

April 2024

splitimes

The Official Newsletter of the Utica Roadrunners



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April
2024
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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 21](#)**

President's Message

by Andrew Rubino

**“ Say, if I only could
I'd make a deal with God
And I'd get Him to swap our places
I'd be runnin' up that road
Be runnin' up that hill
With no problems.”**

– RUNNING UP THAT HILL (A DEAL WITH GOD) BY KATE BUSH

UR's first race of the season is coming: **Save Our Switchbacks**. Run with us on April, 20th through the scenic Utica South Woods Switchbacks. I'm not going to sugar coat it... this is a very fun and beautiful, but *challenging* course. Don't let the challenge deter you. Let it prepare you. Be prepared for the hills and embrace what is hard, knowing you will be stronger on the other side. If you have never run this race before or if you ran the course many of times, you might be thinking about wanting to switch places with someone who already reached the top of the climb or maybe a loved one waiting for you at the finish line. You may even feel like you need to make a deal with a higher power in order to finish. But don't give up! Walk if you have to. You will feel great coasting down the hills for the finish.

Join us for the very special SOS packet pickup at the Sneaker Store April 19th from 2pm-6pm and at Beer Hub 6pm-8pm for the monthly Happy Hour. You will also be able to pick up your exclusive UR cowbell and groovy SOS t-shirt. We are still looking for volunteers. Contact Melissa Barlett if you would like to help out (docbarlett@gmail.com).

The Parkway Marathons (aka **Development Runs!**) are starting Wednesday May 1st. However, this year the we have discussed shortening the season. The reason – UR needs **YOU!** In July, the number of runners drastically decreases. We could also use more help setting up, running water stops, and putting everything away at the end of the night. Remember volunteering earns you points toward getting the Red Jacket. The Wednesday Night Crew has worked so hard to make the D-Runs better by bringing back timing, engaging the community for new runners, and just having fun. So, show up, run the course, and lend a hand while you are there. The D-Runs have been going for over 50 years – let's keep them going for many more years to come.

Race season officially kicked off with the first event of the **Grand Prix – The Mad Mile**. Congratulations to all of the runners, especially our youngest runners - Maddox, Magnus, and Dylan. Thank you to our friends at the Sneaker Store for putting on this event! The next Grand Prix event is the Fort to Fort 10k. The Fort to Fort 5k and 10k are also the first event of the Club Cup! **You can register for the race here**. Contact Tim Kane to get on his email chain and with questions about anything Club Cup related. trkane59@gmail.com

The weekend following SOS is **Grateful for Graham** April 27, 2024 at the Rayhill Trail. This year, all paid registrations will receive a 2024 Grateful for Graham t-shirt! This fast, flat course will be certain to give you a PR. Awards are given to the fastest overall male and female participants (1st, 2nd, 3rd) and 1st place in each 10 year age group!



PRESIDENT'S MESSAGE (cont.)

The popular **Five after Five** will return this May to celebrate Cinco De Mayo, running, and community. **Registration is now open.** This is a great way to kick-up your training and build endurance. With so many great challenges each day, this event gets your moving. The Fiesta Crew is also working on planning some in-person events over the course of the 15 days.

Other events coming along beside the Development Runs are the **Summer Sizzle, Father's Day**, June 18th (**register now**), **Trenton Fish & Game Autism Awareness Trail Run**, August 4th (registration to be announced), and **Tunnel to Towers Central New York**, August 18th (registration opens middle of April).

On March 2, Utica Roadrunners celebrated the accomplishments of our fellow runners over good food, drinks, and songs at the **Awards Banquet**. It was truly a wonderful night that really set the stage in a positive way for the year to come. A special thank you goes out to Melissa, Jenna, and Ashley for putting everything together and to Monarch Banquets for accommodating us.

I would also like to thank Erik, Wendy, Peter, and Ashley for getting the **Boilermaker Training Program** off to a great start this year. We have over 70 members signed up! I can tell we are going to have a heck of a celebration at the UR Tent at the Boilermaker this year!!!

I got to catch up at the Training program with our exceptionally talented **Splitimes** editor and all-around awesome person Michelle Truett (pictured with me on page 3). 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!

Enjoy the journey!
Andrew
arubino13@gmail.com

Photos from Happy Hour at Rock Valley Brewing Co.



Sign Up Today!



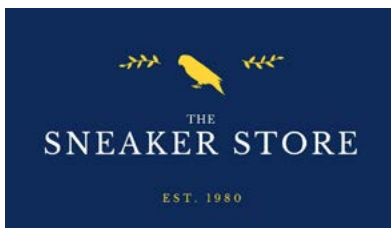
REGISTER NOW

This is a 7.5K (4.66 mile) road race and the long standing Utica Roadrunners kick-off event for the race season.

Help support the South Woods Trails Project while running "Half a Boilermaker"

PACKET PICK UP #1

April 19 • 2:00-6:00pm



PACKET PICK UP #2

April 19 • 6:00-8:00pm
at UR's Happy Hour



PACKET PICK UP #3

April 20 • 7:30-8:30am
Morning of the race!

**2nd RACE
OF THE
SEASON**

SOS is a
Grand Prix Race!





2024 BOILERMAKER TRAINING PROGRAM

**Going on now! You can still join!
Saturdays at 7:30am**

Accelerate for one more week on April 6, First outdoor run on April 13

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.](#)

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



Get Ready!



HELP US TO WIN THE CUP THIS YEAR!

NEW YEAR. NEW COMPETITION.

**1st Clubs Cup Race
is next week – April 7!**

Fort to Fort 5K or 10K, Rome

REGISTER NOW

2024 Schedule

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

Boilermaker Training Program



JOIN US FOR AN EVENING RUN! THURSDAY, APRIL 25, 6 P.M.



TED MOORE RUN/WALK



Associate Professor Theodore "Ted" Moore was tragically taken from his family, friends, students, and colleagues in December 1996 through the actions of a drunk driver. Ted Moore, a member of MVCC's Mathematics Department from 1981 until his death,

was widely known as an individual who cared deeply about his community, his students, his colleagues, and Mohawk Valley Community College. His loss deeply affected his colleagues and students at MVCC, a loss that continues to be felt. The nature of his death elevated concerns about the ongoing problem of drinking and driving. We choose to honor Ted's memory with this walk/run event and with an MVCC scholarship in his name.

SIGN UP TODAY!

Register online at mvcc.edu/tedmoore



Registration Fee: \$25 in advance | \$30 day of race | \$10 for students. For additional information, contact Courtney Taurisano-Sprague at ctaurisano-sprague@mvcc.edu or 315-792-5345.



PRESENTED BY THE
ONEIDA COUNTY
STOP-DWI PROGRAM



Join us!
**Club
Happy
Hour**

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



Friday, April 19

**6:00pm at The Beer Hub
Genesee Street in South Utica
(Pick up your SOS Race Packet and
UR Swag here from 6-8pm!)**

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!

2023 UR Awards



New 1,000 Mile Club Jackets

Jessica Cooley
Melissa Williams

New Extra Mile Jackets

Al Massinger

2023 Run Mileage Chevrons

1000 Miles
Jessica Cooley
Tom Durso
Jeff George
Sue Luley
Dan Stedman
Charles Kane

1100 Miles
Melissa Barlett
Scott Ferguson
Lorrie Tibbits

1200 Miles
Gary Burak
Jim Latshaw
Sharon Scala
Steve Tibbits

1400 Miles
Danielle Bliss

1700 Miles
Travis Olivera

1800 Miles
Chris Edick

1900 Miles
Tom Joslin

3500 Miles
Brittany Praznik

5900 Miles
Jen Toti

Milestones

25,000 Miles
Tom Joslin

10,000 Miles
Sharon Scala
Dan Stedman
Steve Tibbits
Jen Toti

2023 Walk Mileage Chevrons

1200 Miles
Felicia Burak
Sharon Stedman

Marathoners

Travis Belanger
Dani Bliss
Chris Edick
John McCaw
Christine McGlynn
Brittany Praznik
Missy Scanlon
Dan Stedman
Steve Tibbits
Andrew Rubino
Jen Toti

Ultras

Tom Joslin
Travis Olivera
Lorrie Tibbits
Steve Tibbits
Jen Toti

Triathlons

Colt Brumm
Anne Marie Latshaw
Ashley Mancini
Lorrie Tibbits
Steve Tibbits



2023 Awards

Roadrunner of the Year: Male

Awarded to the Utica Roadrunner who has the most outstanding season of running in road races, on the basis of finishing using times and awards.

Open: Gregg Chrysler
Grandmaster: Jeff George



Open

2022 – Eric Kasper	2017 – Bill Callahan
2021 – Chris Edick	2016 – Michael Polidori
2019 – Dave Putney	2015 – Stephen Paddock
2018 – Dan Stedman	2014 – Tom Joslin

Grandmaster

2022 – Steve Tibbits	2021 – Dave Putney
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Roadrunner of the Year: Female

Awarded to the Utica Roadrunner who has the most outstanding season of running in road races, on the basis of finishing using times and awards.

Open: Jessica Cooley
Grandmaster: Laura George



Open

2022 – Kathy Garbooshian	2017 – Laurie Hennessey
2021 – Dani Bliss	2016 – Cathleen Willy
2019 – Sue Luley	2015 – Justnya Wilkenson
2018 – Jen Bachelder	2014 – Mel Crisin

Grandmaster

2022 – Lorrie Tibbits	2021 – Sue Luley
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Most Improved Roadrunner

Awarded to the female and male Utica Roadrunner who has had the greatest improvement in times from the previous year(s) for a number of races over a variety of distances.

Female: Ashley Mancini
Male: Dave Saxe



Female

2022 - Grace Saxe
2021 - Laura George
2019 - Cheryl Burmaster

Male

2022 - Travis Olivera
2021 - Travis Belanger
2019 - Mike Winkler

Hall of Fame Award

Awarded to an individual who has excelled for many years in the sport of running and has distinguished himself/herself through racing achievements and/or support of the running community.



Bill Luley

2022 - Dave Putney
2021 - Paul Ohlbaum
2020 - Dave Jones
2019 - Gary Burak
2018 - Bill Callahan
2017 - Jim Mott
2016 - Susan Luley
2014 - Dennis Johnson
2013 - Linda Turner
2012 - Dan Cohen

2011 - Paul Humphrey
2010 - Jason Pare
2009 - Ted Petrillo
2008 - Paul Humphrey
2007 - Jim Fiore
2006 - Christine Sisting
2005 - Kermit Cadrette
2004 - Janice Williams
2003 - Sybil Johnson
2002 - Dennis & Sybil Johnson

2023 Awards



The Grand Prix series of races is a friendly competition among all UR members.

Grand Prix 2023

1st in each age category received patches
Top 3 in each category received certificates

Complete standings found on website and in SpliTimes

SEE RESULTS

The Club Cup is a friendly competition held annually among local running clubs. In a series of designated races throughout the season, each club's members will compete on an age-graded basis.

Final 2023 Standings

- 1st Kuyahoor Kickers - 27 Points
- 2nd Roman Runners - 26 Points
- 3rd Utica Roadrunners - 19 Points
- Toe Path Trekkers - 11 Points
- MV Hill Striders - 7 Points

Top UR Scorers Participated in 4 or More

- | | |
|---------------|-------------|
| Eric Kasper | Chris Edick |
| Paul Humphrey | Tim Kane |
| Amanda Mazza | Eric Kasper |
| Colin Quinn | Bill Luley |
| Chris Edick | Sue Luley |

The 2024 Races

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

2023 Awards



Frank D'Allesandro Training Volunteer Award

Awarded to recognize an individual with the most enthusiasm, time and support to new members of the running world.

Erik Winberg

2022 - Jennifer Stefka
2021 - Ashley Mancini
2020 - Andrew Rubino
2019 - Cole & Tracy Perkins
2018 - Nate Getman / Abbie Sutliff
2017 - Harry Campbell
2016 - Melanie Crisino
2015 - Melanie Crisino
2014 - Jerry Tylutki
2013 - Jeremy West
2012 - Jeremy West
2011 - Karen Casler / Nick Netti
2010 - Doreen Camerona
2009 - Dawn Ortlieb
2008 - Ray Brych
2007 - Kelly Ann Nugent
2006 - Linda Turner
2005 - Ken Muzzy
2004 - Mike Kessler



Volunteer of the Year Award

Awarded to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.

Al Massinger

2022 - Melissa Barlett
2021 - Jennifer Stefka
2020 - Alejandro Gonzalez
2019 - Andrew Rubino
2018 - John Gilligan
2017 - Sharon Scala
2016 - Stephanie Stark
2015 - Mark Arcuri Sr
2014 - Doreen Camerona
2013 - William Dunham
2012 - The Arcuri Family
2011 - Dawn Ortlieb
2010 - Ray Brych
2009 - Mike Brych
2008 - Jim Stasaitis
2007 - Mike Kessler
2006 - Melissa Williams
2005 - Judy Marris
2004 - Maryann Vanderpool
2003 - Annette Bick
2002 - Charlene Coughlin

2023 Awards

Distinguished Roadrunner Supporter Award

Awarded in appreciation and recognition of a corporation, group or individual whose support has made a significant contribution to Utica-area running. (This award is typically given to non-club members)

2023 Recipient:



- | | |
|----------------------------------|-----------------------------------|
| 2022 - Accelerate Sports Complex | 2012 - The Masonic Care Community |
| 2021 - FX Matt Brewery | 2011 - Mike Evke-Eversan |
| 2020 - Utica First | 2010 - Chobani Yogurt |
| 2019 - The Sneaker Store | 2009 - The Fitness Mill |
| 2018 - The Boilermaker | 2008 - NY Beef Council |
| 2017 - McDonalds | 2007 - The Sneaker Store |
| 2016 - Utica Fire Dept | 2006 - CJ Burth Service |
| 2015 - City of Utica | 2005 - HSBC |
| 2014 - The Sneaker Store | 2004 - Utica Observer Dispatch |
| 2013 - Utica Police Department | 2003 - WOUR/Jerry Kraus |
| | 2002 - Larry Gilroy |



Golden Shoe Awards

- Melissa Barlett
- Cheryl Burmaster
- Jessica Cooley
- Tom Durso
- Al Massinger
- Dorothy Massinger
- Ashley Mancini
- Sue Luley
- Travis Olivera
- Brittany Praznik
- Andrew Rubino
- Sharon Scala
- Jenna Stefka
- Melissa Williams

Ed Bruni, Sr. Inspiration Award

Awarded to the Utica Roadrunner whose upbeat attitude and dedication to using his/her talents has had a positive influence on other runners throughout the year.

Jim Latshaw

- | | |
|---------------------------------------|-------------------------|
| 2022 - Pete Angelini | 2011 - Dave Putney |
| 2021 - Jennifer Bachelder | 2010 - Gary Burak |
| 2020 - Harry Campbell & Joe Mashaw | 2009 - Kathy Fuller |
| 2019 - Sharon Stedman | 2008 - Dave Putney |
| 2018 - Melanie Crisino | 2007 - Kelly Ann Nugent |
| 2017 - Karen Piccola | 2006 - Mike Kessler |
| 2016 - Michelle Truett & Wayne Murphy | 2005 - Jim Fiore |
| 2015 - Dorothy Massinger & Jim Mott | 2004 - Meg Parsons |
| 2014 - Rich D'Accurzio | 2003 - Don Baum |
| 2013 - MaryBeth Erlichman | 2002 - Paul Ohlbaum |
| 2012 - Moe Lalonde | |



2023 Awards

Robert H. "Coach" Carlson Distinguished Service Award

Established in 1987 in honor of Bob (Coach) Carlson, to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing and running events, social events and helping to run the club.

Rebecca LaPorte

2022 - Andrew Rubino	2011 - Paula May
2021 - Sharon Scala	2010 - Jim Moragne
2020 - Jim Mott	2009 - Jim Moragne
2019 - John Gilligan	2008 - Melissa Williams
2018 - Wayne Murphy	2007 - Mike Brych
2017 - Bill Luley	2006 - Meg Parsons
2016 - Mike Kessler	2005 - Jim Stasaitis
2015 - Stephanie Stark	2004 - Linda Turner
2014 - Mike Brych	2003 - Mary MacEnroe
2013 - Mike Kessler	2002 - Janice Williams
2012 - Ted Lenio	



President's Award Rebecca LaPorte Melissa Barlett

2022 - Don Lynskey & Jenna Stefka	2010 - Meg Parsons
2021 - Andrew Rubino & Melissa Barlett	2009 - Mike Brych
2020 - Rebecca Aceto & Jennifer Bachelder	2008 - Sybil Johnson
2019 - Rick Gloo & Rocco Fernalld	2007 - Mike Kessler & Meg Parsons
2018 - Lisa Walchusky	2006 - Jim Stasaitis
2014 - Kermit Cadrette	2005 - Meg Parsons & Sybil Johnson
2013 - Bob Vandenberg	2004 - Howard Rubin
2012 - Jim Moragne	2003 - Janice Williams
2011 - Paul D'Ambrosio	2002 - Bob Ingalls



Thanks to:

Utica Roadrunners Sponsors

Utica First	Accelerate Sports
Bank of Utica	The Mill Family Fitness Center
USA Racing	The Sneaker Store
Saranac	

Banquet Sponsors

FX Matt Brewery	Smith Packing
The Sneaker Store	Roman Runners
The MV Foundation	Get Air
The Utica Zoo	Copper City Brewing Co.
Mountain Ice	Baggs Square Brewing Co.
Citgo	PiNZ

The Phyllis Spohn-Bates "Grit" Award

Jenna Stefka



Awarded in honor of Phyllis Spohn-Bates to the Utica Roadrunner who embodies all that Phyllis stood for. A love of running, community, our club and has a selfless give-back attitude. This person is a fighter and made of pure grit. This award is given in recognition of the motivation, encouragement and inspiration they have offered to others in the community.

2022 - Pete Angelini
2021 - Dorothy Massinger
2020 - Missy Scanlon

2023 Awards Banquet



Save the Dates!



after FIVE

It's BACK!

Kick Off will be on May 5th

The graphic features a cartoon cactus mascot with a sombrero and a mustache, holding a small object. The text 'after FIVE' is written in a stylized, bubbly font. The background is a warm orange and red gradient with small heart icons. To the right, there are colorful, patterned bunting flags.



Save The Date!!

Sunday August 18, 2024

Tunnel to Towers Foundation
5K RUN & WALK
CENTRAL NY

CLINTON FIRE RESCUE
HOME OF HEROES & SOLDIERS

UTICA FD 198

UTICA FD 219

The photograph shows a large American flag being hoisted by two fire trucks. Firefighters in brown uniforms with reflective stripes are visible in the foreground. A helicopter is flying in the sky above the flag. The background shows city buildings under a blue sky with light clouds.



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 if you are interested in participating and being eligible for the prizes.

Email Bill Kosina at 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

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)

- May 2024
- June 2024
- July 2024

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

- Yes No

Total included: \$ _____