Scanlon	10
Carla Williams	15	Kathleen Novak	10
Abbie Sutliff	12	Lisa Seigle	8
Sarah Harrison	10	Shannon Farrell	7
Katt Del Rossi	6	Lisa Walchusky	6
35-39		55-59	
Jennifer D'Onofrio	32	Laura George	46
Alexandra Battista	24	Beth Talbot	18
Melissa Barlett	24	Lesia Roback	16
Ashley Pace	17	Ingrid Otto	12
Brittani Ritzel	8	Annemarie Ambrose	12
40-44		Felicia Burak	8
Jennifer Bachelder	58	Karen McDaniel	7
Danielle Bliss	52	60-64	
Jessica Arevalo	31	Sharon Scala	31
Jerilyn Mashaw	25	Christine Potocki	30
Andrea Carney	15	Sue Tucker	24
Melissa McAuslan	15	Linda Salerno	10
Cheryl Burmaster	13	Debbie Brockway	8
Jennifer Stefka	11	Aimee Devins	7
Anne Marie Latshaw	7	65-69	
Sara DeStefanis	6	Susan Luley	36
Andrea O'Brien	6	Carolyn Mohr	20
Carrie Moulton	4	Virginia Truax	10
Margaret Hammell	3	Joanne Campbell	7
45-49		70+	
Tracy Parmeter-Perkins		Dorothy Massinger	36
Melanie Crisino	37		
Allison Miller	24		

Member Accomplishments





Roadrunners had an amazing day at this year's Peak to Brew Adk Relay Race





John Gilligan, Andrew Rubino, Alex Gonzalez and Jeff George tackled the infamous Honey Badger leg!

Tunnel to Towers - a Huge Success!



Tunnel to Towers







President's Picks by Jim Mott

After a very emotional and successful month of August, we hosted and supported two wonderful events. My theme this month is a community and the impact that running can have on our lives and the lives of others.

The first clip is called Gabe. It is about a runner, Gabe Grunewald, that sadly lost her life to cancer in 2019 at the age of 32. She battled through four bouts of cancer but just kept running until the end. There is another clip as well that chronicles her life. I still think of Phyllis Spohn Bates and I will continue to be #PhyllisStrong every day I run.

Brooks Running Video Hope: The Gabe Grunewald Story | NBC Sports



The second clip is from The Stephen Siller Foundation. Watch the clip and you will see why Phll Trzcinski and Alejandro Gonzlaez wanted to bring that passion to Utica-something they surely did! This will make a great UR road trip I think to do the race in New York City one day!



WATCH NOW



CONNOR'S WAY

5-Mile Run/Walk

September 19, 2021



SCENIC MEMORIAL

RUN/WALK

Hinckley, NY

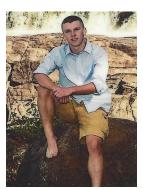
In-Person Event - September 19th

Virtual Event - September 12th -19th

Go to www.connorsway.com to register (click on RunSignUp)

Free T- Shirt included with registration until August 30, 2021

Contact don@connorsway.com for student and team discount codes



Forever in our Hearts CONNOR ARTHUR LYNSKEY September 22, 1999 - August 11, 2018

Sponsorships available through August 24, 2021

For more information go to: WWW.CONNORSWAY.COM WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL

A Thank You From Tunnel to Towers





Our appreciation goes out to Carbone Buick GMC of Utica for their generous \$10,000 donation to the Tunnel to Towers Foundation.

Member Accomplishments





UR Members took part in the Snowmaker 5K at Woods Valley (and celebrated Grace Saxe's birthday)!

Danielle Bliss finished first place female overall!

Upcoming Race



Sunday, October 17, 2021

The Skeleton Run returns to the Deerfield Town Park Wilderness trails Costumes (run safe) encouraged!

Traditional 5K (3.1 mile) Community Run (1.5 mile) Kids' Quarter Mile Run (3-12 year olds)

SIGN UP NOW

Sponsors:





Member Accomplishments







Jeannine Macera completed the **Cazenovia Triathlon** on August 28th



Save Our Switchbacks



SEE RESULTS

Presented by





































Save Our Switchbacks







































Member Article

Running, Hiking and Biking on the Trails of South Dakota - Part 2

by Gary Burak



Welcome back!

After leaving Custer, we first made a stop at the still work in progress Crazy Horse Monument, and then headed over to Mount Rushmore. The Presidential Trail is a mile long loop that will get you closer to the mountain and the four presidential carvings. There are signs along the way that teach you as to why each of the four presidents were chosen for this monument. Now, for all those National Treasure Movie/Book of Secrets fans out there, first, there is no lake at the top of Mount Rushmore. The lake you see atop Mount Rushmore in the movie is Sylvan Lake located about 25 miles south in Custer State Park. And, since Felicia and I had already been there, we can honestly state that no matter how hard we looked or how much water we spilled on the garnet rocks that lined the lake, we never found that entrance to Cibola, the Lost City of Gold. If we had, you would all be on a plane coming out to join us and not reading this article.

Leaving Mount Rushmore, we head to our hotel in Hill City. Hill City is halfway up the 109 mile long Mickelson Trail. This rail to trails project was started by Governor Mickelson in 1991 and was completed seven years later. It stretches all the way from Edgemont to Deadwood. There are many biking adventure tour companies that sell packages taking riders on a week long journey along this trail. Some of the top sites to see and explore along the trail are just north of Hill City. There's a \$4/day usage fee that is well worth it. The trail is mostly made up of a little larger then cinder size stones over hard packed dirt. The good thing about a former railroad bed is trains can only climb a 4 degree incline without a cog geared system. Going out on my morning run, it's all uphill as I leave town. A little ways up the trail I'm greeted by a family of deer enjoying their morning drink from the local creek. Farther up, as I come to the one mile point of my run, I pass a water wheel using the same creek for power. Then, 2.5 miles in I cross a short wooden trestle bridge and turn back toward town. In South Dakota wood is



Member Article (cont.)

used not only for train bridges, but even some automobile bridges. Meeting back up with Felicia, we finish up our morning workout and head back to the room to pack up for our next adventure.

Rabbit Bike is the go to for bike rentals in Hill City. After picking up our rentals, it's back to the Mickelson Trail. We quickly learn that riding a bike on a trail is way different then riding on the road. It's an 8 mile climb before we start to enjoy some downhill riding. After crossing a wooden trestle bridge over a deep valley, we pass a sign telling us we're close to the first of three tunnels that are cut through the mountain in front of us. The A Tunnel will be the longest we will ride through. Cool air greets us as we head inside and it's a welcome relief from the hot sun. A Tunnel has a slight bend about 1/2 way through it. It gets pretty dark as you get to it, but as you keep going you can start to see a little light at the end of the tunnel.

B Tunnel is shorter and straight as an arrow. As we hit mile marker 72, we stop to check the time. We decide to head back up the hill and return to Hill City. With no momentum, it's a long slow climb. The temperature has been rising and the sun is now out at full strength. Finally, we reach the top and enjoy a long downhill ride back to town. After returning the bikes and telling Jason about our trip we head to our favorite local restaurant, The Chute Rooster, for a bowl of beer cheese soup, a Buffalo cheeseburger and an ice

cold local craft beer. The next morning we hit the trail again and then it's time to pack up.

It's Friday and it's 4th of July weekend. We're ready to party and we have found the perfect spot. Founded during the 1876

gold rush, Deadwood hasn't changed much since its founding. Main Street is still nothing but boarding houses (now called hotels), gaming halls (now called casinos) and saloons (which they still call saloons). Gun fights still break out on Main Street

throughout the day... well *re-enacted* ones do! Daily at the exact same time it happened over 100 years ago, Jack McCall will shoot and kill Wild Bill Hickok at the Number 10 Saloon as he plays poker. Live concerts take place nightly on weekends in Outlaw Square and each year on July 4th runners line up at the Homestead Trailhead and race a 5K up McGovern Hill to the town of Lead, South Dakota. Lead is home to the retired 8,000 foot deep open pit – Homestake Gold Mine.

The field consisted of 79 out-of-town runners, as well as one local runner. That should have warned me what I was about to face. Having to shuttle runners from Lead to the start in Deadwood, the race starts at 9am allowing the sun to start heating things up. This 63 year old lines up in the front row with the kids, and as the starter's gun goes off they leave me in the dust. Starting at an elevation of 4,702 feet above sea level the trail winds its way up a series of switchbacks. By the time I reach the one mile mark I have already added an additional 300 feet of elevation. To put this into perspective, running the Utica Development Runs, the first mile you climb is about 180 feet. The trail starts to level out for a short time and I get a feeling that I got this. However, again the trail starts climbing. Heart racing and lungs screaming for

oxygen, I start adding short walking breaks to my run. By the time I reach the two mile mark I've climbed another 200 feet and I'm just about a mile above sea level. Oxygen is thinner at this elevation and even after several days in the Black Hills, I still have not fully adapted to it. The trail keeps climbing, and now







everyone is walking followed by short jogs. Over the next 3/4 of a mile we climb up an additional 300 feet to the top of the hill. Finally, we are rewarded as a downhill switchback takes us down 50 feet of elevation over the last 1/3 of a mile, finally finishing at the local dog park. After catching my breath, it's a long, slow 1/3 of a mile down hill, and then back uphill walk to where I parked the car on Main Street earlier that morning. It's time to meet back up with Felicia for breakfast in Deadwood, enjoy the parade in town, then later drive back to Lead to enjoy the fireworks display over the mine.

The next morning, Felicia and I grab our coffee and go out for our morning walk on the Deadwood Trail. Heading south from downtown Deadwood, the Deadwood trail connects with the Mickelson Trail. The Deadwood trail markers will not only tell you the distance from town, they also inform you of the elevation above sea level you are currently at.

After breakfast it's time to leave Deadwood and explore a few more trails. Luckily, you can drive your car almost all the way up Mount Roosevelt. The Mount Roosevelt Loop is a mile long loop trail giving you panoramic views in every direction. Half way around the trail you come up to the Friendship Tower, built by Seth Boot for his new friend, President Theodore Roosevelt. A circular staircase takes you up to the top. A map points out many of the surrounding peaks and buttes, some

as far away as 80 miles that can be viewed from its 360 degree viewing platform. Leaving the tower and hiking our way around the rest of the trail we stop to enjoy a view of Bear Butte. We sure are grateful we won't be hiking up its 2.8 mile trail today.

Returning back to the car, it's time to drive back through Deadwood and Lead on our way to Spearfish Canyon. Our plans were to hike to the Devils Bathtub, however, between yesterday's race and all our hiking and biking over the last two weeks, we decide to leave that journey to the next time we return to South Dakota. Instead we settle for the beautiful views we get while driving our car along the scenic byway. It's time to return to Rapid City. Tomorrow we can get in one last run and walk along the trails of Founders Park before it is time to fly home.

If you're looking for help planning your next out of town hiking experience, I highly recommend the All Trails app. There is a paid, upgraded version, but the free version works well and was extremely useful in helping us plan our trip.

Hopefully you enjoyed this article and if your vacation takes you to the wild wild west, be sure to pack a pair of hiking boots along with your sneakers - there's plenty of trails for you to hike and explore!

CNY Running Clubs Cup

Standings after Freedom Run:

	FREEDOM RUN		OVERALL	
Roman Runners	181.79	4	22	
Kuyahoora Kickers	327.14	6	15	
Utica Roadrunners	0	0	15	
Rock City Runners	281.01	5	10	
MV Hill Striders	0	0	8	
Tow Path Trekkers	0	0	6	

The next Clubs Cup races will be the Rome Patriot Run 10K on September 5 and Falling Leaves on September 26. As our Cup Captain Tim Kane says "every second counts".

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, Kuyahoora 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. 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: 6 points goes to the club with the highest cumulative score of those members, 5 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!

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 2022

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!



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



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 (1,800+ likes)

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