

November 2021

splitimes

The Official Newsletter of the Utica Roadrunners



In this issue:

Upcoming Race: The Burn Run	7
Member Accomplishments	11, 17, 18, 19 & 20
2022 Board of Directors Ballot	14
President's Picks by Jim Mott	10
The Slumber Run	10
Skeleton Run Photos and Results Link	21
UR Benefits	23

Upcoming Events

2021 Safety Run	4
Family Friendly Run, Walk, Bike & Brunch	5
Club Happy Hour	5
Run 2 End Hunger	6
Veterans Day Blood Drive	12
UR Annual Meeting	13



THE STANDINGS
page 8

Member Article



Terry Dwyer:
Arms and the
Runner: Part 1
page 9

November
2021
Utica Roadrunners
Board of Directors



President Jim Mott

Vice President

Administration & Finance

Sharon Scala

Activities and Events

Andrew Rubino

Secretary Melissa Barlett

Treasurer Jen Bachelder

Board Members

Rebecca Aceto	Alejandro Gonzalez
Danielle Bliss	Rick Gloop
Rocco Fernald	Tim Kane
	Jeannine Macera

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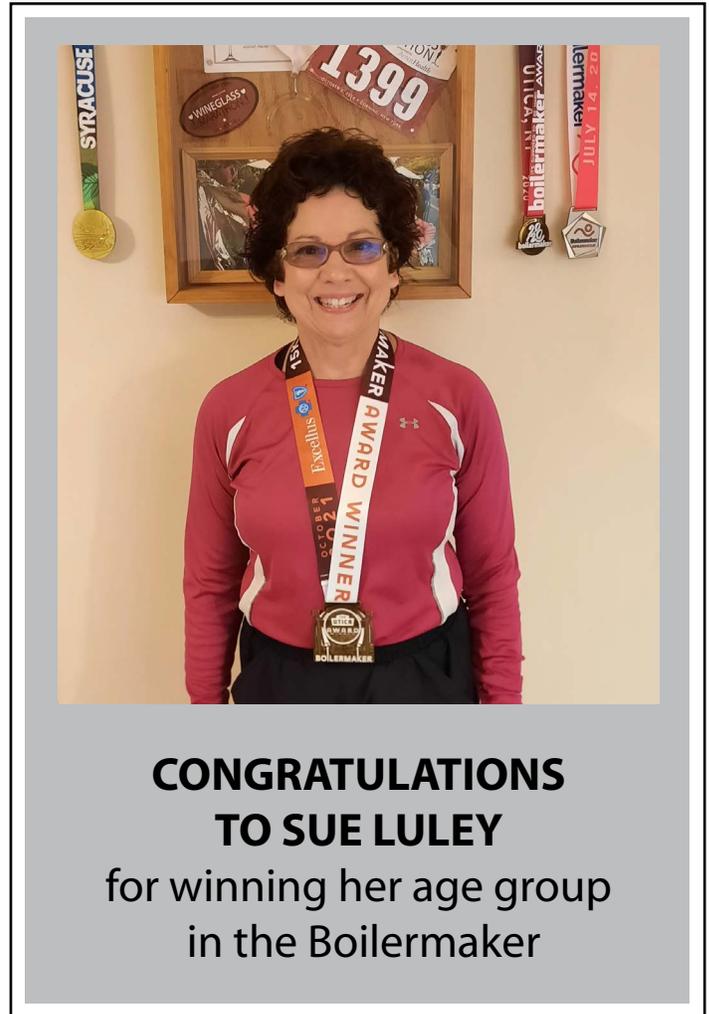
All payment, copy, advertisements and race applications
are due the first of the month prior to the month that
your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett • michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

[Club Handbook](#)



**CONGRATULATIONS
TO SUE LULEY**
for winning her age group
in the Boilermaker



President's Message

by Jim Mott

“ Many will start fast, few will finish strong.””

– GARY RYAN BLAIR



Runners:

We are nearing the finish line for 2021 and what a great year we have had with the Utica Roadrunners. We have created so many new events and opportunities and continued with some of our great traditional events. Through all of the challenges, I am so proud of our Board of Directors and all the people in the club that have stepped up and helped make each and every event memorable.

As we go into November, we now have the **Skeleton Run** in our rearview mirror. The day was a great success in spite of the wet and muddy conditions – it is a trail race that is supposed to be a bit scary, after all! Thanks so much to Rick Gloop for making the event what it has become. Rick took this event over and made it one of the club's biggest and most popular events. Last year due to the pandemic, we had to change locations as we held the event at Pumpkin Junction in Sauquoit. This year we were able to return to Deerfield Town Park and enjoy the traditional course. A great time was had by all thanks to all the help and support for Rick and his Skeleton Crew.

Now that we have completed all our events from the **Four Race Challenge**, that also offered two virtual events in the bundle, we are already thinking of ways to improve the things we did this year. 2022 is right around the corner and we will head into the new year with some new board members, new ideas, and new energy. Elections will take place with voting results being provided at our **Annual Meeting** at the Boilermaker Offices. The meeting will be Monday, November 8th at 6 pm and all members are welcome. We will have food and beverages available before the meeting begins. We are excited about having new members joining our Board of Directors for 2022 and thankful to those who have served their terms to completion and helped us do some great things over their tenure. You can mail in your ballots or place your votes right at the meeting.

For December, **Santa Sizzle** has a one day challenge to keep you honest - so stay tuned and make sure you're not being naughty!

November is certainly time for two of our traditional non-competitive events. Our first event is our **Safety Run** on Tuesday, November 23rd. Sharon Scala has



taken over this great run as we have returned to the Masonic Care Community. The two mile fun run will start at 6 pm as we encourage all runners to prepare for running at night in the cold. 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.

Two days later, we are excited for a LIVE **Run 2 End Hunger** on Thanksgiving morning. Rocco Fernald is hard at work preparing for the big day. Last year we had to be creative by having three separate opportunities for our Thanksgiving run. You can sign up on RunSignup and as always we encourage you to bring your canned goods to help those in need.

For 2022 we already have some big plans. We will have a great new trailer that is the brainchild of our new equipment manager, Phil Trzcinski. We are also planning on a **New Year's Run** at Accelerate which we started in 2020 before the pandemic hit. We are planning on revealing a new Walking Chevron that was inspired by the thoughts of Dan and Sharon Stedman. Our Four Race Challenge will return and all of our race directors are excited about making their events bigger and better as we look forward to serving you as you get ready to set your goals for the new year!

Speaking of goals, good luck to all those chasing your mileage goals for the final months of 2021. Stay focused and go get it!

Happy Thanksgiving to all and I hope to see you out on the roads.

Jim

2021 SAFETY RUN

Masonic Care Community
Tuesday, November 23 • 6:00pm

Two mile course with snacks and hot drinks.
Sneaker Store will be on site with reflective gear to try!



Upcoming Events



Sunday, November 7, 2021 • 9-11am

at the (flat) Canal Trail next to the Fort Herkimer Church - 575 NY-5S Mohawk

You can choose your distance -out & back on the trail

Bring: something to grill or pass.

We will have some eggs, sausages & pancakes. Broasters coffee & tea

Contact: Dani Bliss dbliss49@gmail.com with any questions

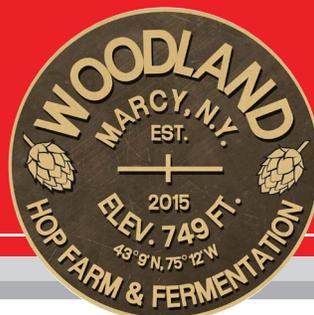
Join us!

Club Happy Hour

Friday, November 5th • 5:00-7:00pm

Woodland Brewery

6002 Trenton Rd, Marcy



JOIN US IN-PERSON OR VIRTU-REAL



**The 37th annual Run 2 End Hunger
Thanksgiving morning, November 25, 2021 at 9am
220 Memorial Parkway, Utica, NY**

**We are happy to report that this year's
event will be held in-person!**

REGISTER NOW

**Registration will also take place in-person on event day from 8:00-8:45am
\$10 per person and \$25 per family,
plus a minimum of 3 nonperishable items per person.**

The 5K Run and 2 Mile Walk will follow the
Development Run course and will start promptly at 9am.

Register In-person - Utica Recreation Center,
220 Memorial Parkway, Utica at 8:00 AM - 8:45 AM

Food donations can be dropped off at registration the morning of the event.

We'd like to give a special thanks for the support of the Greater Utica Sunrise Rotary Club
for their time once again collecting food on Thanksgiving morning.

All food donations will be taken directly to the Utica Rescue Mission.

All monies collected will be donated to a great local organization, Utica Center for Development.

Upcoming Race



JOIN US !

THE BURN RUN

Supporting The Burn Foundation of Central NY

NOVEMBER 7, 2021
5K, 10K, KIDS RUN

East Syracuse Fire Department #2

Visit TheBurnRun.org For More Info

Grand Prix Standings

Men's Standings As of 10/17/21

0-14		Kevin Tracy	27
Brody Edkins	12	Daniel Pierson	22
20-24		Eric Casper	22
Robby Bauer	12	Michael Flack	22
25-29		Ross Berntson	20
Mason Hedeon	60	Joey Santini	13
Josh Overrocker	10	Glen Andrew Roberts	8
30-34		Peter Angelini	7
Travis Belanger	64	55-59	
James Kuny	58	Dave Putney	72
Ryan Stevener	56	Thomas Durso II	47
Michael Shue	17	Jeff George	42
35-39		John Seigle	40
Christopher Edick	72	Scott Shatraw	12
Nick Grimmer	58	Mark Novak	12
Troy Williams	36	Jim Mott	10
Andrew Rubino	36	Bhisham Garg	10
Michael Daly	32	Mike Ambrose	8
Joshua Belisle	28	Brian Roemer	8
Alejandro Gonzalez	25	Scott Neary	7
Cole Perkins	20	60-64	
Travis Richards	16	Tim Kane	48
David Saxe	10	Gary Burak	47
Mike Winkler	8	Wayne Murphy	31
Michael Carney	4	Gary Roback	27
Jonathan Mizgala	3	Joe Campbell	16
40-44		Dan Stedman	12
Tom Joslin	56	Bill Kosina	10
Steve Fairbrother	52	Robert Longo	10
Joe Mashaw	30	Christopher Devins	8
Mike Brych	24	Leroy Hodge	8
Myron Thurston III	23	Harry Campbell Jr.	7
Ryan Maine	17	Tom McGlynn	4
Michael DeJardins	10	Harry Bascom	2
Rick Gloo	6	65-69	
Jason Quatrino	4	Gene Allen	52
Ross Edkins	1	Gary LaShure	36
Scott Thompson	0	James Siepiola	10
45-49		70+	
Lee Sampson	57	Bill Luley	56
Ryan Misencik	46	Tom Bick	24
Jim Latshaw	37	Mark Desjardins	12
Robert Bauer	32		
Philip Trzcinski	22		
Nate Getman	12		
Brian Connery	8		
Jeff Moulton	8		
Rob Trotta	7		
Ryan Tabolt	6		
50-54			
Paul Humphrey	58		
Richard Crandall	50		



Women's Standings As of 10/17/21

0-14		45-49	
Isabella Saxe	12	Melanie Crisino	55
15-18		Allison Miller	48
Emily Misencik	12	Tracy Parmeter-Perkins	39
Kate Bauer	12	Tiffany Brown	29
20-24		Lindi Quackenbush	20
Madison O'Toole	12	Donna Morreall	18
25-29		Kristin Campbell	16
Rebecca Laporte	36	Melissa Williams	10
Tesia Galliher	10	Christine McGlynn	10
Breanna Rand	10	Karen Piccola	9
Christine Connors	8	Jennifer Szatko	8
30-34		Elizabeth Preuss	6
Amanda Mondrick-		Michelle Truett	5
Robertello	44	50-54	
Sarah Harrison	34	Jeannine Macera	36
Amanda McElroy	29	Marylisa Nolan	33
Alyssa Fanelli	28	Karen Scanio	24
Gwen Murphy	22	Lisa Seigle	18
Carla Williams	15	Anita Moller	12
Abbie Sutliff	12	Melissa Scanlon	10
Katt Del Rossi	6	Kathleen Novak	10
35-39		Stephanie Flack	10
Jennifer D'Onofrio	42	Shannon Farrell	7
Melissa Barlett	41	Lisa Walchusky	6
Alexandra Battista	36	55-59	
Ashley Pace	27	Laura George	70
Erin Brown	18	Beth Talbot	30
Brittani Ritzel	13	Lesia Roback	16
Kelley OBryan	12	Ingrid Otto	12
Mogran Belisle	8	Annemarie Ambrose	12
Grace Saxe	4	Jean Kosina	10
Jessica Ott	3	Felicia Burak	8
40-44		Karen McDaniel	7
Jennifer Bachelder	70	60-64	
Danielle Bliss	64	Sue Tucker	60
Jessica Arevalo	47	Christine Potocki	50
Jerilyn Mashaw	36	Sharon Scala	31
Cheryl Burmaster	20	Linda Salerno	16
Melanie Francis	18	Debbie Brockway	8
Andrea Carney	15	Joan Kane	8
Melissa McAuslan	15	Aimee Devins	7
Karen Randall	12	Donnalyne Shuster	7
Jennifer Stefka	11	65-69	
Losay Jones	11	Susan Luley	60
Anne Marie Latshaw	7	Carolyn Mohr	30
Krista Harwick	7	Virginia Truax	10
Sara DeStefanis	6	Katheryn Doran	10
Andrea O'Brien	6	Joanne Campbell	7
Carrie Moulton	4	70+	
Margaret Hammell	3	Dorothy Massinger	36
Amy Edkins	3	Rose Hosp	12

Arms and the Runner: Part 1

by Terry Dwyer



It was a perfect fall day in October. My wife and I were standing on Boylston Street at the 26-mile mark of the Boston Marathon watching the leading men and women pass on their way to marathon glory. While this scene is usually played out in April on mostly coopera-

tive mild spring days, the 125th Boston Marathon was pushed back six months with a limited field of 18,000 runners and strict vaccination protocols for those runners lining up in Hopkinton. Even though the finish line crowd was loud and enthusiastic the spectators were not as numerous as in years past. Still, it was exciting to watch. As usual the faces of those coming down Boylston Street were joyous and unmistakably relieved to see the finish line just two-tenths of a mile away.

As I watched the top three men and women come run by me, I was struck by one thing in common I saw in each of them – arm carriage. The six runners making up the top 3 men and women were a mix of either Ethiopian or Kenyan runners. The Kenyan runners finished 1, 2 and 3 in the women's race, and while a Kenyan won the men's race the second and third runners were Ethiopian. I always love watching these runners because of the effortless way they run and the compact nature of their running style. However, what always catches my attention when I watch them is how high their arms and hands are carried, even in the last miles of a marathon.

Much has been written about the training routines and mechanics of Ethiopian and Kenyan runners. The three must read books I recommend to any student of long-distance running are Toby Tanser's *Train Hard, Win Easy: The Kenyan Way*, Adharanand Finn's *Running with the Kenyans*, and Michael Crawley's

Out of Thin Air: Running Wisdom and Magic from Above the Clouds in Ethiopia. Each book is an interesting study of the methods by three individuals who spent time training with and studying the techniques of these incredible athletes in their homelands. Even though none of us will run to the level of an Ethiopian or Kenyan marathoner, we can learn some things from the way they train and race. One of the techniques I latched onto was their higher-than-normal arm carriage.

While I could never hope to emulate their world-class form, over the years I became increasingly conscious of the economics of movement associated with the higher arm carriage of the Ethiopian and Kenyan runners. Rather than the regular arm swing most recreational runners use, they employed a higher and tighter carry. As a coach, I instructed my athletes to be more aware of their arm carriage, especially in the later miles of a race. Putting aside the various studies on biomechanical differences between Ethiopian and Kenyan runners and the rest of the pack, the problem I noticed with most recreational runners toward the end of a race is how low their arms fall with fatigue. Low arms and floppy hands equal low leg turnover. It is the tired runner's imitation of a T-Rex trying to find the finish line.

Marathon training programs focus on distance, time, tempo, and recovery. If there is any instruction on form it tends to focus on foot strike and leg turnover. But runners cannot neglect what they are doing with the top part of the body during a run. Both must be in synch to run economically. So how do we train to work on this aspect of running form? Next month I will discuss some non-running and running training routines to improve arm carriage.

Terry is a RRCA certified distance running coach, USATF Level I coach, and Lydiard Level 1 & 2 coach

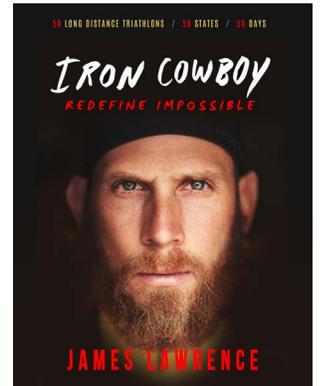
President's Picks

by Jim Mott

For my President's Picks this month I want to first share a series that I am a bit addicted to. The series was short-lived over only four seasons but it was called **Boundless**. You can still find the episodes on your selected service as I continuously watch the series on my Amazon Prime account. The series documents the endurance journey of two Canadian runners that go all over the world competing in ultra events battling epic conditions and distances. During the final two seasons, they added two other American elite runners to the series. It is definitely worth searching for in my opinion as I always find inspiration by watching other people test the limits that most people consider impossible. [Here is a link to one of the episode highlights.](#)



My second recommendation is a book from the Iron Cowboy, James Lawrence. The book is called *Redefine Impossible*. Lawrence, as I mentioned in an earlier President's Picks, recently completed 100 Ironman triathlons in 100 consecutive days. This book focuses on Lawrence's journey as he struggled through his first local Turkey Trot to the 50 Ironman triathlons in 50 states in 50 consecutive days. Yes, that's a 2.4 mile swim followed by a 112 mile bike ride followed by a 26.2 mile marathon—each and every day! [It's a great read for those you are looking for inspiration!](#)



As always, I look forward to hearing from you and having you share your sources of inspiration with me! Stay focused and stay motivated! – Jim

Call For Participation

By George Searles

It's Boilermaker morning and I'm in my corral, ready to rock, with months of hard training behind me and high hopes for a fast time I'll be proud of.

But right before the starter's cannon goes off I look down and suddenly realize I'm wearing—Oh, no!—a shiny pair of black, wing-tipped dress shoes! WTH!?! Of course, this is only a dream—a really BAD dream—and I awake in state of high anxiety. Have you ever had a running nightmare like this, a crazy one in which everything goes wrong, all your subconscious fears and insecurities given full expression?

If so, you're in luck, because now you can compete for 1st place in the Roadrunners Slumber Run! Just send your story to SpliTimes by the Dec. 1 deadline, so the judges can pick winners (one male, one female) in plenty of time before the awards banquet.

Now get busy. Hit the hay! As Shakespeare's Hamlet says, "to sleep, perchance to dream." (No fair just making stuff up!)



Member Accomplishments



Joanne Willcox met her goal of 80% age graded marathon at her 10th Boston Marathon and ran her fastest of 35 total marathons.

Jen Bachelder and Chris Edick ran the Mohawk Hudson River Marathon. It was Chris' first full (congrats!) and Jen finished with an 8:12 marathon PR and 8:22 BQ buffer for 2023



Wineglass Races





Honor your hero. Be a hero. **Donate blood.**



Veterans Day Blood Drive

Accelerate Sports

5241 Judd Road

Whitesboro, NY 13492

Thursday, November 11th

10:00 a.m. to 2:30 p.m.

Event is proudly sponsored by Utica Roadrunners

Please call 1-800-RED CROSS (1-800-733-2767)
or visit RedCrossBlood.org or download blood app
and enter: **UticaRR** to schedule an appointment.

Give a power red cell donation if O-, O+, A- or B- and
help us provide hospitals with most needed blood products.

Give Nov 1-12 to win a 9-night trip for 2 to Hawaii where the series I Know What You Did Last Summer on Prime Video was filmed. Flights, hotel and more thanks to Amazon Prime Video! AND get a \$10 Gift Card by email from Amazon!

Terms: rcblood.org/IKWYDLS

**In addition, all donors will be entered to win
a \$50 VISA gift card to use towards their Holiday feast!**

One winner each day in November.

redcrossblood.org | 1-800 RED CROSS | 1-800-733-2767



Download the Blood Donor App today!

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Join us!



2021 Annual Meeting

November 8th

6:00pm

Boilermaker Office – 805 Court Street

All are welcome • Food and drinks for all

To all members of the Utica Roadrunners:

On the following two pages are brief biographies of each candidate for the Club's Board of Directors along with a ballot form that you can print and bring with you.

There is also space for you to write-in the name(s) of another member(s) if you so choose.

Board of Directors Election Ballot – 2022

Election Meeting Monday November 8th 6:00pm at the Boilermaker Office

To all members of the Utica Roadrunners: here are brief biographies of each candidate for the Club's Board of Directors. Please take the time to read each one and then vote for each person you would like to see serve on the board of directors. There is also space for you to write-in the name(s) of another member(s) if you so choose.

Danielle Bliss

Hello! My name is Danielle Bliss aka Dani. I am a Pre-k teacher and mother of 2 active sons (Ian-11 and Orion-14) ...running continues to keep me sane! Though I have fond memories of racing classmates on the playground in elementary school, my running journey really began in May of 2015 when a coworker asked me to join her at a development run. I joined the Road Runners in 2016 and the board in November of 2020. I have enjoyed learning the details of how our club works and serving on the board of directors. I hope to remain on the board in 2022 and continue to work with fellow board members to offer athletic and family friendly social events. This year I helped coordinate group runs, What the Truck in Utica, disc golf, snowshoe events, live music, and mini golf. I hope to add more events such as Fire Pit Fridays, hiking, and brunch run/walks. I am currently serving as the secretary of the G.E. Ski Club so more snowshoe, country skiing, and downhill snowboarding/skiing events will be offered this winter. I am also looking for your ideas so don't hesitate to reach out! I am grateful for the friendships and support I have gained through the URR and would love to continue to give back! Thank you for your time and consideration.

Jennifer Stefka

My name is Jennifer Stefka, you all know me as Jenna or Jenn. My full-time job is being an auditor and my part time job is volunteering and meeting new people. I have been engaged with The Ride for Missing Children for 5 years as a volunteer and a Shepard. I just rode my bike to the headquarters of The National Center of Missing and Exploited Children in VA to raise awareness. I started running with a few members on Wednesdays in 2020 and met some amazing people. I joined Utica Roadrunners in March of 2021 because of all the talk of the Red Jacket and running 1000 miles in a year seemed pretty cool. Phyllis was my inspiration. I was an avid runner in high school and did the 55-meter hurdles. I have run many 5K's, the boilermaker and this year ran my first 1/2 marathon. I am a critical thinker, always looking to make things better and easier, giving back to the community and meeting new people.

Board of Directors Election Ballot – 2022

Jennifer Bachelder

My name is Jennifer Bachelder, I have enjoyed serving the club for the last 4 years and I wish to continue for another term. Currently, I am finishing up my first year as Treasurer, this is a new role to me, and I have come to really enjoy it. I am also responsible for our social media. I have been on the scholarship committee the last three years and the banquet committee the last two years. I helped with two of our virtual events as well, Push URself & Five after Five. I spent two years as membership chair and have enjoyed planning fun events such as the "It's a Wonderful Bus Trip" in the past. We hope to get back to some events like that in the future.

My husband and I reside in New Hartford and have 3 children, nine and under. I have been running on and off for 10 years, but consistently since 2016 when I joined the club. As a stay-at-home mom, running has been my outlet, my "me time" and my social time with friends. Running has taught me that if you can believe it, you can achieve it. I continue to challenge myself by going after new goals and look forward to where the next couple of years will take me. Since joining the club I have been abundantly blessed by the many friendships it has afforded me. The support among the runners in this community is astounding and I feel honored to be a part of something so great. Nothing makes me happier than seeing people accomplish big things. The last couple of years have challenged us all but the board held together and came up with some great fresh ideas to enhance our club and keep running/walking communities united and healthy even though sometimes we had to be distant. I am proud to be a part of this team, we aren't done yet! I am running for a seat on the board so I can continue to give back to the organization that has been so great to me. Thank you for your consideration.

Julie Buehner

Hello, my name is Julie Buehner. I am a retired addictions counselor, mother of four. My husband is a history teacher at Sherburne-Earlville High School. I have been running for nearly 19 years with 16 Boilermakers, countless half marathons, two marathons and an ultra behind me. I have been a member of the Utica Road Runners since 2005. I was Able to obtain my Red Jacket in 2018. I would bring many years of experience serving on boards of other local organizations. I would like to serve on the Roadrunners board and would come to the task with an open mind. Thank you.

Sharon Scala

Hi. My name is Sharon Scala and I'd like to be considered for re-election to the Utica Roadrunners Board of Directors. I've been on the board for four years and have served as the secretary and vice president. I am founder and co-director for the Marcy 5k, and this year took over as race director of Save Our Switchbacks. I started with the Boilermaker Training Program a few years ago. After completing my first year, I came back each year to volunteer. I've volunteered at the Development Runs for several years also. It's a great way to help others and I've made so many great friends. You can also find me at many of our club races. Thank you for your time and consideration.

Phil Trzcinski

My name is Phil Trzcinski. I have been a Fire Lieutenant and paramedic with the Utica Fire Department for 21 years and a long time Utica Roadrunner member. I recently took the role of club equipment manager, am a race director for the Tunnel to Towers Utica 5k Run / Walk, and Boilermaker Committee member coordinating the Police & Fire Competition. For the past 22 years, I have been an active runner and participate in several local races annually. I would appreciate your consideration in voting for me as a new member of the board of directors. Thank you for your time.

2022 Board of Directors Election Ballot

We currently have 6 seats that will be open on the board of directors for the 2022 term. These 6 people will automatically fill the 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.

_____ Danielle Bliss _____ Julie Buehner

_____ Phil Trzcinski _____ Sharon Scala

_____ Jennifer Bachelder _____ Jenn Stefka

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 7th

OR

Print it (just this page) and bring it with you to the annual club business meeting at the Boilermaker Office Building on November 8th 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.

UR Members at the Boilermaker



UR Members at the Boilermaker



Member Accomplishments



Melanie Crisino ran the Rock & Roll Hall of Fame Half Marathon in Cleveland, Ohio

Myron Thurston ran the Great New York State Marathon



Karen Piccola, Julie Buehner and Dorothy Massinger ran the Boston Marathon virtually on the course

Mountain Goat



Member Accomplishments



John Gilligan got a half marathon PR at the Great New York State Half Marathon AND won his age group at the 5K



Sharon Scala ran the Eversource Hartford Half Marathon



Lauren and Wayne Murphy met Meb Keflezighi at the Wineglass 5K

**THURSDAY
NIGHT RUNS
ARE BACK!**

**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

Skeleton Run



SEE THE RESULTS



Skeleton Run



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!

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 (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 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 2021
- January 2022
- February 2022

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

Yes No

Total included: \$ _____