

March 2024

# splitimes

The Official Newsletter of the Utica Roadrunners

**RACE SEASON IS RIGHT AROUND THE CORNER!**



**2024 BOILERMAKER TRAINING PROGRAM**

*starts Saturday!*  
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March  
2024  
Utica Roadrunners  
Board of Directors



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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](#)

**RENEW**  
*your membership*  
**TODAY**

**RENEW ONLINE**

Renew your membership  
or join the club  
for the first time!

Individual, Couple, Family  
Memberships Available

**Check out the benefits of  
membership [on page 15](#)**

# President's Message

by Andrew  
Rubino



**“ So when you run, make sure you run  
To something and not away from  
'Cause lies don't need an aeroplane  
To chase you anywhere.”**

– THE WEIGHT OF LIES BY THE AVETT BROTHERS

This song reminds me to deal with issues head on, be true to yourself, and to run toward solutions. Whatever the hurdle, there's a way over it. When attempting to clear the hurdle, you can fully clear it, clip the hurdle, or even knock the hurdle over, but you are able to continue running.

I'm getting excited for March 2nd. Utica Roadrunners are kicking off the month with the Boilermaker Training Program. [Register here for FREE](#) to be looped into updates in the morning and the Awards Banquet in the evening!

I am also excited to announce that Save Our Switchback registration opens on March 3rd with more cowbell!!!! If you missed your chance to sign up with the Four Pack, [you can sign up now](#). Mark your calendars for a special packet pickup at the Sneaker Store April 19th from 3pm-6pm and at Beer Hub 6pm-9pm for the monthly Happy Hour. You will also be able to pick up your swag from the online racing store!

The weekend following SOS is Grateful for Graham on April 27, 2024 at the Rayhill Trail. This year is all paid registrations will receive a 2024 Grateful for Graham t-shirt! A cure is within reach --- help make this a reality. [Sign up today!](#)

Our Happy Hours have been trying to reach the greater Mohawk Valley to include as much of our membership as possible. We've had some great turnouts and look forward to seeing you at our March Happy Hour at Rock Valley Brewing Company in Little Falls, March 22 at 6pm. Remember the first drink is free to the first 20 members.

Utica Roadrunners sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student-athletes in our community. Thanks to Paul Ohlbaum and his generous donations over the years to the scholarship in his name as well as the Howard Rubin Scholarship we as a club are able to award \$500 to athlete scholars to be used for tuition, fees, or residential costs. We are accepting applications starting March 5th. More information, including the application [can be found here](#).

The Five after Five will return this May --- more details to come! This event has quickly become a Club favorite born out of the pandemic and now jump starts many of our member's running season.

Please keep sending in your pictures and stories from running or other interesting things happening. We are also looking for members to write articles, do interviews, or generally help out. Let us know if you are interested in getting involved!

Enjoy the journey!

Andrew  
arubino13@gmail.com

# Upcoming Race

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

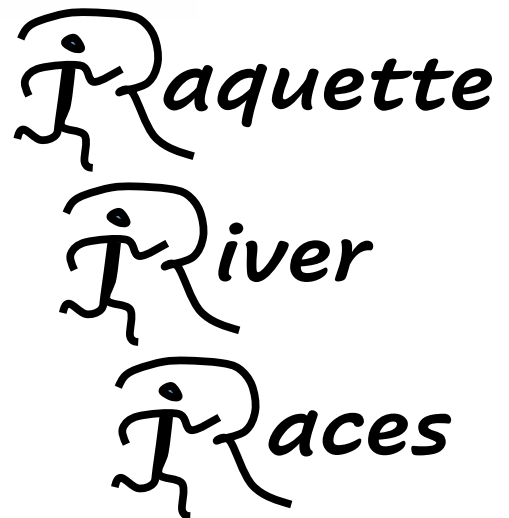
Saturday March 30th, Pine Street Arena, Potsdam NY

<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**



# 2024 BOILERMAKER TRAINING PROGRAM



**Starts Saturday, March 2nd, 7:30am  
at Accelerate Sports Complex, Judd Road**

*Be prepared to run indoors for about 6 weeks. T-shirt and shorts will do inside the facility.*

**SIGN UP TODAY!**

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

**This event will be 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.

We will be offering 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.](#)



# Upcoming UR Race



Graham Robertello was born with recessive dystrophic Epidermolysis Bullosa (EB) - A life threatening rare genetic disorder that affects the body's largest organ: the skin.

Individuals with EB lack critical proteins that bind the skin's layers together. Without these proteins, the skin tears apart, blisters, and shears off, leading to severe pain, disfigurement, and internal and external wounds that may never heal.



*Today, there is no cure for EB. We are looking to help change that!!*



Join us for the third annual  
**Grateful for Graham 5k Run / Walk**

A Utica Roadrunners Event

All money raised will go directly to the  
EB Research Partnership to fund research!



**When: Saturday April 27, 2024 @ 9 am**

**Where: Rt 840 Trail, New Hartford, NY**

*(trailhead by BOCES on Middle Settlement Rd)*

**Registration Fee: \$35 per person**

**To Register: Scan the QR code (RunSignup)**



*Grateful for Graham 5k Run and Walk*



# Q&A WITH *Amanda Robertello*

Founder of the Grateful For Graham 5K...

... and Graham's Mom!



**Registration for the Grateful For Graham is open and as we get closer to race day, we caught up with Graham's mom Amanda to learn a bit more about him, EB... AND what to expect this year from the race!**

### **This run is in honor of your son Graham Robertello. Tell us a little about him!**

Graham is a sweet and silly four year old boy. He loves cars, trucks, and really anything with wheels. He enjoys the color blue, sweet treats and spending time with his family. He loves playing cops and robbers and watching Peppa Pig & Scooby Doo. He may have recessive dystrophic Epidermolysis Bullosa but it certainly doesn't define him. He is defined by his courageous spirit and the way he can captivate an audience with his infectious smile and sense of humor. Although he should not have to be, he is the most brave person I have ever met.

### **Tell us a synopsis about EB. What is it and how does it affect Graham?**

EB is called "the worst disease you've never heard of." Individuals born with EB are unable to produce collagen, which binds the layers of their skin together. This results in the skin tearing, blistering, and even shearing off. The wounds that result are severely painful, can lead to disfigurement, and some of these wounds (they can also be internal) may never heal. Graham was born with one of the most rare and severe forms of EB - recessive dystrophic.

### **Tell us how you protect Graham from injuries to his skin.**

The main defense that we have to help Graham from getting blisters and wounds is a protective bandaging routine. We wrap his arms, legs, and torso. The base layer is a slightly sticky foam called Mepilex transfer. On top of the mepilex we layer some rolled gauze. Finally, a 4 way stretch bandaging goes over the gauze to secure everything in place.





Due to Graham's highly sensitive skin, we are extremely careful and deliberate when handling him. We try to minimize risks in his environment as much as possible which involves choosing soft clothing for him as well as safe areas to play. It's a tough battle sometimes between wanting him to relish in all the joys of just being a kid while also wanting to protect him as much as possible.

### **Are there any treatments/cures for EB?**

Scientists have isolated the area on the DNA strand that is the cause of EB. At this time there are no cures, but in the last year alone, they have helped develop 2 topical treatments that are now FDA approved to treat the wounds from EB, and the research community is confident that a cure is within reach by 2030. The biggest hurdle to the necessary research however is funding. That is a very big reason for the Grateful for Graham 5K... to fund the necessary, life-saving research in hope of a cure.

### **What is your background in running and why is it the perfect match for you and your family to bring awareness to EB?**

I have run casually for years. I have completed six full marathons, including one trail marathon and one trail ultramarathon. After Graham was born, running helped me to feel like me again. It became an integral part of my healing – especially those stroller miles, they really meant more. Graham very much enjoys going for runs and even cheers me on from his seat! So when the opportunity arose to spread awareness, advocate, & fundraise via a local 5K, it was a perfect fit.

### **What year are you guys in holding the event? How successful have the previous events been?**

This is our third year. Both our first years were more successful than we could have hoped with almost 500 registrations and us raising almost \$49,000 last year alone!

### **Tell us about the Grateful for Graham 5K. What can participants expect and what makes this different from other UR events?**

This is both a competitive run and a casual run/walk for participants of all fitness levels and any ages. We will have the traditional overall and age group awards but, because Graham has been my partner along for so many of my runs with me pushing him in his stroller, we have the first "Stroller

## *Race Info*

**Saturday, April 27, 2024  
9:00am  
Rt. 840 Trail, New Hartford  
\$35/person**

**SIGN UP TODAY!**

Division" with first place awards for 1st place male and female pushing their child in a stroller, just like Graham and!! The course is on the Rahill Memorial Trail (Rt 840 Trail) in New Hartford, an out and back starting and finishing at the trailhead parking lot adjacent to BOCES. It is a flat, fast course that is lined with education facts about EB and some children who are fighting or have lost their battle with EB.

### **What is your hope for this year's race?**

To make it the biggest year yet! We are fortunate enough to have many friends and family members participate each year, but we would love to have more members of the running community join us in support of Graham and those with EB.

### **Where does all the money raised go to?**

All proceeds from the event go to the EB Research Partnership, a non-profit with the primary goal of funding the necessary research through events like Grateful for Graham. EBRP co-founders include Eddie Vedder from Pearl Jam and his wife Jill, who continue to lead the fight to fund research in hopes of a cure.

### **What is your hope for the future of the race and for finding a cure for EB?**

I hope the race continues to raise a significant amount of money for research so that Graham and all those living with EB can live a life free of the chains of EB when we get that cure we so deeply need. We hope that the race promotes not only awareness for EB, but also promotes inclusivity in our community. It's our deepest hope that Graham will live in a world that is inclusive, supportive, and accepting of him - just the way he is.



# Announcements

## 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**

## 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 **ONLINE STORE CLOSSES MARCH 2**



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**

# HYDRATE 315

HYDRATE315.COM

ESSENTIAL VITAMINS, MINERALS AND AMINO ACIDS TO HYDRATE AND FUEL THE ELITE ATHLETE INSIDE OF YOU

## IV INFUSIONS

MYERS COCKTAIL - ATHLETIC PERFORMANCE - ATHLETIC RECOVERY - ENERGY  
FAT BURNER - BEAUTY - IMMUNITY - HANGOVER - NAD+

## IM INJECTIONS

VITAMIN B-12 - VITAMIN B COMPLEX - GLUTATHIONE - SKINNY SHOTS MICC & LIPO MINO  
TRI-IMMUNE - NAD+ - MIX & MATCH ANY 6 FOR \$125\*

## PEPTIDES

GLP-1 RX WEEKLY WEIGHT LOSS INJECTIONS - SERMORELIN THERAPY  
TIRZEPATIDE & OTHER PEPTIDES COMING SOON

**SPECIAL PRICING FOR UTICA ROADRUNNER MEMBERS**

**CALL OR TEXT FOR DETAILS AND TO SCHEDULE**



**DAVID FREED, RN**

**315-412-4317**

HYDRATE315@GMAIL.COM

HYDRATE315.COM

**IN THE KUYAHOORA VALLEY**

**ANDREA HELMER, RN**

**315-717-8197**

AHHELMER@GMAIL.COM



\*MIX & MATCH ANY 6 IM INJECTION TO BE USED WEEKLY, BIWEEKLY OR MONTHLY - EXCLUDES NAD+



# The 2024 Races

**2024 Races  
are Announced!**



3/16/24	<b>Mad Mile</b>	1 Mile	Utica
4/7/24	<b>Fort to Fort</b>	10K	Rome
4/20/24	<b>Save Our Switchbacks</b>	7.5K	Utica
5/19/24	<b>Erie Canal Races</b>	10 Mile	Marcy
6/9/24	<b>Patriot Run</b>	5K	Rome
6/16/24	<b>Summer Sizzle</b>	5 Mile	Utica
7/14/24	<b>Boilermaker</b>	15K	Utica
7/21/24	<b>Sundae Run</b>	5K	Richfield Springs
8/16/24	<b>Woodsmens Field Days</b>	10K	Boonville
8/18/24	<b>Tunnel to Towers</b>	5K	Utica
9/22/24	<b>Falling Leaves</b>	14K	Utica
10/13/24	<b>Skeleton Run</b>	5K	Deerfield

## Registration Opens March 3



[SIGN UP LINK](#)



# Sign Up Today! Closes March 2



## 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

*Join us!*  
**Club  
Happy  
Hours**

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



**Friday, March 22**

6:00pm at Rock Valley Brewery in Little Falls

**Friday, April 19**

6:00pm at The Beer Hub  
Genesee Street in South Utica  
(Pick up your  
SOS Race Packet and  
UR Swag here!)



# Save the Dates!



## 2024 Student Scholarships

**Do you know an outstanding  
Student Athlete?**

**Nominate them for a \$500 UR scholarship  
Nominations open March 4th**

[LEARN MORE](#)

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The Utica Roadrunners promotes family health and fitness through running. Each year, we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student-athletes in our community. We are pleased to announce that this tradition will continue in 2024 with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

Minimum qualifications the Scholarship Board will consider include the applicant's running achievements, academic achievements, and extracurricular activities. The \$500 scholarships are a one-time award to be used for tuition, fees, or residential costs at an accredited college or university. Runners who have received a full ride scholarship are not eligible for this scholarship.



## 27 RACES ACROSS THE ROUTE 20 SCENIC BYWAY

### PARTICIPATE and WIN!

- Complete 5 events for a \$5 Stewart's gift card
- Complete 12 events for an embroidered zip up hoodie!

Email Jean Kosina at [jmkosina@gmail.com](mailto:jmkosina@gmail.com) if you are interested in participating and being eligible for the prizes.

Email Bill Kosina at [jabkos@verizon.net](mailto:jabkos@verizon.net) with any questions or for more information.

An Institute of the Route 20  
Association of NYS  
&  
[Stewards of the Route 20  
Scenic Byway and Byway  
Corridor](#)

Find the NYS Route 20 Roadies at:

<https://nyroute20.com>

<https://www.facebook.com/groups/174177336770419>



Our Roadies earned these jackets for completing races in 2022

This year's races include:

- April 7: 35th Annual Fort to Fort
- May 19: DeRuyter 8K
- June 9: Patriot Run 5K/10K
- July 4: 50th Annual Cazenovia Foot Races
- August 8: Tromptown Half Marathon
- ... and many more!!

See all here:

<https://www.nyroute20.com/events/2024-road-challenge>

#### ROAD CHALLENGE SPONSORS:

- Stewart's Shops
- Patricia King
- LaFrance Physical Therapy



# Get Ready!



## HELP US TO WIN THE CUP THIS YEAR!

## 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

### 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.

### 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

# 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)

- April 2024
- May 2024
- June 2024

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

- Yes  No

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