

February 2024

splitimes

The Official Newsletter of the Utica Roadrunners

Race Season is Coming!



Race Director's Meeting at Boilermaker Headquarters, February 5, 2024

Sign up today for our Annual Banquet!
Details on Page 7

In this issue:

- President's Message 3
- In Memory of Chuck Mix 5
- Indoor Track Membership at Accelerate 6
- Membership Deal from The Mill Family
- Fitness Center 6
- Utica Roadrunners Blood Drive Results 8
- Member Benefits 10
- Advertise in Spltimes 11

Upcoming Race:

Raquette River Marathon, Half, 10K and 5K 4

Get Your UR Apparel



Page 6

Register Today!



Page 7

2024 Races Announced



Page 9

February
2024
Utica Roadrunners
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Administration & Finance
Melissa Barlett

Activities and Events
Erik Winberg

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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



“Yeah, runnin’ down a dream that never would come to me Workin’ on a mystery, goin’ wherever it leads. Runnin’ down a dream.”

– TOM PETTY

January was a month of mild temps and soggy miles. It was also a good start for many to get a jump start on their 1,000 miles for the year and to pick up their training. Speaking of training, the **Boilermaker Training Program** will return on Saturdays this year starting on March 2. We are looking to start inside at Accelerate for the first few weeks. This year’s training program will be led by Erik Winberg, Wendy Bowers, Pete Angelini, and the rest of the crew. We are getting excited for another season! Just a reminder that Accelerate is offering their \$50 for a year for their indoor track!

Saturday, March 2, will also be the **UR Annual Banquet** which will be held at Club Monarch. Melissa Barlett and Jenn Stefka have been hard at work to throw another amazing party. The banquet is a wonderful event to celebrate everyone’s accomplishments from last year. Join us for dinner, open bar, music, and the award’s ceremony. Register by February 25, 2024. [Sign-up here and bring a friend.](#)

The Four Pack is back and registration is picking up! Sign up now to join us for the UR’s core races which are Save Our Switchbacks, Summer Sizzle, Falling Leaves, and Skeleton Run. The UR online store is still open, so grab your custom race singlet or other swag items! Registration for the Four Pack Closes Saturday March 2, 2024. [Sign up here.](#)

Grateful for Graham registration is now open! The 5k is open to runners and walkers for people of all ages. The Stroller Division is also back for this year and new this year is all paid registrations will receive a 2024 Grateful for Graham t-shirt! Three years ago, there were no treatments for Epidermolysis Bullosa (EB), but now there are two FDA approved treatments. Grateful for Graham will take place April 27, 2024 at the Rayhill Trail near BOCES in New Hartford. [Register now!](#)

We all had a fun time at the January Trivia Night Happy Hour at Bagg’s Square Brewery. We had a great turn out and both UR teams did well!

Our friends with the **Toe Path Trekkers** is organizing their **Second Annual Outdoor Outing Event at the Potato Hill Farm near Boonville**. The date is Saturday, February 24 from 10:00 a.m. - 2:00 p.m. They have free cross-country ski and snowshoe rentals for anyone who doesn’t have their own equipment. There are 4 miles of trails. The main rental barn has indoor tables, so bring a lunch or snacks when you come in to warm up and socialize. The Trekkers have opened this event up to the entire CNY running community!

As always, we look forward to hearing your stories and seeing your pictures from running to other interesting things our members have been up to. So please send them in! We’ll see you at the Boilermaker Training Program and at the Banquet!

Enjoy the journey! – Andrew, arubino13@gmail.com

Upcoming Race

2024 Raquette River Marathon, Half, 10k, and 5k

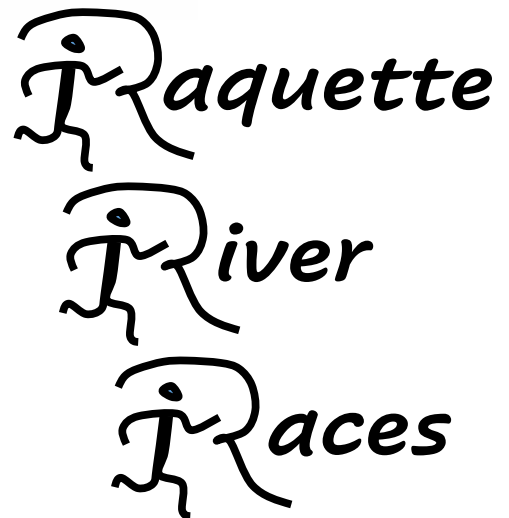
Saturday March 30th, Pine Street Arena, Potsdam NY

<https://runsignup.com/Race/NY/Potsdam/RaquetteRiverMarathonHalf10kand5k>

USA Track and Field Certified Boston Qualifier

Cash Prizes to top 3 M/F in the Marathon and Half Marathon

Your Energy to Run is being Powered by



REGISTER NOW

In Memory Of...



The Utica Roadrunners Mourns the Loss of Chuck Mix

1942 - 2024

Mr. Charles "Chuck" C. Mix, 81, of N. Utica, passed away on Thursday, January 11, 2024, at Wynn Hospital with his loving family by his side.

Charles was born on March 23, 1942, in Ogdensburg, NY, the son of Arnold and Edna (Roulston) Mix. He was raised in Ogdensburg and was a graduate of Ogdensburg High School. On July 20, 1963, Charles was united in marriage with Joyce E. Van Camp at Russell Methodist Church in Russell, NY.

At one time, Charles was employed with his family's business, Mix Electric and for many years until his retirement, with AT&T in Utica.

He was an avid marathon runner, proudly participating in and completing three Boston Marathons, as well as numerous others. Charles was a cyclist, downhill skier, water skier, and enjoyed camping, boating and traveling. He was a member of the Utica Roadrunners and a 25-year member of the Holland Patent Fire Department. Charles was of the Methodist faith.

Mr. Mix is survived by his beloved wife, Joyce; daughter and son-in-law, Rhonda and Edward Olejarnik of Whitesboro; son and daughter-in-law, James and Joan Mix of Remsen; four cherished grandchildren, Kenna, Alec, Rebecca and Alexis and was anxiously awaiting the birth of his first great grandchild.

He is also survived by five brothers and three sisters-in-law, James Mix of Ogdensburg, Larry and Bonnie Mix of Ogdensburg, David Mix of Ogdensburg, Richard and Louise Mix of Middleville and Donald and Leslie Mix of Ogdensburg as well as several nieces and nephews.

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? Dont worry, we've reopened the store from USA Racing to give you another chance to grab your gear!

SHOP NOW

AWARDS • RED JACKETS • FOOD • DRINKS • CAMARADERIE • FUN!



Annual Banquet

SIGN UP TODAY!

March 2, 2024
at Club Monarch in Yorkville

SIGN UP 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

UR Blood Drive Results

We received this feedback and the following stats from our Utica RoadRunners blood drive on January 15th.

Your donors responded wonderfully, thanks to your incredible efforts. Below is a graphic that we hope you'll share, along with our gratitude, with your community of heroes...



Utica RoadRunners

Sponsor Group

January 15th, 2024

Date of Drive

24

Total Number of Donors

1

First Time Donors

14

Type O Donors

24

Units Collected

**One single blood donation can help save more than one life.
Thank you for supporting our lifesaving mission!**

Upcoming Event



NEW YEAR NEW COMPETITION

2024 CNY Running Club Challenge Cup Race Schedule

April 7 – Fort to Fort 5K or 10K, Rome

May 11 – Towpath Trail Run 5K or 10K, St. Johnsville

June 9 – Patriot Run 5K or 10K, Rome

July 21 – Sundae Run 5K or 10K, Richfield Springs

August 16 – Woodsmen's Run 10K, Boonville

September 22 – Falling Leaves 5K or 14K, Utica

Historical Results

2015 – Kuyahooraa Kickers

2016 – Utica Roadrunners

2017 – Utica Roadrunners

2018 – Kuyahooraa Kickers

2019 – Kuyahooraa Kickers

2020 – COVID -19 won

2021 – Roman Runners

2022 – Roman Runners

2023 – Kuyahooraa Kickers

Scoring

The top 5 calculated percentages from each team (using either race at events with more than one distance) will count toward the total for each race. Calculated percentages are statistically lower as race distances increase, so any 5K percentages used will be multiplied by 0.98 to level the playing field. Incomplete teams (between 1 and 4 runners) will still count toward race points. Club points awarded at each event after totaling the race percentages are 6-5-4-3-2-1. The champion will be the team with the most points at the end of the season. A tie after the six races would be broken by comparing the total event percentage points calculated throughout the season.

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)

- March 2024
- April 2024
- May 2024

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

- Yes No

Total included: \$ _____