

splitimes

August 2024

The Official Newsletter of the Utica Roadrunners



5 Mile Run/Walk THIS Sunday!
Still time to sign up...

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August
2024
Utica Roadrunners
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Advertising

If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett • michelle@484design.com



Useful Links:

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

This Sunday!
Register right up to Race Day!



**TRENTON
FISH AND GAME CLUB
AUTISM AWARENESS 5
MILE RUN/WALK**

August 4, 2024

Holland Patent
Race begins at 9:00am
Kid's Run at 8:30am

REGISTER NOW

and get more details!



President's Message

by Andrew Rubino

“ They told me, don't go walking slow The devil's on the loose Better run through the jungle.”

– RUN THROUGH THE JUNGLE BY CREEDENCE CLEARWATER REVIVAL



We did it!!! Congratulations everyone on completing another Boilermaker. Maybe this year was your first 15k or 5k or maybe it was one of many. During these last few weeks you've survived jungle-like conditions of humid, muggy, heat as well as torrential downpours of rain. Mother nature gave us another hot one, but that's to be expected on the second Sunday in July! We celebrated under the training tent with a champagne toast for first time Boilermaker finishers, snacks, and yes, UR's own keg. Word is Erik and crew are keeping the group runs going. Check your email for details.

We also celebrated Boilermaker week a little early with the return of the Development Run hot dog cookout post run. We also shared pizza, freeze pops, beverages, and laughs. Even the ice cream man got in on the fun! The Development runs may have ended, but the course is still there. Maybe I will see a few of you out there running Wednesdays at 6:30. I cannot thank our volunteers enough for their efforts to keep the Club running with our Boilermaker Training Program and Wednesday Night Development Runs. Special thank you to Erik Winberg, Ashley Mancini, Wendy Bowers, Peter Angelini, Dorothy and Al and Blue Massinger, Sandy and Mark Arcuri, Rebecca LaPorte, Cheryl Burmaster, Jennifer Stefka, Don Lynskey, and anyone I missed.

On Father's Day we had record numbers for the Summer Sizzle. It was to transition race directors from Jim Mott who directed for almost a decade to Travis Olivera who will take the reins in 2025. Travis also chaired the scholarship committee. At the June 19th Development Run, we celebrated five student athletes and awarded them \$500 each. Thank you, Paul Ohlbaum, for your years of contribution and dedication to youth athletes. Be sure to wish Paul a happy birthday, because he turned 90 years young at the end of July.

If you didn't sign up for the Four Pack, registration is now open for the [Skeleton Run](#). [Falling Leaves registration](#) opened Boilermaker weekend with a huge number of registrations! A friendly reminder that registration is also open for our sponsored races: [Trenton Fish & Game Autism Awareness Trail Run](#), August 4th and [Tunnel to Towers Central New York](#), August 18th.

Come join in for our next Happy Hour on August 23 at 7 Hamlets. There will be music provided by the musical stylings of Handsome Bob starting at 5pm. Drink tokens will be given out to the first 20 members starting at 6pm. The Club will have a party tent outside.

On a somber note, I am saddened to mention the passing of our friend Tiffany Brown. I had the pleasure of sharing some miles with Tiffany. Tiffany ran over two dozen half marathons and numerous 5Ks. She will be remembered for her positive energy and kind heart.

Do you have a story, accomplishment, or photo you would like to share? We are also looking for members to write articles, do interviews, or generally help out. We'd love to hear from you.

Happy running and enjoy the journey!

Andrew

arubino13@gmail.com

In Memory of UR Member *Tiffany Brown*

January 2, 1976 - June 28, 2024



Team "Hippie at Heart" ran the Chocolate Run in Tiffany's memory



Boilermaker 2024



15K START



THE EXPO



5K START

Cliff's Keeps Us Going to the Races!

The winners of our Cliff's Local Market Club Cup Gift Card for the Patriot Run. Cliff's keeps UR going!

Congratulations to **Eric Kasper** for scoring the most points for UR in the Club Cup and **Jen Toti** for representing the Club.





Riggie Run & Walk

Sunday, October 13
SUNY Poly Campus







DIVISIONS INCLUDE
5k Run, 5k Wheelchair Race, 2-Mile Walk, 1-Mile Kids Run.

5K participants can register for the **Riggie Challenge** in which they will be required to eat one bowl of riggies at the halfway point of the race.

The **Riggiefest** will commence at the conclusion of the Run & Walk and will showcase local restaurants' versions of this famous Utica dish.

For more information, visit: www.SitrinRiggieRunWalk.com

— Presented by —



ADIRONDACK BANK
Bank Local




SITRIN MILITARY PROGRAM

All proceeds will benefit the Sitrin Foundation to support the Military Program.

Upcoming Race

Sunday, August 18

**Registration
NOW!**



**5K RUN & WALK
CENTRAL NY**

SIGN UP NOW

Follow their
Facebook page
to stay up-to-date
on race
information



Seventh annual
CONNOR'S WAY 5 MILE
Scenic Walk • Memorial Run
Hinckley, New York
September 15, 2024




7th Annual ~ September 15, 2024

Virtual Option ~ September 15 – 21, 2024

Register at ConnorsWay.com (click on RunSignUp)

Free T-Shirt with Registration through August 29, 2024

Food Trucks & Live Music

Awards to Top Runners

Proceeds Fund Scholarships for Area Youth

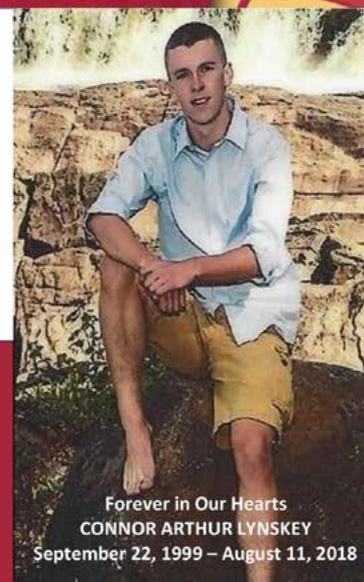
Sponsorships Available through August 29, 2024

For more information go to

WWW.CONNORSWAY.COM

WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL

SIGN UP NOW



Development Run Wrap Up!



We celebrated the culmination of the Development Run season with hot dogs, freeze pops, shirt giveaways, and pizza!

Grateful for all the dedicated volunteers and passionate runners who made it happen.

See You at Happy Hour!

Join us!
**Club
Happy
Hour**

Friday, August 23

**6:00pm at Seven Hamlets Brewing Company
Westmoreland, NY**

**Handsome Bob playing at 5:00pm
Drink tokens handed out at 6:00pm**



NEW! Race Captains

Hello everyone -

We are informing Club members of an exciting opportunity for our competitive runners and runners seeking to achieve half marathon, marathon, or ultramarathon goals this fall. The Club is doing this by partnering with races and other running clubs to help you get there by offering exclusive discounts for interested UR members. Each race will be captained by a UR member who will be the main point of contact. They will be able to answer questions specific to the race and provide the information about the discount. If you are interested, but are unsure if you are able to commit, please still let them know you are interested as some spots are limited and some discounts are time sensitive to get the best deal.

Here are the races we are working with:

Brookfield Classic

September 14, 2024

Captained by Travis Olivera

travis.l.olivera@gmail.com

[Learn more about the race](#)

Wineglass Marathon

October 6, 2024

Captained by Travis Olivera

travis.l.olivera@gmail.com

[Learn more about the race](#)

Mohawk Hudson River Marathon

October 13, 2024

Captained by Chris Edick

Chrisedick32@gmail.com

[Learn more about the race](#)

We are asking if you would like to take advantage of this offer is show up, run wearing UR gear, and crush the miles. We would also love it if you shared your experience via SplitsTimes or social media. Don't have UR gear? Let the captain know and we can help to get you hooked up. If you would like to captain a race or have any general questions, please email Andrew Rubino at arubino13@gmail.com.

2024 Student Scholarships

The Utica Roadrunners have the promotion of family health and fitness through running as our primary mission. Each year, we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student-athletes in our community. We are pleased to announce that this tradition will continue in 2024 with the Paul Ohlbaum and Howard Rubin Scholarships for outstanding male and female applicants.



Jasmine Connor

This year, we had a standout application from one more student, Jasmine Connor, from Proctor High School, who the committee chose to receive the Grit award. This award isn't given every year, but when someone comes along displaying courage and resolve and shows a true strength of character, we arrange for this to be a part of our ceremony.

I think Jasmine's own words are a good place to start for why we chose her as this special award recipient. "I am by no means an Olympic athlete and I'm certainly not the greatest student. However, I am very determined and always finish what I start. I'm willing to learn new things and get out of my comfort zone, even when it's unconventional or difficult." Most of us can relate to not excelling at running, but it's the importance of dedication and a commitment to gradual improvement that help us.

She goes on to say how she has struggled with anxiety and self esteem issues, how running has helped her work through them, and how this experience taught her the need to invest in helping those with mental health issues. She plans to make a positive contribution to these efforts, by achieving a master's degree in Psychology, starting with studies here at MVCC.

Her coach describes her as hard working, dependable, selfless, and kind, and that her kindness has helped in welcoming younger distance runners into the program. She notes how Jasmine, as the oldest sibling of five in a single-parent household, has more responsibility than many of her peers, and has still found opportunities to intern at Wynn Hospital. Her social studies teacher describes Jasmine as strong, resilient, and a team player.

2024 Student Scholarships



Kaleigh Durso

Kaleigh is a textbook Scholar-Athlete. She has excelled in her studies at New Hartford High School, where she maintains a weighted GPA above 100%. On the track, she is a standout athlete where she was a State Qualifier for High Jump and Pentathlon for every year she's been in High School. These would be impressive enough stats, but Kaleigh herself admits that she 'does not always enjoy running,' but it has taught her many things about herself. Through the sport, she has learned how to push through difficult situations even when she wants to quit.

Her coaches describe her as 'a model for younger teammates to aspire to,' which is why she served as Co-Captain of the Cross Country team this year.

All of this combined with her decade as a Girl Scout, being a section leader of the Marching Band... her list of qualifications, well, in the words of her coach and teacher Peter Anderson, "She represents an excellent archetype for a responsible, respectable, and overachieving student."

We are pleased to present this award to Kaleigh Durso, who plans to continue with Track and Field at SUNY Oswego, where she will be studying Computer Science.



Logan Baker

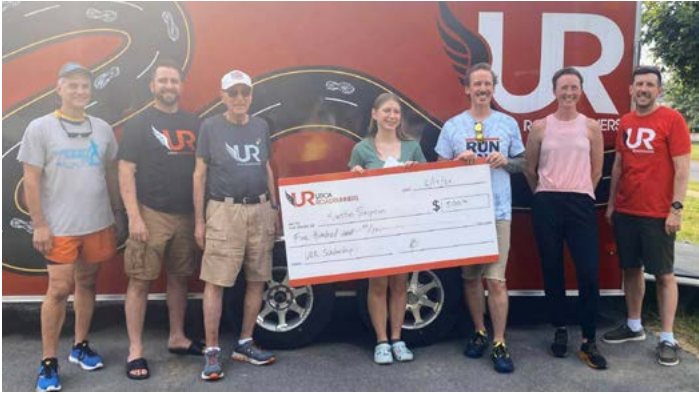
We don't have enough time here tonight to list all of Logan's accomplishments on the field. Or on the trail. Suffice it to say, I don't know many high school athletes by name. But I do know Logan's. He has set records at Waterville High School. He is a four-sport athlete. He is captain or co-captain of Indoor Track, Outdoor Track, and Cross Country, all for at LEAST three years. He has represented Waterville and the Central New York Region at the State and National levels. Also, he's Valedictorian of his class, while taking AP and dual-credit courses, and has a 4.0 GPA. Not only that, but he volunteers as an announcer for Waterville's Pop Warner team, he's Vice President of the Student Council, Class President, and is even in the Jazz Band.

In his recommendation letters, the terms 'disciplined' and 'dedicated' come up regularly, but not without positivity. His coach referred to him as a 'true leader,' and said he was 'fortunate to have worked with him.' His math teacher praised his ability to listen and noted that he is well respected among his peers and the faculty.

In his own words, Logan says that running has taught him discipline, and how hard work pays off, and that he is grateful for the lifelong friendships he has made along the way.

Next year, Logan heads to SUNY Geneseo to study Physical Therapy and continue to compete for their track and cross country teams.

2024 Student Scholarships



Kierstin Simpson

Kierstin Simpson comes to us from Proctor High School and has an impressive resume in Cross Country, Indoor, and Outdoor Track and Field. Off the field, she is a dedicated student, in the top ten of her class, and volunteers with not only school organizations like the Environmental Club and National Honor Society, but with United Cerebral Palsy as well. Running has taught her tenacity - when she sets her mind to something and doesn't give up, she will complete her goals.

Her AP Physics teacher agrees with Kierstin's self-assessment of hard work, and describes her as 'unyielding when she sets her mind to a task,' and said she is 'one of the most hard-working students I have ever had the pleasure of teaching.' Her Cross Country and Track and Field Coach noted that she was named a NYS Scholar Athlete for every season, for three straight years, and notes that she will 'be successful in whatever endeavor she sets her sights on.'

Next year, Kierstin is setting her sights on studying Speech Language Pathology and Audiology at Ithaca College, and whether she joins a team or not, she will never stop running.

Congratulations, Kierstin!



Frank Calhoun

Frank Calhoun from New York Mills is a team leader on and off the field, not only the Captain of his Cross Country and track teams, but on Baseball as well. He has also been on All Conference Teams for each of those three sports.

Something he has learned about himself through running is that he has a great work ethic, and, in true Central New York fashion, he runs better in the cold!

His academic performance through a rigorous course-load is impressive, and he is currently a member of the National Honor Society, Student Council, and is Class President. His math teacher and Baseball Coach praises Frank's academic and athletic achievements, but adds that most impressive is his maturity, dedication, and leadership ability. His elementary gym coach and Varsity Cross Country and Track Coach praised his perseverance and conduct as a citizen, and said Frank personifies the three ingredients that every successful athlete needs: Desire, Dedication, and Drive.

Frank plans to continue running at SUNY Brockport, but seems more excited in his field of study, Exercise Science, where he will be able to help others better themselves and achieve their goals. Lucky for him, I'm pretty sure it's cold out that way too. Congratulations, Frank!

Summer Sizzle



[SEE THE RESULTS](#)

[SEE PHOTOS ON FACEBOOK](#)



Summer Sizzle Photos



Summer Sizzle





Female Standings as of 7/21/24

0-14		Julie Law	8	Megan Sterling	7
Dylan Joslin	36	Ashley Law	8	Elizabeth Preuss	6
Amelia Lohr	12	Michaline Snyder	8	Donna Morreall	5
15-19		Amanda Mondrick-Robertello	6	55-59	
Kate Bauer	12	Deidre McNamara	3	Mary Ann Lasher	48
Abigail Northrup	12	40-44		Lisa Seigle	17
Elizabeth Friot	10	Sue Brumm	36	Sharon Wise	10
Maya Padmanabhan	8	Jennifer Stefka	31	Stephanie Flack	8
20-24		Melissa Barlett	26	60-64	
Bianca Durso	12	Andrea Carney	24	Laura George	64
Alicia Wehrenberg	10	Crystal Overstreet	22	Sue Tucker	37
25-29		Sarah Jones	20	Elizabeth Miller	36
Kaitlyn Barlow	66	Emily Mishalanie	17	Felicia Burak	22
Brooke Newton	42	Sarah Gaasch	12	Linda Hudyncia	22
Emily Ward-Case	16	Rebecca Bolton	11	Jean Kosina	18
Emma Farkash	12	Anne Marie Latshaw	10	Sheila Bishop	17
Gabrielle Morreale	10	Mary Friot	8	Beth Talbot	16
Stacey DiGiorgio	7	Lauren Culyer	8	Myra Hubbell	10
30-34		Margie Hammell	5	Tina Sullivan	6
Alison Shanley	54	45-49		65-69	
Kelley Bogner	48	Jerilyn Mashaw	34	Patrice Bogan	34
Yuliya Karpov	46	Danielle Bliss	24	Sharon Stedman	30
Julie Hall	29	Agnieszka Kwiatkowska	22	Joan Kane	24
Lindsay Huckabone	17	Erin Dibble	22	Linda Salerno	22
Jessica Cooley	13	Jennifer Toti	12	Sharon Scala	17
Rebecca McCaw	12	Liz Casatelli	10	Diane VanPelt	12
Maureen Bishop	6	Karen Randall	8	70-74	
Christine Connors	4	Cheryl Burmaster	7	Virginia Truax	72
Deana Butera	3	Amy Creedon	6	Susan Luley	58
35-39		Nicole Davis	3	Wendy Kent	34
Amanda Mazza	72	Michelle Truett	2	Dorothy Massinger	15
Amanda Hartnett	47	50-54		Katheryn Doran	15
Brittany Praznik	30	Allison Miller	46	Carolyn Mohr	14
Caroline Pissolato	24	Denise Thompson	24	Joanne Campbell	6
Fallon Russo	20	Christine McGlynn	22	75+	
Jessica Diestel	11	Melissa Bauer	12	Barbara Deangelo	12
Ashley Mancini	8	Karen Piccola	10		
		Sarah Brown	8		



Male Standings as of 7/21/24

0-14		David Gillen	10	Scott Daskiewich	7
Maddox Joslin	46	Michael Carney	6	Carl Lee	5
Magnus Brumm	32	William Horton II	5		
Raymond Zoghby	12	Christian Austin	4		
Robert Lewis	12				
15-19		40-44		55-59	
Alejandro Roberts	24	Colt Brumm	64	Eric Kasper	68
Andres Roberts	10	Christopher Edick	60	Paul Humphrey	56
Kole Owens	10	Andrew Hartnett	48	Thomas Durso II	26
		Derek Alexander	39	John Seigle	24
		David Dietz	17	Carl Lee	14
25-29		Andrew Rubino	8	Richard Crandall	7
Patrick Fitzgerald	64	Zachary Wasielewski	7	Chris Northrup	5
Ryan Fitzgerald	39	Travis Olivera	5		
James Withers	24	Daniel Eddy	3		
Erik Winberg	10				
Kory Lewandrowski	8	45-49		60-64	
David Wynne	6	Tom Joslin	54	Jeff George	57
Welby Kalapurackal	5	Joe Mashaw	36	Dave Putney	48
Mason Hedeon	4	Steve Fairbrother	32	Gordie Felt	20
		Ryan Maine	32	Bill Kosina	16
30-34		Robert Kapfer	30	Tom McGlynn	15
James Kuny	56	Ernie Marcello	25	Frank Vellone	10
Tommy Carlson	36	Gregg Chrysler	23	John Friedel III	5
Justin Bogner	31	Frederick Latus III	10	Leroy Hodge	4
Travis Belanger	31	Gino Olivato	8	George Baron	2
Paul Brockett	24	Hisham Zoghby	7	Harry Bascom	1
Roberto Leandry	16	James Peters	6		
Matthew Krush	13	Albert Pope	6		
John McCaw	10	Brian Connery	2		
Anthony Cicchella	7	Mahesh Padmanabhan	1		
David Gomez	4				
35-39		50-54		65-69	
Michael Daly	56	Jim Latshaw	35	Dan Stedman	34
Ryan Stevener	34	Peter Madden	34	Robert Longo	24
John Martin	28	Phil Trzcinski	30	Tim Kane	22
Travis Thibodeaux	17	Ross Berntson	20	Kevin Shanley	16
John Parry	15	Robert Bauer	12	Gary Burak	12
		Glen Andrew Roberts	11		
				70-74	
				Gary LaShure	60
				Gene Allen	36
				Tom Bick	30
				75+	
				Bill Luley	46
				John Kieffer	24

THE COMPETITION IS HEATING UP!



HELP US TO WIN THE CUP THIS YEAR!



WE KEEP YOU GOING.

Clifford Fuel gas cards will go to
a random participant/top scorer
for the remaining races

The top scores for URR at the Sundae Run were:

Virginia Truax	27:17	75.62
Eric Kasper	20:50	72.76
Chris Edick	19:07	69.35
Susan Luley	29:49	69.23
Gary Lashure	26:08	65.37

Additional Roadrunners participating

Laura George, MaryAnn Lasher, Mike Winkler,
Jen Toti, Jeff George, Andrew Hartnett, Sue Brumm,
Derek Alexander, Magnus Brumm, Bill Luley,
Patrick Fitzgerald, Gene Allen, Jennifer Stefka,
Colt Brumm and Lauren Culyer



Historical Results

2015	– Kuyahoorra Kickers
2016	– Utica Roadrunners
2017	– Utica Roadrunners
2018	– Kuyahoorra Kickers
2019	– Kuyahoorra Kickers
2020	– COVID -19 won
2021	– Roman Runners
2022	– Roman Runners
2023	– Kuyahoorra Kickers

Standing		Event Points	Season to Date
Kuyahoorra Kickers	372.04	6	20
Roman Runners	368.59	5	21
Route 20 Roadies	368.03	4	17
Utica Roadrunners	352.33	3	14
Toe Path Trekkers	267.24	2	7
MV Hill Striders	254.66	1	5

Next Cup Race: Woodsmen's 10K

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

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

Advertise with us!

Our monthly newsletter is emailed to over 900 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 (2,700+ 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)

☐ September 2024

☐ October 2024

☐ November 2024

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

☐ Yes ☐ No

Total included: \$ _____