

# splitimes

August 2022

The Official Newsletter of the Utica Roadrunners



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Join Us On  
Sunday,  
August 21

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## Upcoming Runs

Trenton Fish & Game Club 5 Mile Trail Run .....	9
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August  
**2022**  
Utica Roadrunners  
Board of Directors



**President** Jim Mott

**Vice President**

**Administration & Finance**

Sharon Scala

**Activities and Events**

Andrew Rubino

**Secretary** Melissa Barlett

**Board Members**

Rebecca Aceto	Rick Gloo
Jen Bachelder	Alejandro Gonzalez
Dani Bliss	Jenn Stefka
Julie Buehner	Phil Trzcinski

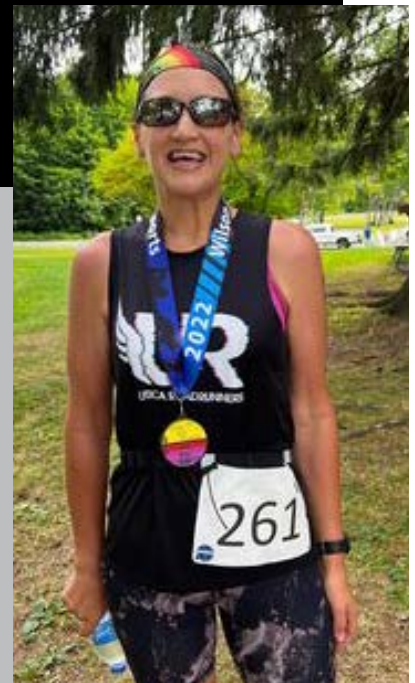
**Advertising**

If you would like to advertise in Splitimes, please contact: Michelle Truett email: [michelle@484design.com](mailto: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](mailto:michelle@484design.com)

**CONGRATULATIONS!**



**Anne Marie Latshaw** (left)  
finished her first triathlon since 2017  
and **Grace Saxe** (right) completed  
her **FIRST** triathlon ever  
at Lake Delta in July



**Useful Links:**

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



## President's Message

by Jim Mott



# “There are no failures, only quitters.”

- RUSSELL SIMMONS

Runners:

It is August and for many of us that means another Boilermaker in the books! I cannot tell you the satisfaction I felt being back out there for a true July Boilermaker with no restrictions. The excitement of being at the starting line and seeing so many familiar faces. The thrill of being on the course and seeing the spectators is like nothing else. I had former soccer players playing in bands at mile 3 and with Showtime at the finish party at Saranac. It was my 30th Boilermaker 15k since 1992. Ask Pete Angelini about the meaning of streaks and showing up even when it is hard. One of the greatest moments for me was getting to see Kathrine Switzer and her husband at the finish. After reintroducing myself to her, she asked me to take a picture of them.

During the pandemic and the fight to stay normal, our club found many ways to make it feel like things were somewhat normal. Our virtual events and speaker series offered many exciting things for our members to look forward to. One of those special things was an evening with Kathrine herself which I had the honor to moderate. People could attend virtually from their homes or a select few had the chance to be a part of the event as it happened from the Sneaker Store in New Hartford (By the way, did you hear they are moving soon?!) Kathrine spoke to us from her home in New Zealand and she was joined by her husband later on by our request. If you don't know Kathrine's story, look it up. Quite simply, she is arguably the most important woman to ever lace up a pair of running shoes. She ran the Boston Marathon when women were not allowed. She had every reason to not start or to quit-but she never did. The picture with this message is one of my greatest treasures now.

That brings me back to the event itself and what it means to me and the symbol it has taken in my life. I pride myself on finishing everything I start. I pride myself in making things better than how I found them. Through my years as a coach, teacher, and now President of this club-I have seen character reveal itself. Character always reveals itself. I have had the honor to work with so many great people by joining this club. Some of the stories of inspiration have truly given a new meaning to the sport of running for me. Our Board of Directors over the years have done great things and brought our club to new heights. We not only survived the pandemic we thrived and got better. Through it all, it can't be easy and we are stronger through the adversity we face.

As I was told as a young man, “Winners never quit and quitters never win.” I am not a guy for cliches but that one has always stuck with me. Whether it



## President's Message (cont.)

has been surviving a marathon, fighting through pain, or finishing a job that needed to be done-I don't quit. Once you quit something-it makes it easier to quit the next thing that gets a little tough. In my time I have seen people that quit races or quit a responsibility that was accepted or they were elected for. No legacy speaks stronger to me than that of a quitter. Kathrine Switzer is the antithesis of a quitter. She is the epitome of what is good about our sport and what it means to be a champion. When you're going through Hell, keep going. It's really the only choice.

So with that said, congratulations to all of you who participated in the 5k and 15k. Thank you to all the volunteers and the spectators and event coordinators that made the day so special. We are so lucky to have this race in our hometown. Other events also filled the calendar throughout the month as our Boilermaker Training Program concluded and our Development Runs led by Ashley Mancini continue to thrive. Thank you again to Dorothy Massinger for her commitment to the BTP this year.

Looking ahead we have a lot in store. August means the Second Annual Tunnel to Towers! There is still time to register for this great event we support. Thank you to Phil Trzcinski and Alex Gonzalez for all they do to make this event happen. Tunnel to Towers in Utica, NY happens on Sunday, August 21. Also in August we are supporting a new trail run that is led by my good friend Rob Kapfer. This run will be held at the Trenton Fish and Game Club with a mission to help raise awareness about Autism. The run is five miles and takes place on August 14th.

September means our Falling Leaves 5k and 14k. The race registration right now is over 400! Race Director Mike Brych has done such a great job at making this historic run what it is today! For those of you who signed up for the bundle, your shirts will be available at FL packet pick-up. Let's not forget another big race held the week before. Connor's Way is a tough five mile race that is put on by good friend, UR member, and volunteer Don Lynskey. Don has made this event one of the best and most meaningful races in our area! The race is Sunday, September 18th.

In October we have our final race which is the Skeleton Run 5k. Registration opens soon and the shirt is boss! As always, we will have Happy Hours and other functions going on for the remaining months of 2022.

We all appreciate your support and I truly look forward to seeing you out on the roads! – Jim



**We have partnered with Utica Coffee Roasting Company again this year and our Let us Do Good blend is back. We have a limited number available for purchase - \$12 per bag. If you're interested you can contact us through our Facebook. They will also be sold at the Utica Road-runner's Development runs as well as at packet pickup on August 20th at the Sneaker Store. Grab a bag and help us "Do Good." Countdown till the race is ON!**

# Development Runs Go Until Sept. 21!

6:30pm hard start time  
2 mile, 5k & 10k distances  
Free to all our members  
\$2 for non-members

Waivers will be required once at the start of the season.  
Water stops located at the 10k/5k split and  
new this year at the entrance to the Switchbacks.  
CPR certified individuals will be stationed at each water stop.

We wouldn't be able to have these runs without our volunteers. If you are interested in volunteering at the Development Runs, or at any of our club events, please [fill out this form](#) and someone will contact you to let you know how you can help.

## Limited Edition UR Hat



### Show your team spirit and UR Pride! Available NOW!

Limited Edition and Limited Quantity –  
our new UR hat is sure to sell out fast.  
These are lightweight, wicking and PERFECT for running.

\$20 each - [available through Sharon Scala](#)  
Cash, Check or Venmo @UticaRoadrunners-Inc

Special thanks to Sharon Infusino Scala  
for the idea and USA Racing for the design.



# Standings as of 7/30/22

Includes Boilermaker and Honor America Days

## UPCOMING RACES

8/19/22	Woodsmen's 10K
8/21/22	Tunnel to Towers 5K
9/25/22	Falling Leaves 14K
10/16/22	Deerfield Skeleton Run 5K

## Men's Standings

<b>15-19</b>	
Alejandro Roberts	24
Kole Owens	10
Andres Roberts	8
Alex Bauer	7
<b>20-24</b>	
Ian Kurzrock	24
Ethan Burrows	10
Robby Bauer	8
<b>25-29</b>	
Mason Hedeon	29
Ryan Fitzgerald	28
Stephen Paddock	12
Kyle Fresne	10
Devin Kilpatrick	8
John Evans	7
<b>30-34</b>	
James Kuny	56
David Argoff	22
John Webb	18
Matthew Krush	15
Steven Howe	14
Travis Belanger	12
Christopher Okonkwo	10
William Dowling	8
Mark Galliher	6
<b>35-39</b>	
Christopher Edick	64
Ryan Stevener	36
Michael Hoover	32
Nick Grimmer	32
Alex Gonzalez	23
Cole Perkins	22
Michael Daly	20
Ryan Toner	11
Andrew Rubino	11
Jonathan Mizgala	5
Travis Richards	3
Gregory Clark	3
<b>40-44</b>	
Tom Joslin	56
Josh Belisle	36
Joe Mashaw	30
Ryan Maine	28
Steve Fairbrother	27
Noah Lange	27
Robert Kapfer	25
Zachary Wasielewski	22
Colin Quinn	8
Myron Thurston III	7
Ryan Orilio	7
Travis Olivera	4
Michael Desjardins	3
Alexander White	0
John Sloan	0
Ross Edkins	0
Scott Thompson	0

<b>45-49</b>	
Lee Sampson	35
Phil Trzcinski	24
Mahesh Padmanabhan	22
John Vergis	21
James Peters	20
Hisham Zoghby	18
Jim Latshaw	18
Brian Connery	10
John Backman	7
John Misiaszek	6
<b>50-54</b>	
Robert Bauer	40
Matthew Moore	34
Joey Santini	33
Kevin Tracy	25
Michael Flack	12
Al Schnier	10
Ralph Scanio	10
John Draper	8
Rob Trotta	5
Scott Daskiewicz	3
Glen Andrew Roberts	2
<b>55-59</b>	
Eric Kasper	66
Paul Humphrey	56
David Putney	48
John Gilligan	46
Jeff George	28
Rich Crandall	14
Peter Angelini	12
John Seigle	11
Thomas Durso II	10
Scott Shatraw	7
Michael Hartnett	7
Gordie Felt	6
Steve Lachacz	4
Jim Mott	1
<b>60-64</b>	
Gary Burak	58
David Pesesky	52
Bill Kosina	25
Joe Campbell	23
Dan Stedman	18
Tim Kane	12
Steve Tibbits	12
Robert Longo	12
Tom McGlynn	10
Leroy Hodge	4
George Baron	2
Harry Bascom	1
<b>65-69</b>	
Gene Allen	36
James Siepiola	10
<b>70+</b>	
Bill Luley	44
Mark Desjardins	12
John Murphy	12
Timothy Leonard	10

## Women's Standings

<b>10-14</b>	
Emma Szarek	12
Mia Mattia	12
<b>15-19</b>	
Kate Bauer	24
Abigail Draper	10
Paige Novak	8
<b>20-24</b>	
Brooke Newton	24
Justine Draper	12
<b>25-29</b>	
Rebecca LaPorte	34
Shelby Paddock	12
Kristin Pratt	8
Tesia Galliher	7
Nicole Bonvicino	6
<b>30-34</b>	
Amanda McElroy	58
Heather Monroe	38
Sarah Harrison	36
Gwen Murphy	23
Amy Vormbrock	16
Stephanie Bergstrom	12
Yuliya Karpov	11
Dina White	10
<b>35-39</b>	
Laura Fischer	28
Michelle Grimmer	28
Brittany Ritzel	25
Fallon Russo	24
Ashley Pace	23
Ashley Mancini	12
Morgan Belisle	10
Sarah Gaasch	8
Ashley Law	8
Amanda Mondrick-	
Robertello	8
Erin Brown	7
Katt Santini	6
Nicole Hoover	5
Dana Porter	0
<b>40-44</b>	
Danielle Bliss	60
Jessica Arevalo	37
Melissa Barlett	30
Jerilyn Mashaw	29
Cheryl Burmaster	26
Jennifer Stefka	18
Losay Jones	14
Andrea Carney	14
Kerry Van Vechten	10
Karen Randall	10
Bobbi Cookinham	9
Elizabeth Moore	8
Agnieszka Kwiatkowska	7
Melissa Perritano	6
Michelle Rosinski	5
Monique Ludwig	3
Sheri Perry	3
Margaret Hammell	3
Amy Edkins	0

<b>45-49</b>	
Allison Miller	44
Denise Thompson	39
Jennifer Toti	24
Jennifer Bachelder	24
Sarah Vergis	18
Robin Demarco	10
Melanie Francis	8
Melanie Crisino	7
Tiffany Brown	7
Christine McGlynn	7
Catherine Berryman	4
Erin Ulrich	3
Michelle Truett	1
<b>50-54</b>	
Kathy Garbooshian	68
Jeannine Macera	56
Missy Scanlon	32
Mary Bennett	14
Rachelle Gagnon	8
Cassie Winter	7
Lindi Quackenbush	7
Karen Scanio	7
Lauren Mattia	7
Karen Piccola	7
Melissa Williams	6
Stephanie Flack	6
Kathleen Novak	6
Donna Morreall	4
Marylisa Nolan	3
<b>55-59</b>	
Ingrid Otto	24
Beth Talbot	22
Lisa Seigle	15
Carolyn Humphrey	12
Debra Pasch	10
Sharon Wise	10
Felicia Burak	8
Jo Ann Hayward	8
Michelle Brundage	6
<b>60-64</b>	
Laura George	58
Sharon Scala	32
Sue Tucker	30
Elizabeth Miller	18
Linda Salerno	18
Lorrie Tibbits	12
Linda Hudyncia	12
Jean Kosina	8
Joan Kane	7
April Kilpatrick	6
Carol Wojdyla	3
<b>65-69</b>	
Susan Luley	70
Virginia Truax	22
Diane Van Pelt	16
Debbie Brockway	10
Mary Pustay	10
Katheryn Doran	7
Diane Philo	6
<b>70+</b>	
Carolyn Mohr	22
Dorothy Massinger	18
Wendy Kent	12



RUN WALK **HONOR** ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



# TUNNEL TO TOWERS 5K RUN & WALK UTICA

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



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**STAY INFORMED!**

   #T2TRUN

**SUNDAY  
AUG 21, 2022 8AM**

**UTICA 9/11 MEMORIAL  
SHERMAN DRIVE & THE PARKWAY  
UTICA, NY 13501**

**REGISTER NOW**



# Open Board Positions

## Want to Join the UR Board?

Every year, 6 of the 12 seats on our Board of Directors are up for election. Maybe YOU would be interested in joining the board this year! Board Members elected in November this year will serve a 2-year term beginning at the end of the December 2022 Board Meeting. Here is some of what UR Board Members do:

- Attend meetings on the second Monday of each month
- Determine club policies and procedures
- Review club finances and approve purchases for the club
- Aid in making sure our races and events are supported
- Discuss ways to improve the club and support members

If you are interested in running for a board seat, email a short bio to Jenn Stefka at [jennifer.melinda@hotmail.com](mailto:jennifer.melinda@hotmail.com) **no later than October 20th**. For more information about the board, you can ask any current board member and [see the club bylaws on our website](#).



THE  
SNEAKER STORE

WE'RE  
MOVING  
IN AUGUST

24 Genesee Street,  
New Hartford Village

315-736-9237  
[WWW.THE-SNEAKER-STORE.COM](http://WWW.THE-SNEAKER-STORE.COM)



Hey UR!!!!  
We can't wait to  
welcome you to our  
new home! Come visit  
us in our new location  
and take advantage of  
your 10% OFF club  
discount!



# Upcoming Races to Support



The club is supporting this great 5 mile trail run, put on by the Trenton Fish & Game Club.

All money raised will be donated to The Kelberman Center. The race will donate money to the overall male and female race winners' charity of choice. The course is run on the non-technical ATV trails that wind through the pines and open hardwoods of the Trenton Fish and Game Club.

**REGISTER NOW**



**Connor's Way 5 Mile Memorial Run/Walk**  
**In-Person Event ~ September 18, 2022**  
**Virtual Event ~ September 11-18, 2022**

**5 Mile Challenging Run/Walk through the Scenic Hinckley State Forest**

**REGISTER NOW**

# 2022 CNY Running Clubs Cup

## HELP US TO WIN BACK THE CUP THIS YEAR!



CNY  
RUNNING CLUBS CUP

2022



Roadrunners at the Sundae Run

### URR Results from the Patriot Run on June 12

Eric Kasper	19:40	77.97
Tom Joslin	18:38	75.31
Susan Luley.	27:52	73.68
Kathy Garbooshian	22:35	73.14
Chris Edick	19:23	69.73

**TOTAL 369.83**

### Overall Standings

Roman Runners	26 Points
Kuyahoora Kickers	23 Points
Utica Roadrunners	20 Points
MV Hill Striders	12 Points
Toe Path Trekkers	12 Points
Syracuse Track Club	8 Points
Rock City Runners	7 Points

The Utica Roadrunners had a solid showing in the Richfield Springs Sundae Run held on July 17th.

Additional participants from the club were:

Joe Mashaw, Joan Kane, Sharon Scala, Bill Luley, Travis Belanger, Jen Stefka, Bobbi Jo Cookinham & James Kuny in 10K

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

### The 2022 Remaining Schedule

**Little Falls Freedom Run 10K - August 13**

**Woodsmen's 10K - August 19 • Falling Leaves 14K - September 25**

**What do you need to do?** To be eligible to represent the club, you have had to be a member by April 1st and you have to tell Tim Kane ([trkane59@gmail.com](mailto: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.



# President's Picks



Hello Runners:

I am back stepping in for Pete Angelini's Pete's Picks for this month. Pete has really done a wonderful job and the inspiration that is out there is certainly worth sharing! I have three things to share with you this month. One which is a documentary that is yet to be released but the trailer looks amazing!

## THE HUMAN RACE

First up as I just celebrated yet another birthday, this documentary features the legendary Kathrine Switzer as she keeps inspiring even at the age of 75. Here she is part of a study of six athletes ages 50-90 that attempt to run the race of their lives. For those of you in the upper age brackets, this documentary is for you! Watch it free on Amazon Prime! The message – you're never too old to start!

[WATCH THE TRAILER](#)

## SKID ROW MARATHON

Next is a great documentary I watched years ago. It is about a Los Angeles Judge who decides to use his passion for running as a way of rehabilitation and giving addicts and criminals on Skid Row a second

chance at life. Through running these people that are left to live on Skid Row are taught the value of discipline and realizing that we are all capable of great things. Check this one out as well on Amazon Prime for free!

[WATCH THE TRAILER](#)

[VISIT THE WEBSITE](#)

## JUST. ONE. MILE

Lastly, there's a documentary that will be released soon. It features the man that truly feels he cannot die-Chadd Wright. Wright is a former Navy Seal and the race is a one mile loop with 340 feet of elevation gain every mile. You have 20 minutes to complete each mile – one second more and you are out! The race continues until there is only one man standing. The race takes place just outside of Franklin, Tennessee.

[WATCH THE TRAILER](#)

[WANT TO SIGN UP?](#)

It is right before the Summer Sizzle in 2023! Last year's winner did 256 laps-yes, you read that correctly! I can't wait to watch this one!

That's all for this month! Pete will be back next month for Pete's Picks!

– Jim

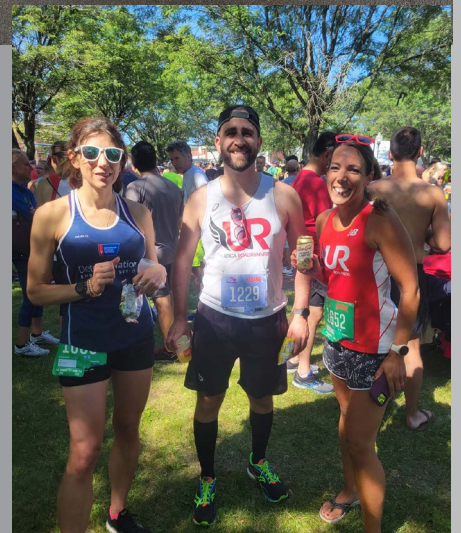


# Boilermaker 2022





# Boilermaker 2022



Are you out there doing awesome stuff? Running races? Placing in your age group?  
Let us know by sending info and photos to [michelle@484design.com](mailto:michelle@484design.com)



# Boilermaker 2022







American  
Red Cross



*Join Camp Do Good*

**DONATE BLOOD. HELP SAVE LIVES.**

## **Utica Roadrunners Blood Drive Accelerate Sports**

5241 Judd Road, Whitesboro, NY 13492  
Sports Court

**Tuesday, August 9, 2022  
1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS or go to [www.redcrossblood.org](http://www.redcrossblood.org) and use sponsor code - UticaRR - to schedule your appointment!

Ask about Power Red Cells if you are O-, O+, A- or B-



Book a donation appointment at the Utica Roadrunner summer blood drive on **Tuesday, August 9 from 1-6pm** and help keep the blood supply stable this summer. All who come to give will receive a \$5 gift card by e-mail to a merchant of choice!

**Schedule your appointment: [www.redcrossblood.org](http://www.redcrossblood.org)  
Sponsor code: UticaRR**

1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

© 2022 The American National Red Cross | 376802-01 CW

# 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**  
**Summer Sizzle 5-Miler**  
**Falling Leaves 5K and 14K**  
**Skeleton Run**

Plus we added the Run Against Racism,  
Grateful for Graham 5K and the Tunnel to Towers 5K,

## 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](mailto:michelle@484design.com) to reserve your space today or fill out information below and mail this form to us. Ads can be submitted to Michelle as PDFs or JPEGs (no Word or Publisher docs please!) and all ads are in full color.

**Payment:** Mail to: Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504. Ads will not run without payment.



Race name: \_\_\_\_\_

Contact name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Month(s) you would like your ad to run (\$25 per month)

☐ September 2022

☐ October 2022

☐ November 2022

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

☐ Yes ☐ No

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