

January 2024

splitimes

The Official Newsletter of the Utica Roadrunners



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January
2024
Utica Roadrunners
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Melissa Barlett

Activities and Events
Erik Winberg

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Treasurer Travis Olivera

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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](#)

Find Out How
to Volunteer
for the Club!

**YOU
ARE
UR!**

If you want to volunteer with the Utica Roadrunners and are unsure how you would like to help, we can help match you to many opportunities we have: water stations, packet pickup, finish line, merchandise, setup or clean up, sponsorship outreach, or a general coordinator role.

We would love to have you!

Contact Rebecca LaPorte at
xrunnerkll@gmail.com
and more info [here](#) as well!

President's Message

by Andrew Rubino



“Baby, we were born to run!”

– BRUCE SPRINGSTEEN, *BORN TO RUN*

Move over 2023, 2024 is here! What are your goals this year? Some of us might be looking to tackle our first marathon, some of us might be looking to get their 1,000 Mile Jacket, while others might just want to run for the feeling of escape and freedom you get from a run. Whatever your goals are, we'd love to hear them.

Many of us kicked off the year with the **New Year's Day Run** at Accelerate. Thank you to Melissa Barlett and her team for organizing the event. Accelerate will continue to offer UR members a discount for use of the indoor track for only \$50 for a year. We announced at the run that the **Four Pack** is back! Sign up now to join us for the UR's core races of **Save Our Switchbacks, Summer Sizzle, Falling Leaves, and Skeleton Run**. [REGISTER HERE!](#) The UR online store is still open, so grab your custom race singlet or other swag items!

The deadline is quickly approaching to submit your nominations for **award recipients at the Annual Banquet**. Make your nominations [USING THIS FORM](#). You can nominate any current Utica Roadrunner (including yourself) who was a member as of February 2023. Award nominations are for volunteerism and for running merit. Also, remember to complete a mileage form for your personal accomplishments for 2023 [WITH THIS FORM](#) by January 21st. The Banquet will be held March 2nd at Club Monarch. [SIGN-UP HERE AND BRING A FRIEND](#).

The Blood Drive is Martin Luther King Jr. Day, January 15, 2024 from 12:30pm-5:00pm at VFW Post 229 in North Utica. [BOOK YOUR DONATION HERE](#). Donors receive a free Red Cross T-shirt and are entered for a chance to win a trip for two to Super Bowl LVIII! We'll also continue our UR promotion of a pint for a pint where you get a UR pint glass with your donation.

The **January Happy Hour** is Thursday, January 18th at Bagg's Square Brewery. We will have a UR team taking part in Trivia Night. We're promised there will be at least one trivia category specific to running. The social hour is 6-7pm and Trivia is 7-9pm. The first 20 UR Members get a free drink on the Club.

Lastly, the **Annual Race Director's Meeting** will be held Monday February 5 at Boilermaker Office at 6:00pm. If you are a current race director, are interested in being a race director, want more information about the local races, or just want to come and be a part of the event this event is for you. Please let me know if you are interested in attending.

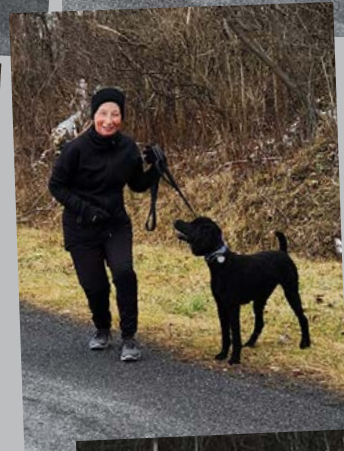
We always look forward to hearing your stories and seeing your pictures. As I've said before, running brings people together beyond lacing up those shoes. Having a club like Utica Roadrunners gives us an opportunity to strengthen those bonds and keeps us running. Wishing everyone good health and good times in this upcoming year. Enjoy the journey!

Andrew
arubino13@gmail.com

New Year's Day Run



New Year's Day Run



Announcements

TRACK MEMBERSHIP



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

Only \$50 for a year!

BIG NEWS!

The Mill Family Fitness Center in New York Mills is offering an exclusive gym membership deal to the Utica Roadrunners

Memberships are from January 1, 2024 until December 31, 2024.

Only \$325 OR \$30/month

We hope many of you take advantage of this opportunity.

A special thank you goes out to Wendy Bowers for coordinating this deal!

Get Your UR Apparel



Did you miss your chance to get your UR apparel? Don't worry, we've reopened the store from USA Racing to give you another chance to grab your gear!

SHOP NOW

Sign Up Today!



Crush your 2024 goals with us!

We've brought back the UR Four Pack at an unbelievable low price!
Just \$100 for current Utica Roadrunner members and \$125 for non-members.
The discount is applied at checkout.

SIGN UP TODAY

- 1) **SAVE OUR SWITCHBACKS** ■ 7.5k – Saturday, April 20
- 2) **THE SUMMER SIZZLE** ■ Five Mile Road Race – Sunday, June 16
- 3) **FALLING LEAVES** ■ 5k or 14k Road Races – Sunday, September 22
- 4) **SKELETON RUN** ■ 5k Trail Race – Sunday, October 13

ANNUAL AWARD NOMINATIONS

[See previous winners here](#)

Find descriptions of all of the awards [in the UR Handbook](#)

NOMINATE TODAY!

By filling out the Google Form

*Getting a red jacket for the first time?
Or report mileage and volunteer
information to earn pins and patches
for your current red jacket.*

**SUBMIT YOUR
2023 MILEAGE
TODAY!**

Deadline: January 21st

SUBMIT NOW

Upcoming Events



BAGG'S SQUARE

BREWING COMPANY

Join us!

Club Happy Hour

Thursday, January 18

Join us for Trivia at Bagg's Square Brewery, including at least one trivia category specific to running.

Social hour 6:00-7:00pm

Trivia 7:00-9:00pm

First 20 UR Members get a free drink on the club.



UTICA ROADRUNNERS

SAVE THE DATE!

Annual Banquet
March 2, 2024
at Club Monarch in Yorkville

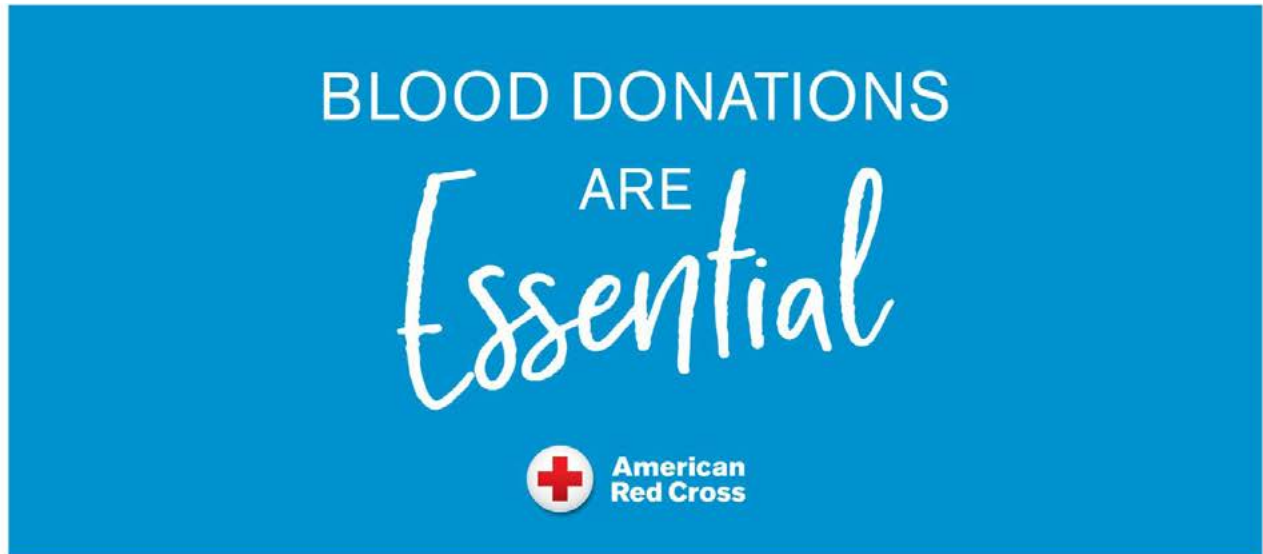
SIGN UP NOW

RACE DIRECTORS MEETING

Monday, February 4, 2024
6:00pm

Boilermaker Office
805 Court Street, Utica
Open to all Club members.

Upcoming Event



BLOOD DRIVE

Utica RoadRunners

American Legion Post 229

409 Herkimer Rd Utica, NY 13502

Monday - January 15th, 2024

12:30p – 5:00p

Visit redcrossblood.org and enter keyword **UticaRR** to sign up. Consider a Power Red donation to multiply your life saving impact!

All presenting donors will receive a free Red Cross T-shirt and be entered for a chance to win an exciting trip for you and a guest to Super Bowl LVIII in Las Vegas! Includes travel, hotel, \$1000 gift card, and more!

Schedule a blood donation appointment today:

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

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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!

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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)

- February 2024
- March 2024
- April 2024

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

- Yes No

Total included: \$ _____