

June 2024

# splitimes

The Official Newsletter of the Utica Roadrunners



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June  
2024  
Utica Roadrunners  
Board of Directors



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### Administration & Finance

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Erik Winberg

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**Treasurer** Travis Olivera

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Andrew Hartnett      George Searles  
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Frank Vellone

## 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!**



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

“ You just call out my name  
And you know, wherever I am  
I'll come runnin'  
To see you again  
Winter, spring, summer or fall  
All you have to do is call  
And I'll be there  
You've got a friend”

– YOU'VE GOT A FRIEND BY CAROLE KING



Hi Friends! This past month of running took us through all the seasons, from the cool early morning runs to the steamy Wednesday Night Development runs. We've been running together for weeks now racing the Grand Prix, Club Cup, and getting ready for the Boilermaker. Congratulations to everyone so far for all your individual accomplishments.

A special shout out goes to all those who completed the FIVE after FIVE challenge! Thank you Melissa Barlett and Andy Hartnett for continuing this event and bringing us new in-person group run events this year. Let's keep going into the summer! Join us for the popular **Frankie Run** June 29th where we run together in memory of Frank D'Allesando, one of the original founders of the Boilermaker Training Program. Continue encouraging your friends and fellow runners to keep moving and volunteering just like Frankie did.

Special recognition goes out to all runners who completed the **Erie Canal Races** which is part of the Grand Prix. We had strong finishes by UR Members. Eric Kasper finished the 10 miler 4th with a time of 1:09:05. M. Walden finished 4th in 22:53 and Tyler Quack-enbush finished 6th in 23:20 for the 5k. For the relay, I'd like to mention team RAZA (Reginald Rawls & Amanda Mazza) finishing 1:08:24 for the open mixed, team BQ'S AND TATTOOS (Liz Casatelli & Jeannine Macera) finishing 1:11:19 for the masters women, and team FROSTY & FRIES (Jerilyn Mashaw & Joe Mashaw) finishing 1:22:59 for the masters mixed.

The Club's **Summer Sizzle** Race took place yesterday on Father's Day, June 16th. The Sizzle returned to Proctor Park and Masonic Care Community and has a long-standing tradition of being a family event with multiple divisions for families and couples to



compete in for special awards and prizes. Thank you to Jim Mott and Travis Olivera for all your work behind the scenes to keep this race running!

Registration is also open for our sponsored races. First up is the **Trenton Fish & Game Autism Awareness Trail Run**, August 4th. [Register here](#). This race is all about raising money for great organizations in the Mohawk Valley and surrounding area, particularly for Kelberman for autism awareness. Other money raised is donated to the Trenton Fish and Game Club and the Utica Road Runners. Next is **Tunnel to Towers Central New York**, August 18th. [Register today](#). Born from the tragedy of 9/11, the Tunnel to Towers Foundation carries forward a legacy of courage and heroism right here in Utica and Central New York. The Foundation supports our nation's fallen and catastrophically injured first responders, military heroes, and their families.

As an educator, I'd be remiss if I did not mention the **Scholarship Ceremony** on June 19th at the Development Runs. Travis Olivera and the committee have received all applications which are now under review. Please come and celebrate the accomplishments of our local student athletes!

On a personal note, I would like to congratulate my student athletes from Memorial Park Elementary School in Waterville for completing six weeks of running with the after school running club. They celebrated with a special run and ice cream at the finish. Go MPS Milers!

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

Happy running, friends... and enjoy the journey!  
Andrew arubino13@gmail.com

## This Sunday (Father's Day!)



**June 16th  
at Proctor Park in Utica**  
**Online registration is closed**  
**In-person  
registration only!**

# Cliff's Keeps Us Going to the Races!



**Running can be expensive, but it doesn't have to be, thanks to Cliff's. We're giving away two \$25 Cliff's gift cards for each of the remaining Club Cup races!**

**First Winner:** Selected based on points. In case of a tie, a random winner will be chosen from those who tied.

**Second Winner:** Everyone participating in the Club Cup race will be entered into a drawing for the second gift card.

Seize this opportunity to win and make your running journey more affordable! We're here to support your passion for running.

**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](http://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



**Tunnel TO Towers**  
**Foundation**

**5K RUN & WALK**  
**CENTRAL NY**

**Registration**  
**is now**  
**open**

**SIGN UP NOW**

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



# 5 After 5 Wrap Up



**Thanks to everyone who participated in our 5 After 5 challenge!**

**We had two weeks of chilis, sombreros, margaritas, UR gear, boilermaker signs, trails, moms, sports, speed, family, friends, and miles!**

**For our participants, watch for an email with more information about upcoming swag and prize pick-ups. We do have more shot glasses and headbands and they will be for sale at future UR events and the Boilermaker Expo.**





## 7<sup>th</sup> Annual ~ September 15, 2024

Virtual Option ~ September 15 – 21, 2024

Register at [ConnorsWay.com](http://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

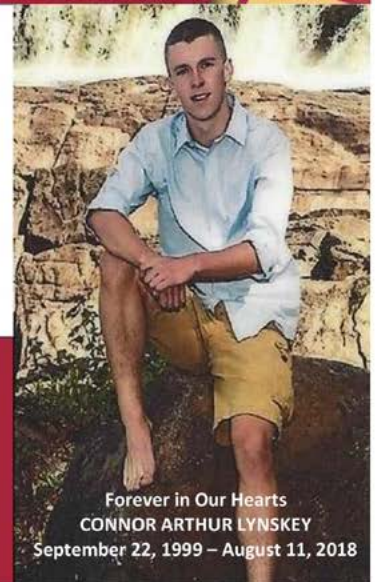
Sponsorships Available through August 29, 2024

For more information go to

[WWW.CONNORSWAY.COM](http://WWW.CONNORSWAY.COM)

[WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL](http://WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL)

**SIGN UP NOW**



Forever in Our Hearts  
CONNOR ARTHUR LYNKEY  
September 22, 1999 – August 11, 2018



## Violet Festival 5K

The Dolgeville Violet Festival 5K Run and Walk took place on Sunday, June 9, 2024. Club Member Laura George was the Race Director for the certified 5K course. She and her husband Jeff put on an awesome event.

*UR members from left to right:*

Tom Durso (participant),

Bianca Durso (1st Place Female)

Jeff George (1st 60+ age group)

Laura George (Race Director)

Thank you to Tom Durso for the great submission!



# Development Runs Have Started!

## Join us on Wednesday Nights!

**Hot Dog night on July 10!**

**Nothing prepares you better for the Boilermaker (and other races!) than the longstanding UR Development Runs!**



**Registration opens at 5:30pm  
6:30pm hard start time  
2 mile, 5k & 10k distances  
Free to all our members  
\$2 for non-members**

**LEARN MORE**

# 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](mailto:travis.l.olivera@gmail.com)**

**[Learn more about the race](#)**

### **Wineglass Marathon**

**October 6, 2024**

**Captained by Travis Olivera**

**[travis.l.olivera@gmail.com](mailto:travis.l.olivera@gmail.com)**

**[Learn more about the race](#)**

### **Mohawk Hudson River Marathon**

**October 13, 2024**

**Captained by Chris Edick**

**[Chriedick32@gmail.com](mailto:Chriedick32@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](mailto:arubino13@gmail.com).

## Meet Board Member Frank Vellone

*Interview and article by: George J. Searles, Ph.D.*



Originally from Syracuse, Frank completed his associate's degree at Onondaga Community College, followed by a bachelor's in technology at SUNY Poly.

He worked for 20+ years as an engineer at Raytheon and other major companies, first in Boston and then locally.

After earning a master's degree in education from Utica College (now Utica University), Frank turned to teaching. He held positions at Proctor, RFA, in Oneida, and—starting in 2017—as an adjunct instructor at MVCC. He is currently on the full-time faculty there, teaching a wide range of electrical engineering courses.

A lifelong distance runner with 15 Boilermakers to his credit, Frank clocked an impressive PR of 63:40 in 2007. He has also been a frequent competitor in the Falling Leaves 14K and the challenging Development Runs 10K.

In addition, he's an avid hiker and bicycling enthusiast, although skiing is his very favorite outdoor activity. A longtime instructor at McCauley Mountain in Old Forge, he's on the slopes probably 60 days a year. He told SplitsTimes, "My other secret occupation is building and repairing bikes part-time at a shop in Inlet."

Frank lives with his family in Holland Patent, where they can be found when not enjoying their beloved camp in the Adirondacks.



# 2024 BOILERMAKER TRAINING PROGRAM

**Going on now! You can still join!**  
**Saturdays at 7:30am**  
**Frankie Run on June 29th**

**SIGN UP TODAY!**

**Our goal is to get you across that finish line for your first time, your next time, or your best time.**

**Led by Erik Winberg, Peter Angelini, and Wendy Bowers!**

Many of the coaches involved in the creation of these running plans are certified by RRCA, which is the most credible coaching certification for recreational runners in the United States. Two Training Levels to choose from for both the 5k and 15k.

## **WHAT IS IT?**

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After about six weeks at Accelerate, we move the runs outdoors to locations which will be announced well in advance.

## **WHEN IS IT?**

Every Saturday morning starting at 7:30am (sharp!) from March 2nd right up to the Boilermaker July 14th.

## **WHO CAN DO IT?**

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group.

## **WHY DO IT?**

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

## **DO I NEED TO BE A UR MEMBER?**

Yes, please! It's a great deal though - only \$25 for the year for an individual), \$30 for couples or only \$40 for a family of 3 or more living at the same address. You'll get local running news throughout the year and other benefits. [Sign up on our website.](#)



# Standings as of 6/9/24

[LEARN MORE](#)

## FEMALE

0-14	Dylan Joslin	24	40-44	Sue Brumm	24		Sue Tucker	22
25-29	Kaitlyn Barlow	44		Crystal Overstreet	22		Felicia Burak	22
	Brooke Newton	24		Melissa Barlett	20		Elizabeth Miller	12
	Gabrielle Morreale	10		Andrea Carney	12		Beth Talbot	10
	Emily Ward-Case	8		Sarah Gaasch	10		Jean Kosina	10
30-34	Kelley Bogner	48		Emily Mishalanie	10	65-69	Sheila Bishop	8
	Yuliya Karpov	28		Sarah Jones	8		Patrice Bogan	24
	Alison Shanley	20		Jennifer Stefka	7		Linda Salerno	22
	Julie Hall	14	45-49	Jerilyn Mashaw	22		Joan Kane	12
	Lindsay Huckabone	10		Danielle Bliss	12		Sharon Stedman	12
	Jessica Cooley	8		Agnieszka Kwiatkowska	12	70-74	Sharon Scala	10
35-39	Amanda Mazza	36		Erin Dibble	10		Virginia Truax	46
	Amanda Hartnett	20	50-54	Denise Thompson	24		Susan Luley	30
	Brittany Praznik	20		Allison Miller	24		Wendy Kent	24
	Fallon Russo	20		Karen Piccola	10		Dorothy Massinger	15
	Caroline Pissolato	19		Christine McGlynn	10		Carolyn Mohr	8
	Ashley Mancini	8	55-59	Mary Ann Lasher	24		Katheryn Doran	8
	Julie Law	8	60-64	Laura George	34	75+	Joanne Campbell	6
							Barbara Deangelo	12

## MALE

0-14	Maddox Joslin	36	40-44	Christopher Edick	36		Phil Trzcinski	12
	Magnus Brumm	20		Colt Brumm	32	55-59	Eric Kasper	44
25-29	Patrick Fitzgerald	44		Andrew Hartnett	30		Paul Humphrey	34
	Ryan Fitzgerald	22		Derek Alexander	25		Thomas Durso II	20
	James Withers	12		David Dietz	6		Carl Lee	10
	Emily Ward-Case	8	45-49	Tom Joslin	41		John Seigle	8
30-34	James Kuny	34		Steve Fairbrother	23	60-64	Jeff George	30
	Justin Bogner	23		Robert Kapfer	22		Dave Putney	24
	Tommy Carlson	22		Ryan Maine	20		Tom McGlynn	12
	Travis Belanger	19		Joe Mashaw	12		Dan Stedman	12
	Paul Brockett	12		Gregg Chrysler	11		Bill Kosina	10
	Matthew Krush	8		Gino Olivato	8	65-69	Gary Burak	12
	Roberto Leandry	6		Ernie Marcello	8		Tim Kane	12
35-39	Michael Daly	36		James Peters	6		Robert Longo	12
	Ryan Stevener	22		Frederick Latus III	5	70-74	Gary LaShure	36
	John Martin	18		Hisham Zoghby	3		Tom Bick	20
	David Gillen	10	50-54	Jim Latshaw	22		Gene Allen	18
	Travis Thibodeaux	10		Peter Madden	12	75+	Bill Luley	24
				Ross Berntson	12		John Kieffer	12

# Get Ready for Summer Youth Camp!



## 2024 CNY SUMMER YOUTH TRACK AND DISTANCE CAMP

**July 11, 18, 25**

Whitesboro Middle  
School Track

**August 1 & August 8**

Whitesboro High  
School Track

**Session One: 5:30 pm-6:15 pm**

This session is open for students entering First Grade through Fourth Grade.

**Session Two: 6:30 pm -7:45 pm**

This session is open for students entering Fifth Grade through Seventh Grade.

The camp is offered free of charge thanks to the support of the Utica Roadrunners.

The camp is designed to introduce and foster interest in middle and long-distance running. The camp is staffed by dedicated volunteers with experience in, and passion for, running. The camp features guest instructors with specialized experience in nutrition, strength and conditioning, and running equipment. There will be a cross-country meet and a track meet where campers will be able to compete.

**Registration is limited. There is no paper registration. Please register at [RUNSIGNUP-CNYSummerTrackProgram](#) or use the QR code below.**



## RULES AND CODE OF CONDUCT

-Thank you for your interest in this program. As you know, the benefits of running can be felt throughout a lifetime. This program is designed as a positive, minimum-intensity introduction to middle and long distance running. Please take a moment to review these rules with your child(ren).

-Parents/Guardians (at least one) must remain throughout the session, but shall stay outside the fence unless directed to enter the track or field by an official/volunteer.

-Contact will be made via email with any updates or information that needs to be disseminated. You will receive an email before the first session to ensure your child's registration was accepted and with other camp updates.

-The sessions will be held unless the weather conditions are hazardous or potentially hazardous. Cancellations will be made by 5:00 pm on the day of the event and will be communicated via email and Facebook only.

-Children should be attired appropriately for athletic activity and for the weather conditions. Children should also wear running/athletic shoes. **NO SPIKES ARE ALLOWED.**

-Children should bring labeled water/sports drink each evening and should be well-hydrated throughout the day. Please discard of all bottles, cups, and other debris upon your departure.

-All participants are expected to listen to the instructions provided by the instructors/coaches/volunteers and adhere to the rules of the facility. Please be respectful of all volunteers and officials. Failure to abide by such instructions may result in removal from the program.

-Participants should not register if they are going to miss more than 2 sessions. If you are aware that you or your child will not be able to attend a specific session, please notify a volunteer or Nate Getman/Abbie Sutliff.

-Please be courteous to volunteers who are giving of their time and expertise.

### **Camp Directors: Nate Getman and Abbie Sutliff**

**Email:**  
[cnysummertrackprogram@gmail.com](mailto:cnysummertrackprogram@gmail.com)

**Facebook:** "CNY Summer Track Program"

Register using the QR code at  
**RUNSIGNUP**



# 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

13 Utica Roadrunners Participated in the 29th Annual Towpath Trail Run held in the picturesque village of St Johnsville.

**The top scores for URR were:**

Eric Kasper	19:55	76.12
Ben Nelson	36:42	73.65
Joe Mashaw	39:44	71.17
Chris Edic	18:55	70.10
Tim Kane	49:49	68.28

**Additional Roadrunners participating were:**

Sue Tucker, Mike Winkler, Crystal Overstreet, John Martin, Andrew Hartnett, Derek Alexander, Emily Misalanie, Patrick Fitzgerald

<b>Team results</b>	<b>Score</b>	<b>Season Points</b>
Kickers	381.96	10
Rt 20 Roadies	379.11	8
Roman Runners	369.43	10
Utica Roadrunners	359.52	8

25 runners representing the Club at the Patriots Race on June 9th.

**The top scores for URR were:**

Eric Kasper	20:24	74.31
Virginia Truax	28:45	71.79
Dan Stedman	23:09	70.86
Gary Burak	50:41	67.77
MaryAnn Lasher	26:05	66.27

**Additional Roadrunners participating were:**

Susan Luley, Mike Winkler, Sharon Stedman, Jen Toti, John Seigle, Phil Trzcinski, Andrew Hartnett, Derek Alexander, Fallon Russo, Magnus Brumm, Jame Kuny, Lisa Seigle, Sue Brumm, Kathleen Novak, Amanda Hartnett, Lisa Dehimer, Julie Hall, Bill Luley, Gene Allen, Colt Brumm

<b>Team results</b>	<b>Score</b>
Roman Runners	362.02
Rt. 20 Roadies	359.48
Kickers	354.90
Roadrunners	351.00

# 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 Spltimes 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)

- July 2024
- August 2024
- September 2024

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

- Yes  No

**Total included: \$** \_\_\_\_\_