

splitimes

October 2022

The Official Newsletter of the Utica Roadrunners



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The Final Results!

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One Race Left!

See the Standings
on Pages 8 & 9

October
2022
Utica Roadrunners
Board of Directors



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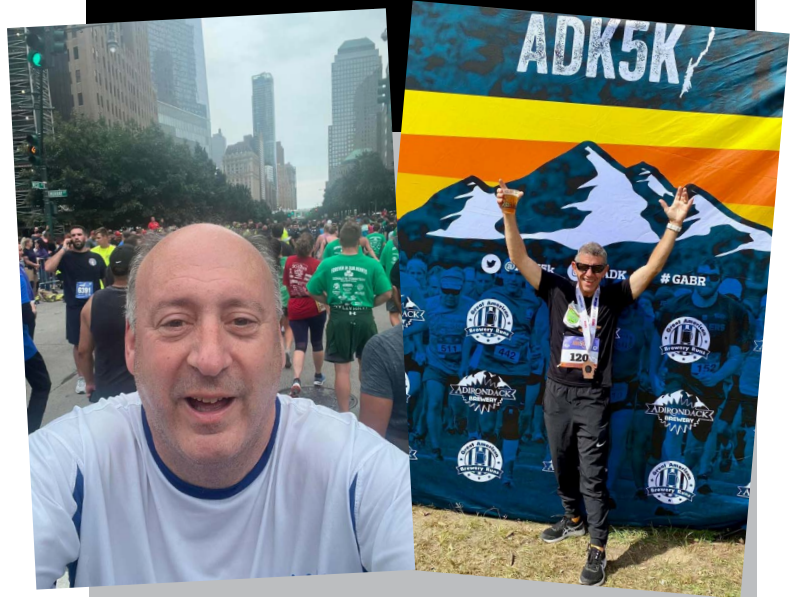
Advertising

If you would like to advertise in SplitTimes, 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

CONGRATULATIONS!



***Pete Angelini (left) ran the
Tunnel to Towers NYC race***

***Gary Burak (right) finished
3rd at the Adk 5K
Great American Brewery Run***



Useful Links:

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

President's Message

by Jim Mott



Runners:

The temperatures have dropped and summer has bid us farewell. The fall is such a special season for us in the Mohawk Valley. The landscape and scenery is beautiful and there is so much to do in our area. This includes the races we train for. Some of us target the fall for all of our yearly goals. Whether it be your first 5k or first ultra, our runners are doing some incredible things. That was on full display at our 48th running of the **Falling Leaves** classic 5k and 14k races.

We had a great turnout and beat the rain for the most part as the morning was cool, crisp, and perfect for running. A huge shout out to our long-time race director Mike Brych for putting on another phenomenal event. Mike recently broke his collarbone and was even uncertain if he was going to be able to handle his duties. Mike didn't miss a beat and gave our runners and community another event to be proud of. A special thank you to all of our volunteers, the Utica Police Department, and everyone else that made the packet pick-up and race day special. Speaking of packet pick-up, our 5k winner Josh Belisle was able to showcase his new location for the Sneaker Store to the running community. The store looks amazing!

September was also time for the **Connor's Way** 5 mile race directed by Don Lynskey. The event gets bigger and better every year. I truly have never met a more sincere and giving person than Don. He is what the running community is truly all about. For all of you that took on the challenging course – congratulations!

As we head into October, we have one more race left in our bundle. The **Skeleton Run** returns yet again to Deerfield Town Park, The 5k trail race is a club favorite and that is because of the great work that Race Director Rick Gloo and his support crew do. The race will be held October 16th and if you haven't signed up, there is still time! The shirts are amazing as USA Racing's Joe Woodworth has created another masterpiece! For those of you who signed up using the bundle, your special shirts will be available at the Skeleton Run. October is also a time for many of you to tackle a half marathon or marathon. Some people are chasing a Boston Qualifier and many are trying to complete the distances for the first time. Whatever your goal...good luck and make sure to rock your UR apparel!

Things are winding down, but we will keep you engaged throughout the remainder of 2022. We have our **Safety Run** on Tuesday, November 22nd. The event is led by Sharon Scala. We will be back at the Masonic Care Community campus and we will be adding a 5k distance to the event. Two days later we have our annual **Run to End World Hunger** that is led by Rocco Fernalld. As many of you know, we were trying to organize the first-ever Utica Roadrunners Marathon. Due to construction on the canal and numerous road closures, we were unable to make it happen this year. Please know we are working very hard at making it a reality in 2023.

Don't forget that our **Annual Elections Meeting** and gathering will be held Monday, November 14th at the Boilermaker Offices. All members are welcome to attend as we will have refreshments and food. If you are interested in running for a position on our Board of Directors, please get your bio in as soon as possible. Being on the board and serving the running community has been one of the most challenging and rewarding things I have ever done.

Best of luck to all of you as you chase your running goals with 2022 coming to a close! We are already planning on making 2023 even better. See you out on those roads!

Jim

Open Board Positions



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](#).

2022 CNY Running Clubs Cup

THE FINAL RESULTS!



1st



44
POINTS

2nd



43
POINTS

3rd



34
POINTS

URR Results from Falling Leaves 14K

Jessica Charles	57:11	77.3
Tom Joslin	54.51	73.39
Susan Luley	1:25	73.37
Colin Quin	56:58	69.05
Laura George	1:20:46	68.26

Calling all 2022



Red Jacket Candidates

As we embark on the last quarter of the year, we are wondering who is looking to earn their red jacket for 2022?!

You must have 1,000 miles in 2022 and 10 volunteer points (which can be from this year and last)

There are still plenty of opportunities for you to earn points with one race remaining, plus the Run to Hunger and the Safety Run.

Please don't wait for us to reach out to you, be proactive and get your points.

Reach out to Jenna and let her know when you are able to volunteer at jennifer.melinda@hotmail.com.

We can't wait to celebrate with you in early 2023!

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 Race

**Our Last Race of the Season!
Still Time to Register!**



**Sunday, October 16, 2022
Deerfield Town Park in Marcy
5K Trail Run**

REGISTER NOW

Standings as of 9/25/22



Men's Standings

15-19		Andrew Rubino	30	Mahesh Padmanabhan	22	Rick Thompson	4
Alejandro Roberts	36	Cole Perkins	27	James Peters	20	Donald Lynskey	3
Andres Roberts	18	Alex Gonzalez	23	John Backman	19	Jim Mott	2
Kole Owens	10	Ryan Toner	18	Hisham Zoghby	18	60-64	
Alex Bauer	7	Gregory Clark	13	Nate Getman	12	Gary Burak	64
20-24		Jonathan Mizgala	8	Brian Connery	10	David Pesesky	52
Ian Kurzrock	24	David Saxe	6	John Misiaszek	6	Joe Campbell	33
Ethan Burrows	10	Travis Richards	3	50-54		Dan Stedman	30
Robby Bauer	8	40-44		Robert Bauer	60	Bill Kosina	25
25-29		Tom Joslin	70	Matthew Moore	56	Tom McGlynn	18
Mason Hedeon	41	Josh Belisle	46	Joey Santini	43	Tim Kane	12
Ryan Fitzgerald	38	Steve Fairbrother	39	Kevin Tracy	35	Steve Tibbits	12
Stephen Paddock	12	Joe Mashaw	38	John Draper	16	Robert Longo	12
Kyle Fresne	10	Ryan Maine	36	Michael Flack	12	Christopher Devins	8
Devin Kilpatrick	8	Noah Lange	34	Ross Berntson	12	Leroy Hodge	4
John Evans	7	Robert Kapfer	25	Al Schnier	10	George Baron	2
30-34		Zachary Wasielewski	22	Ralph Scanio	10	Harry Bascom	1
James Kuny	68	Colin Quinn	18	Scott Daskiewicz	10	65-69	
Travis Belanger	34	Ryan Orilio	12	Glen Andrew Roberts	8	Gene Allen	46
David Argoff	22	Myron Thurston III	7	Rob Trotta	5	Gary LaShure	12
John Webb	18	Rocco Fernalld	6	55-59		James Siepiola	10
Matthew Krush	15	Travis Olivera	4	David Putney	72	70+	
Steven Howe	14	Dan Aubert	4	Eric Kasper	66	Bill Luley	66
Christopher Okonkwo	10	Michael Desjardins	3	Paul Humphrey	56	Tom Bick	34
William Dowling	8	Ross Edkins	3	Jeff George	43	John Murphy	24
Mark Galliher	6	Alexander White	0	Thomas Durso II	28	Mark Desjardins	10
35-39		John Sloan	0	Rich Crandall	25	Timothy Leonard	10
Christopher Edick	66	Scott Thompson	0	John Seigle	23		
Nick Grimmer	44	45-49		Gordie Felt	19		
Michael Hoover	40	Lee Sampson	55	Peter Angelini	19		
Ryan Stevener	36	Jim Latshaw	45	Michael Hartnett	14		
Michael Daly	32	John Vergis	29	Steve Lachacz	13		
		Phil Trzcinski	24	Scott Shatraw	8		

THE FINAL RACE 10/16/22 – Deerfield Skeleton Run 5K

Standings as of 9/25/22



Women's Standings

10-14		Erin Brown	14	45-49		Lisa Seigle	15
Mia Mattia	24	Ashley Mancini	12	Allison Miller	60	Felicia Burak	14
Emma Szarek	12	Katt Santini	12	Denise Thompson	59	Sharon Wise	10
15-19		Grace Saxe	12	Sarah Vergis	29	Michelle Brundage	6
Kate Bauer	24	Brittany Praznik	12	Jennifer Toti	27	Lisa Walchusky	5
Abigail Draper	10	Morgan Belisle	10	Christine McGlynn	18	60-64	
Paige Novak	8	Sarah Gaasch	8	Catherine Berryman	13	Laura George	72
20-24		Ashley Law	8	Robin Demarco	10	Sharon Scala	42
Brooke Newton	24	Nicole Hoover	5	Melanie Francis	10	Sue Tucker	40
Justine Draper	12	Casey Freed	5	Sally Huyck	8	Linda Salerno	26
25-29		Dana Porter	0	Tiffany Brown	8	Elizabeth Miller	18
Rebecca LaPorte	46	40-44		Melanie Crisino	7	Jean Kosina	15
Shelby Paddock	12	Danielle Bliss	72	Erin Ulrich	4	Lorrie Tibbits	12
Kristin Pratt	8	Jessica Arevalo	59	Michelle Truett	2	Linda Hudyncia	12
Tesia Galliher	7	Melissa Barlett	43	50-54		Joan Kane	7
Nicole Bonvicino	6	Cheryl Burmaster	34	Kathy Garbooshian	70	April Kilpatrick	6
30-34		Jerilyn Mashaw	33	Jeannine Macera	70	Aimme Devins	6
Amanda McElroy	58	Elizabeth Moore	22	Missy Scanlon	32	Carol Wojdyla	3
Sarah Harrison	58	Jennifer Stefka	18	Lauren Mattia	17	65-69	
Heather Monroe	48	Losay Jones	18	Mary Bennett	14	Susan Luley	72
Yuliya Karpov	27	Andrea Carney	14	Karen Piccola	13	Virginia Truax	32
Stephanie Bergstrom	24	Melissa Perritano	13	Kathleen Novak	13	Debbie Brockway	18
Gwen Murphy	23	Bobbi Cookinham	12	Rachelle Gagnon	8	Katheryn Doran	17
Amy Vormbrock	16	Kerry Van Vechten	10	Cassie Winter	7	Diane Van Pelt	16
Dina White	10	Karen Randall	10	Lindi Quackenbush	7	Mary Pustay	10
Abbie Sutliff	6	Sara Niccoli	10	Karen Scanio	7	Karla Owens	7
35-39		Anne Marie Latshaw	10	Melissa Williams	6	Diane Philo	6
Fallon Russo	34	Sheri Perry	9	Stephanie Flack	6	Sharon Stedman	6
Ashley Pace	33	Monique Ludwig	8	Donna Morreall	4	Joanne Campbell	5
Laura Fischer	28	Agnieszka Kwiatkowska	7	Marylisa Nolan	3	70+	
Michelle Grimmer	28	Jami Lyga	7	55-59		Carolyn Mohr	34
Brittany Ritzel	25	Michelle Rosinski	5	Beth Talbot	34	Dorothy Massinger	28
Amanda Mondrick-Robertello	16	Margaret Hammell	3	Ingrid Otto	24	Wendy Kent	12
		Rebecca Myers	3	Carolyn Humphrey	22		
		Amy Edkins	0	Debra Pasch	17		
				Jo Ann Hayward	16		

THE FINAL RACE 10/16/22 – Deerfield Skeleton Run 5K

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!



Member Spotlight

Ingrid Otto



The early years, around 1976

From her first marathon at age 11 to now being 58 and in love with a “slow and less” approach to running, Ingrid Otto is a local running legend and an inspiration for those looking for both *longevity* and *joy* in their running careers.

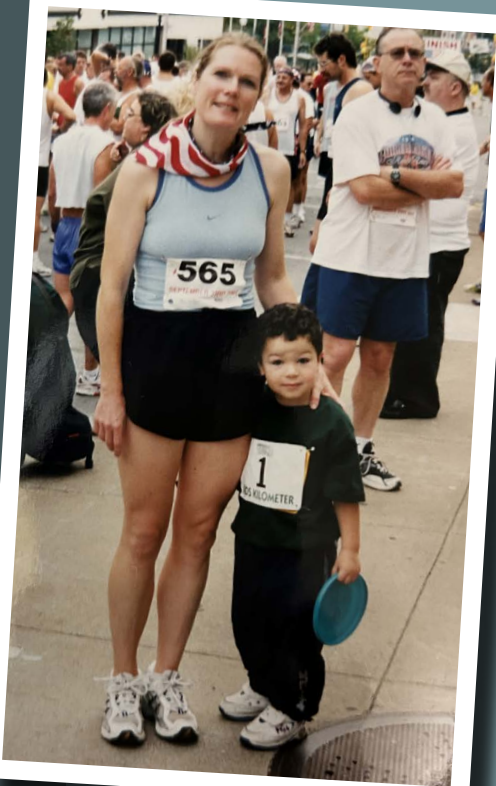
Ingrid grew up in Vogt – a small town in southern Germany close to Lake Constance and near Switzerland and Austria. Her dad Lothar was her running inspiration from day one. He was a runner, bicycle racer and soccer player, as well as the head of a local running club he started. He was a great runner. He hovered right at the three hour marathon mark, never quite coming in under it, but had a tremendous running career lasting into his 80s. Ever since Ingrid was small, she attended local races and events and participated in kids runs because of Lothar’s love of running.

In 1975, when she was 11 years old, she started to jump into training runs with her dad as he was preparing for the Black Forest Marathon. Since he had to work during the day, he was training at night and repeating a loop around their neighborhood. Ingrid would excitedly join him and even as the mileage increased and he asked her if she wanted to go inside, she would keep running. Finally he said “If you can run like this, you can run the marathon!” Being so young AND a female in 1975, she couldn’t run officially, but as luck would have it, there was a gentleman that couldn’t run the race, so she used his bib. Her dad finished the race before her and came back to run her in, and was amazed at how far along she was. She finished in 4:20.





Ingrid's dad Lothar doing what he loved!



Ingrid and her son Noah at Falling Leaves, 2001

As she began to participate in running after that, she celebrated some of the wins (there was never a bathroom line for females at races!), but also reflected on some of the struggles (there were no sports bras at the time, so the women had to wear TWO bras!) Since her running career began, she has been witness to the revolution of women in running.

She continued running competitively as a young woman, even coaching track and field from ages 16-21. Being adventurous and armed with a banking degree from Germany, Ingrid came to the states in 1989 when she was 25 with a young professional exchange program. She excitedly landed in New York City and began working at the German-speaking Swiss Bank Corporation. Her English was limited, so she made a point to not hang out with the guys that spoke Swiss German in order to immerse herself in English speakers. She took advantage of bank-provided English lessons and watched television to pick up the language. Watching soap operas in particular was a great way to learn. One episode she heard a word she did not know but her curiosity was piqued when all of the actors' reactions were wide eyes and "Oooohs!" and "Aaaahs!" She looked up the word and it turned out to be "pregnancy"!

She also got her first sports bra in NYC (!) and joined the New York City Road-runners group to get in touch with other runners, as well as the World Runners group which had a mission of ending world hunger, allowing her to "do something useful while doing your thing". During her twenties she still ran, but didn't do intense racing.

The NYC group would trek up to Utica twice a year for the Boilermaker and for a cross country skiing weekend. At first, Ingrid was wondering "OOOtica... where the heck is *that*!?" When she thought of New York, it was just New York City - she had no idea about "upstate". She'd see the "I Love NY" commercials on TV and think they were lying! However, after an 8-hour bus trip to Niagara Falls and "riding through the woods" she realized they weren't lying after all. It was beautiful.

Ingrid moved back to Germany for four years and then back to the U.S. in 1995 to get married and moved to – of all places – Utica! Upstate really grew on her. She likes the snow and outdoorsy stuff, likes the seasons and it's a very nice place to raise a family. Also, everything is within four hours from here.

Once here, she "dibble dabbled" in different things career-wise and eventually went back to school to study accounting at Utica College and became a CPA. She has worked for 15 years at the Office of the State Comptroller (OSC) and was promoted to the Local Official Training Unit (which is part of the OSC/ Division of Local Government and School Accountability). She is now teaching local officials governmental accounting.

Being a seeker of adventure and like minded folks, she of course connected with the Utica Roadrunners when she moved here, but had actually known of the group from her time in NYC. Some Utica runners would come to the city for 24 hour relay races in Shea Stadium.

Member Spotlight (cont.)

When running in Germany when she was younger, people were in general faster, but not running in masses like here in the U.S. She ran her first Boilermaker in 64 minutes and thought “yeah, it’s ok” but wasn’t at the more elite level of German racers she was used to. Her son Noah was born in 1998 and she hit her 62 minute Boilermaker PR two years later in 2000. She has completed around 45 marathons in total, mostly in Europe. Her last was Mohawk Hudson here in New York in 2003.

Sure she ran 1000 miles in a year, but never wrote it down. She would always take part in the the UR races and for a couple years did the Mountain Goat Run. Back in the day, some Road-runners would go to Burlington, Vermont to race and she would join that trip. She has done some Ragnar races and likes having an opportunity to run as a team. She has tried triathlons, done the NYC Marathon three times and finished marathons in London, Vienna and so many more wonderful places. Although she was very fast and considered one of the frontrunner female runners in the area, it was really all just for fun for her and she proclaims, “I just run!”

Ingrid loves that the running community allows you to “build your own friends”. She and her good friend Nancy Castellano have been running together since 1995 when she moved here and still run together on Saturdays, albeit slower and logging less mileage. It’s not about that – it’s about lifelong friendships that running can bring you. “Running is a great way to meet friends wherever you go and it’s an all-inclusive thing.”

While many of her friends do not run anymore because of injuries, Ingrid’s goal is to run when she’s 80. It’s as much physical exercise as it is mental therapy. She will run in a group with 3-4 people for socialization and the other times run solo and that is just as enjoyable as it allows her to think through things. “All of my important decisions have been made during running.”

To cross train, she bikes and recently she has started ballroom dancing. Her favorite styles include the waltz, west coast swing, fox trot and a little bit of tango. She also likes to garden and keep up with the house, watch movies and keep herself busy with work and friends. The social aspect of exercise and life is very important to her.

Her last race with her dad was when he was 81 years old. It was a 10-hour orienteering-style relay in Switzerland where her dad completed 60K and she and her sister did 75K. Her dad passed away on December 31, 2021 but through her, his love for running lives on, mile by mile.

TOP LOCAL RUNNERS — WOMEN				
 <p>JOANNE CAMPBELL Waterville Age: 20. Boilermakers: 4. Personal: A Colgate University junior majoring in English; parents are Joel and Mary Campbell; she has a brother, Sean (21 years old) and a sister, Christine (18). For starters: Ran cross country and track and field at Waterville Central, and was a longtime member of the Clinton Figure Skating Club. Best Boilermaker: Last year's 1:03:23 was 11 minutes faster than her previous best. Last year: Finished 52nd in the women's field. Gearing up: A regular ironrunner at Wednesday's Development Runs; she won the Run to the Rescue 8K (31:53) and the Summer Sizzle 5-Mile Run (32:07). On Sunday: "I haven't put in the amount of miles that I did last year. I've done more quality miles. I don't expect a huge improvement (over last year), but maybe a little."</p>	 <p>ANITA MOLLER Whitesboro Age: 29. Boilermakers: 4. Personal: Single; mother is Kathy Schindler, mother of New Hartford; is a program coordinator at Utica's Neighborhood Center. For starters: Was a member of Whitesboro High School's track and field team; did not run at SUNY Geneseo, but started running competitively again about six years ago, and finished her first Boston Marathon in 3:19:55 this April. Best Boilermaker: Last year's 1:07:07. Last year: Finished 1,064th overall. Gearing up: Won the Distance Running Hall of Fame Half Marathon (1:30:34), KAC 10-Mile Run (68:37), and Save Our Switchbacks 5-Mile Run (33:43); finished second in the Run to the Rescue 8K (32:46) and Fort-to-Fort 10K (42:35); and third in the Summer Sizzle 5-Mile Run (32:38). On Sunday: "My goal is to run a better time. I'm shooting for around 62:00. That's my dream."</p>	 <p>MICHELE NIZZI Frankfort Age: 35. Boilermakers: 6. Personal: She and husband Perry have two children, Leo (9 years old) and Marisa (7); Michele works in marketing for Regent Broadcasting. For starters: Raised in Fort Plain, she was a junior college All-American in soccer at Herkimer County Community College; started running competitively eight years ago, after the birth of her first child. Best Boilermaker: A few years ago, when she ran a 59:48. Last year: Did not run. Gearing up: Finished second in the Summer Sizzle 5-Mile Road Race (32:29) and placed third in the Fort-to-Fort 10K (43:19) and the Run to the Rescue 8K (32:48). On Sunday: "I'm looking for just under 60 (minutes). I've been trying not to overtrain. When it comes to the Boilermaker, I'm always thinking more is better, and it's not."</p>	 <p>INGRID OTTO-JONES Utica Age: 36. Boilermakers: 6. Personal: She is married to David Jones and she has two children, Christian (12 years old) and Noah (3). For starters: She is a native of Vogt, Germany, who moved to Utica in 1995; has run approximately 40 marathons, her first at age 11, and her best time is 3:08 at the Kandel Marathon in Germany. Best Boilermaker: Last year's time of 1:04:09. Last year: Was the 58th female finisher and placed fourth in the women's 35-39 age group. Gearing up: Finished second in the KAC 10-Mile Run (69:32), third in the Distance Running Hall of Fame Half Marathon (1:34:50) and Save Our Switchbacks 5-Mile Run (34:08), and fourth in the Summer Sizzle 5-Mile Run (32:43). On Sunday: "I think 62 (minutes) would be realistic. I would be very happy with that. I've never had a perfect Boilermaker; I've always died at the end."</p>	 <p>SUSAN SIVERS-CORRIGAN Remsen Age: 42. Boilermakers: 6. Personal: Single mother with two children, Zachary (18 years old) and Alex Sivers (15); works at Jay-K Lumber and attends Utica College, where she's working toward a degree in secondary education. For starters: Graduated from Remsen Central and Mohawk Valley Community College, but didn't start running competitively until 1995 when she made her debut in Utica's Development Runs. Best Boilermaker: Last year's 1:02:01. Last year: Placed 37th in the women's field. Gearing up: Won the Fort-to-Fort 10K (41:03) and the SUNY Utica/Rome 9K (20:09); finished second in the Distance Running Hall of Fame Half Marathon (1:30:35) and the Save Our Switchbacks 5-Mile Run (33:54); third in the KAC 10-Mile Run (70:25). On Sunday: "I think I've been overtraining and overdoing. I'm hoping a two-week taper will help me break 60 minutes."</p>

Observer Dispatch feature article, 2000

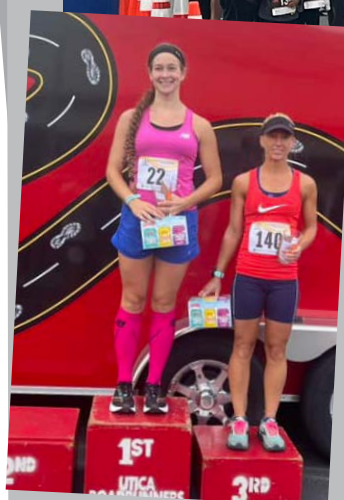


Ingrid and friend Nancy Castellano, 2001



Ingrid and her family, early 1980s

Falling Leaves Photos



SEE THE RACE RESULTS



Falling Leaves Photos



SEE THE RACE RESULTS



Falling Leaves Photos



SEE THE RACE RESULTS



Falling Leaves Photos



SEE THE RACE RESULTS



President's Picks

Hello Runners:

I am stepping in for Pete Angelini again as he is preparing a Pete's Picks for you in November that will include some things about his recent experience at the Tunnel to Towers race in New York City. My picks are quick this week and short documentaries that you can play while you lace up your sneakers.

The first one speaks to me profoundly and it is about the addiction of running.



This addiction is real and it has honestly cost me friendships, relationships and exacted a toll on my body. All good things come at a cost as they say. When I see roads, I see me running on them. When I go on vacation, I look for races in the area. When I see other runners out there, I wonder about their story and why they run. Don't get me wrong, I wouldn't change a thing and that's probably why I am who I am.

[**WATCH NOW**](#)



The second one is all about running as the hunter or the hunted. In the end, we all run for different reasons. Find your reason and purpose and never look back!

[**WATCH NOW**](#)

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)

☐ November 2022

☐ December 2022

☐ January 2023

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

☐ Yes ☐ No

Total included: \$ _____