

splitimes

September 2022

The Official Newsletter of the Utica Roadrunners



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One ONE Race Left!



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September
2022
Utica Roadrunners
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Administration & Finance

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Advertising

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](#)

CONGRATULATIONS!



Karen Piccola completed the
Landis Arboretum 5K
and highly recommends it!

President's Message

by Jim Mott

"Be humble enough to accept the process."

- RAFAEL NADAL

Runners:

Welcome to the unofficial start of fall! With schools getting back in session and kids getting back to college, I can smell the pumpkin spice in the air! As a teacher and coach nearing the end of my career, I am trying to soak it all in. I just took my youngest away to college in Maine and of course checked out the fall running schedule near her.

Races have certainly made a comeback since COVID and it was a wonderful August for the Utica Roadrunners and events we support!

The month started with a cool new trail race that was created by my good friend Rob Kapfer at the Trenton Fish and Game Club. I have known Rob since he was a little kid and watching his passion for the sport and for creating races is wonderful to see. The run was a double loop trail run that covered about five miles. Some of our members went out to support the run and a good time was had by all. I am sure Rob will continue to build this race as it benefits autism awareness with proceeds going to the Kelberman Center.

The end of the month featured the second running of the Utica Tunnel to Towers 5k. I can't say enough about the pride and sense of community this event has created in such a short amount of time. The work of Phil Trzcinski and Alejandro Gonzalez has made this event one of the feature events now in the Northeast. Phil and Alex were inspired by the Tunnel to Towers event held in New York City that attracts tens of thousands of runners every September in New York City. Tunnel to Towers sponsors events all across the country and in only two years, our event has become one of their most successful events. I have volunteered the past two years at the finish line and to see all the pieces come together before the event is something magical. That can only come with the planning and efforts of all the volunteers. Watching the runners come through to the finish is beyond emotional. The tears of joy and accomplishment is what running truly can provide. As Mayor Rob Palmieri came through the finish chute with his group, he pulled me aside and told me how wonderful the event was. His hope is to grow the event and make it bigger and better every year which I am confident we will, Utica and the Mohawk Valley is a very special place. We embrace and support great causes and people. Thank you to all who participated. Also, if you are so inclined like our own Pete Angelini, sign up for the Tunnel to Towers event this year in New York City! [Go here to sign up!](#)



President's Message (cont.)

As I mentioned, we have hit the fall season and that means our Falling Leaves 5k and 14k. With over 500 people signed up, it will prove to be a great day. The run is directed by Mike Brych and he has done such a wonderful job in directing this traditional race that is now in its 48th year – **there is still time to sign up!**

For those who have signed up through the four, five or six pack bundle, your special shirt or hoodie will be available at the new Sneaker Store (have I mentioned they moved to a new location?!). The store looks great - stop by and check it out and all the great deals you get as a member!

September is also the month of Connor's Way. The challenging 5 mile race has truly grown into a special event. Don Lynskey and his family have put so much into it. I am truly looking forward to being a part of it. Don is one of our greatest supporters and volunteers and **I encourage you to sign up** if you haven't already. The swag is sweet and comes from our good friends at USA Racing!

Fall is such a great time of year in the Mohawk Valley. Enjoy the races and our final Development Runs this month. Get out there and enjoy the weather as Old Man Winter is waiting to make an appearance sooner than later. Good luck to all of you as many of you are training for other big events! 2022 has been a great year for running. Stay healthy and I will be looking for you out on those roads!

Jim



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

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.

Our Remaining 2022 UR Races

Sunday, September 25, 2022



REGISTER NOW

Sunday, October 16, 2022



REGISTER NOW

Standings as of 8/21/22



Men's Standings

15-19		Cole Perkins	27	John Vergis	29	Scott Shatraw	7
Alejandro Roberts	36	Michael Daly	24	Phil Trzcinski	24	Steve Lachacz	4
Andres Roberts	18	Alex Gonzalez	23	Mahesh Padmanabhan	22	Rick Thompson	4
Kole Owens	10	Andrew Rubino	18	James Peters	20	Donald Lynskey	3
Alex Bauer	7	Ryan Toner	11	Hisham Zoghby	18	Jim Mott	1
20-24		Jonathan Mizgala	8	Nate Getman	12	60-64	
Ian Kurzrock	24	David Saxe	6	Brian Connery	10	Gary Burak	60
Ethan Burrows	10	Travis Richards	3	John Backman	7	David Pesesky	52
Robby Bauer	8	Gregory Clark	3	John Misiaszek	6	Dan Stedman	30
25-29		40-44		50-54		Bill Kosina	25
Mason Hedeon	29	Tom Joslin	68	Robert Bauer	52	Joe Campbell	23
Ryan Fitzgerald	28	Josh Belisle	46	Matthew Moore	44	Tim Kane	12
Stephen Paddock	12	Ryan Maine	36	Joey Santini	43	Steve Tibbits	12
Kyle Fresne	10	Steve Fairbrother	34	Kevin Tracy	25	Robert Longo	12
Devin Kilpatrick	8	Joe Mashaw	30	John Draper	16	Tom McGlynn	10
John Evans	7	Noah Lange	27	Michael Flack	12	Christopher Devins	8
30-34		Robert Kapfer	25	Ross Berntson	12	Leroy Hodge	4
James Kuny	56	Zachary Wasielewski	22	Al Schnier	10	George Baron	2
Travis Belanger	24	Ryan Orilio	12	Ralph Scanio	10	Harry Bascom	1
David Argoff	22	Colin Quinn	8	Scott Daskiewicz	10	65-69	
John Webb	18	Myron Thurston III	7	Glen Andrew Roberts	8	Gene Allen	46
Matthew Krush	15	Rocco Fernald	6	Rob Trotta	5	Gary LaShure	12
Steven Howe	14	Travis Olivera	4	55-59		James Siepiola	10
Christopher Okonkwo	10	Dan Aubert	4	Eric Kasper	66	70+	
William Dowling	8	Michael Desjardins	3	David Putney	60	Bill Luley	66
Mark Galliher	6	Ross Edkins	3	Paul Humphrey	56	Tom Bick	24
35-39		Alexander White	0	Jeff George	38	John Murphy	12
Christopher Edick	66	John Sloan	0	Rich Crandall	22	Mark Desjardins	10
Nick Grimmer	44	Scott Thompson	0	Gordie Felt	18	Timothy Leonard	10
Michael Hoover	40	45-49		Peter Angelini	17		
Ryan Stevener	36	Lee Sampson	45	Thomas Durso II	17		
		Jim Latshaw	37	Michael Hartnett	13		
				John Seigle	11		

UPCOMING RACES

9/25/22 – Falling Leaves 14K

10/16/22 – Deerfield Skeleton Run 5K

Standings as of 8/21/22



Women's Standings

10-14		Erin Brown	14	Sarah Vergis	28	Sharon Wise	10
Mia Mattia	24	Ashley Mancini	12	Jennifer Toti	24	Michelle Brundage	6
Emma Szarek	12	Katt Santini	12	Jennifer Bachelder	24	Lisa Walchusky	5
15-19		Grace Saxe	12	Robin Demarco	10	60-64	
Kate Bauer	24	Morgan Belisle	10	Melanie Francis	8	Laura George	70
Abigail Draper	10	Sarah Gaasch	8	Sally Huyck	8	Sharon Scala	42
Paige Novak	8	Ashley Law	8	Melanie Crisino	7	Sue Tucker	30
20-24		Nicole Hoover	5	Tiffany Brown	7	Linda Salerno	26
Brooke Newton	24	Casey Freed	5	Christine McGlynn	7	Elizabeth Miller	18
Justine Draper	12	Dana Porter	0	Catherine Berryman	4	Jean Kosina	15
25-29		40-44		Erin Ulrich	3	Lorrie Tibbits	12
Rebecca LaPorte	34	Danielle Bliss	72	Michelle Truett	1	Linda Hudyncia	12
Shelby Paddock	12	Jessica Arevalo	49	50-54		Joan Kane	7
Kristin Pratt	8	Melissa Barlett	38	Kathy Garbooshian	70	April Kilpatrick	6
Tesia Galliher	7	Jerilyn Mashaw	29	Jeannine Macera	68	Aimme Devins	6
Nicole Bonvicino	6	Cheryl Burmaster	26	Missy Scanlon	32	Carol Wojdyla	3
30-34		Jennifer Stefka	18	Lauren Mattia	17	65-69	
Amanda McElroy	58	Losay Jones	18	Mary Bennett	14	Susan Luley	72
Sarah Harrison	46	Elizabeth Moore	16	Karen Piccola	13	Virginia Truax	32
Heather Monroe	38	Andrea Carney	14	Kathleen Novak	13	Debbie Brockway	18
Stephanie Bergstrom	24	Bobbi Cookinham	12	Rachelle Gagnon	8	Diane Van Pelt	16
Gwen Murphy	23	Kerry Van Vechten	10	Cassie Winter	7	Mary Pustay	10
Yuliya Karpov	19	Karen Randall	10	Lindi Quackenbush	7	Katheryn Doran	7
Amy Vormbrock	16	Sara Niccoli	10	Karen Scanio	7	Karla Owens	7
Dina White	10	Anne Marie Latshaw	10	Melissa Williams	6	Diane Philo	6
Abbie Sutliff	6	Sheri Perry	9	Stephanie Flack	6	Sharon Stedman	6
35-39		Monique Ludwig	8	Donna Morreall	4	Joanne Campbell	5
Fallon Russo	34	Agnieszka Kwiatkowska	7	Marylisa Nolan	3	70+	
Laura Fischer	28	Jami Lyga	7	55-59		Carolyn Mohr	34
Michelle Grimmer	28	Melissa Perritano	6	Beth Talbot	34	Dorothy Massinger	28
Brittany Ritzel	25	Michelle Rosinski	5	Ingrid Otto	24	Wendy Kent	12
Ashley Pace	23	Margaret Hammell	3	Carolyn Humphrey	22		
Amanda Mondrick-Robertello	16	Amy Edkins	0	Debra Pasch	17		
45-49		45-49		Jo Ann Hayward	16		
Denise Thompson	51	Denise Thompson	51	Lisa Seigle	15		
Allison Miller	44	Allison Miller	44	Felicia Burak	14		

UPCOMING RACES

9/25/22 – Falling Leaves 14K

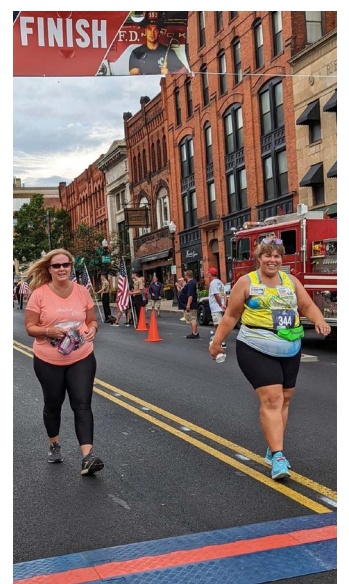
10/16/22 – Deerfield Skeleton Run 5K

TUNNEL TO TOWERS 5K RUN & WALK UTICA



TUNNEL TO TOWERS

5K RUN & WALK UTICA



Upcoming Run



JOIN US !

THE BURN RUN

Supporting The Burn Foundation of Central NY

NOVEMBER 6, 2022

5K, 10K, KIDS RUN

East Syracuse Fire Department #2

Visit TheBurnRun.org
For More Info or Scan
to Register Now!



Open Board Positions

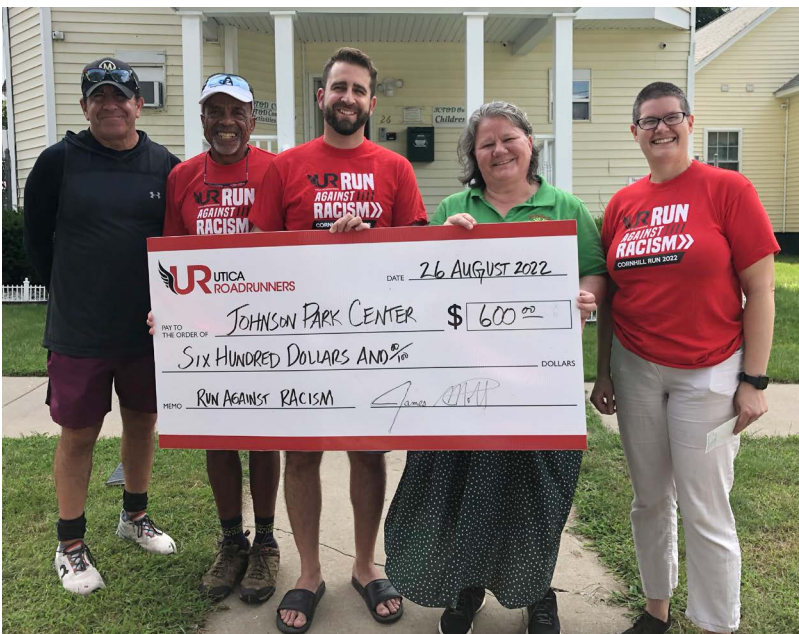
Want to Join the UR Board?

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 **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](#).

Run Against Racism Benefits Johnson Park Center



Members of the Run Against Racism Planning Committee met up with Rev. Ursula Meier of Johnson Park Center to present a check for \$600 to help their youth summer programming.

The live run was held on Juneteenth weekend and was a double out-and-back from Kemble Park to Johnson Park, following a fast and flat route through Utica's Cornhill neighborhood.

Johnson Park provides emergency and supportive housing for women, children, and families, as well as a range of community-based support services in the areas of nutrition, recreation, mentoring, and advocacy. [LEARN MORE](#)

Rev. Meier shared that they just supplied over 3,000 youth with backpacks and school supplies to get them ready for the school year!

2022 CNY Running Clubs Cup



IT'S DOWN TO ONE RACE!

The 5th CNY Cup Race happened in Little Falls on August 13th. URR was represented in the 10K by Sue Tucker & James Kuny. Steph Bergstrom and Vinny Saporito participated in the 2 mile.

7 Utica Roadrunners headed north to participate in the the 6th race in the competition - the 30th Woodsmen Field Days 10K.

Results are to the right and also representing were

Bill Luley and James Latshaw

URR Scored 341.97 to finish 3rd behind

Kickers (366.01) & the Roman Runners (359.73)

With one race to go the Kickers & Roman Runners are tied with 37 points. URR is a solid 3rd with 29.

For this year's race-by-race results and overall standings,

[click here](#)

The championship will be decided on the streets of Utica on September 25th!

URR Results from the Woodsmen's 10K

Susan Luley	0:57:57	76.36
Kathy Garbooshian	0:50:51	67.39
Dani Bliss	0:47:52	67.17
Rob Bauer	0:45:08	66.58
Sara Niccoli	0:49:52	64.47
TOTAL		341.97

Overall Standings

Roman Runners	37 Points
Kuyahoora Kickers	37 Points
Utica Roadrunners	29 Points
Toe Path Trekkers	16 Points
MV Hill Striders	15 Points
Rock City Runners	13 Points
Syracuse Track Club	8 Points

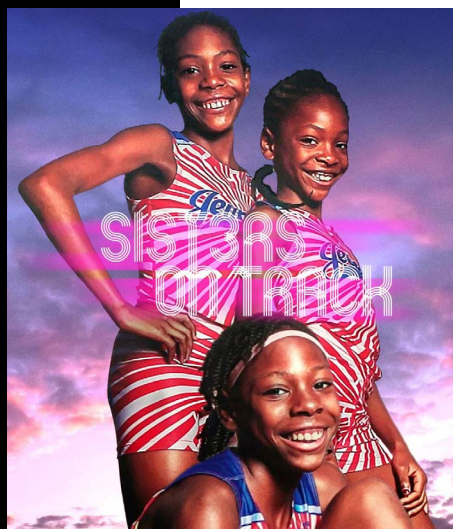
The CNY Cup is a friendly competition between the local running clubs. Participating Clubs are the Utica Roadrunners, Kuyahoora Kickers, Mohawk Valley Hill Striders, Rock City Runners, Roman Runners, and Toe Path Trekkers.

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

ONE Remaining Race for 2022!

Falling Leaves 14K - September 25

Pete's Picks



Welcome back to Pete's Picks. This month we are going to explore a 2021 Netflix original documentary called *Sisters on Track*. This story follows the humble beginnings of three young girls from Brooklyn, New York into the world of Track and Field. Our three protagonists, Tai, Rainn, and Brooke Sheppard are being raised by their single mother in the city. Their story picks up in 2016. The family lost their housing, and they were forced to live in a homeless shelter. While such a blow could have been the end to this family, these are not your average girls. Each one is a phenomenal runner. In 2016, the girls were part of the Jeunesse track club, and were preparing for the Junior Olympics. *Sports Illustrated* learned of them, and put them on the cover, naming them sports kids of the year. This further caught the attention of famed actor and comedian Tyler Perry, who generously offered to secure the family an apartment, for which he also paid two years rent in advance.

The film chronicles how the girls balanced training with the pressures of school, and of course growing up. One of their most ardent supporters is their coach, Jean Bell. Coach Bell is a powerful motivator and teacher. Coach Bell is an

unpaid coach, with a passion for empowering young girls. Her goal is to help her athletes get into college, as she knows that education is the key to their future success. And running is the pathway! Coach Bell is such a strong figure that it is readily apparent that she could have her own documentary.

The movie does a wonderful job of showing how these young girls mature over time to become young women and great athletes. This is in no small part due to the influence and tutelage of Coach Bell. Although the film ends before the girls reach college age, it seems obvious that they are destined to do just that, to succeed at the highest levels of scholastic and possibly Olympic competition.

If there was ever a story that brought forth the idea of true grit, it is this one. The Sheppard girls went from being homeless and living in a shelter to running in the top Track and Field meets for their age groups in the country. They just needed a little support, love, and guidance. They have proved to us once again that anything is possible.

Please check out this heartwarming and inspiring story on Netflix. I promise you will enjoy it!

Member Accomplishment

Utica Roadrunners Jim Mott, Anne Marie Latshaw, Andrew Rubino, Jessica Arevalo and Easton Latshaw (front) at the Trenton Trail Run for Autism. They ran in support of Easton, who is on the Autism Spectrum. All proceeds from the run went to the Kelberman Center.



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 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)

- ☐ October 2022
- ☐ November 2022
- ☐ December 2022

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

☐ Yes ☐ No

Total included: \$ _____