

splitimes

November 2024

The Official Newsletter of the Utica Roadrunners



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by George Searles



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November
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

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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



**“ Against the wind
I’m still runnin’ against the wind
I’m older now but still runnin’ against the wind
Well I’m older now and still runnin’
Against the wind.”**

– AGAINST THE WIND BY BOB SEGER

2024 brought us a wonderful fall season of running. Crisp mornings and cooler evenings are welcomed as the daylight hours wane. There’s still plenty more to look forward to as we start to prepare for winter.

Mark your calendars for the annual **November board meeting** on Monday November 18 at 6:00pm for food and beverages as we vote in the new board. A normal business meeting will follow. We’ll see you all at the Boilermaker Office located at 805 Court St, Utica, NY 13502.

Join us on Tuesday, November 26 at 6:00pm for the **Annual Safety Run**. The run starts at 6:30pm. We will meet at Mill Family Fitness Center in New York Mills, run down Main Street, and meet at Pizza Boys after for food and drinks. It is an out and back, so run whatever distance you would like! Reflective gear and head lamps are encouraged as well as other creative running outfits.

The 40th Run 2 End Hunger is back Thanksgiving Day. Get your turkey in the oven, grab your running shoes and join in the traditional 5k on the Parkway. Rebecca LaPorte and Mason Hedeem return this year as directors. We’ll be collecting food, so don’t forget to bring your canned goods as part of your entry. It’s the perfect way to start kick off the holiday!

[**SIGN UP HERE**](#)

The Roadrunners travel team will be venturing out to Schenectady, NY for **Stockade-athon** on Sunday November 10! Thank you Andrew Hartnett for captaining the race and getting the Club a discount. Use the code **UTICA2024** to get your discount! If you would like to captain a race, let us know! [**SIGN UP HERE**](#)

Lastly, a huge thank you to Rob Kapfer and his crew for another successful **Skeleton Run**. Many braved the cold and windy conditions to run those trail hills. Rob promises better weather conditions for next year. A special thank you to [Pumpkin Junction](#) for donating all the pumpkins this year. Food was collected for the [Foothills Food Pantry](#) in Holland Patent.

Please keep sending in your pictures and stories and running them miles. Send your pictures in as you hit your mileage goals. We are looking for members to write articles, do interviews, or generally help out with the newsletter. We’d love to hear stories from you about your achievements and reflections as we close out the year. 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 Tuesday, November 26 (after the Safety Run)

9 Clinton St, New York Mills

**Pizza
Boys**



2024 SAFETY RUN

Tuesday, November 26 • 6:30pm

**Meet at Mill Family Fitness Center in NY Mills, run down Main Street
and meet at Pizza Boys after for food and drinks**

Reflective gear and head lamps are encouraged
as well as other creative running outfits.
The route is out and back, so run whatever distance you'd like!

Save the Dates!

Thursday, November 28, 2024

Run or Walk a 5K or 2 Mile

**9:00am
start time**

**7:30-8:45am
In-Person
Registration**



SIGN UP NOW

**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

Member Accomplishments



From left to right: Sue and Magnus Brumm, Gene Allen, Lauren Culyer, and Melissa Barlett at the Cheesy 5K!



Gary Burak competed at the Huntsman World Senior Games in St. George, Utah.

He placed 3rd in his age group in the 5K and won the 10K! Way to go, Gary!!!

Awards Are Coming Up!

It's time to start thinking about AWARDS for our members who have done amazing things over this past year! We give out awards in the following general categories:

Volunteer Service

These are awards for people who help out the club by volunteering their time in leadership positions, on the ground, or working with new runners. We also award a location organization or other non-club entity each year that supports us.

Running Merit

These are awards for people who have shown significant running achievements over the past year including participation,

training, dedication, and finishing times and awards. We also look for the most improved, no matter where you started.

Generalized Awards

The Inspiration Award goes to someone whose upbeat attitude and dedication to using their talents has had a positive influence on other runners throughout the year.

The Grit Award goes to someone who shows passion and perseverance while overcoming obstacles and challenges, and pushes themselves further than they thought they could go.

The Hall of Fame Award goes 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.

See the website for recent and historical award winners, and start thinking NOW about who you would like to nominate! The nomination form will be available beginning in December.

**WHAT
A DEAL!**

Get Your Friends to Join NOW!

If they join NOW, their membership will last
through Dec 2025!

(Get November AND
December 2024 FREE!)



[LINK TO MEMBERSHIP](#)

Membership Meeting & Board Elections



November Membership Meeting

November 18, 2024

6:00pm

Boilermaker Headquarters, Court Street

We will have dinner from Brooklyn Pickle, beverages from Saranac, 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!

There are four Board members seeking re-election and two new club members looking to join us.

You will be able to vote for these nominees at the meeting on November 18 or complete and mail in a ballot. You can find the ballot on page 10. That ballot contains specific instructions for mailing in your ballot. If you mail in your ballot, it MUST be received by noon on November 18.

Here are the bios of our slate of nominees:

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 VP of Administration and Finance of the Board for the Utica Roadrunners and race director for our Save Our Switchbacks run, and I would love to continue serving in these positions. 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 13 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!



Tommy Carlson

My name is Tommy Carlson, and I have been a member of the Utica Roadrunners for the past two years. I currently reside in Yorkville, NY, with my wife Ashley, our dog Milo, our cat Remy, and we're excitedly expecting our first child, Wesley, soon. I work as a uniform cyber technician at the Eastern Air Defense Sector on Griffiss Air Force Base in Rome, NY. I've been running races since 2012 and became more dedicated to the sport after graduating from Utica College in 2017. Over the past two years, I've participated in many Utica Roadrunner events, including the Four Pack Series. I've run the Utica Boilermaker every year since 2017, only competing in the 5K once. I regularly join the GRIT (Girls Run it Together) group for Sunday morning runs and am an active participant in CityStrides. My current goal is to complete running every street in the local area by the end of March next year.

I would be honored to serve on the Utica Roadrunners board, as I've connected with many local runners and become more involved with the community. I closely follow the club's events and plans, and I've experienced firsthand the sense of community this club fosters. I'd love the opportunity to contribute my thoughts and experiences to help the Utica Roadrunners grow and thrive.

Lauren Culyer

Hi, I'm Lauren Culyer, a new member of the Utica Roadrunners and a new runner this past year! I have done some running events in the past including one Boilermaker 15k. I completed my first half marathon last August in Anchorage, Alaska and decided that I wanted to keep running and joined this group. I think the running community in our area is fantastic! I would love to be a part of the board of directors to help facilitate more events and direction of the Roadrunners. I am a slow runner but have come to appreciate the sport. I would be honored to be a part of this amazing group!

Rebecca LaPorte

My name is Rebecca LaPorte and this is my second time 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 have had the pleasure of serving on the Board since 2022 and feel there is more that I can give to our amazing group. I love our running community and would love to continue being a part of the amazing events our club hosts. Thank you for taking the time to read this and I appreciate your consideration.

Andrew Rubino

Andrew Rubino had the pleasure of serving on the board of the Utica Roadrunners for the past six years. He has served the Club through various roles, volunteering countless hours. He is currently the President of the Club. 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 and this is my second time running for the Utica Roadrunners Board of Directors. I have helped to lead and develop the Boilermaker Training Program for the past 2 years. I have been involved with coordinating Saturday morning runs from the village of New Hartford, and have assisted with other races the Utica Roadrunners puts on throughout the year. I love developing our community of new runners. I am again running for a position on the board of directors because I am looking to continue giving back to a community that has supported me throughout my competitive, and professional life. I feel strongly that the Utica Roadrunners is made up of the best people in our community and am looking forward to the continued opportunity to serve.

2025 Board of Directors Election Ballot

We currently have 6 seats that will be open on the board of directors for the 2025 term. These 6 people will automatically fill seats unless we receive write-in votes that override any of them. Please submit your votes and any write-ins for the election. Thank you.

_____ Melissa Barlett _____ Tommy Carlson _____ Lauren Culyer

_____ Rebecca LaPorte _____ Andrew Rubino _____ Erik Winberg

Write-In(s) _____

Cast your ballot in advance in one of three ways:

Print, fill out and scan/email this page to Rebecca at: xcrunnerrkll@gmail.com by November 10th

OR

Print it (just this page) and bring it with you to the annual club business meeting at the Boilermaker Office Building on November 18th starting at 6:00 p.m.

OR

Ballots will also be available at the meeting so you can cast your ballot upon arrival.

Every member is invited to attend our annual business meeting. We have food and drinks for all.

Red Jacket Candidates



You must have 1,000 miles in 2024 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 2 End Hunger and the Safety Run.

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

We can't wait to celebrate with you in early 2025!

Meet Travis Olivera

by George Searles

Meet Travis Olivera, now concluding his term as club treasurer, a role consistent with his position as director of the Hamilton Public Library. Travis chairs the scholarship committee and also serves as Summer Sizzle race director.

Although he's been pounding the pavement since before COVID, he views running mainly as training for his real passion—hiking. Last winter he conquered all 46 Adirondack high peaks in that single season! He told *SpliTimes*, "I live for long days on the trail and weekends in the woods."

But he's no slouch when not in the mountains. He aims to run every street in Utica, and is more than halfway toward achieving that goal. He's done every distance up to a 50K, has completed his favorite race (the Boilermaker, of course) four times, and for the past two years was a pacer for the 80- to 85-minute goal times. As he said, "helping others achieve their goals... brings me more joy than participating on my own."

Travis is also an accomplished performing musician, playing saxophone on stage with Showtime during the post-race party for the past five years.

Originally from Waterville, he now co-parents his two sons while living in Oriskany Falls with his partner, Sara, and their two cats.



2024 Skeleton Run Race

Another Skeleton Run in the books and it was a wet one! There were many highlights from the day starting with over 90 kids (costumes and all) taking part in the quarter mile. Then, Tyler Boyce and Avrie Park went 1st Male and 1st Female in the 3k community run. The event was capped off by a very competitive 5k race of 114 runners that braved the weather where Nathan Geroux and Susan Rowe were first male and female respectively, [see results here](#). The top 3 male finishers were all under 16 years old.

Age group award ceremony pictures can be found on the [URR facebook page](#) and on the next page! Thank you to everyone who brought a food donation! We scored two large overflowing boxes that will be taken to the Foothills Food Pantry in Holland Patent.

Thank you to our sponsors The Pumpkin Junction, The Sneaker Store, Hannaford Supermarkets, Holland Farms, and Deerfield Volunteer Fire Company and all of the volunteers for their support.

See you all next year!



Group Runs

Trying to keep up with your running even as the race schedule thins out? 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

Sneaker Store

24 Genesee St, New Hartford

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!



And the Winners are...





Female Standings as of 10/13/24

0-14		Julie Law	8	55-59	
Dylan Joslin	48	Ashley Law	8	Mary Ann Lasher	72
Amelia Lohr	12	Amanda Mondrick-Robertello	8	Lisa Seigle	27
Emery Thibodeaux	10	Casey Freed	4	Marlene Angelini	12
15-19		Chelsi Thibodeaux	3	Sharon Wise	10
Kate Bauer	12	40-44		Stephanie Flack	8
Abigail Northrup	12	Melissa Barlett	53	60-64	
Elizabeth Friot	10	Sue Brumm	46	Laura George	66
Maya Padmanabhan	8	Rebecca Bolton	43	Sue Tucker	61
20-24		Crystal Overstreet	34	Elizabeth Miller	58
Alicia Wehrenberg	22	Jennifer Stefka	31	Linda Hudyncia	39
Bianca Durso	12	Anne Marie Latshaw	27	Sheila Bishop	36
25-29		Andrea Carney	24	Felicia Burak	26
Kaitlyn Barlow	68	Sarah Jones	20	Beth Talbot	24
Brooke Newton	60	Lauren Culyer	18	Myra Hubbell	22
Emma Farkash	24	Emily Mishalanie	17	Jean Kosina	18
Emily Ward-Case	16	Sarah Gaasch	12	Lorrie Tibbits	7
Stacey DiGiorgio	14	Mary Friot	8	Tina Sullivan	6
Gabrielle Morreale	10	Margie Hammell	5	Karen Massarotti	6
30-34		45-49		Aimee Devins	3
Yuliya Karpov	58	Agnieszka Kwiatkowska	46	65-69	
Julie Hall	57	Jerilyn Mashaw	42	Sharon Stedman	42
Alison Shanley	54	Erin Dibble	38	Patrice Bogan	34
Kelley Bogner	48	Cheryl Burmaster	29	Sharon Scala	25
Lindsay Huckabone	29	Danielle Bliss	24	Joan Kane	24
Jessica Cooley	13	Jennifer Toti	12	Linda Salerno	22
Rebecca McCaw	12	Liz Casatelli	10	Diane VanPelt	12
Christine Connors	12	Karen Randall	8	Debbie Brockway	12
Breanna Rand	10	Michelle Anderson	7	Karla Owens	10
Deana Butera	9	Amy Creedon	6	70-74	
Melissa Quattrociocchi	7	Colleen Furmanski	5	Virginia Truax	72
Maureen Bishop	6	Nicole Davis	3	Susan Luley	62
35-39		Michelle Truett	2	Wendy Kent	34
Amanda Mazza	72	50-54		Dorothy Massinger	22
Amanda Hartnett	60	Allison Miller	58	Katheryn Doran	15
Brittany Praznik	42	Christine McGlynn	32	Carolyn Mohr	14
Caroline Pissolato	38	Denise Thompson	24	Joanne Campbell	14
Fallon Russo	28	Karen Piccola	22	75+	
Michaline Snyder	18	Melissa Bauer	12	Barbara Deangelo	12
Deidre McNamara	15	Lindi Quackenbush	12	Maggie Peterson	12
Sarah Harrison	12	Dodi Murray	10		
Jessica Diestel	11	Sarah Brown	8		
Ashley Mancini	8	Megan Sterling	7		
		Elizabeth Preuss	6		
		Donna Morreall	5		



Male Standings as of 10/13/24

0-14		Travis Thibodeaux	35	Glen Andrew Roberts	11
Maddox Joslin	56	John Parry	15	Scott Daskiewich	7
Magnus Brumm	40	David Gillen	10	55-59	
Raymond Zoghby	36	Michael Carney	6	Eric Kasper	72
Robert Lewis	20	William Horton II	5	Paul Humphrey	68
Casimir Wasielewski	10	Christian Austin	4	John Seigle	44
Gabriel Thibodeaux	7	40-44		Thomas Durso II	38
Easton Latshaw	6	Christopher Edick	72	Carl Lee	21
Grayson Dibble	5	Colt Brumm	66	Peter Angelini	10
15-19		Andrew Hartnett	64	Richard Crandall	7
Alejandro Roberts	24	Derek Alexander	54	Chris Northrup	5
Andres Roberts	22	David Dietz	34	60-64	
Kole Owens	10	Andrew Rubino	22	Jeff George	62
20-24		Daniel Eddy	19	Dave Putney	60
David Wynne	36	Zachary Wasielewski	14	Frank Vellone	32
25-29		Travis Olivera	5	Tom McGlynn	31
Patrick Fitzgerald	70	45-49		Gordie Felt	30
Ryan Fitzgerald	59	Tom Joslin	60	Bill Kosina	23
James Withers	24	Ryan Maine	55	Leroy Hodge	11
Erik Winberg	10	Gregg Chrysler	49	Donald Lynskey	8
Kory Lewandrowski	8	Joe Mashaw	48	Christopher Devins	7
Welby Kalapurackal	6	Steve Fairbrother	47	John Friedel III	5
Mason Hedeon	5	Robert Kapfer	40	Steve Tibbits	5
30-34		Ernie Marcello	32	George Baron	2
James Kuny	72	Hisham Zoghby	24	Harry Bascom	1
Tommy Carlson	51	Frederick Latus III	20	65-69	
Travis Belanger	41	Gino Olivato	14	Dan Stedman	68
Justin Bogner	39	Albert Pope	11	Robert Longo	36
Paul Brockett	36	James Peters	6	Tim Kane	22
Roberto Leandry	29	David Freed	4	Gary Burak	20
Anthony Cicchella	17	Brian Connery	4	Kevin Shanley	16
Matthew Krush	13	Mahesh Padmanabhan	1	70-74	
John McCaw	10	Mike Hammell	0	Gary LaShure	72
David Gomez	4	50-54		Gene Allen	56
35-39		Jim Latshaw	61	Tom Bick	40
Michael Daly	68	Peter Madden	58	William Abel	7
Ryan Stevener	56	Phil Trzcinski	30	75+	
John Martin	35	Ross Berntson	20	Bill Luley	58
		Robert Bauer	12	John Kieffer	24

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)

☐ December 2024

☐ January 2025

☐ February 2025

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

☐ Yes ☐ No

Total included: \$ _____