

splitimes

January 2022

The Official Newsletter of the Utica Roadrunners



2022 RACES

REGISTRATION IS OPEN!



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Due January 31st!

January
2022
Utica Roadrunners
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Sharon Scala

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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](#)

MEMBER ACCOMPLISHMENT



*From left to right
Dave Putney, Scott Humphrey,
Paul Humphrey and Tim Kane
participated in the Pete Glavin
Upstate Cross Country series*

DECEMBER UR HAPPY HOUR



President's Message

by Jim Mott

"I need to know what's on the other side of wanting to quit."

Runners:

-CAT ZINGANO

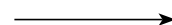
Happy New Year and welcome to 2022! As you reflect back on 2021, I hope you take some time to appreciate the things you accomplished and the people who supported your goals. Some of our members had an incredible year. Many of you set personal records whether it was for mileage or times posted. For me, I did not reach my mileage goals but I still appreciate the things I was able to accomplish. The greatest thing for me as a runner was to see our live events come back and to see us celebrate together with some normalcy.

2022 comes with some uncertainty still as the pandemic is still with us. We are now better equipped and prepared for the challenges that are ahead and I am optimistic that 2022 will be a great year! Looking back one last time, I am thankful to our Board members, club members, and running community. December closed out with a Santa Sizzle one day



challenge that produced some amazing feats! New UR member Jennifer Toti ran over 59 miles in one day at an ultra event in Oswego. Cole Pekins managed to cover over 26 miles on a hurt foot. Many other members had big days as well! Thank you to all who participated.

Looking ahead, 2022 is already shaping up to be a big year. We have opened the registration for our new UR Six Pack bundle sponsored by Utica First Insurance! Choose four, five or all six of our great events of 2022! The price is incredibly low and the swag is sweeter than ever!



The six events are:

- 1) **Our Third Annual Scavenger Hunt to benefit Hospice**
- 2) **The Save Our Switchbacks 7.5K**
- 3) **The FIVE after FIVE challenge sponsored by Saranac**
- 4) **The Summer Sizzle 5 Mile Road Race**
- 5) **The Falling Leaves 5K and 14K**
- 6) **The Skeleton Run 5k**

We are also excited about our new 5k event on April 30 directed by Rebecca Aceto – details coming soon! Other UR events include the Third Annual Run Against Racism, our second Tunnel to Towers event in August, our Boilermaker Training Program, Wednesday Night Development Runs, The Safety Run, Run to End World Hunger and so much more! What more could there be? Well how about the first ever UR Marathon? We are currently working with Saranac Brewery for an Oktoberfest Marathon that starts and finishes at the brewery! More details coming soon!

Now entering my third year as board president, I am thrilled to continue to serve you and our Board of Directors. Each year has provided many challenges and through it all I know we have come out of it stronger. I know there will be challenges ahead as we take on the new year. I know that together we will find a way to reach all of our collective and individual goals!

I'll see you out on the roads! – Jim



Register for the UR SIX PACK CHALLENGE

Registration is now open and will remain open until April 15, 2022.

We have made our Four Race Challenge bigger and better at the same insane low prices! Each event has new swag and you will also receive the commemorative Six Pack Shirt with your registration.

The Six Pack- \$140 • The Five Pack-\$125 • The Four Pack-\$100

REGISTER NOW

The Tibbits Take On Honolulu

**We interrupt these cold, gray
December days to bring
you some sunshine from
the Tibbits from the
Honolulu Marathon!**

Steve & Lorrie finished the 2021
Honolulu Marathon in December!
14th marathon for Steve
8th marathon for Lorrie

Lorrie broke a bone in her foot at the end of
April, and luckily no surgery was needed to heal.
She was able to train and enjoy a true run in paradise!

She even took 3rd in her age group out of 118!
427 of 2574 females • 1,451 of 6,232 finishers overall



New UR Walking Chevron Expands 1,000 Mile Program

Proposed by longtime UR members Dan and Sharon Stedman, the Board of Directors recently approved the addition of a walking Chevron – an important addition to the annual goals for our walk/running community. The walking program criteria is:

- 1) Maintain the current runner chevron mileage requirement, i.e., 1,000 running miles earns the member a red chevron.
- 2) Offer a blue chevron to those members who run/walk or walk only a distance of 1,000 miles.
- 3) Allow members to earn both chevrons if they separately run and walk the 1,000 mile distance.
- 4) All members would be eligible to earn a red jacket with either a red or blue chevron as long as all other jacket criteria are met.



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¹Investment products are NOT FDIC-INSURED, are NOT A DEPOSIT, NOT GUARANTEED BY THE BANK, NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY and MAY LOSE VALUE.

9/21



New Year's Day Run

UTICA ROADRUNNERS JANUARY 1, 2022

HUGE thank you to all that came out to support our New Year's Day Run/Walk.

Special thank you to our sponsors, Accelerate Sports, SPI Cryo and Erik Winberg from SPI Utica and Run U Race Performance.

Thank you also to our volunteers, Team Travis, and Andrew for your help – we couldn't have done it without you. Thanks also to the Town of Whitestown, NY Police Department for keeping us safe on the course!



UR Personal Mileage and Race Record for 2021

NAME: _____

Date	Race	Distance	Time	PR?	Place/Award

Total Miles Run in 2021: _____ Candidate for a Red Jacket: YES or NO
Total Miles Run as a Utica Roadrunner: _____ Total Volunteer Points: _____

Personal Volunteer Information for Red Jackets (Check all that apply):

- ☐ S.O.S. Race
- ☐ Summer Sizzle
- ☐ Falling Leaves
- ☐ Skeleton Run
- ☐ Boilermaker Training Program
- ☐ Various Virtual Events (please list: _____)
- ☐ Club Board Member
- ☐ Club Social Event
- ☐ Club Officer
- ☐ Club Committee Head
- ☐ Run 2 End Hunger
- ☐ SplitTimes Article
- ☐ Club Race Director
- ☐ Other (list: _____)

Please return this form (**no later than January 31, 2022**) to: **Jen Bachelder – UR Mileage Info, 30 Imperial Dr. New Hartford, NY 13413** or email it to Jen at jmbachelder@gmail.com.

2022 UR Races



Individual registration opening soon!

(But you can add this as part of your 2022 UR 6-Pack registration NOW!)

The Third Annual Scavenger Hunt begins April 1st and runs through the entire month of April!

Bigger and better than ever, we will have prizes and incentives for our runners each day! The UR Police are ready to hit the streets and keep our runners honest!

Some of the proceeds will be going to local Hospice providers that help families in time of great need.

A promotional graphic for the Switchbacks 7.5K race. It features a stylized mountain landscape with green trees and a white snow-covered peak. The text 'SAVE OUR THE TED PETRILLO SWITCHBACKS 7.5K' is prominently displayed. Below the text is a brown t-shirt with the race logo and a clear glass with the same logo. The date 'April 16, 2022' is at the bottom. The background is a solid green color.

SAVE OUR THE TED PETRILLO SWITCHBACKS 7.5K


April 16, 2022

Individual Race Registration is Now Open!

SIGN UP FOR SOS

[Or sign up as part of a 2022 race bundle](#)

2022 UR Races



**JUNE 19TH,
UTICA NEW YORK**

2022

**Summer
UR SIZZLE 5**

**5 MILE
ROAD
RACE**

Our traditional 5 mile event at Proctor Park and the Masonic Care Community on Father's Day. Check out the swag – a hot Summer Sizzle tank, headband *and* shades to keep you looking cool!

SIGN UP TODAY

[Or sign up as part of a 2022 race bundle](#)



**FIVE
after
FIVE**

May 6 - 20, 2022

Back by popular demand – The Third Annual FIVE after FIVE Challenge! For 15 days we challenge you to go 5k or 5 miles each and every day. The event is sponsored by Saranac and we will have a great Fiesta at the Brewery to celebrate once we're done! We will also be bringing back the Badass Challenge – Run 5k or 5 miles every 5 hours for 55 hours!

SIGN UP TODAY

[Or sign up as part of a 2022 race bundle](#)

2022 UR Races



Register for one or both as part of our Six Pack Bundle!
(Individual race registration opens soon)

INCLUDE THESE IN YOUR 6-PACK REGISTRATION TODAY



2021 Member Mileage



Brittany Praznik
6,783



**3,700
Miles**

Jen Bachelder
3,700



ML Nolan (middle)
3,462



Joe Mashaw
3,000



Tom Joslin
2,400



Ryan Misencik
2,000



Travis Belanger
2,000



Sara Niccoli
1,800



Christopher Edick (middle)
1,728

2021 Member Mileage



Melissa Barlett
1,650

Included her 25th 100+ mile month in a row and her first marathon, and PRs for half marathon and Boilermaker



Jay Belisle
1,600

Included his first marathon!



Tim Kane
1,500

10th straight year over 1,000, 26 different years over 1,000



Jessica Arevalo
1,400



Frank DeRocco
1,364



Jim Latshaw
1,300



Sharon Scala (left)
1,300

Melanie Crisino (right)
1,000
hit on her birthday!



Cheryl Burmaster
1,288



Alyssa Fanelli
1,100



Myron Thurston
1,093



Member Spotlight



SHARON SCALA

She didn't begin her running career until she was in her early fifties. At 63, Sharon is running hard and enjoying every adventure.

Sharon grew up in East Utica, is a graduate of Proctor High School and the Utica Career Institute. She has been a professional hair stylist for 39 years, just as long as she has been married to her husband, Brian! They actually got married the week she graduated. She started her career cutting kids' hair in the mall and currently rents a chair at Klippers on Seneca Turnpike. She still loves it and really enjoys her clients.

In high school, she was a self proclaimed nerd and very quiet. She was a majorette and twirled baton, but otherwise wasn't super athletic in her younger years. She worked a lot at Tasty Cream in East Utica and people still recognize her from there.

Sharon didn't start running until she was in her early fifties. Her kids (now ages 33 and 35) were running and doing Cross Fit and she decided to join them. In the beginning "I was awful!" but she stuck with it. She ran from mailbox to mailbox, a little further each time she went out. She ran eight minutes without stopping for the first time and was so proud of herself. Her first 5K ended up being 4.75 miles because she got lost, but she stuck with it. Her girlfriend dragged her through the Falling Leaves 5K as she was wondering who the hell made Genesee Street a hill. She still stuck with it.

5Ks turned into 10Ks which turned into half marathons, of which she's run about 16 of. She has run a couple Disney races. She loves the 10K distance - the [OceanRoad 10K](#) in Rhode Island is one of her favorite races. She also runs frequently in Hartford, Connecticut where her oldest son lives.

Member Spotlight (Cont.)



She became familiar with the Roadrunners through the Wednesday night Development Runs, which she found out about on Facebook when she was looking for something to do. She met Melanie Crisino there and the rest is history. Running on Wednesdays turned into volunteering at the Boilermaker Training Program and the Dev Runs, 10 volunteers points quickly became 30, and then she was elected to the board - the first time she has ever served an organization in that capacity. Sharon has been on the board of directors for four years and is our Vice President of Administration and Finance once again for 2022. She also stepped up to be the race director for the Save Our Switchbacks Race and our Safety Run. She is a huge asset to our club!

Seven years ago, Sharon had a hip replacement and she refused to let it keep her down for long. (She also “kind of” refused to heed her doctor’s warning not to run right away!) Her surgery was on a Monday and by that Saturday, she walked for 30 minutes on the treadmill “holding on for dear life!” Twelve weeks post-surgery, she ran a 5K.

Now, she is out seven days a week, whether it is walking or running. She is out the door “as soon as I can see” and it’s the ritual that gets her day started. She has logged 1,000 miles for 5-6 years in a row. In 2020 she hit 1,400 and in 2021 she reached 1,300.

She swears that having great sneakers is key (and that’s NOT just because she also works at The Sneaker Store!) She also likes to have her phone and some music on her, which give her security. She’s a fan of 70s and 80s music and lately has been listening to some great books as she runs. She’s NOT a fan of metal grates or bridges! She’s an animal lover and loves spending time with her kids. And she *loves* Disney.



Member Spotlight (Cont.)

Sharon's running story boils down to simply *just running*. She doesn't get caught up in the numbers, her pace or with speed. She gets out there every day to be healthy, to socialize with friends and to stay active.

She's met so many great people through running and it even led her to the job at The Sneaker Store, where she gets to see and talk with runners when they're NOT running. She loves it because "every person that walks in is one of us." As she limited her walk-in business at the salon during COVID, the sales job at The Sneaker Store has filled that space in her schedule nicely.

Although it's a pretty strong *maybe*, a full marathon may be in Sharon's future. She says it will need to be a very special full! If she ever gets to a point where she can't run, she will continue to walk and do it as long as she can. We're excited to continue to follow Sharon's running career, scope out the fun custom t-shirts she and Melanie cook up and cheer her on with her many adventures. ■



President's Picks

by Jim Mott

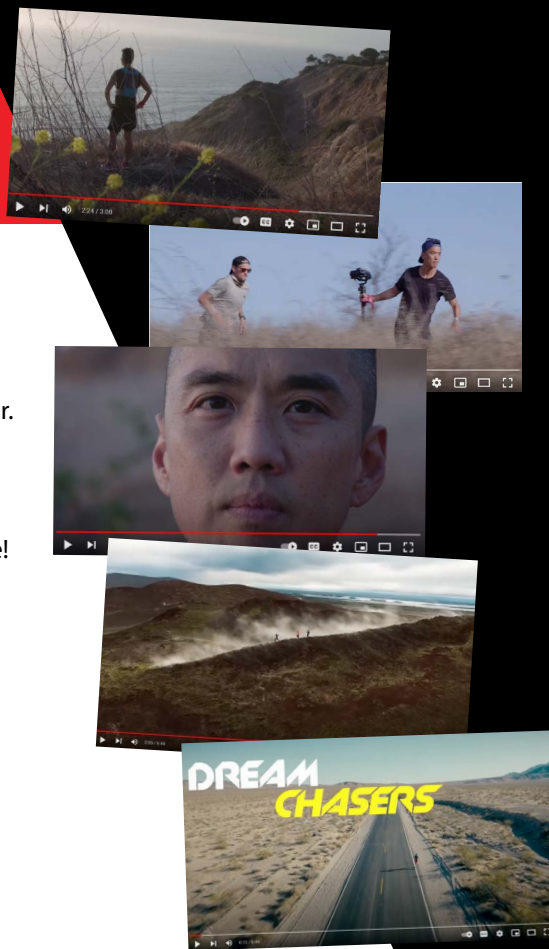
To start the year, I will begin with some motivation and some purpose with a couple of short videos. If you have followed my messages over the past two years, it should be no surprise that I have included Dean Karnazes, David Goggins, and Billy Yang in my President's Picks to kick off the New Year.

The first video is simply a short video that features the motivation and message of two of the greatest ambassadors of our sport, **Dean Karnazes** and **David Goggins** - with Goggins be prepared for some colorful language!

[WATCH NOW](#)

The second video is Called "**Out of Office**" by **Billy Yang**. Yang's videos on running and purpose really resonate with me. In "Out of Office" he reminds us what the true purpose of running should be. When you never leave the office or take your running a little too seriously, it is always a good thing to reconnect and recommit to the original reasons we tuned to the sport and activity we all love. [WATCH NOW](#)

As always, I look forward to hearing your suggestions! Happy New Year!



UR Member Benefits

Carbone Athletics at
the fitness mill

**\$99 12-month
membership**

includes all fitness classes as well!

[JOIN NOW](#)



**15% off Accelerate
Memberships**

**\$50 Annual Track
Membership**

5241 Judd Road, Whitesboro
www.accelerate-sports.com

Ugly Sweater 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

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)

☐ February 2022

☐ March 2022

☐ April 2022

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

☐ Yes ☐ No

Total included: \$ _____