

splitimes

January 2023

The Official Newsletter of the Utica Roadrunners



Grace and Dave Saxe braving the winter running elements!

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2023 UR Races



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January
2023
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Useful Links:

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

BLOOD DRIVE

Members at the
American Red Cross Blood Drive
on December 30, 2022



President's Message

by Andrew
Rubino



Happy New Year! 2023 is shaping up to be another exciting year.

The Utica Roadrunners are continuing the Four Race Challenge which will include your favorites – Save Our Switchbacks, Summer Sizzle, Falling Leaves and the Skeleton Run.

Bringing our virtual events to life is one of the greatest accomplishments of the Utica Roadrunners in 2022. Jennifer Bachelder directed the Five after Five including a live group run and celebration at the Brewery. Michelle Truett and the DEI Committee organized the first live Run Against Racism, which was part of Utica's Juneteenth celebration.

The Boilermaker Training Program will continue at the end of February. A big shout out goes to Dorothy Massinger and her team for bringing the excitement and motivation last year. We also have the **Wednesday Night Development Runs** that start in May. Another big shout out goes to Ashley Mancini and her crew for keeping us running through the Falling Leaves. Both training programs are a huge part of Utica Roadrunner's identity and we thank you both for showing up week after week to keep up running. Also, be on the lookout of our **Grand Prix** and **CNY Club Cup** race calendar for some friendly competition between members and other local clubs.

Let's not forget our annual **Awards Banquet** celebration, which will happen later this winter. Be sure to fill out those mileage forms and submit your nominations for a fellow runner that you would like to have recognized.

We closed out 2022 with **Santa Sizzle's Final Ride** organized by Jim Mott. UR's very own Santa Sizzle, Harry Campbell, made a special appearance. We also held our **Club Blood Drive** at The American Legion Post 229. We opened 2023 with our Third Annual Utica Roadrunners **New Year's Day Membership Run** organized by Jen Bachelder at Accelerate. Be sure to take advantage of the discounts Accelerate offers to all Utica Roadrunners members!

I have to thank our most recent president, Jim Mott, for his countless hours of service to The Club. Jim's leadership kept us running through the pandemic by promoting new and creative events to bring us together. As the pandemic ended, his leadership kept us running looking beyond to serve the greater members of The Club. I would also like to thank the outgoing board for their service to the club and welcome our new board members.

The core of our Club is the members and our volunteers. You are all the foundation of what the Utica Roadrunners runs on. Without you, putting on events would be impossible. Get involved. Show up to events. Volunteer. Introduce yourself. Organize a group run. Run some miles. Take pictures. Share your stories. I truly believe that running brings people together beyond lacing up those shoes. Whatever your goals are for 2023, we are better at getting there together.

Wishing everyone good health and good times in this upcoming year. Bring on 2023 and enjoy the journey!

Andrew

Save the Dates for This Year's Races!



April 8, 2023



June 19, 2023



September 24, 2023



October 15, 2023



New Year's Day Run



Happy New Year! Cheers to 2023 and New Beginnings!

A big thank you to all who came out for our 3rd Annual New Year's Day 5k & Kids Run on New Year's Day. Shout out to all the kids who started us off with such enthusiasm. Special recognition to Magnus at the age of 6 running 2 laps and then joining mom and dad for the 5k!!

First Place male finisher Cole Zuk and Second Finisher Jeannine Macera who both hung out to cheer on the rest of the field.

Thank you to our volunteers, our gracious hosts Accelerate Sports and the Town of Whitestown.



New Year's Day Run



2022 Member Accomplishments



In May, Missy Scanlon ran her first 50 miler at the Mohonk Mountain Preserve. She was sidelined in 2021 due to COVID, which was a huge disappointment after all the training and wanting to get it done for her 50th Birthday. But she says everything happens for a reason and she had “the most amazing race and I’m not afraid to say, I’m proud of myself for sticking to my goal of running 50 miles!”



Ashley Mancini completed her first triathlon and Spartan Race, the Peak to Brew Honey Badger leg and the Disney Wine and Dine Half Marathon

Melissa Barlett ran the Dopey Challenge in Disney



Karen Piccola ran her first international race - in Niagara Falls Half Marathon October 23

2022 Member Accomplishments



**Travis Belanger hit
1000 miles on November 19th**



**Jen Bachelder celebrated
3,000 miles on December 13th**



**Sharon Scala hit 1,000 miles on
December 3, the same day she
celebrated her 1,000th day in a row
of running at least one mile per day!**



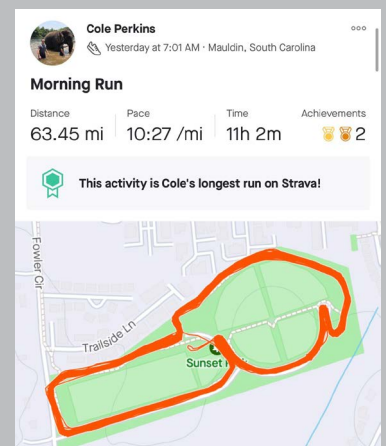
**Sue Luley had another
amazing 1,000 year!**



**Jessica Arevalo
ran her 1,000th mile
on December 31**



**Jen Bachelder
and Jeannine
Macera qualified
for Boston**



**Cole Perkins tackled the
Resolution Run 12-Hour Ultra
in South Carolina, placing
second with 65 miles!**

Now that your 2022 running has come to a close, it is time to tally up those miles and turn them in to earn Red Jackets or patches to add to your jacket!

1 **Print out the form** (Found in [Word](#), [PDF](#) or on the next page), fill it out (neatly) by hand, and send it to:

2 Download the form (Word or PDF), fill it out digitally (or scan it), and email it to Melissa at [**docbarlett@gmail.com**](mailto:docbarlett@gmail.com)
Please put "UR Mileage" in the subject line

[illegible]

- Red chevrons will be given for mileage designated as run or run/walk accumulated in 2022
- Blue chevrons will be given for mileage designated as walk only accumulated in 2022

We do NOT want your entire running/walking log, just the form, but you should have this somewhere that could be verified if needed. Also, if you are looking to get started on logging your 2023 miles, **[here is the link to a log that you can use.](#)**

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Utica Roadrunners Personal Mileage and Race Record for 2022

NAME: _____

Date	Race	Distance	Time	PR?	Place/Award

Total Miles Run (or Run/Walk) in 2022: _____ Total Miles Walked (only) in 2022: _____

Total Miles Run as a Utica Roadrunner: _____

Total Volunteer Points for 2022: _____

Are you looking to get your Red Jacket? (circle one) Yes No

Personal Volunteer Information for Red Jackets/Patches (Check all that apply, for Red Jackets ONLY volunteer items can be from 2021 and 2022):

___ Club Board Member ___ Club Officer ___ Club Race/Program/Event Director

___ Club Committee Head/Coordinator ___ Club Committee member

___ Development Runs (# of times volunteered _____)

___ Boilermaker Training Program (# of times volunteered _____)

___ SplitTimes Article (# of articles _____)

Race Day or Packet Pick-Up Volunteer

___ S.O.S. Race ___ Summer Sizzle

___ Falling Leaves ___ Skeleton Run

___ Run 2 End Hunger ___ Run Against Racism

___ Safety Run

___ Other Club Supported Events (please list: _____)

___ Other (list: _____)

Please return this form (**no later than January 31, 2023**) to: **Melissa Barlett – UR Mileage Info, 1803 Butterfield Ave, Utica, NY 13501** or email to docbarlett@gmail.com (UR Mileage in subject line)



Next up will be our Awards Banquet! While we do not yet have a definitive date/ location for this event, we do want you to start thinking about nominating your fellow Utica Roadrunners for some of our awards. Here are the awards for which you can nominate someone ([see previous winners here](#))

Please send your nominations to Jenna Stefka at jennifer.melinda@hotmail.com

1

Robert H. "Coach" Carlson Distinguished Service Award

Established in 1987 in honor of Bob (Coach) Carlson, this award goes to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing, running and social events and helping to run the Club.

2

Volunteer of the Year Award

Awarded to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.

3

Frank D'Allesandro Training Volunteer Award

Awarded to recognize an individual with the most enthusiasm, time and support to new members of the running world.

4

Inspiration Award

Awarded to the Utica Roadrunner whose upbeat attitude and dedication to using his or her talents has had a positive influence on other runners throughout the year.

5

Distinguished Roadrunner Supporter Award

Awarded in appreciation and recognition of a corporation, group, or individual whose support has made a significant contribution to Utica-area running. (This award is typically given to non-Club members.)

6

Utica Roadrunner Hall of Fame Award

Awarded to the individual who has excelled for many years in the sport of running and has distinguished himself or herself through racing achievements and/or support of the running community.

UR Membership Information and Update

As Utica Roadrunners members, there are a few things that you should know, and since it is a new year, this is a great time to brush up on basics and learn about a few updates from the past year.

Members of the Utica Roadrunners are bound by the [bylaws of our organization](#). These bylaws were recently updated in April 2022, and they provide that “The continuing requirements for UR membership in good standing are to have an interest in running and physical fitness; to pay dues in a timely manner; and to comply with UR bylaws, rules, policies and procedures governing membership.”

While the bylaws themselves are fairly self-explanatory (if a little dry), the rules, policies, and procedures can be a little more complicated. What exactly do we mean by that? Commonly, these are things that are put in place via the Board of Directors, [voted on at Board meetings](#), and then provided to the Membership in various ways. In the Utica Roadrunners, a majority of our rules, policies, and procedures are found in two basic locations ([both on our website](#)): **The Club Handbook** and the **Code of Conduct**.

Club Handbook

This is updated yearly by the Board of Directors. It contains a variety of useful things, including the contact information for club officers and the heads of our various committees and events. It also includes details about club membership benefits, awards, events, processes, and our national affiliations. If you have specific questions about the following, you can find them in the handbook:

- How to earn a Red Jacket
- What are the yearly dues and when they should be paid by
- What awards and patches are available
- Who to contact for issues with the newsletter (Splitimes)
- What the Grand Prix and Club Cup are
- Who is currently directing each of our major events

[View the Handbook](#)

Code of Conduct

This is an important set of rules that govern how we act with each other and the public when representing the Utica Roadrunners. The goal of the Code of Conduct is that others are welcomed, comfortable, and safe at Utica Roadrunner events and that we represent the Club in a way that provides us with a good reputation, both in person and online. As a Club member, it is your responsibility to uphold the Code of Conduct and to let the Club leadership know if you feel this code has been violated or you believe there is an unwelcoming or unsafe environment. [View the Code of Conduct](#)

For many years, the Code of Conduct had no procedure associated with it, so there was some uncertainty as to what to do if you felt the need to report a member. In April 2022, the Board voted on, and confirmed in January of 2023, a set of procedures that would help the club leadership be able to effectively receive reports of violations of the Code of Conduct, and to investigate these in a way that is fair to all parties involved. There is now a clear procedure, including a template form ([downloadable from the website](#)), to send in reports of possible violations. There is also a clear procedure that will be followed for all reports. The Board takes accusations against the Code of Conduct seriously for the safety of our members and the reputation of our organization. This process should not be used for personal issues with other members, only when the concerns will affect the wider community.

We hope this information is helpful and that you have learned a little more about the Utica Roadrunners, your membership, and how to make our Club the best possible place for running and runners!

Update on Carbone Athletics at The Fitness Mill Memberships

Since the 1990s, The Utica Roadrunners had a relationship with The Fitness Mill, located in New York Mills. On Thursday nights, our members would meet at the Fitness Mill for a group run and be able to use their facility to gather and later get cleaned up if they wished to.

As the ownership changed hands, we were able to secure a deal in 2020 before the pandemic hit for our members to receive a reduced price at Carbone Athletics at The Fitness Mill. Once businesses began to reopen and we again enjoyed the ability to do things in public spaces, we were informed that many of our members were not receiving the member benefits that were agreed upon.

At the close of 2021, Carbone Athletics at The Fitness Mill reached back out to the Utica Roadrunners, extending an even better deal of \$99 a year that included all classes. Many of our members took advantage of this great opportunity.

As the 2022 campaign has come to a close, we have sadly heard again that Carbone Athletics at The Fitness Mill is not honoring the deal they offered. After many attempts to contact the management at Carbone Athletics at The Fitness Mill by phone and email, we are sad to report that we are no longer partnering with them in the future. It is good business to continue an agreement in good faith with another organization. Our members deserve consistency and a welcoming environment when it is promised to them.

The Utica Roadrunners enjoy a great partnership with Accelerate Sports. They currently offer an annual track (family) membership plan for \$50 a year to The Club. We will continue to look for other opportunities for you, as members, to pursue your fitness and running goals.

We apologize for any inconvenience this may have caused or may cause you. If you have any questions about the matter and you are currently a member of Carbone Athletics at The Fitness Mill, we encourage you to speak to their management to seek an answer we were unable to receive.

The Utica Roadrunners Board of Directors

Santa Sizzle was a Hit!



We had some pretty impressive things happen this weekend! Runners covered enough miles for Santa Sizzle to start hiring runners instead of reindeer to guide his sleigh on future Christmas Eves!

Thank you to all those who participated and all those who signed up. For every person that signed up-they made Santa Sizzle's nice list! Many stopped on down to the Sneaker Store Thursday, December 22nd from 5-7 pm and picked up their Secret Santa Sizzle Swag Bag of Joy! In it they found pint glasses, UR shirts or other goodies. They also got a chance to get a picture with Santa Sizzle himself!

As for the winners, here they are and here's what they got:

FIRST - Jennifer Toti - She returns as last year's champion! Jennifer just had surgery less than two weeks ago. Her doctor advised her to reduce her mileage. Her low mileage day is what many people do in a month. Here is what Jennifer did - 77.2 miles in three days, which includes 50.4 outside in Oswego on Saturday! Jennifer will be sent a Santa Sizzle Swag Bag and free entry into the 2023 Summer Sizzle Road Race.

SECOND - Christine McGlynn - Christine is getting ready for some 2023 ultras and she had a huge weekend. She ran for a total of 65.85 miles (18.25 Friday, 21.1 Saturday, and a mere 26.5 Sunday) Christine wins the Saranac beverage of her choice, a Santa Sizzle Swag Bag and a free entry into the 2023 Summer Sizzle Road Race.

THIRD - Elizabeth Miller - 34.6 miles over three days. She is training for the Disney World Dopey Challenge in January. She gets the Saranac beverage of her choice and a Santa Sizzle Swag Bag! She also gets free entry into the 2023 Summer Sizzle Road Race.

Other winners included **Chris Edick, Aggie Zoghby, Deb Rachon** and **Jessica Cooley**

Thank you to the Sneaker Store and their staff for being so accommodating as always and a special thank you to Santa Sizzle himself (Harry Campbell) for showing us all the true spirit of Christmas! Happy Holidays!

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!

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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)

☐ February 2023

☐ March 2023

☐ April 2023

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

☐ Yes ☐ No

Total included: \$ _____