

April 2022

splitimes

The Official Newsletter of the Utica Roadrunners



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April
2022
Utica Roadrunners
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If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

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

Editor: Michelle Truett • michelle@484design.com



Useful Links:

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



**The Boilermaker Training Program
is underway with over 60 participants!**

**This shot celebrates those who
had perfect attendance for
the first four weeks of the program**

You can still join!

REGISTER NOW

President's Message

by Jim Mott



"The club is moving in such a positive direction and our membership numbers continue to increase as we are now over 500 members strong!"

"Hard is not the opposite of good, it is a necessity of good."

- JUSTIN KINNER

Runners:

The weather continues to be cold but things will be heating up soon! As we leave the month of March, we have had plenty of reasons to celebrate! Our **Boilermaker Training Program** is truly better than ever. Led by Dorothy Massinger, we have over 60 people registered and the energy is positive and truly inspiring! Thank you to everyone who is helping and a special thank you to Tim and Joan Kane for their work with the training program they have developed for our members! If you haven't signed up you can still join us!

March also concluded with our Annual Awards Banquet. The banquet took a different look last year because of the pandemic. This year we were able to have a more formal atmosphere at Club Monarch in Yorkville. All who attended had a great time and it was so good to see everyone in a normal setting for such an important celebration of 2021. Congratulations to all the award winners and a special thank you to Jen Bachelder who put so much work into this event. A special shout out as well to her co-host, Andrew Rubino, who was his usual charming self!

April means the racing season has officially started and we are looking forward to some big events!

The Mad Mile kicked off our **Grand Prix season** and many of our members braved the cold and snow to get some early points. Speaking of the Grand Prix, it wouldn't be what it is without the help of our own Gary LaShure who compiles all the points. The next Grand Prix event was the 10k for the Fort to Fort races held by the Roman Runners on April 3. The 10k is also our first Club Cup race as we make our move to get the cup back from Matt Moore and the Roman Runners!

April also means the start of our **Third Annual Scavenger Hunt!** The list of items is included in this newsletter and was sent out to all participants earlier. You can still sign up as the event goes on all month with challenges and chances to win some great prizes! The UR PD will be on patrol to make sure your findings are legit-so be aware!

Our first club event is the **Save Our Switchbacks 7.5k** race on Saturday, April 16th. Race Director Sharon Scala has been hard at work and we have over 120 people registered at this point. Hurry and sign up by April 4th if you want some of that great SOS Swag that is created by USA Racing! You also have



President's Message (cont.)

until April 15th to sign up for the UR 6 Pack. It is the only way, at this point, to sign up for the **Falling Leaves** and **Skeleton Run** races!

Lastly, for the month we have our **First Annual Grateful for Graham 5k** scheduled for April 30th. Rebecca Aceto Purcell and Phil Trzcinski have done a great job putting this race together as we have over 200 people currently registered! There is still time to register and donate to a great cause!

2022 is shaping up to be one of our best years ever as a club! May will bring in the **FIVE after FIVE** again and we have a great kickoff party scheduled at Saranac Brewery on May 6th. Get your first run in and then come on in and enjoy a cold beverage! More details are coming soon! The club is moving in such a positive direction and our membership numbers continue to increase as we are over 500 members strong now!

I am proud to be a part of such a great organization and proud to represent you. I look forward to seeing you all out at our many events and races!

Jim

Quick Links to Register for our 2022 Races



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



[REGISTER](#)



[REGISTER AS PART OF OUR 6-PACK](#)

Individual race registration will open soon





Be On The Hunt With Us All Month!

*This is a fun challenge
taking place April 1-30, 2022*

All proceeds will be going this year to our friends at The Abraham House, which provides the terminally ill guests and their families a safe and loving home, with all the support needed for dignified end of life care.

HOW IT WORKS:

1) SIGN UP NOW TO PARTICIPATE

Cost is \$10 to be eligible for prizes

\$25 gets you a performance long sleeve shirt and an opportunity to be part of a drawing at the end of the event!

2) Join the UR Social Distance Scavenger Hunt Facebook Group

3) Download the 2022 Scavenger Hunt List

4) Take a pic of each item that you find on your daily run and/or walk and post them on the event page.
(If you do not have Facebook, you can email them to Rebecca Purcell at rebapurcell1321@yahoo.com.)

RULES AND DETAILS

This is a running/walking (bike, scooter, etc. are for KIDS ONLY) event. NO CARS!

Please track on Garmin, Strava or any running app. (Verification may be required).

Prizes will be awarded to participants at the end of the challenge for certain categories (most items, most unusual, etc.)

Join us! **Club Happy Hour**

**Friday, April 8
6:00pm • Karaoke at 8:00pm
The Beer Garden
Burrstone Road**



2022 UR LIST

UTICA ROADRUNNERS

COMPLETE THE LIST APRIL 1-30, 2022
POST PHOTOS ON THE UR SCAVENGER HUNT 2022 [FACEBOOK GROUP](#)

Beneficiary of proceeds: Abraham House - end of life care which relies solely on donations

- | | | |
|--|--|--|
| <input type="checkbox"/> 1) Fallen tree | <input type="checkbox"/> 36) For sale sign | <input type="checkbox"/> 71) Picket fence |
| <input type="checkbox"/> 2) Deer | <input type="checkbox"/> 37) A bridge | <input type="checkbox"/> 72) Bricks |
| <input type="checkbox"/> 3) Smooth rock | <input type="checkbox"/> 38) Firetruck | <input type="checkbox"/> 73) A ladder |
| <input type="checkbox"/> 4) Caterpillar or butterfly | <input type="checkbox"/> 39) Garden | <input type="checkbox"/> 74) A statue |
| <input type="checkbox"/> 5) A puddle | <input type="checkbox"/> 40) Minivan | <input type="checkbox"/> 75) License plate with a Z |
| <input type="checkbox"/> 6) A berry | <input type="checkbox"/> 41) Something Blue | <input type="checkbox"/> 76) Red barn |
| <input type="checkbox"/> 7) A bike | <input type="checkbox"/> 42) Something that makes you smile | <input type="checkbox"/> 77) Tall building |
| <input type="checkbox"/> 8) A swing | <input type="checkbox"/> 43) Something that starts with
the letter of your first name | <input type="checkbox"/> 78) Outdoor clock |
| <input type="checkbox"/> 9) A ball | <input type="checkbox"/> 44) A kite | <input type="checkbox"/> 79) Gas station |
| <input type="checkbox"/> 10) An acorn | <input type="checkbox"/> 45) A plane in the sky | <input type="checkbox"/> 80) A camper |
| <input type="checkbox"/> 11) A bucket | <input type="checkbox"/> 46) A golf course | <input type="checkbox"/> 81) Church steeple |
| <input type="checkbox"/> 12) A watering can or hose | <input type="checkbox"/> 47) A footprint | <input type="checkbox"/> 82) A billboard |
| <input type="checkbox"/> 13) A Grateful for Graham race flyer | <input type="checkbox"/> 48) Colorful bird | <input type="checkbox"/> 83) Swimming pool |
| <input type="checkbox"/> 14) A fluffy cloud | <input type="checkbox"/> 49) A flag | <input type="checkbox"/> 84) A tree stump |
| <input type="checkbox"/> 15) A shovel | <input type="checkbox"/> 50) A spiderweb | <input type="checkbox"/> 85) A bus |
| <input type="checkbox"/> 16) A flower pot | <input type="checkbox"/> 51) A feather | <input type="checkbox"/> 86) A speed limit sign |
| <input type="checkbox"/> 17) A rainbow | <input type="checkbox"/> 52) Wildflowers | <input type="checkbox"/> 87) Favorite coffee/hot cocoa spot |
| <input type="checkbox"/> 18) An animal lawn ornament | <input type="checkbox"/> 53) Dewdrops | <input type="checkbox"/> 88) A garbage truck |
| <input type="checkbox"/> 19) Something that flies | <input type="checkbox"/> 54) A duck | <input type="checkbox"/> 89) URR Boilermaker Mile marker |
| <input type="checkbox"/> 20) An Easter decoration | <input type="checkbox"/> 55) A bird's nest | <input type="checkbox"/> 90) Selfie with another runner |
| <input type="checkbox"/> 21) Something that smells good | <input type="checkbox"/> 56) Sunrise | <input type="checkbox"/> 91) A farm animal |
| <input type="checkbox"/> 22) Something budding | <input type="checkbox"/> 57) Sunset | <input type="checkbox"/> 92) Grateful for Graham EB facts
sign (found on race course,
don't forget to sign up) |
| <input type="checkbox"/> 23) Something square | <input type="checkbox"/> 58) A lawnmower | <input type="checkbox"/> 93) The Abraham House |
| <input type="checkbox"/> 24) Dumpster | <input type="checkbox"/> 59) Big leaf | <input type="checkbox"/> 94) Building or sign of organization
that helps those in your community |
| <input type="checkbox"/> 25) Trampoline | <input type="checkbox"/> 60) A dog | <input type="checkbox"/> 95) A Veteran's Club/VFW |
| <input type="checkbox"/> 26) Running selfie | <input type="checkbox"/> 61) Train tracks | <input type="checkbox"/> 96) Evidence you picked up 5 pieces
of trash and disposed of properly |
| <input type="checkbox"/> 27) Wood pile | <input type="checkbox"/> 62) The number 7 | <input type="checkbox"/> 97) Your favorite restaurant for any meal |
| <input type="checkbox"/> 28) Park bench | <input type="checkbox"/> 63) Arched window | <input type="checkbox"/> 98) Spell out URR with twigs
or pinecones |
| <input type="checkbox"/> 29) Wind chimes | <input type="checkbox"/> 64) Bumper sticker | <input type="checkbox"/> 99) A lonely shoe or sock |
| <input type="checkbox"/> 30) Metal stairs | <input type="checkbox"/> 65) Bug car (VW beetle) | <input type="checkbox"/> 100) Selfie in a race shirt |
| <input type="checkbox"/> 31) School | <input type="checkbox"/> 66) A wreath | |
| <input type="checkbox"/> 32) BBQ grill | <input type="checkbox"/> 67) A cemetery | |
| <input type="checkbox"/> 33) Black Lives Matter mural in
Kemble Park or your favorite mural | <input type="checkbox"/> 68) Unique mailbox | |
| <input type="checkbox"/> 34) Lake or pond | <input type="checkbox"/> 69) Trashcan | |
| <input type="checkbox"/> 35) Gas pump | <input type="checkbox"/> 70) Green light | |

2022 UR Races

Our First Event of 2022!

SIGN UP NOW



Proceeds help upkeep the Switchbacks trails!

Or sign up as part of a 2022 race bundle

A New Race to Help a Fellow Roadrunner and Her Son

Utica Roadrunner Amanda Robertello's son, Graham, battles Epidermolysis Bullosa, or EB.
All proceeds raised will go to the EB Research Partnership,
which is an innovative organization with a mission to treat and cure EB.



Graham Robertello was born with recessive dystrophic Epidermolysis Bullosa (EB) - A life threatening rare genetic disorder that affects the body's largest organ: the skin.

Individuals with EB lack critical proteins that bind the skin's layers together. Without these proteins, the skin tears apart, blisters, and shears off, leading to severe pain, disfigurement, and internal and external wounds that may never heal.



Today, there are no treatments or cures available for EB. We are looking to help change that!!



Join us for the very first Grateful for
Graham 5k Run / Walk
A Utica Roadrunners Event

All money raised will go directly to the
EB Research Partnership!



When: Saturday April 30, 2022 @ 9 am

Where: Rt 840 Trail, New Hartford, NY

(trailhead by BOCES on Middle Settlement Rd)

Registration Fee: \$25 per person

To Register: Scan the QR code (RunSignup)

Visit us on Facebook: Grateful for Graham 5K Run and Walk

Printing Donated by PJ Green, Inc. Utica, NY



SIGN UP TODAY

UR Student Scholarships

The deadline to apply is May 6, 2022

Incomplete submissions will not be considered.

Applicants are encouraged to complete the application online [using the Google form.](#)

However, the application can also be printed for submission [using this form.](#)

Each year, we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student-athletes in our community. We are pleased to announce that this tradition will continue in 2022 with the **Paul Ohlbaum and Howard Rubin Scholarships** to the outstanding male and female applicants.

For eligibility, process and more...

LEARN MORE



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

President's Picks

by Jim Mott

Runners:

Welcome to another edition of my President's Picks. I have two videos this month that feature ultrarunners pushing the limits of endurance and enjoying some beautiful courses.

The first video is called "**Chasing 400**" and it features ultrarunner Justin Kinner. Kinner attempts to do four 100 mile races across the country in 14 weeks. Kinner participates in The Grand Slam of ultrarunning, running in races that include the Western States 100 and the Leadville 100.

For me, I know that a 100 mile race is not a reality for me at this stage in my running life. I certainly know that doing four in 14 weeks is not an option. Therefore, it is enjoyable to be taken on the journey of someone who does. The video is about an hour long but I think it's well worth your time.

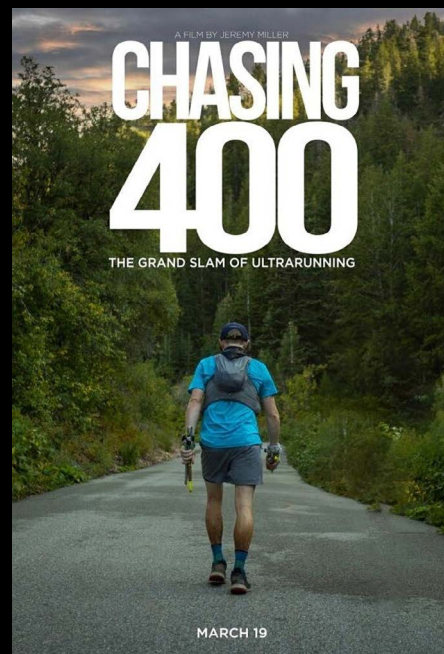
[WATCH NOW](#)

My second pick is from one of my favorites that I have included in this section many times. In this short video, **Billy Yang** takes us on a journey through his first ultramarathon in many months. The theme of this video is that while it is good to tell the stories of others, the real story is the one that you write for yourself. In my position as President, I have truly enjoyed directing and volunteering at races. I love to watch others accomplish things that they never thought they could. That being said, there will always be a part of me that wants to "scratch that itch" and get out there myself. I am not fast anymore but it still is a challenge to get out there and do my best.

[WATCH NOW](#)

As always, I look forward to hearing your thoughts or having you share some of your picks of books and videos that highlight and feature our running communities!

Jim



Member Accomplishments

Jen Bachelder ran the Yuengling Shamrock Marathon in Virginia Beach with a 3:37:41 PR!



Wayne Murphy ran the NYC Spring Half Marathon



Members Braved a Snowy Mad Mile



Melanie Crisino ran The Love Run Half in Philly



A great showing by Roadrunners at the Syracuse Half!



UR Boilermaker Training Program

Saturday Mornings at 7:30am



UTICA ROADRUNNERS

Our Boilermaker Training Program is back!!



- Reasons to join us:
- Train with a group
- Certified Coaches
- Support & Motivation
- Make new friends
- Run the Nation's best 15k
- Sense of Accomplishment
- Have FUN!!

Train with us to run your first 15k, 5k or a personal best!

Join us :
Accelerate Sports Complex

You can still join the group!
This is FREE to all our members!

REGISTER NOW

Kick Off Event for Five After Five

KICK-OFF EVENT

Friday, May 6, 2022

We will kick off Five After Five this year at Saranac Brewery! Come on down to pick up your swag (which again includes a great sombrero!) and even go for your first run! Once you're done, stop in and have a nice cold beverage of your choice and they will be serving until 7 pm!



Run Against Racism Goes Live!

UR RUN
UTICA ROADRUNNERS
AGAINST RACISM

**3 MILE
CORNHILL RUN
2022**

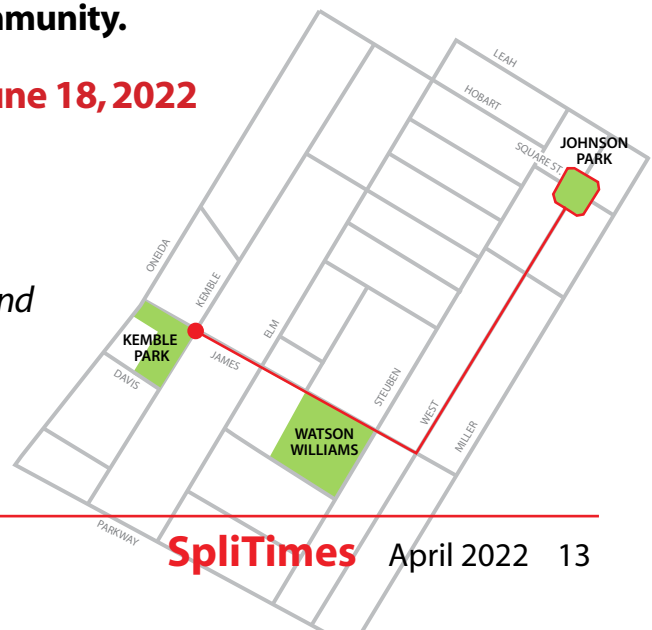
**KEMBLE PARK >
JOHNSON PARK**

SAVE THE DATE

After two years of holding a virtual Run Against Racism, we are going LIVE with a run/walk from Kemble Park to Johnson Park, celebrating the Cornhill Community.

Saturday, June 18, 2022
Juneteenth
Weekend
9am start

*Registration and
more details
coming soon!*



Member Spotlight



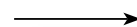
A LIFE CHANGING JOURNEY

MEET MYRON THURSTON III

If Myron were to meet up with his 2015 self now, he wouldn't believe all of the things he has accomplished - at the time, they would have seemed completely outside the realm of possibility for him. "It's like I'm living a whole different life now". From 320 pounds to 225, from zero relationship with running to 29 half marathons, this is his story.

Myron grew up in Vernon Center on a dairy farm and now resides in Sherrill. He went to college at SUNY Empire State and has an MBA in non profit management. Currently, he is a Food Supply Chain Marketing Specialist at Cornell Cooperative Extension of Oneida County. There, he helps get more Upstate NY food (particularly from the Mohawk Valley) into the New York City food system and also helps both food banks and farmers have realistic expectations of what they can sell and at what price point. The position is a perfect fit for him, as he spends half his time here talking with farmers and half his time in New York City, which he knows well having worked in Manhattan in the past. Myron and his wife Brandy have an 11 year old son, Myron Benjamin and an almost 7 year old daughter Madelynn.

When he was younger, Myron played hockey and football, but later in his high school career he "just kinda hung out." He transformed from a "total nerd and jock with straight A's to a hippie with long hair who traveled with Phish and made hemp necklaces." In the late 90s, he worked in investment banking in Florida, making good money and having lots of fun.



Member Spotlight (Cont.)

Fast forward to his late 20s and most of his 30s and he was smoking a pack of cigarettes a day and had zero interest in physical activity. He was working in fundraising (he is a Certified Fundraising Executive) and in late 2015, was 320 pounds and got winded just going up stairs. He got a new job at Morrisville State College and when he went to try on his suits, only one fit for the interview. He had a month to lose some weight in between getting the job and actually starting, so he joined Planet Fitness to see if he could even exercise. He got on the elliptical machine and it started blaring sounds after five minutes because his heart rate was so high. It was at that point that Myron thought, "I can't be like this. This is ridiculous."

He had zero history with running, but he started spending an hour a day at the gym three to four times a week - it sucked and it hurt, but he could see the weight coming off. He kept working the treadmill and elliptical and one day a coworker who went to the same gym saw him about to give up at $\frac{3}{4}$ miles. Franci Valenzano claimed "it only hurts for a minute!" and that day he did three miles. He still blames her (lovingly!) for jump starting his running career.



Brandy talked him into doing a local 5K and he indeed ran it, loved it and felt so accomplished. He threw in some 10ks that year, too, and then in March 2017 he ran the Syracuse Half Marathon. At the finish he thought "Man! This is the greatest thing EVER!" He has gone on to do 29 half marathons total. In 2018 he ran the Chicago marathon and although he said he'd never do another one, he will be running the Marine Corps Marathon this fall. On his 40th birthday, he ran the Dunkin Half in Syracuse while he was in the midst of training for Chicago, and at peak performance he PRed at 1:50:31. The NYC full is on his bucket list as well, and he's entered the lottery for it. His ultimate favorite race though is the Boilermaker, which is like a religious holiday for him complete with the very best crowd support AND popsicles!

Myron also started doing sprint triathlons in 2019 and will be tackling his first Olympic Tri at Delta Lake this summer. He ran Peak to Brew in 2018. He completed his first 1,000 year in 2017 and has hit that milestone for five consecutive years.

He was working in the Utica area and he knew Utica Roadrunners were behind all the races he was interested in, but didn't know anyone in the club. He joined and ended up making a ton of friends, as well as finding some

Member Spotlight (Cont.)



crossovers he knew from his professional life, including John Gilligan, who he didn't know was a runner!

You may see Myron running quite often with an American flag. When he was working with Clear Path for Veterans, a group came from Team RWB to talk with them and he learned about their efforts. His sister-in-law is an Air Force veteran who served in Afghanistan. He saw how difficult it was for her to deal with the aftermath of being deployed to a battle zone. He is very dedicated to Veteran mental health and supporting the sacrifices they have made.

He has taken part in the New York State Run for the Fallen - a run from Syracuse's Veterans' Cemetery to Gold Star Memorial in Albany. Lasting about three days, 40-50 people take turns carrying the flag, drawing awareness to Veteran's issues. Runners stop every 3-5 miles and names are read off of those who were killed in action. It is truly running with a purpose.

Myron runs almost 100% as a lone wolf, but his dog and daughter are becoming great training partners on shorter runs. He likes to train by himself, but loves the social impact of races and club activities. So many professional relationships he has forged over the years don't overlap with personal aspects in your life. Running is the opposite – you tend to start a personal relationship and sometimes don't learn what they do for a living for a while (or until they're featured in SpliTimes!)

His secret to avoid injuries is having a good chiropractor and massage therapy, both of which he has been going to for years, twice a month at least. He firmly believes he wouldn't be able to function without them. He also highly recommends strength work to new runners, especially glutes and hips to be able to keep up with the longer miles.

He was his heaviest and most unhealthy in 2015 with terrible sleep apnea, uncontrolled high blood pressure and pre-diabetes. Now Myron is fit, healthy and knows that "the best is yet to come." We can't wait to see what's next! ■

2022 UR Award Winners



SHARON SCALA
Robert H. "Coach" Carlson
Distinguished Service



JENNIFER STEFKA
Volunteer of the Year Award



FX MATT BREWERY
Distinguished Supporter Award



JENNIFER BACHELDER
Inspiration Award



MELISSA BARLETT
President's Award



ANDREW RUBINO
President's Award



PAUL OHLBAUM
Hall of Fame Award



ASHLEY MANCINI
Frank D'Allesandro Training -
Volunteer of the Year



DOROTHY MASSINGER
The Grit Award

2022 UR Award Winners



DANIELLE BLISS

Roadrunner of the Year – Open Female

CHRIS EDICK

Roadrunner of the Year – Open Male

SUE LULEY

Roadrunner of the Year –
Grandmaster Female

DAVE PUTNEY

Roadrunner of the Year –
Grandmaster Male

LAURA GEORGE

Most Improved Female

TRAVIS BELANGER

Most Improved Male



Congratulations to our 2022 Red Jacket Recipients!



Introducing our newest
1,000 Mile Red Jacket recipients!

Above, left to right:
REBECCA LAPORTE
JAMI LYGA

DANI BLISS
ROCCO FERNALD
who was awarded
our Extra Mile Jacket

Insert:
JESSICA AREVALO

Not pictured:
ROSS BERNSTON

"We Don't Talk About Running"

Ashley Mancini and **Melissa Barlett** made a parody of "We Don't Talk About Bruno" called "We Don't Talk About Running" for Boilermaker Training Program warm-ups. If you didn't hear it at the banquet, here are the lyrics and a recording!

LISTEN NOW

We don't talk about running, no, no, no!
We don't talk about running ... but

It was a racing day, (It was a racing day)
We were getting ready, and there wasn't a cloud in the sky (No clouds allowed in the sky)
Haters walk in with a mischievous grin (Thunder!)
You telling this story, or am I? (I'm sorry, mi amiga, go on)
Someone said, "It looks like rain" (Why did they say that?)
In doing so, I feel the pain (Better get the umbrellas)
Running in a hurricane (We still ran it all, but anyway)

We don't talk about running, no, no, no!
We don't talk about running

Hey! Try not to live in fear of tripping on or stumbling
You can always make your way by sprinting it or lumbering
I associate it with the sound of pounding feet
It's a tough course with a hill so humbling
Always leaving folks with their energy crumbling
Grappling with distance and gains and oh, that heat
It's so so hot!

New running shoes, don't forget a snack
Once it calls your name, it all fades to tarmac
Yeah, you see your dreams, but did not expect the screams

We don't talk about running, no, no,
We don't talk about running

They told me my legs would die, the next day dead!
They told me I'd wake up early, and just like they said
They said that all my cash would disappear, now look at my wallet
Your fate is sealed when you pound that tread!

They told me that the race of my dreams would be promised and someday be mine
They told me my endurance would grow, and I'd get over that finish line

Our Boilermaker's on its way!

They told me that the run of my dreams would be just out of reach, too hard on my
muscles

It's like I feel it now (Hey friend, I want not a sound out of you)
It's like I feel it now, I feel it now

Um, running
Yeah, about that Running....
I really need to know about running
Gimme the truth and the whole truth, Running

Hey road runners, your race is here! Time to hydrate!
[Various voices repeating earlier parts]

Don't talk about running, no (Why did I talk about running?)
Not a word about running (I never should've brought up running!)

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.

The Standings



4/3/22	FORT TO FORT 10K
4/16/22	SAVE OUR SWITCHBACKS 7.5K
5/15/22	ERIE CANAL 1/2 MARATHON
6/19/22	SUMMER SIZZLE 5 MILE
7/10/22	BOILERMAKER 15K
7/30/22	HONOR AMERICA DAYS
TBA	WOODSMEN'S 10K
8/21/22	TUNNEL TO TOWERS 5K
9/25/22	FALLING LEAVES 14K
10/16/22	DEERFIELD SKELETON RUN 5K

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, 2022, 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 3/12/22

30-34		55-59	
John Webb	12	David Putney	12
		Eric Kasper	10
35-39		John Gilligan	8
Christopher Edick	12	Jeff George	7
Michael Hoover	10	Peter Angelini	6
Nick Grimmer	8	60-64	
Alejandro Gonzalez	7	Dan Stedman	12
40-44		Gary Burak	10
Josh Belisle	12	70+	
Tom Joslin	10	Bill Luley	12
Zachary Wasielewski	8		
Joe Mashaw	7		
Steve Fairbrother	6		
Ryan Orilio	5		
45-49			
John Vergis	12		
50-54			
Joey Santini	12		

Women's Standings

As of 3/12/22

30-34		50-54	
Stephanie Bergstrom	12	Kathy Garbooshian	12
Amy Vormbrock	10	55-59	
Amanda McElroy	8	Carolyn Humphrey	12
35-39		Debra Pasch	10
Fallon Russo	12	Felicia Burak	8
Michelle Grimmer	10	60-64	
Sarah Gaasch	8	Laura George	12
Brittany Ritzel	7	Sharon Scala	10
Katt Santini	6	Linda Salerno	8
40-44		65-69	
Jerilyn Mashaw	12	Susan Luley	12
Jennifer Stefka	10	Debbie Brockway	10
Melissa Barlett	8	70+	
Bobbi Cookinham	7	Carolyn Mohr	12
45-49		Dorothy Massinger	10
Denise Thompson	12		
Robin Demarco	10		
Sarah Vergis	8		
Melanie Crisino	7		

2022 CNY Running Clubs Cup



**HELP US TO
WIN THE CUP
THIS YEAR!**

The CNY Cup is a friendly competition between the local running clubs. Participating Clubs are the Utica Roadrunners, Kuyahoora Kickers, Mohawk Valley Hill Striders, Rock City Runners, Roman Runners, and Toe Path Trekkers.

In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the five other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. The Cup is open to all of our members. The best five results by each club's members in a race will be compared to the other clubs and points awarded on a descending basis, with six points to the best, five to second, and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year.

In 2021, for the first time ever, the Cup was won by the Roman Runners with the Utica Roadrunners finishing second.

The 2022 Schedule

Fort to Fort 10K - April 3 • Towpath Trail Run 10K - May 7
Patriot's Run 10K - June 12 • Little Falls Freedom Run 10K - August 13
Woodsmen's 10K - August 19 • Falling Leaves 14K - September 25

(obviously everything is subject to change and additional races may be added)

What do you need to do? To be eligible to represent the club, you have to be a member by April 1st and you have to tell Tim Kane (trkane59@gmail.com) that you are representing URR. The reason we need to do this is that there are some people who belong to multiple clubs. It is also helpful to put your name on the sign-in board that is at each race.

2022 UR Races



**JUNE 19TH,
UTICA NEW YORK**

2022

Summer SIZZLE 5
MILE ROAD RACE

UR

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



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 UR member Dorothy Massinger, 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
Grateful for Graham 5K
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)

☐ May 2022

☐ June 2022

☐ July 2022

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

☐ Yes ☐ No

Total included: \$ _____