SOITIMES November 2022

The Official Newsletter of the Utica Roadrunners



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November 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 Phil Trzcinski Julie Buehner

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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**



We love these shots sent by Roadrunner Ingrid Otto of her mother reading her SpliTimes article in German! Thank you to Ingrid's sister for translating the article!

President's Message by Jim Mott





Hello Runners:

Here we are with 2022 nearly in our rear view mirror. It is hard to believe that we are getting ready for the holidays and a New Year! We had a great fall and we finished our racing season with the **Skeleton Run** at Deerfield Town Park. Rick Gloo and his crew once again did a great job putting on a very special event. The trail run has truly become one of our club's feature races.

As the year comes to a close we now are into November. November features our **Annual Meeting** with elections at the Boilermaker Offices on Monday, November 14th at 6 pm. We will have refreshments and all members are welcome. You will find a ballot here in this newsletter. Votes may be cast at the meeting as well. We have numerous positions open for our Board and we have some new exciting faces that have put their names in for consideration. It shows a lot of character when people step up to volunteer. The people who volunteer are the backbone of this club.

The face of the club has changed over my years with the Utica Roadrunners. Serving six years on the board and three as president has brought its fair share of challenges and rewarding experiences for me. I will be known as the "COVID President" and with the challenges we had to stay engaged I am proud of the things we did and the changes we brought along.

As times change, so do our challenges. You will see many changes with the club and our events. New race directors and new board members and a new president. I will write more in my final message in December but the time has come for me to move on and let someone else take the reins.

November is also the time for two of our most popular events, which are during the same week-The Safety Run and The Run to End World Hunger. The Safety Run returns to the Masonic Care Community Campus on Tuesday, November 22nd with a 5k option being added to the 2 mile traditional distance. Then on Thanksgiving morning (November 24th), The 38th Annual Run To End World Hunger is back for a 5k up to the Eagle and back. Rocco Fernalld returns for his final year of directing this event. Much thanks to Rocco for his work and dedication to the club. Registration is currently open.

As I said, I will share some final thoughts in December and during my State of the Club message in two weeks at the Annual Meeting. I became a board member to be a part of the process and to give back to running what it has given to me. I hoped to make new friends and build greater friendships with the people I already knew. All of this certainly happened for me and for that I will be forever grateful. I learned that loyalty is a rare gem and when you find it, hold on to it for dear life. I learned that there are some great people in this club as well. One of those people is the long-time editor of this newsletter, Michelle Truett.

I don't know how Michelle does what she does. Actually I do – she gives you her word and she sticks to it. In a world where people bail at the first sign of doing a little extra work, dealing with conflict or sensing trouble, Michelle digs in. I have witnessed this in all she does and sets her mind to. I don't know if everyone realizes how lucky we are to have her in our corner. I have valued my talks and my time working with Michelle. The work that was done with the DEI Committee and the Run Against Racism is truly one of the most important and meaningful things I have ever been a part of in any facet of my personal or professional life.

So with that, I thank the many members who have supported me and our mission at UR. I look forward to seeing many of you on Thanksgiving morning and I wish you all the best in your running, walking, and racing pursuits.

Jim



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 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.

Board of Directors Election Ballot - 2022

Election Meeting: Monday, November 14th 6:00pm at the Boilermaker Office on Court Street, Utica

To all members of the Utica Roadrunners: here are brief biographies of each candidate for the Club's Board of Directors. Please take the time to read each one and then vote for up to six (6) candidates for the board of directors. There is also space for you to write-in the name(s) of another member(s) if you so choose.



Melissa Barlett

I'm Melissa Barlett, or for those of you who follow Jim Latshaw's Instagram, you might know me better as 'The Good Doctor." I'm the current Secretary of the Board for the Utica Roadrunners and would love to continue serving in this position. I'm not a fast runner, but I go the distance, running 3-8 half-marathons each year as well as the Boilermaker, Falling Leaves, and other local runs of various distances. I can typically be found running the South Utica side of Genesee St. at 5:30am. In my day job, I am an Associate Professor in Life Sciences at Mohawk Valley Community College (MVCC) and have been teaching biology for the past 11 years. I'm a member of and chair of a number of committees and groups at MVCC, and the same for my church (Unitarian Universalist of Utica). Thanks in advance for your support!



Rebecca LaPorte

My name is Rebecca LaPorte and this is my first year running for the Utica Roadrunners board of Directors. I have been involved in UR since 2007 when my modified cross-country coach (Linda Turner) encouraged our middle school team to volunteer at the weekly Development Runs. Since then, I have continued to show up nearly every week to help with Development Run registration and have been volunteering at other UR events. I love our running community and want to see it grow. This group was a staple of my childhood and I would love to help inspire the next generation of young runners to become involved in the club. Some of my strongest skills are communication, event planning, and time management. I believe these skills would be helpful to the Board and our club. Regardless of whether or not I am elected, I am looking forward to increasing my involvement in Utica Roadrunners, making new friends, and running more miles! Thank you for taking the time to read this and I appreciate your consideration.



Travis Olivera

Travis has been a member of the Utica Roadrunners since 2021, and has only been running since 2019. Since then, Travis has finished two Boilermakers, the Erie Canal Half Marathon, Save Our Switchbacks, the Mott Marathon, and is on track to run 1,000 miles this year. While he is an avid runner, he claims to only run as a way to train for hiking. As an Adirondack 46er, Travis has a passion for the outdoors and hikes as frequently as possible. He is currently working on gridding the 46 High Peaks, and plans to become a Single Season Winter 46er next year. In his professional life, he is the Director of the Hamilton Public Library, a position he has held for five years. Travis lives in Waterville with his two young boys, who are halfway through the Adirondack Fire Tower Challenge, and his cat, Gozer, who is not a hiker at all.

Travis is running for a position on the Board of Directors to give back to the URR community, a group that has had a positive impact on his life since he became a member.

Board of Directors Election Ballot - 2022



Andrew Rubino

Andrew Rubino had the pleasure of serving on the board of the Utica Roadrunners for the past four years. He has served the Club through various roles, volunteering countless hours. He is currently the Vice President of Activities and Events, leads the Scholarship Committee and Blood Drive Committee, and serves on the Diversity and Equity Committee and Banquet Committee. Running brings people together in ways that go beyond just lacing up your shoes and logging miles. He is excited to continue to develop and promote events through our Club to support your personal goals, the Mohawk Valley community, and local organizations.



Erik Winberg

Hello, my name is Erik Winberg. I am a runner, a CNY native, and a Physical Therapist. I have been a runner for 12 years through both high school, college, and continue to do so now. I run a small business called RUN U Race Performance, where I specialize in working with runners of all distances, paces, and events. I love running, and our community of runners. It is who I am, and it has become a large part of my personal and professional life. I am running for a position on the board of directors because I am looking to give back to a community that has supported me throughout my competitive, and professional life. I feel strongly that the Utica Road Runners has the best people in our community and am looking forward to the opportunity to serve them.



2022 Ballot – Board of Directors



Please vote for up to six (6) people. You may write-in a name/names not on the ballot of current Utica Roadrunners members (these members will be asked if they wish to be considered before being placed on the board).

You may vote by filling out a ballot in-person at the Annual Meeting, November 14th, 6:00pm, Boilermaker Headquarters OR you may mail-in your ballot to: Utica Roadrunners, P.O. Box 4141, Utica NY 13504.

Travis	s Olivera	_ Rebecca LaPorte	
Melis	ssa Barlett	Andrew Rubino	
Eric V	Vinberg		
Write-In(s)			

For mail-in ballots:

- · Mail-in ballots must be received to the UR by noon of the day of the annual meeting.
- Only one (1) ballot may be in each envelope or all ballots in the envelope will be considered invalid.
- The envelope must contain the full name and address of the voting member in the return address area (do NOT put the voting member's name on the ballot itself)

Standings as of 10/16/22



Men's Final 2022 Standings

0-14 Tyler Quackenbush	12
15-19 Alejandro Roberts Andres Roberts Kole Owens Alex Bauer	36 18 10 7
20-24 lan Kurzrock Ethan Burrows Robby Bauer	24 10 8
25-29 Ryan Fitzgerald Mason Hedeen Stephen Paddock Kyle Fresne Devin Kilpatrick John Evans	48 41 24 10 8 7
30-34 James Kuny Travis Belanger Matthew Krush David Argoff John Webb Steven Howe Christopher Okonkwo William Dowling Mark Galliher	72 34 25 22 18 14 10 8 6

35-39	
Christopher Edick	68
Ryan Stevener	46
Nick Grimmer	44
Michael Hoover	40
Andrew Rubino	37
Michael Daly	32
Cole Perkins	27
Alex Gonzalez	23
Ryan Toner	23
Gregory Clark	19
Jonathan Mizgala	12
Brian Sheffer	8
David Saxe	6
Travis Richards	3
40-44	
Tom Joslin	70
Josh Belisle	46
Steve Fairbrother	45
Joe Mashaw	38
Robert Kapfer	37
Ryan Maine	36
Noah Lange	34
Zachary Wasielewski	22
Colin Quinn	18
Ryan Orilio	12
Myron Thurston III	7
Rocco Fernalld	6
Travis Olivera	4
Dan Aubert	4
Michael Desjardins	3
Ross Edkins	3
Alexander White	0
John Sloan	0
Coatt Thompson	^

45-49	
Lee Sampson	55
Jim Latshaw	45
John Vergis	41
Phil Trzcinski	24
Mahesh Padmanabhan	22
James Peters	20
John Backman	19
Hisham Zoghby	18
Nate Getman	12
Brian Connery	10
John Misiaszek	6
50-54	
Matthew Moore	66
Robert Bauer	60
Joey Santini	43
Kevin Tracy	35
Michael Flack	24
John Draper	16
Ross Berntson	12
Al Schnier	10
Ralph Scanio	10
Scott Daskiewich	10
Glen Andrew Roberts	8
Rob Trotta	5
55-59	
David Putney	72
Eric Kasper	66
Paul Humphrey	56
Jeff George	43
Thomas Durso II	28
Rich Crandall	25
John Seigle	23
Gordie Felt	19

Peter Angelini Michael Hartnett Steve Lachacz Scott Shatraw Rick Thompson Donald Lynskey Jim Mott	19 14 13 8 4 3 2
Go-64 Gary Burak David Pesesky Joe Campbell Dan Stedman Bill Kosina Fom McGlynn Fim Kane Steve Tibbits Robert Longo Christopher Devins Leroy Hodge George Baron Harry Bascom	66 52 33 30 25 18 12 12 12 8 4 2
55-69 Gene Allen Gary LaShure James Siepiola 70+ Bill Luley Tom Bick John Murphy Mark Desjardins Timothy Leonard	58 12 10 66 34 24 10 10

Standings as of 10/16/22



Women's Final 2022 Standings

10-14				45-49		Felicia Burak	14
Mia Mattia	24	Ashley Law	17	Allison Miller	60	Sharon Wise	10
Emma Szarek	12	Erin Brown	15	Denise Thompson	59	Michelle Brundage	6
15-19		Katt Santini	12	Sarah Vergis	29	Lisa Walchusky	5
Kate Bauer	24	Grace Saxe	12	Jennifer Toti	27	60-64	
Abigail Draper	10	Brittany Praznik	12	Christine McGlynn	18	Laura George	72
Paige Novak	8	Morgan Belisle	12	Catherine Berryman	13	Sue Tucker	52
•	ı ı	Sarah Gaasch	8	Robin Demarco	10	Sharon Scala	42
20-24		Julie Medler	7	Melanie Francis	10	Linda Salerno	26
Brooke Newton	36	Nicole Hoover	6	Sally Huyck	8	Elizabeth Miller	18
Justine Draper	12	Casey Freed	5	Melanie Crisino	7	Jean Kosina	15
25-29		Dana Porter	1	Erin Ulrich	4	Lorrie Tibbits	12
Rebecca LaPorte	46	40-44		Michelle Truett	2	Linda Hudyncia	12
Shelby Paddock	24	Danielle Bliss	72	50-54		Joan Kane	7
Kristin Pratt	8	Jessica Arevalo	66	Jeannine Macera	72	April Kilpatrick	6
Tesia Galliher	7	Melissa Barlett	43	Kathy Garbooshian	70	Aimme Devins	6
Nicole Bonvicino	6	Cheryl Burmaster	41	Missy Scanlon	39	Carol Wojdyla	3
		Jerilyn Mashaw	33	Kathleen Novak	21	65-69	
30-34		Elizabeth Moore	30	Lauren Mattia	17	Susan Luley	72
Sarah Harrison	70	Jennifer Stefka	22	Lindi Quackenbush	17	Virginia Truax	32
Amanda McElroy	59	Losay Jones	18	Mary Bennett	14	Debbie Brockway	18
Heather Monroe	58	Agnieszka Kwiatkowska	17	Karen Piccola	13	Katheryn Doran	17
Yuliya Karpov	27	Andrea Carney	14	Rachelle Gagnon	8	Diane Van Pelt	16
Stephanie Bergstrom	24	Bobbi Cookinham	14	Cassie Winter	7	Mary Pustay	10
Gwen Murphy	23	Melissa Perritano	13	Karen Scanio	7	Karla Owens	7
Amy Vormbrock	16	Monique Ludwig	13	Melissa Williams	6	Diane Philo	6
Dina White	10	Sheri Perry	12	Stephanie Flack	6	Sharon Stedman	6
Caitlyn Clark	7	Kerry Van Vechten	10	Donna Morreall	4	Joanne Campbell	5
Abbie Sutliff	6	Karen Randall	10	Marylisa Nolan	3	•	,
35-39		Sara Niccoli	10	55-59		70+	24
Fallon Russo	46	Anne Marie Latshaw	10	Beth Talbot	34	Carolyn Mohr Dorothy Massinger	34 28
Ashley Pace	44	Rebecca Myers	9	Debra Pasch	29	Wendy Kent	12
Laura Fischer	29	Jami Lyga	7	Ingrid Otto	24	Welldy Kellt	12
Michelle Grimmer	29	Michelle Rosinski	5	Carolyn Humphrey	22		
Brittany Ritzel	26	Margaret Hammell	3	Jo Ann Hayward	16		
Amanda Mondrick-		Amy Edkins	0	Lisa Seigle	15		
Robertello	18			a Jeigie			

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!





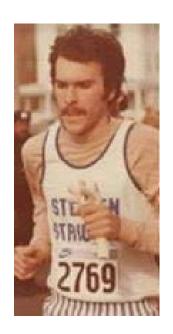
"Just Keep Showing Up" - DES LINDEN

Tim's encore athletic career proves that running is always there for you.

Tim grew up in Marcy and attended "all the Utica colleges" studying economics and computer science at Mohawk Valley Community College, Utica College and SUNY Poly, with a bit of time at Albany State as well. He has been in IT for over 35 years, spending 19 years with IBM and now has been working at Hamilton College as a Programmer/Analyst for the past six years. He works on back end systems for payroll and all the usual things that keep a college going.

Joan – his high school sweetheart – and he have been married for over 40 years. They have four kids – Adam (#1 – Cambridge, MA), Molly (#2 – Lewiston, ME), Casey (#3 – local) and Andrew (#4 – Canton, NY). The kids are referred to in the family by their birth order! They have two grandchildren in Maine and a new 10 week old granddaughter in Massachusetts. Tim shares that "being a grandparent is awesome!" All the Kane kids were athletes and ran at some point, or still are. Casey ran cross country and track. Post college, Molly and husband took up running and Andrew runs ultras. All the kids have run the Boilermaker at least once. "We didn't start out as a running family, but we became one!"

Tim himself was a three-sport athlete for Whitesboro in high school, taking part in football, basketball and track. He was most successful at track, specializing in the 200M, 400M, long jump and triple jump.



Member Spotlight (cont.)







JOAN & TIM AT THE END OF A TRAIL RACE

TIM & JOAN WITH CASEY AFTER THE RIDE FOR MISSING CHILDREN



IM & ANDREW AFTER THE PROVIDENCE MARATHON



TIM, JOAN & ADAM AFTER A BOILERMAKER





ANDREW, JOAN & TIM

When he got to MVCC in 1978 he went out for track team and on the first day, they split up to specialties and he went off with jumpers. Their distances were not inches by FEET beyond his best attempts, so he settled into the 400M for his first year.

He started hearing about this road race that was coming to town they were calling the Boilermaker. Peter Ruben was a friend of his father's and was a member of the Steuben Striders, who were legendary in their time. Tim started to join them for group runs and began running longer distances. The Striders were a group of guys based in Barneveld who put together a "loosely formal" club and got together on Thursdays. Saturdays and Sundays. Runs ended most of the time with drinks or breakfast. He got the bug and got determined... then he ran the very first Boilermaker. Joan drove him to start line, then heading to the finish line and sat down to read a book waiting for him to get there. It was NOT a big deal. The crowd was very light with only about 800 people running, but a solid start to something that has become amazing. Since then, Tim has run 17-18 Boilermakers. After that first one, he started running cross country at MVCC. (And a great fun fact - Peter Reuben is still running at 80 years old!)

Tim has been coached by some serious running legends. His high school coach senior year was Ed Hermann (who the E. J. Herrmann Invitational is named after), his MVCC coach was Dick Coleman who is in the college's Hall of Fame and when he was at Albany State for a bit, his coach R. Keith Munsey was in the Hall of Fame there. They instilled in him the "love of the sport" they put everything into it, giving it their all for the athletes.

During his 20s, Tim ran a LOT. Once he turned 30 and four kids came along and as his job got stressful, running fell way off. In his 30s, and 40s, he ran to stay in shape. In his 50s, after their youngest went to college, he started to rev up again and gives credit to Joan. For their 30th wedding anniversary she wanted "to do something big!" and they celebrated their nuptials by participating in the Ride for Missing Children. Joan was always fitness-oriented and she started running and doing triathlons. (Tim dabbled in triathlons, but "I sink!") He and Joan now hike and bike together frequently, but generally don't run together. They'll go to the 840 trail sometimes and split up to do their own thing. At the end of the day, they're active and cheering each other on.

Running came back into his life as a whole second career. He was out there on pretty fresh legs because he didn't run them into the ground with overuse from putting too many years on them. A lot of people he knew early on in this running world had moved away or stopped running all together and he met a whole new group of people.

Member Spotlight (cont.)

Tim is a "small town race guy" and likes races with 300-1,000 people. That's his sweet spot. He has run five full marathons, the first being at the Jersey Shore in December 1979 when he was still a teenager. His fastest was 2:55. Half marathons weren't a thing in the beginning of his running career and he didn't tackle his first half until he was in his late 50s, He loves 10Ks and has "run a million of them." He likes them because the training for them fits into his schedule well and its not too overwhelming.

He's heading out for runs 4-5 times per week now, sometimes up to six, and logging around 25 miles each week. He's hit 1000 miles for eleven years straight. (He was at 988 the year prior, or it would be a straight dozen!).

He has no big secret or magic bullet to share with other runners, only that he tries to be consistent. His advice is to not do anything too drastic or radical and don't beat yourself up. He has added weight training and yoga into his regiment and claims he's "healthy by luck."

The Kanes became Roadrunners close to 10 years ago as they started becoming more serious about running and over the years they have both been active and involved in the club.

Back in 2018 or so, Joan did the heavy lifting to research and bring a Road Runners Club of America (RRCA) coaching certification class to the area, teaming up with UR board. She did the organizing to bring the trainers here. The two-day level 1 class was held at Boilermaker headquarters, was pretty intense and followed by a test. He did have the desire to coach other runners but wanted official credentials before doing so.

In 2021, Tim headed up the Boilermaker Training Program along with the dedicated help of Karen McDaniel, Josh Belisle and Joan. He could not have done it without them. It was a tough year for the program, being in the midst of Covid. Everything was done outside, nothing inside, and they kept six feet apart in a circle which made it a bit hard for programming and having more intimate coaching conversations. Despite that, the training program was excellent that year and Tim is proud of what they did. They put in the work of showing up on Saturday mornings for 26 weeks. In 2022 the reins were handed over to Dorothy Massinger and Tim happily supported her continuance of the club's vital program.

Tim also served a two-year term on the board, one being a Covid year. He has been the captain of the CNY Running Clubs Cup team where he gathered and shared information on participants and overall standings. His background as an analyst was perfect for this type of timely detailed work!

When asked about his "go to" coaching advice for other runners, he gave us two solid answers. 1) make your hard days hard and make your easy days easy and 2) let your mood follow action – no matter how crappy you feel, run for 20 minutes. If you still feel terrible, go home. You still got a 40 minutes in! If you feel good, keep going.

Tim is done for this year in terms of races and goals. For 2023, he is waffling between two ends of the running spectrum – doing a really fast 5K or maybe a 50K. He is thinking how his mindset will need to change to go beyond a marathon - it will be much less about time and really honed in on the DISTANCE. We're excited to see what he chooses and looking forward to cheering him on as his encore running career continues!



Tim's Podcast Picks

On long car rides, you can catch Tim Kane listening to some great long form and/or lighter-to-listen-to podcasts.

He shares a few of his favorites:



The Rich Roll Podcast

Rich is a vegan ultra-endurance athlete and full-time wellness & plant-based nutrition advocate, popular public speaker.

Each week on his podcast, Rich delves deep into all things wellness with some of the brightest and most forward thinking, paradigm busting minds in health, fitness, nutrition, art, entertainment, entrepreneurship & spirituality.

CHECK IT OUT HERE



Huberman Lab

Andrew Huberman, Ph.D., is a neuroscientist and tenured Professor in the Department of Neurobiology at the Stanford University School of Medicine.

His podcast is frequently ranked in the Top 25 of all podcasts globally and is often ranked #1 in the categories of Science, Education, and Health & Fitness.

LISTEN NOW



Some Work All Play

Husband/wife team David and Megan Roche are both former Trail Runners of the Year, national champions and members of Team USA.

Their podcasts feature five to ten topics, sometimes about running, with lots of love and enthusiasm and science. We dig deep into training, races, studies, pop culture, and much more!

DIVE IN NOW!

Member Accomplishments



Cassie Winter completed Ironman Kona!



Dave and Grace Saxe and friends at Peak 2 Brew Catskills NY Run for the Fallen



Amanda Roach-McElroy ran the Fall Foliage Half **Marathon in Rhinebeck**



Morgan Belisle, her sister Ali **Davies and Jen Bachelder** ran the Chicago Marathon



Karen Piccola and Dorothy Massinger at the Niagara Falls Half Marathon



Melissa Barlett tackled the Jell-O Half Marathon



Sharon Scala ran the E Race Cancer 10K



Pete's Picks

by Pete Angelini

On this installment of Pete's Picks, I want to comment on a recent race which I and six other members of the Utica Roadrunners participated in, the 2022 New York City Tunnel to Towers. On September 25, 2022, we joined over 30,000 runners and walkers in retracing the over three-mile path taken by NYFD firefighter Stephen Siller during his heroic run, in full gear, from Brooklyn through the Battery Tunnel to the World Trade Center towers on September 11, 2001. Stephen Siller was a fire fighter and member of Rescue Squad 1 in Brooklyn, New York, which is an elite squad, the best of the best. He had worked the night before and was on his way to golf with his brothers in New Jersey when news of the first plane hitting the WTC was received. Knowing that he would be needed, Stephen turned around and went back to his firehouse, got his equipment, and headed to the scene by way of the Brooklyn Battery Tunnel, only to find it closed from the snarled traffic. So, he strapped on his 60 pounds of gear, and ran through the tunnel and into lower Manhattan to the WTC, a distance slightly over 3 miles. Despite the heroic efforts of Stephen and his innumerable colleagues in the NYFD, as well as the Police Department, Port Authority Police, and Court Officers, 421 first responders died that day. Stephen's remains were never found.

In their grief, the Siller family started the Tunnel to Towers Foundation, a charitable organization that helps amongst others first responders and disabled veterans. As part of their efforts, the organization sponsors a 5k run and walk that retraces Stephen's steps that fateful day. The first one was held in 2002, and it has grown exponentially since then, and has expanded to cities and towns across the county, and the world.

I feel very fortunate to have run in this year's race. It was a very challenging and emotional experience. The course requires the runners and walkers to go through the Battery Tunnel that goes under the East River from Brooklyn to lower Manhattan. If you have never done it before, please

know that it is quite an experience to run through a tunnel. This one is approximately 1.7 miles long, with the first half being a nice downhill as it goes under the river. But of course, what goes down must come back up, to the opposite side in Manhattan. The uphill is significant and tough. Further, because the air flow is limited in the tunnel, it is quite hot in there. In short, it was hard.

But I had an incredible experience in this race, which was highlighted by two significant events, both of which got me through it. First, at the halfway point in the tunnel, as



Pete's Picks







we were beginning the assent and when I was starting to wither from the heat, I got behind a squad of firefighters who were running in formation and in full turnout gear. Their commander led the group, screaming out the cadence and military style songs which the group repeated. It was so hot in there, yet these guys did not miss a step nor a beat as they ran uphill through the tunnel with that heavy gear on. It really motivated me to get through it as well. Further it was so symbolic of how our first responders run towards and through danger, all to help us. Those who do so should be honored and respected.

The second significant part of the race occurred as we were running out of the tunnel. There, on both sides of the road, were hundreds of firefighters and policemen and others holding full size posters of the 421 first responders who died on 9/11. Seeing those images and thinking about that terrible loss of life was overwhelming. It is a moment in my running career that I will never forget, which I think is the point.

Also, I would be remiss not to point out that the fan support along the course is outstanding, and rivals that of the Boilermaker. I felt so supported, right through to the end. It was beautiful.

The NYC Tunnel to Towers is an incredible event, run by an outstanding organization, and should be experienced by every runner and walker, at least once in their life. I hope that the members of our club will consider running it at least once, and that you continue to support and run in the Utica Tunnel to Towers, which as we all know is also an outstanding and preeminent race in our area. You will not regret it.

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!



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



Advertise with us!

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: Er	mail:			
Month(s) you would like your ad to run (\$25 per month) ☐ December 2022 ☐ January 2023		Would you like to add a UR Facebook post for just \$15 (per month)? ☐ Yes ☐ No		
☐ February 2023		Total included: \$		