

# splitimes

June 2022

The Official Newsletter of the Utica Roadrunners



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June  
2022  
Utica Roadrunners  
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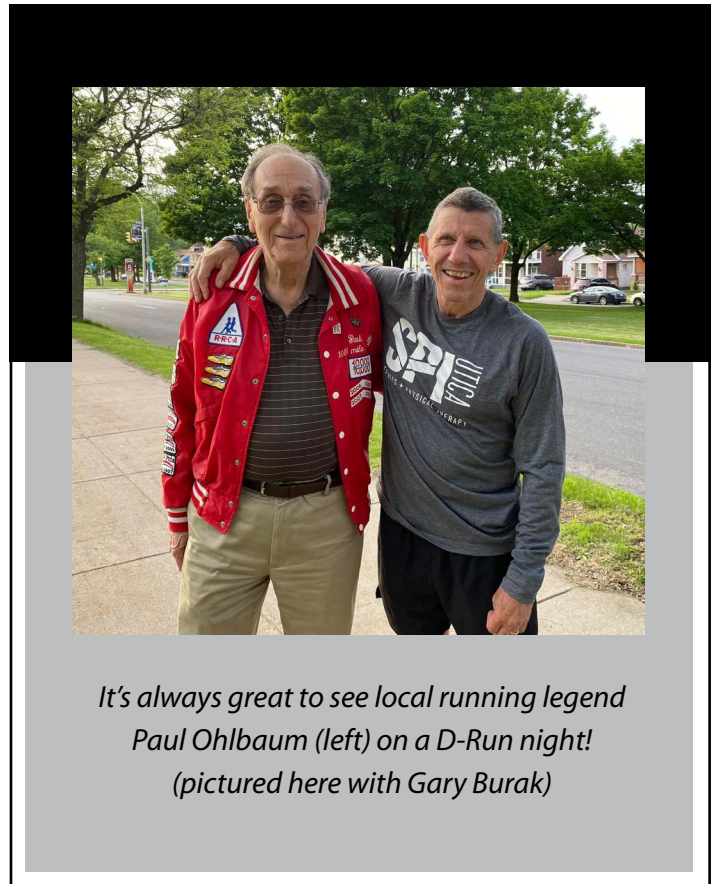
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All payment, copy, advertisements and race applications  
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Editor: Michelle Truett • michelle@484design.com



*It's always great to see local running legend  
Paul Ohlbaum (left) on a D-Run night!  
(pictured here with Gary Burak)*



**Useful Links:**

[Utica Roadrunners](#)

[Facebook Page](#)

[Club Handbook](#)



# President's Message

by Jim Mott

**“ When the student is ready  
the teacher will appear.  
When the student is truly ready,  
the teacher will disappear.”**

- LAO TZU

Runners:

We have finally hit Summer and the end of another school year!

The year of 2022 has been flying by and June is going to be a very busy month to say the least! Before I talk about the month ahead let me first say thank you to all who participated in the **Third Annual FIVE After FIVE Challenge!** A very special thank you to the Fiesta Crew that was led by Jen Bachelder. The challenges kept everyone inspired and the Strava and Facebook pages certainly kept everyone accountable! The event was launched on Friday, May 6th at the Saranac Brewery and it also served as our club Happy Hour for the month. On top of the daily challenge to do a 5k or 5 miles, we had three members take on the Badass Challenge! Jeri and Joe Mashaw started things off by shotgunning a beer and then proceeded to run 5 miles every 5 hours for 55 hours! They ended the event just like they started-you guessed it-by shotgunning a beer. Rebecca LaPorte took on the challenge at the end of the event and did a 5k every 5 hours for 55 hours! We have special Badass shirts being made for them that will be available soon! As for the rest of the prizes and swag, participants can pick up their stuff this Saturday, June 4th from 12-2 pm as we will be at Saranac again. People that did not get their Scavenger Hunt swag can also get their things on this day.

As we head into June, things start off on June 9th at Central Valley Academy with my marathon. The **16th Annual Mott Marathon** takes place on its traditional Thursday afternoon as this year it is being called Miles for Mental Wellness. My school is making an entire day of it with a guest speaker and special sessions throughout the school day. Each school in the district has something special going on that will lead up to the marathon. We have 31 seniors signed up and over 50 people signed up to be a part of the relay or try the entire distance on their own. We have three teams from UR that will participate in the relay. If you are interested please let me know as soon as possible at [jmott@cvalleycsd.org](mailto:jmott@cvalleycsd.org). The marathon begins at 3 pm and will likely go into the morning hours of the next day.

June is also time for our **Third Annual Run Against Racism** and the 34th Annual **Summer Sizzle Road Race** at Proctor Park. The Run Against Racism started as a virtual run in 2020 and has since evolved into a live event that will celebrate the Cornhill community and run from Kemble Park to Johnson Park. The event is free and the first 100 participants get a free shirt. Hurry though as shirts are going fast! Special thanks to Michelle Truett and the entire DEI Committee for their work with this event. The Summer Sizzle was our first race to go live in 2021 and we did it without social distancing or making masks a requirement. This year will be better than ever as we

—————→

## President's Message (cont.)

again have great swag from our friends at USA Racing. We are partnering again with the good people from the Masonic Care Community. They have opened up their campus for the race and a special packet pick-up on Thursday, June 16th from 3-6 pm at their Horticulture Building. We are helping the Feed Our Vets program so bring your non-perishables and donate to help those in need! We also have a packet pick-up available at The Sneaker Store on Friday, June 17th from 11 am to 4 pm. The Sizzle is a Grand Prix event and a good opportunity to get some points!

Many of you are preparing for the Boilermaker and we have certainly helped our members get prepared. With our **Boilermaker Training Program** under the leadership of Dororthy Massinger and the coaching of Tim and Joan Kane, runners have been building up their miles to get ready for the big day! To also help with the hills and heat on race day, many have been taking advantage of our **Development Runs** on Wednesdays led by director Ashley Mancini and her great group of volunteers!

Lastly, I want to give a special shout out to SpliTimes editor Michelle Truett. It was so good to sit down and chat with her last week. It was an honor to be chosen to be profiled this month. The questions and conversation really made me think about my running career and the importance that being a part of this club has had in my life. I am thankful for the opportunities to grow and meet such great people like Michelle. Our newsletter is the best and she is the reason for it.

I'm looking forward to seeing you on the roads and at our many events!

Jim

## Quick Links to Register for our 2022 Races

June 18



[REGISTER](#)



June 19

[REGISTER](#)



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

*Individual race registration will open soon*



# Development Runs Are Underway!

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.

## Scavenger Hunt Supports The Abraham House



Scavenger Hunt Race Director Rebecca Aceto (right) and Roadrunner Rocco Fernalld (left) met up with Kim Todd and Gina Ciaccia from The Abraham House to present a check for \$950.

The Abraham House is a local non-profit that cares for terminally ill patients.

## Upcoming Race

# UR RUN UTICA ROADRUNNERS OUR 3RD ANNUAL AGAINST RACISM THIS YEAR, IT'S A LIVE EVENT IN CORNHILL!

3 MILE FUN WALK/  
RUN FROM  
KEMBLE PARK TO  
JOHNSON PARK

Thank you to our sponsors: **Bank of Utica** **ican** The Topi Group **BAIRD** Private Wealth Management

## Saturday, June 18, 2022

9am start - all ages are welcome! • Kids ¼ mile run at 8:30am  
You must register online to participate - first 100 guaranteed a shirt!

**REGISTER NOW**

**FREE to participate, donations raised will benefit Johnson Park Center's Youth Summer Activities**

After two years holding a virtual run, we are going LIVE with a run/walk to celebrate the Cornhill Community and promote unity. Relationship building, openness and appreciation of the communities around us can lead to understanding and help combat racism.

**Bring family, friends and colleagues and let's spend the morning together!**

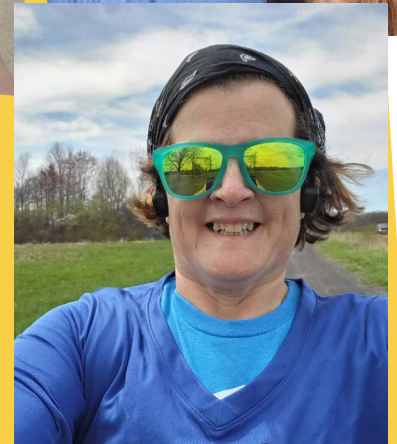
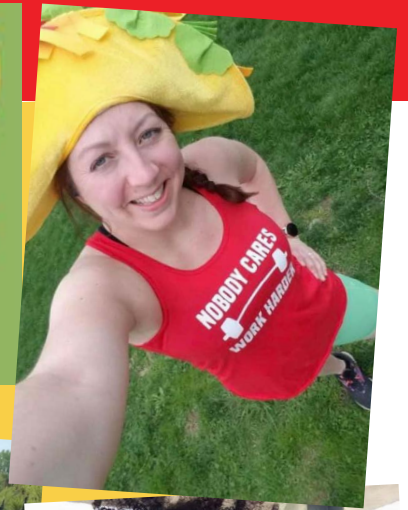
**Parking:** utilize street parking around start line and use the lot on Oneida St. near Mosaic Health. Parkway Rec Center lot may also be used (3 block walk from start line).

(One loop = 1.5 miles, two loops = 3 miles)  
Race is not timed, but prizes for 1st, 2nd and 3rd male and female will be awarded.



**Kids run** starts at Steuben and James Streets for those 5-11 years old. Check in at Kemble Park and volunteers will walk kids to start line. Parents can run with kids.







# Sign Up Now for June 19th

A promotional graphic for the Summer Sizzle 5 Mile Road Race 2022. The top section features a blue and white checkered pattern with the text "JUNE 19TH, UTICA NEW YORK" and "2022". Below this is a large, stylized sun logo with "Summer SIZZLE 5" and "MILE ROAD RACE" written on it. To the right of the logo is a yellow and white athletic tank top with the event name, a pair of yellow sunglasses, and a yellow headband. In the background, a woman is running. The bottom section is a yellow banner with text and a red "SIGN UP TODAY" button.

**JUNE 19TH,  
UTICA NEW YORK**

**2022**

**Summer SIZZLE 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

## UR June Social Events

### Club Happy Hour



**Friday, June 3 • 5-7pm**  
**Bagg's Square**  
**Brewing Company**  
**330 Main Street, Utica**

*(right across from the train station)*

### Disc Golf vs. Roman Runners



**Friday, June 17 • 6pm**  
**Copper City Brewing**  
**Company, Rome**

Meet at Copper City at 6pm - Disc Golf at 6:30.  
Beverages to follow at Copper City.

# Mott Marathon

*Join us!*



**Thursday, June 9, 2022**

**The 16th Annual Mott Marathon Challenge returns  
at Central Valley Academy**

**A true marathon!**

**105 laps (26.2 miles) around the school track**

***The event is being called Miles for Mental Health and we are remembering  
and celebrating the life of CVA student Christopher Newtown.***

The district is making the event district-wide as the school will be bringing in guest speakers, The United Way and many other important community groups.

Although it is for CVA seniors only, alumni, faculty, and community members are encouraged to complete the whole distance or form a relay team.

As always, the invitation is extended to all Utica Roadrunners members. They can try to run the whole distance or form their own team that can be from 2-6 people. There is no registration fee but donations are strongly encouraged. Shirts and other swag will be available and each participant will get a wonderful medal that is pictured here. There is also a registration/waiver needed.



**For more information contact Jim Mott at [jmott@cvalleycsd.org](mailto:jmott@cvalleycsd.org)**

# Grand Prix Standings

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.

6/19/22 Summer Sizzle 5 Mile  
7/10/22 Boilermaker 15K  
7/30/22 Honor America Days  
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 as of 5/15/22

<b>15-19</b>		Mahesh Padmanabham	12
Alejandro Roberts	12	Brian Connery	10
		Hisham Zoghby	8
<b>20-24</b>		Jim Latshaw	7
Mason Hedeon	12	<b>50-54</b>	
Ryan Fitzgerald	12	Robert Bauer	24
<b>30-34</b>		Joey Santini	19
James Kuny	32	Matthew Moore	12
David Argoff	22	Al Schnier	10
John Webb	18	Ralph Scanio	10
Matthew Krush	10	Kevin Tracy	8
Steven Howe	7	<b>55-59</b>	
<b>35-39</b>		Eric Kasper	40
Christopher Edick	34	David Putney	36
Michael Hoover	22	John Gilligan	30
Ryan Stevener	22	Paul Humphrey	28
Cole Perkins	16	Jeff George	18
Alex Gonzalez	14	Peter Angelini	12
Michael Daly	10	Rich Crandall	11
Nick Grimmer	8	Thomas Durso II	8
Ryan Toner	6	John Seigle	6
Jonathan Mizgala	5	Steve Lachacz	4
<b>40-44</b>		<b>60-64</b>	
Josh Belisle	24	Gary Burak	35
Steve Fairbrother	22	David Pesesky	30
Robert Kapfer	18	Dan Stedman	12
Noah Lange	12	Tim Kane	12
Tom Joslin	10	Steve Tibbits	12
Ryan Maine	10	Bill Kosina	10
Zachary Wasielewski	8	Joe Campbell	8
Myron Thurston III	7	Tom McGlynn	7
Joe Mashaw	7	<b>65-69</b>	
Ryan Orilio	5	Gene Allen	12
<b>45-49</b>		<b>70+</b>	
Lee Sampson	22	Bill Luley	24
John Vergis	12		
James Peters	12		

## Women's Standings as of 5/15/22

<b>20-24</b>		<b>45-49</b>	
Brooke Newton	12	Denise Thompson	24
		Allison Miller	22
<b>25-29</b>		Jennifer Toti	18
Rebecca Laporte	12	Jennifer Bachelder	12
<b>30-34</b>		Robin Demarco	10
Amanda McElroy	34	Sarah Vergis	8
Sarah Harrison	24	Melanie Crisino	7
Heather Monroe	20	Tiffany Brown	7
Gwen Murphy	16	<b>50-54</b>	
Stephanie Bergstrom	12	Kathy Garbooshian	48
Amy Vormbrock	10	Jeannine Macera	20
Yuliya Karpov	6	Missy Scanlon	8
<b>35-39</b>		Rachelle Gagnon	8
Laura Fischer	24	Cassie Winter	7
Brittany Ritzel	15	Mary Bennett	7
Fallon Russo	12	Karen Piccola	6
Michelle Grimmer	10	<b>55-59</b>	
Ashley Pace	10	Carolyn Humphrey	12
Sarah Gaasch	8	Beth Talbot	12
Ashley Law	7	Debra Pasch	10
Katt Santini	6	Felicia Burak	8
<b>40-44</b>		<b>60-64</b>	
Melissa Barlett	24	Laura George	36
Danielle Bliss	24	Sue Tucker	22
Jessica Arevalo	22	Sharon Scala	10
Jennifer Stefka	14	Linda Salerno	8
Jerilyn Mashaw	12	<b>65-69</b>	
Losay Jones	10	Susan Luley	36
Cheryl Burmaster	10	Debbie Brockway	10
Bobbi Cookinham	7	Mary Pustay	10
Agnieszka Kwiatkowska	7	<b>70+</b>	
Kerry Van Vechten	6	Carolyn Mohr	12
Michelle Rosinski	5	Dorothy Massinger	10
Monique Ludwig	3		
Sheri Perry	2		



# President's Picks

by Jim Mott

## Runners:

I am excited to share that my President's Picks feature will now be done by one of our most inspirational members, Pete Angelini. Since May of 2021, I have shared some books, documentaries, and movies that I have found motivating and inspiring. Pete recently posted on social media about a documentary he watched and I asked him if he would be interested in taking over this feature.



Pete is on a current running streak of 155 days as of the writing of this message. He is at least covering a mile a day each and every day. He posts every day on Facebook and is a true inspiration. Running streaks take a life of their own. The Raven (Robert Kraft) from Miami Florida has been running eight miles every day on the same course which is Miami Beach. He runs the exact same time of the day as well every day and he has a cult following, How long you ask? Since 1975. Yes that's right 46 plus years of showing up every day-over 134,000 miles, Our own Sharon Scala has a streak of 812 straight days of doing at least one mile that started with the Covid 19 outbreak in March of 2020. She has battled through sickness and is still going! Do any of you have similar streaks? We would love to hear about them!

[Here is the link to the trailer on the Raven](#) and [a link to his website!](#)

So my last official pick will be a movie I just watched called **"Tyson's Run"**. If you are looking for a film that features great acting with an unpredictable plot – this movie is not for you. If you are looking for a movie to inspire you as a runner and a person – this movie IS for you. "Tyson's Run" is about a 15 year old boy that suffers from autism and he is homeschooled by his mother. His father is a successful high school football coach with his priorities not in the right order. Tyson is looking to connect with his father by attending his school. As he attempts to help out the football team he comes across a runner on the track. The runner is a former world class marathoner that owns a local running store. He helps Tyson find his passion, which is running. The movie spoke to me on many levels – as an only child, a father, a coach and certainly a runner. **Check it out if you get a chance.**



# Pete's Pick: *Limitless: A Man's 300 Mile Run To Prove Anything Is Possible*



Hello, and welcome to Pete's Picks, my periodic foray into the world of inspirational movies, books, and stories of all kinds which demonstrate the indomitable human spirit and will. My hope is to bring to your attention these wonderful stories and that the lessons therein will motivate and inspire you to be the best you can be, in running and in life.

So let's jump right in with my first selection, a movie I found by accident on YouTube while I was searching for something else, called **Limitless: A Man's 300 Mile Run To Prove Anything Is Possible**. Finding this amazing story by accident was perhaps one of the best "mistakes" I ever made. I have not been able to stop thinking about its core message since the day I first saw it, and it has gotten me through several hard training runs since.

Limitless is a documentary about two brothers from Visalia, California: Justin Levine, a gym owner, and Josh Levine, a filmmaker. As a gym owner, Justin was certainly no stranger to fitness and running. He is an accomplished athlete and he has worked with clients daily to help enable them to be the best they can be.

After completing an Iron Man, Justin began thinking about how people often set artificial mental limits on what they think they can accomplish, notwithstanding the depths of human will power that do exist that have driven others to accomplish incredible things, such as Dean Karnazes who ran across America and also ran 50 marathons in 50 days in 50 states. Then, while out on a run, Justin was struck by a powerful idea (this happens to me all the time) to show people that with the right support and planning, ANYTHING is possible. His idea was to run 300 miles from Visalia to Santa Monica, in 100 hours!! That is the equivalent

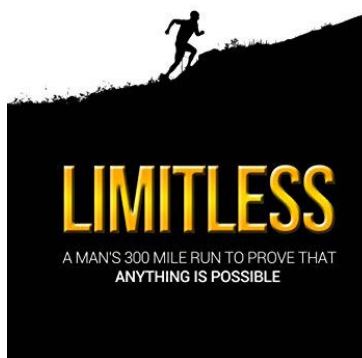
of running 11 consecutive marathons, in 4 days. Simply an astounding idea. And his brother Josh would film the entire journey.

Hence, the Limitless project was born. Limitless means without end, limit, or boundary. This is certainly an apt definition for the mindset needed to complete the task the Levines set for themselves and that is exactly how they approached it. Justin trained hard and he put together an excellent team of support people, including a great bike shepherd, several pace runners to accompany him, and Justin's wife who drove the support van and took care of him

during the whole event, all while five months pregnant (she might be the real hero of the story). It was a long and arduous journey, but it was ultimately successful.

The Levine family really proved to all who watched and listened that truly anything is possible, that you can get through anything, that there are NO LIMITS. They helped many, many people with their inspirational message, and they helped themselves as well.

JUSTIN LEVINE



The Limitless project mindset is a powerful one, indeed. The only limits to our accomplishments are those that we self-impose. Strip them away, and you can accomplish anything. Now that does not mean that everyone can or will even want to run 11 consecutive marathons. But when you set a goal that you really want to accomplish, know that with some support, training, and hard work, You Can Do Anything!

I hope you take some time to watch Limitless: A 300 Mile Run To Prove Anything Is Possible. It is free on YouTube. It could change your life. Be Limitless!



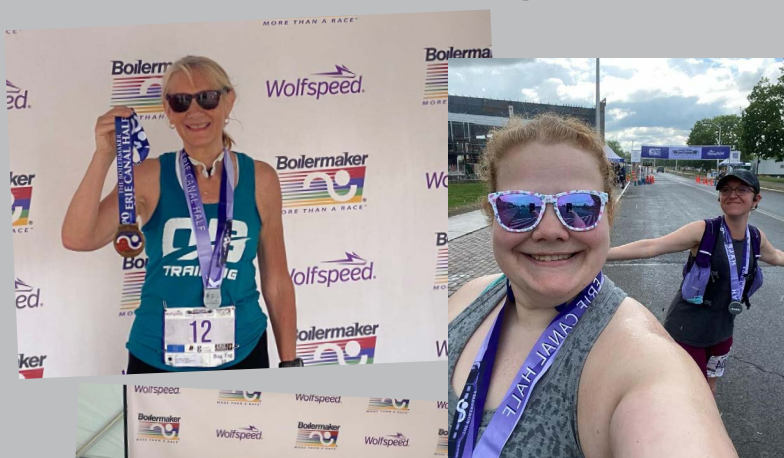
# Member Accomplishments



**UR representing at the  
East Herkimer Fire Dept. 5K**



**UR Winners at Ted Moore  
Top Overall Male: Christopher Edick  
Female 40-44: Melissa Barlett  
Male 50-54: Paul Humphrey  
Male: 55-59: Eric Kasper (not pictured)**



**Roadrunners  
had a great showing  
for the  
Erie Canal Races**



**UR Members tackled  
the Peak 2 Brew  
Finger Lakes Race**



**Great American Heart Run and Walk**



# 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!**

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

Routes are posted for  
each week on Facebook  
under People Who Run  
Fun (Utica Roadrunners  
Training Program) by  
Dorothy Massinger

**[REGISTER NOW](#)**

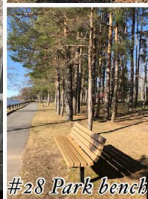


# UR Scavenger Hunt

105 took part in this year's Scavenger Hunt!  
Participants had fun and it was great  
to see kids participating with their parents!



88) garbage truck



65) Bug car (VW beetle)



#2 Deer



#15 Shovel



#11 Bucket



#17 Rainbow



100- selfie in a race shirt



42) Something that makes you smile  
Elephants are my favorite



96. Throwing away litter



21) Something that smells good



# Upcoming 5 Mile Trail Run



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\*\*](#)

## Club Social Outing

Despite an impending storm, runners headed out for a pre-grub run at the opening night of the What the Truck?! Food Truck Rally in Utica.







# UNFINISHED BUSINESS...

## MEET JIM MOTT

He's been a teacher, a coach and a runner for over three decades. For the past three years, he has also been the board president of our club and we thought it was time to put him in the hot seat and interview him for our Member Spotlight.

## Member Spotlight (Cont.)

### MEET JIM

Jim is originally from Chittenango and now lives in New Hartford. He has two children - Jamie (19) and Bailee (18). He is a 1987 graduate of Utica College where he majored in public relations and journalism and also played soccer and baseball. He was MVP of the soccer team for two years and team captain his senior year.

He decided his life's path was going to be in teaching when he got his first coaching gig in 1987. He went out for the JV soccer coach position at VVS and after the Athletic Director hired him, he surprisingly found out he was actually named the varsity soccer coach! He was only about three years older than his players, but that worked out great. It gave him a chance to keep playing and work closely with young people. After a while he thought, "I could get into doing this." In 1988, he decided to go into teaching.

### THE STUDENT BECOMES THE TEACHER

He went on to earn his teaching certificate at SUNY Oswego, his Masters at SUNY Albany and eventually his Administrative Degree at SUNY New Paltz. He was a vice principal for a bit at a middle and high school in Poughkeepsie but found he missed the classroom.

In the early 1990s, the Ilion School District was looking for a soccer coach and an English teacher and Jim said that combo was "fine by me!" He was with Ilion from 1992-1999, teaching all ages from seventh grade to seniors and he returned in 2002 to coach and teach through the merger. He currently teaches AP classes and a capstone project at Central Valley Academy which awards students 12 college credits and is the only school in a 150 mile radius to offer it. He is now in his 30th year of teaching and 34th year of coaching. He will be retiring from both next year.

### THE BEGINNING OF AN AMAZING RUNNING CAREER

Although he played soccer for many years and running comes hand-in-hand with that, he never ran just to run. The only race he did when he was younger was the President Baker's Run at Utica College when his soccer coach punished the team for having a bad game. It was about a three mile race and he was coming in dead last on purpose in protest. His coach noticed what was going on and said, "I'm really disappointed in you, Jim." That was just the spark he needed



2003 Boston Marathon



At the start of Delaware Marathon with Dean Karnazes



Finishing Delaware with Dean Karnazes



2002 Boston Marathon





With Eric Lachacz at 10th Anniversary of Mott Marathon -  
Eric was the student responsible for the start of the event



First Mott Marathon supported by the Utica Roadrunners

to move and he ended up finishing second in the entire race. At the finish he thought, "Hmmm... maybe there's something to this running thing."

After college, he didn't have any goals once soccer ended and with the decrease in activity, he gained a little weight and eventually came into running. Jim ran his first Boilermaker in 1992 and it was a shocking initial running experience – a guy who was running right next to him collapsed and died in the race. Also at that first race, he didn't know there was beer at the finish and he just got a popsicle and left. It did stir something in him, though. He wanted to improve his time and learned what he liked about distance running is the curiosity of seeing what you're capable of doing. Everyone can do a 15K, but everyone can't do a marathon and you can't do it *fast* unless you put in the training and have the discipline.

So it began. He qualified for his first Boston Marathon in Albany in 1994. He thought that was it, but then 1995 was the 100th anniversary and they invited everyone back to run. He has now finished 54 full marathons, well over 100 half marathons and completed 29 straight Boilermakers, a streak that ended just last year.

One year in a six month period, he ran four marathons and finished in 3:05, 3:05, 3:04 and his fastest at 3:03.

He has never tackled an ultra, but came close during a marathon that was happening during a hurricane. All of the signs got blown down and he ended up running an extra three miles, refusing to heed warnings that he was going the wrong way!

One of his favorite running moments was joining Dean Karnazes in a marathon in Delaware. Dean was doing his 50 states in 50 days. The race only accepted 50 people and it was on a weekday. Jim jumped in the car at 11pm at night after a soccer game, drove to Delaware and had JUST enough time to park the car and jump into the marathon. He stayed with Dean the whole time, talked about his life story and their respective running stories. Jim's goal that day was "to be in the damn picture" at the finish line with Dean!

### HOW THE MOTT MARATHON CAME TO BE

Jim has a sarcastic side to him and that's how he has always taught his students. One student in particular was breaking his chops after an "embarrassing" 3:45 Boston finish. This kid Eric started calling him "old man" and Jim proposed to him, "If you're such a know-it-all, YOU run one. Let's go out to the track." They picked a day when the Relay for Life was happening and Eric started running around the track with a goal of hitting 26.2 miles. His friends were throwing water balloons at him for \$1 apiece to raise money for the Relay. It got late and they turned the lights on at the track. The sports editor for the *Herkimer Telegram* at the time came up to see what was going on and he took a photo of Eric, who ended up running the marathon two hours slower than Jim's Boston time. \$53 was raised and Eric got his picture in the paper.

The next year, four senior boys wanted to do what Eric did the year before, and then participation doubled each year until it hit a high of 55 seniors. In total, 300 seniors have run the Mott Marathon, \$40,000 has been raised and numerous kids have tattooed his name on their body.



## THE ROAD TO BECOMING A ROADRUNNER

It's interesting how he came to be a part of the Utica Roadrunners. Jim is an only child and as a result fell into the habit of almost always flying solo on everything. When he got into running, it was no different and he had no interest in joining a group at first. Plus, he was hyper competitive and many times put blinders on, to the point where he'd have no memory of the city he was racing in. It was about speed and miles.

Jim Moragne is the key.

Moragne lived in Ilion and had joined a running club at the school that Jim started for teachers to train for their first 10K and even their first 2009 Marine Corps Marathon. Moragne joined the UR board and was able to secure money and kids shirts for the Mott Marathon. Grateful, Jim asked, "Is there a way I can repay UR?" to which Moragne replied, "Yeah - become a damn member!" So he did.

Jim won the 2015 UR Inspiration Award and once again, felt extremely grateful. This time when he asked Moragne if there was something he can do for UR, he hit him back with "Yeah - join the damn board!" So he did!

Shortly after, he ran into Sybil and Dennis Johnson having a beer and at the board next meeting found out he was the Summer Sizzle Race Director! The more time went on, he began to care more and more about the club and when the presidency became an open position, it was something he felt like he wanted to do to repay the club for all of the support. Little did he know he would be the "Covid president!"

Experience in leadership positions (coaching/teaching/administrative work) prepared him for transitioning into the presidency. Sybil was also a great mentor for him, helping him learn the ins and outs of the club organizationally, legally and historically.



Jim with fellow Roadrunners Rick Gloo, Jen Bachelder and Andrew Rubino at the 2021 Mott Marathon



Jim Moragne hot on his trail...

When Covid hit, he felt like there was something we needed to do for members and runners everywhere to keep a semblance of "normalcy" and keep people active and motivated as much as possible. The Scavenger Hunt and Five After Five were born from bouncing ideas around to keep the running club engaged. The Run Against Racism in 2020 was something he felt needed to happen as well.

Jim is grateful once again for having really great people to work with - board members, volunteers and members.

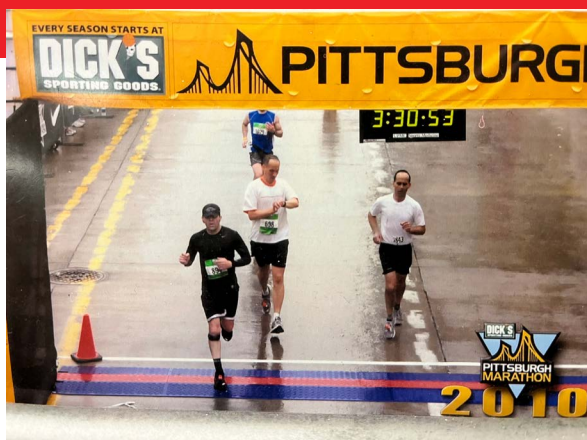
## INJURY LEADS TO A NEW PERSPECTIVE

Over about a 5 year stretch, Jim was running 5-6 marathons a year and he was beating his body up. He was told at age 40 he may not run again. He had a herniated disk and his sciatic nerve got caught in between his spine. They thought he was going to need pins and rods in his back, but very luckily, it released on its own and his spine fused together. He is now two inches shorter than he once was, but it did lead to a five year window in his 40s where he



With good friend and UR member Nick Netti

With good friends after finishing the Boston Marathon



Qualifying for final Boston Marathon in Pittsburgh needing to break 3:31 to qualify



Having the honor to run with running legend and fellow vegan Scott Jurek in New Jersey

was able to put up some pretty good marathon times. Now though, the cartilage in his knees are shot. His orthopedist claims it's "like a snow globe in there."

He tells a lot of runners that are out hammering the miles to "save yourself". If you want longevity, you have to take care of your body. It's a great feeling to be able to run that far and fast, but it takes a toll.

His running life now consists of doing races, but much, much slower. He's not a racer anymore, more just a participant, but still has marathon goals and he quotes Rocky saying "There's still some stuff in the basement."

He is also a more conscious runner now, and sees things from a different perspective. He enjoys it, takes in the scenery and even stops to take a photo here and there. Slowing down is a process that he's accepted. He listens and reads a lot of podcasts and books, learning from different runners' stories and it helps keep things in perspective. He continues to show up to connect with runners at all UR events and keeps events and races moving ahead with the club.

## THE NEXT CHAPTER

Over the years of being involved in the running world, he has developed great contacts and learned how things worked. He likes the process of race directing a lot. His

first time directing a race was an event many years ago in Camillus in honor of an uncle he was very close to who passed away from ALS. It was an event that was very personal to him, but which also sparked a love in event creation.

Jim has some ideas of races he'd like to create - he loves making things from scratch. "Knowing I'm responsible for people having a great experience - there's a lot to that."

If his body allows it to happen, he would like to get back on track with a goal he set years ago to run in all 50 states. He has 24 done along with Washington DC and some states he has raced in multiple times. In retirement, this is a goal he is looking forward to making more headway on.

He also has aspirations of writing again, maybe picking up a piece of fiction that he began back in the 1980s or brushing off a comic book he started about being a soccer coach.

He has one more year of teaching and one more year of coaching and then the world is waiting for him. We are so appreciative of his leadership through a difficult time in the world, for his innovation and non-stop positivity and for always keeping care and concern for our running community in the forefront! ■



# 2022 CNY Running Clubs Cup

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



Roadrunners at the Towpath 10K

### URR Results from the Towpath 10K in St Johnsville held May 7

Kathy Garbooshian	f49	45:20:00	74.71
Susan Luley	f68	59:17:00	73.52
Tim Kane	m63	46:51:00	72
Chris Edick	m38	39:13:00	69.74
Dani Bliss	44	46:41:00	68.87

**TOTAL: 358.84**

Other participants from URR were: Mike Hoover, John Seigle, Missy Scanlon, Bill Luley, Nicole Hoover

### Overall Standings

		Team points:	Points after 2 events:
Roman Runners	373.81	7	12
Kuyahoora Kickers	368.74	6	12
Utica Roadrunners	358.84	5	9
Syracuse Track Club	0	0	7
Rock City Runners	337.62	4	5
MV Hill Striders	58.22	3	5
Toe Path Trekkers	44.02	2	5

**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 Remaining Schedule

**Patriot's Run 10K - June 12 • *NEW!* Sundae Run 5K - July 17**

**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.



# 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)

- ☐ July 2022
- ☐ August 2022
- ☐ September 2022

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

☐ Yes ☐ No

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