

October 2024

splitimes

The Official Newsletter of the Utica Roadrunners

Falling Leaves Photos

page 15

Wandering Upstate of Mind

Images by L. Costantine

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by George Searles



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October
2024
Utica Roadrunners
Board of Directors



President Andrew Rubino

Vice Presidents

Administration & Finance
Melissa Barlett

Activities and Events
Erik Winberg

Secretary Rebecca LaPorte

Treasurer Travis Olivera

Board Members

David Deitz	George Searles
Andrew Hartnett	Phil Trzcinski
Mason Hedeon	Frank Vellone
James Kuny	

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](#)

TRACK MEMBERSHIP

**Only \$50
for a year!**

**Family price
\$75/year**



UR members receive
a discount for use
of the indoor track at
Accelerate on Judd Road
in Whitesboro

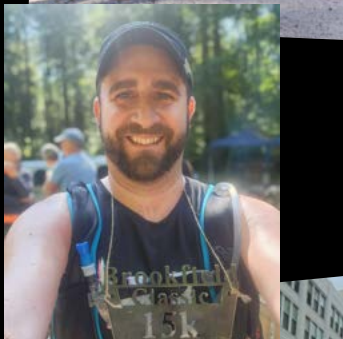
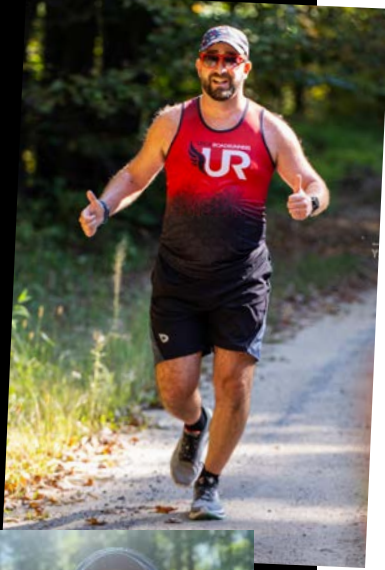
SIGN UP ONLINE

President's Message

by Andrew Rubino

“ Looking out at the road rushing under my wheels
I don't know how to tell you all just how crazy this life feels
Look around for the friends that I used to turn to to pull me through
Looking into their eyes, I see them running too
Running on (running on empty)
Running on (running blind)
Running on (running into the sun)
But I'm running behind.”

– RUNNING ON EMPTY BY JACKSON BROWN



Welcome fall! September was filled with so many amazing races, fabulous weather, and great turnouts at our group runs and happy hour. There's still plenty to look forward to for the remaining months of 2024. Please renew your membership and tell your friends to become a member to get three months free! Membership dues help to keep our Club running and to make our races and events bigger and better.

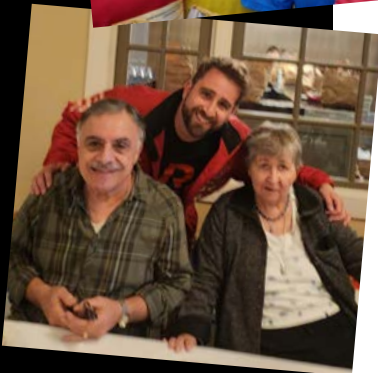
Our last official race of the year is the **Skeleton Run**, directed by Rob Kapfer. [There is still time to register here](#). We are asking participants to bring a non-perishable food donation to be donated to a local food bank. Costumes are encouraged for all distances. Age group winners and all 3k participants will receive a pumpkin! The Skeleton Run is October 13 at Deerfield Town Park.

Utica Roadrunners annual board meeting and elections is Monday November 18th at 6:00pm at the Boilermaker office. Please note this date is to accommodate for the Veteran's Day holiday. This is the perfect time to catch up with everyone, discuss the direction the Club is going in, and some new initiatives. There will be snacks and Saranac beverages.

The last month was amazing for me for so many reasons. I was able to conquer the Brookfield Classic 15k and then Connor's Way the next day. It's incredible to see so many Club members show up for both of these events! The next week was preparations for and the running of the 50th Anniversary of the Falling Leaves. Read on to check out my recap. Falling Leaves was extra special because my parents were able to take the ride up from NYC to be a part of the day and help out with the race.

Please keep sending in your pictures and stories and running them miles. We are looking for members to write articles, do interviews, or generally help out with the newsletter. If you have any ideas we'd love to hear it!

Enjoy the journey!
Andrew
arubino13@gmail.com



Club News

UR Travel Groups are Forming!

Explore new races and areas of the Mohawk Valley and beyond.. AND connect with fellow runners!

**Meet at a location.
Carpool from there!**

Contact **Andrew Hartnett** at ahartnet25@gmail.com for more information about upcoming races or suggestions for races.



Join us! **Club Happy Hour** **Friday, October 25**

6:00-8:00pm at Griffin's Pub
226 Genesee St., Downtown Utica
Drink tokens handed out at 6:00pm



New Board Members Still Needed for 2025!



If you enjoy all of the runs, trainings, races, social events, and more that the Utica Roadrunners offers - consider being a part of the planning process by joining the Board of Directors!

We are still looking for a few folks who would like to join the Utica Roadrunners Board of Directors! The Board meets in person on the 2nd Monday of each month and oversees the club's activities and finances. Board terms begin with the December meeting in 2024 and run for 2 years.

If you want to know more about being on the Board, feel free to contact and chat with any of the Board members or officers. If you are interested in running for one of the 6 spots (of 12 total) up for election this year, please send a short bio to Melissa Barlett at docbarlett@gmail.com by October 20th to be sure we get you on the ballot!

Donation to the City of Utica



On September 4th, the Club donated \$5,000 to the City of Utica for upkeep and maintenance of the South Woods Switchbacks.

Pictured from left to right is: Dave Short (DPW Commissioner), Frank Vellone, Mayor Michael P. Galime, Melissa Barlett, George Searles, James Kuny, Mark Sokolowski (Parks Commissioner) and Andrew Rubino

The Southwoods Switchbacks are an important part of Utica Roadrunners history that has grown to be identified with the Club, particularly with the Falling Leaves, Save Our Switchbacks race, and Development Runs. In the Spring of 1996, the 2-mile South Woods trail became a safety hazard due to an extremely severe winter. Due to the efforts of Ted Petrillo and other Utica Roadrunners, the City was able to temporarily repair the most damaged sections, reopen the trail, and begin a long term plan to preserve the South Woods trail. In 2017, George Searles and David Jones coordinated the project that installed the fitness stations.

Meet Andy Hartnett



Meet board member Andy Hartnett. He's our social media director, overseeing the club website and related efforts, a role that's consistent with his longtime career as a software architect with NYCM Insurance, a position he snagged after completing his computer science degree at SUNY Poly.

Andy joined the board shortly after becoming a Roadrunner a couple of years ago. He ran for fun in high school, but since then has become more serious about it, completing more than a dozen Boilermakers (PR 1:17:54) and many other competitions: all three of the 2023 Peak to Brew sprints, and 22 races this year alone, including the Peak to Brew, the Brookfield Classic 15K, and the Falling Leaves 14K. We should note that Andy finished in fifth place overall at the Race the Lake Marathon in Cooperstown last June.

Having already logged more than the required 1,000 miles, he'll receive his well-earned red jacket at the awards ceremony next spring. "Anyone can run. It doesn't matter your time or pace; just doing it is what counts," Andy told SpliTimes.

Originally from Oswego, he now lives in Sauquoit with his wife and teenaged twins.

Member Accomplishments

Members tackled the Old Forge races in September!



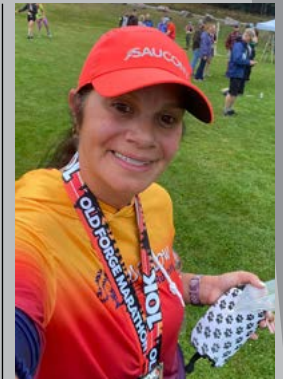
Virendra Kumar
Full marathon



Andrew Hartnett
*10K on Friday
Half marathon on Saturday*



**Jim Latshaw
Melissa Barlett**
Half marathon



Jenn Stefka
10K



**Mark your calendars for the
November Membership meeting**

November 18, 2024

6:00pm

Boilermaker Headquarters, Court Street

We will have food/drink, some time to chat with your fellow UR members, discussion about next year's events and races, and voting for new Board members. This is your chance to have your voice heard in the Club's planning process and we would love to see all of you there!

Race Captain

Competitive runners and runners seeking to achieve half marathon, marathon, or ultramarathon goals this fall have been able to connect with a Race Captain for a few races... the last one is THIS weekend! Captains will be able to answer questions specific to the race.

The last races for the season we are working with:

**Mohawk Hudson
River Marathon**

October 13, 2024

Captained by Chris Edick
Chrisedick32@gmail.com

[Learn more about the race](#)

Stockadeathon 15K

November 10, 2024

Captained by Andrew Hartnett
ahartnet25@gmail.com

[Learn more about the race](#)

We are asking if you would like to take advantage of this offer to show up, run wearing UR gear, and crush the miles. We would also love it if you shared your experience via Spltimes or social media. If you would like to captain a race next year or have any general questions, please email Andrew Rubino at arubino13@gmail.com.

**WHAT
A DEAL!**



**Get Your Friends
to Join NOW!**

If they join NOW, their
membership will last
through Dec 2025!
(Get the rest of October,
November AND
December 2024 FREE!)

LINK TO MEMBERSHIP

Group Runs

Looking for some friends to train with for upcoming races? There are still group runs happening weekly! You can drop in at the following times/ places and will likely find people to run with; distances may vary.

Saturday Mornings, 8:30am

FORTE Strength and Fitness

50 Genesee Street, New Hartford (Locations may change!)

[Email Erik Winberg](#) or check in with the [URR Boilermaker Training Program Facebook group](#) for current information

Wednesday Nights, 6:00pm

Parkway Rec Center, upper parking lot

Check in with folks at the [Utica Roadrunners Wednesday Night Development Runs Facebook group](#) for more info.

Do you have a regular group run that you want to let people know about?

[Email Melissa Barlett](#) and we can consider adding you to the list!



Upcoming Race - THIS Weekend!



STILL TIME TO SIGN UP

**Sunday,
October 13, 2024**

**5K • Community 1.5 Mile Run
Kids Quarter Mile Run**

**Deerfield Town Park
Wilderness Trails
6329 Walker Road in Deerfield
Costumes (run safe)
encouraged!**





The Burn Run 5k & 10k

East Syracuse Fire Stations #2

November 3, 2024

[SIGN UP NOW](#)

Check out the new race T shirt design 2024

Save the Dates!

Thursday, November 28, 2024

Run or Walk a 5K or 2 Mile

**9:00am
start time**

**8:00-8:45am
In-Person
Registration**



**220 Memorial
Parkway
in Utica**

**100% of proceeds
benefit local
nonprofit
food pantries**



**New Year's
Day Run**

UTICA ROADRUNNERS JANUARY 1, 2025

FREE to members who renew their membership through 2025



Barbara Deangelo	12
Maggie Peterson	12



Male Standings as of 9/22/24

0-14		Travis Thibodeaux	35	Scott Daskiewich	7
Maddox Joslin	56	John Parry	15	Carl Lee	5
Magnus Brumm	32	David Gillen	10	55-59	
Raymond Zoghby	24	Michael Carney	6	Eric Kasper	70
Robert Lewis	20	William Horton II	5	Paul Humphrey	68
Gabriel Thibodeaux	7	Christian Austin	4	Thomas Durso II	38
Easton Latshaw	6	40-44		John Seigle	34
Grayson Dibble	5	Christopher Edick	72	Carl Lee	14
15-19		Colt Brumm	66	Peter Angelini	10
Alejandro Roberts	24	Andrew Hartnett	60	Richard Crandall	7
Andres Roberts	22	Derek Alexander	51	Chris Northrup	5
Kole Owens	10	David Dietz	34	60-64	
20-24		Daniel Eddy	19	Jeff George	62
David Wynne	24	Andrew Rubino	14	Dave Putney	60
25-29		Zachary Wasielewski	7	Frank Vellone	32
Patrick Fitzgerald	68	Travis Olivera	5	Tom McGlynn	31
Ryan Fitzgerald	49	45-49		Gordie Felt	30
James Withers	24	Tom Joslin	60	Bill Kosina	23
Erik Winberg	10	Ryan Maine	55	Leroy Hodge	11
Kory Lewandrowski	8	Joe Mashaw	48	Donald Lynskey	8
Welby Kalapurackal	5	Steve Fairbrother	43	Christopher Devins	7
Mason Hedeon	4	Gregg Chrysler	41	John Friedel III	5
30-34		Robert Kapfer	40	Steve Tibbits	5
James Kuny	72	Ernie Marcello	32	George Baron	2
Tommy Carlson	44	Hisham Zoghby	14	Harry Bascom	1
Travis Belanger	41	Gino Olivato	14	65-69	
Justin Bogner	31	Frederick Latus III	13	Dan Stedman	56
Paul Brockett	24	Albert Pope	11	Robert Longo	36
Roberto Leandry	23	James Peters	6	Tim Kane	22
Anthony Cicchella	17	David Freed	4	Gary Burak	20
Matthew Krush	13	Brian Connery	4	Kevin Shanley	16
John McCaw	10	Mahesh Padmanabhan	1	70-74	
David Gomez	4	Mike Hammell	0	Gary LaShure	72
35-39		50-54		Gene Allen	44
Michael Daly	68	Jim Latshaw	61	Tom Bick	40
Ryan Stevener	56	Peter Madden	58	William Abel	7
John Martin	35	Phil Trzcinski	30	75+	
		Ross Berntson	20	Bill Luley	58
		Robert Bauer	12	John Kieffer	24
		Glen Andrew Roberts	11		

2024 Final Results



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

2024
**Roman
Runners**

The 2024 CNY Cup wrapped up with the 50th annual Falling Leaves Road Race. For the third year in a row, it was winner-take-all between the Roman Runners and the Kuyahoorra Kickers going into the final race.

The Roman Runner edged the Kickers 378.58 to 374.01. URR was a solid third with 365.59, our highest total for the year.

The Utica Roadrunners finished 3rd on the day and ended the season in 4th place.

RESULTS

TEAM TOTALS	FALLING LEAVES SCORE	FINAL SEASON
Roman Runners	378.58	6
Kuyahoorra Kickers	374.01	5
Utica Roadrunners	365.59	4
Rt. 20 Roadies	341.86	3
Toe Path Trekkers	335.91	2
MV Hill Striders	297.45	1

UTICA ROADRUNNERS TOP SCORING RUNNERS

Virginia Truax	27:09	76.03
Eric Kasper	20:23	74.38
Susan Luley	1:27:38	72.23
Paul Humphry	1:02:42	71.95
Allison Miller	1:07:38	71.00

Special recognition should be given to Eric Kasper, Derek Alexander and Andrew Hartnett for participating in all 6 races.

2024 Final Scores

Roman Runners	32
Kuyahoorra Kickers	31
Rt. 20 Roadies	24
Utica Roadrunners	20
Toe Path Trekkers	12
MV Hill Striders	6

A Letter of Thanks!



The first packet pickup was super fun with our hosts at the Sneaker Store. I hope everyone was able to take advantage of their special Falling Leaves deals. Special recognition to the team of volunteers from Defense Finance and Accounting Service (DFAS) of Rome who assisted with the pickup.

Thank you everyone

who braved the traffic conditions in New Hartford that day. It helps every race out to do pickups prior to the day of the race. I had a blast guiding you to parking spaces and helping to cross the street!

Day of packet pickup went smooth thanks to our friends at Iconic at Hotel Utica, Leone Timing, and our volunteers. The beautiful historic lobby of the Hotel has hosted many events, but I believe this was the first time they hosted a packet pickup for Falling Leaves. From what I heard, this was one of the best pickups we've had in recent history.

The Kid's Kilometer kicked off the races with over 170 runners finishing. It's always fun seeing the future runners of the Mohawk Valley get a love for running and community spirit early on. The Leatherstocking Council BSA New Hartford Pack 14 was on site with ax throwing for kids of all ages!

Next was the opening ceremony with Melissa Barlett flawlessly performing the national anthem. Assemblywoman Marianne Buttenschon presented a Legislative Resolution recognizing the outstanding work of the Utica Roadrunners organization. Thank you Assemblywoman for attending. The Dick Mattia Award was presented to Mike Brych for his long standing dedication as a volunteer and continued promotion of running. Mike directed the Falling Leaves for 15 years, has been the voice of the Falling Leaves for almost a decade, organizes the New Hartford men and women's cross-country teams at the water stations, and continues to work behind the scenes to ensure the starting line is locked down race day. Thank you Lauren Mattia for taking the lead on the awards committee this year.

The 5k and 14k went off promptly at 9am. 582 runners completed the 5k and 321 runners completed the 14k. This year HISTORY WAS MADE with the first ever 5k female overall finisher Katie Phillips taking it all with a gun time of 18 :50! The second place finisher of the 5k and first place male finisher was Dean Geesler with a gun time of 19:07. The first place overall finisher was Jordon Hoffman with a personal record time of 46:26 for the 14k. First place female went to Rebecca Metzler with a gun time of 54:45 for the 14k. The course was shepherded by the bike crew organized by Dave Taylor. Radios essential for communication were provided by JPJ Electronics.

All runners were greeted at the finish line with enthusiastic volunteers passing out Catskill Spring water and 50th Anniversary finisher medals. You may have also seen Catskill Spring volunteering at a water station! The Kid's Kilometer runners were treated to chocolate milk provided by Cliff's Local Markets. Cups were donated by McDonald's. Thank you to Erik Winberg for being at the finish line and offering his expertise in physical therapy.

Runners took the short walk to the Doubletree Hotel for the after party with hospitality provided by Iconic. Runners entered the Crystal Ballroom to music and entertainment by Soundbarrier and enjoyed the spread of Bagel Grove bagels, Twin Orchards apples, Carlo Masi bananas, and sausage, eggs, potatoes, and coffee from Iconic.

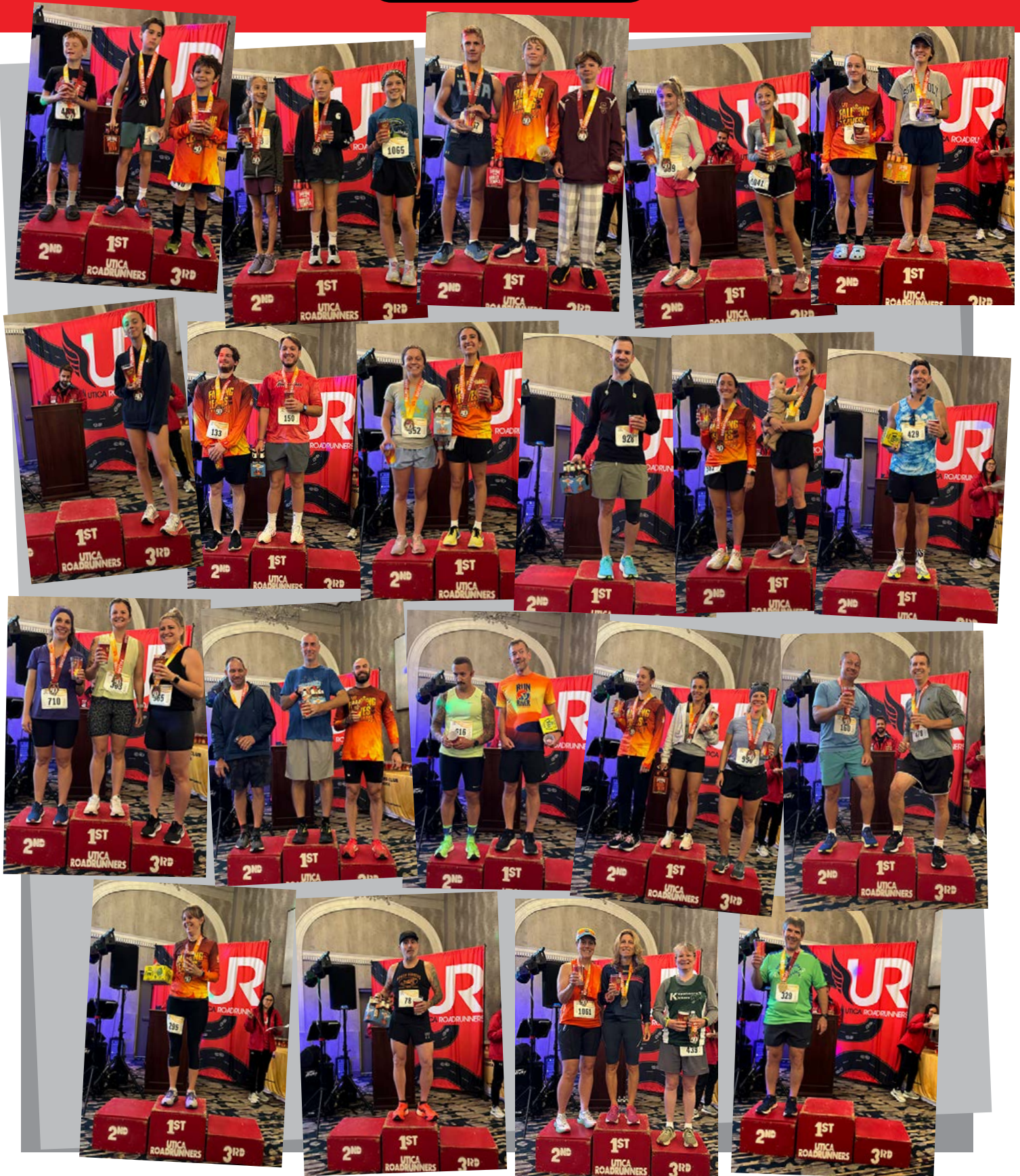
The event ended with the awards ceremony. Thank you to Mickie Sanders-Jauquet and Don Lynskey and of course Rebecca LaPorte for assisting with the presentation. Awards recipients received commemorative 50th Anniversary pint glasses and the first place finisher received a Saranac six-pack beverage of their choice. In addition, Falling Leaves 14k was a RRCA Regional Championship event. Masters level winners received an additional medal from the RRCA presented by Mickie Sanders-Jauquet, the RRCA Eastern Region Director.

Photos from the day are on our Facebook page, as well as here in the SpliTimes! Finish line photos were captured by Logan Constantine of Wandering Upstate of Mind. A final thank you to the rest of sponsors and partners Utica First Insurance, Gilroy Kernan & Gilroy, USA Racing, The City of Utica, The Boilermaker, and The Utica Roadrunners.

We'll see everyone next year on September 28, 2025 on Genesee Street at downtown Utica!

Fall Leaves Winners!

SEE THE RACE RESULTS



Fall Leaves Winners!

SEE THE RACE RESULTS



Fall Leaves Winners!

SEE THE RACE RESULTS



Falling Leaves 50th Anniversary



Falling Leaves 50th Anniversary



Falling Leaves 50th Anniversary



All photos by Wandering Upstate of Mind, Images by L. Constantine

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)

☐ November 2024

☐ December 2024

☐ January 2025

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

☐ Yes ☐ No

Total included: \$ _____