

May 2025

splitimes

The Official Newsletter of the Utica Roadrunners

2024 Award Winners

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May

2025

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If you would like to advertise in Splitimes,
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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 McCarrick • michelle@484design.com



Useful Links:

[Utica Roadrunners](#)

[Facebook Page](#)

[Club Handbook](#)

Mountain Goat



**If you're running, connect with
Andy Hartnett to get a group picture
before the run!**

TRACK MEMBERSHIP

**Only \$50
for a year!**

**Family price
\$75/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



"It's not about being the best. It's about giving your best."

Race season is finally here in Central New York! As we run together keep in mind these words from Joanne Willcox. As you toe the line, think about how all the training has led to this moment. You are ready to go and leave nothing behind. After the race, you may not be happy with your finishing time, but you know you gave your all for the day. Regardless of the outcome, it's sometimes more about the journey than the destination. Not every race will be our personal best, but continued effort and dedication is what makes us better.

The deadline of Friday, May 31st is quickly approaching for **UR Scholarship applicants**. The Paul Ohlbaum and Howard Rubin Scholarships are awarded to exceptional graduating student athletes who show determination and character and perform academically well. Do you know someone who fits this profile? Get them to turn in their application! All details can be found here on the UR webpage. <https://www.uticaroadrunners.org/scholarship-program/>

The 2025 **Save Our Switchbacks** is in the books! Melissa Barlett did another outstanding job directing. It was so much fun finishing through the Utica Zoo again. I can't remember the last time the Club had so many volunteers showing up and sticking it out on the course in the cold and rain. Logan did an amazing job with pictures and the Energy Zone showed up with fun giveaways. Great job everyone. Our next core four race is **Summer Sizzle** on June 15th which is Father's Day. In addition to the hot tank top, the first 250 registrants get limited edition sizzlin' sunglasses and sticker.

The Club Cup season began in April with the **Fort to Fort** hosted by the Roman Runners. Run any Club Cup race for a chance to win a \$25 gift card to Cliff's Local Markets. Congratulations to Sue Tucker and Paul Humphrey for their efforts which scored them one! Email James at james.kuny@gmail.com to let him know you are running and stay up to date on all the details. Help bring the Club Cup back to Utica Roadrunners! The next race is the Towpath Trail Run presented by the Kuyahoor Kickers.

This month the Utica Roadrunners are proud to be supporting **Grateful for Graham** for the fourth year on May 3rd on the Rayhill Trail by BOCES in New Hartford. All proceeds go to support research for Epidermolysis Bullosa (EB), which is a rare genetic condition that causes skin tearing, blistering, and shearing off due to the body's inability to produce a protein that binds skin layers together. The **Five After Five** will return to celebrate Cinco de Mayo with running 15 days in a row and special prizes along the way for daily challenges and group runs. Lastly, the **Development Runs** start on May 7th and end on July 23rd. If you can run a Development Run 10k, you can run the Boilermaker!

A huge shout out goes to Melissa Barlett, Jennifer Stefka, and Ashley Mancini for organizing another amazing **Awards Banquet**. Over 50 members came out to celebrate accomplishments and stories. A wonderful meal was provided by Monarch Banquets. Lots of singing, dancing, and laughing was had.

This month's board member shout out goes to **Phil Trzinski** for all the time and work he has put into getting the trailer up and running this season! Phil has worked tirelessly for the past few years making sure all the equipment is in working order. We recently acquired two new bull horns so our race directors can be heard. Phil was also credited last month for doing a meticulous job at keeping all the financials in order for the races he directs and purchases he made for equipment. The Club is grateful for all Phil does!

Please post pictures to UR's Facebook or email us! Did you run in the Boston Marathon or had a good run you want to share? We encourage you to poke your friends and submit stories and experiences.

Keep giving it your best out there and enjoy the journey!

Andrew • Rubino.uticaroadrunners@gmail.com

This Saturday! **Sign up through 9am on Race Day!**



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 going to
change that!!***



Join us for the fourth 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 May 3, 2025 @ 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



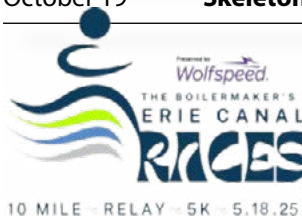
2025 Races



Here are this year's races! Stay tuned monthly to Splitimes and our Facebook page for more information on sign up, results and more!

See the standings [on page 16](#)

May 18	Erie Canal Races	10 Mile	Marcy
June 8	Patriot Run	5K	Rome
June 15	Summer Sizzle	5 Mile	Utica
July 13	Boilermaker	15K	Utica
July 20	Sundae Run	5K	Richfield Springs
August 15	Woodsmen's Field Days	10K	Boonville
August 17	Tunnel to Towers	5K	Utica
September 28	Falling Leaves	14K	Utica
October 12	Riggie Run	5K	Utica
October 19	Skeleton Run	5K	Deerfield



Erie Canal Races are NEXT!

SIGN UP TODAY

Get Your UR Apparel



Visit the Sneaker Store to have the Utica Roadrunners logo printed on a tech tee, cotton-blend shirt or hoodie right at the store. An on-line store will also be available for ordering singlets in both mens and women's cut. All items can be ordered individually by group members. See the store for details.

New Wineglass Race Captain



We have a new race captain for Wineglass, Tiffany Rositano!

Tiffany will start a marathon training program Sunday May 11th (Mother's Day) at 9:00am at the Parkway Rec Center and will continue each Sunday. For every 20 entries, we get a free bib! This is a great member deal.

Members can email her here to get connected!

Sign up for Wineglass here.

Get \$30 off with UR Code **TeamURR2025**

On a side note, this will be Tiffany's first marathon!

It's Back!



SIGN UP TODAY

Your Favorite Running/Walking Challenge is back and starts next week!

Tuesday, May 6 - Wednesday, May 21, 2025

The cost is incredibly low at \$15 - with the option to upgrade and buy a T-shirt. What you get:

- A commemorative FIVE after FIVE stadium cup.
- A special FIVE after FIVE headband to help soak up the fun!

We will also offer a FREE option for you to register and take part in the fun. With this option, you are not eligible for any prizes or sweet swag we offer - but you can buy the T-shirt if you want.

Runners and walkers will be asked to meet any of the following challenges:

- Run/Walk 5k or 5 miles every day for all 15 days.
- Run/Walk a total of 50k (31 miles) or 50 miles over the 15 day period.
- Want to be a FIVE after FIVE Badass?! Run 5 miles or 5k every 5 hours for 55 hours!

After each run/walk, participants are encouraged to share their run with a selfie, pic of the course, and/or a pic of their distance and time for each day. At the conclusion of the event, all runners and walkers will report their 15 day challenge to the infamous Fiesta Crew through the our Facebook Event, on Strava, or by email.

But wait ... there's more!

Go the extra "mile(s)" by completing the daily challenges and qualify for our special six pack award and win a six-pack of your favorite Saranac beverage: 21 and over of course for any alcoholic beverages! You'll need to follow us on Facebook or Strava or email your challenge pictures to us if you want to win prizes.

5 After 5 Events 2025

Here's all the daily challenges plus meet-up events! • Questions? Contact Melissa at docbarlett@gmail.com

Tuesday, May 6: Taco Tuesday Kick-off!

What better way to get this challenge going than to meet up for some running and tacos? We are going to start at Cantina Catrin (700 Oriskany Blvd, Yorkville) starting at 5:30pm for a run, and then sticking around for some food and chat. Can't make it? Find yourself some tacos or Mexican attire/accessories to go along with your run. Meet up and swag pick-up 5:30-8:00pm

Wednesday, May 7: Development Run Wednesday

Join us to kick off the Dev Run season at 6:30pm, and stick around for snacks and conversation. Not able to make it? Wear your favorite D-Run shirt during your run today. Swag can be picked up at D-Run check-in or afterwards until ~8:00pm

Thursday, May 8: Thirsty Thursday

Don't forget to stay hydrated while you run (or afterwards). Show us your favorite water bottle or your favorite hydration beverage.

Friday, May 9: Happy Hour Friday Run!

Join us at the Saranac Biergarten for your run and stay for the UR monthly Happy Hour. If you can't make it, incorporate your favorite happy hour beverage or location into your run. We'll run 4-5 miles starting at 5:00pm from the Biergarten; Happy Hour and swag will be available from 6:00pm-8:00pm.

Saturday, May 10: Scenic Saturday

Take your run off the beaten path and enjoy some of the local scenery! Take some pretty pics while you are at. We recommend trying out the Towpath Trail Run along the Erie Canal trail. It's a Club Cup race! [Sign up here](#). If you take part in the Boilermaker Training Program at 7:30am at the Parkway Rec, you can pick-up swag there!

Sunday, May 11: Mother's Day Challenge

Run with, in support of, or in memory of a favorite mom in your life.

Monday, May 12: Manic Monday

Do something SPEEDY! You could go for a personal PR for a mile, a 5k, or 5 miles. Maybe you just sprint to the end of the block. Tell us all about your choice of mania!

Tuesday, May, 13: Try Something New Tuesday

This is a great time to check out a new route, put on some

new shoes, try a new snack, grab a new piece of gear, or run with someone you've never run with. Find something new to shake it up and keep your running interesting!

Wednesday, May 14: UR Pride Wednesday

Join us at the Development Run to support more than 50 years of Utica Roadrunners in the community - or wear your favorite UR or UR run gear on your run! Swag will be available at the D-Run from 5:30-8:00pm

Thursday, May 15: Throwback Thursday

Find your oldest running gear to wear for this run, or just take a picture with it before/after! You can also aim to wear anything nostalgic or throwback to your favorite era as part of your run.

Friday, May 16: Family Fun Friday

Run with your actual family, your chosen family, or your favorite run family!

Saturday, May 17: Saturday Sunrise/Sunset Challenge

Try to catch at least one of the two! Bonus if you go for both. If you take part in the Boilermaker Training Program at 7:30am at the Parkway Rec, you can pick-up swag there!

Sunday, May 18: Boilermaker (gear) Sunday

Get excited about the Boilermaker by wearing Boilermaker gear, running along the Boilermaker course, or joining other members at the Boilermaker's Erie Canal Races with 5K, 10-mile relay (5 miles each), or 10-mile options. The 10-miler is a Grand Prix event! [Sign up here](#). Swag will be available at this event - just be sure to let the Fiesta crew know ahead of time!

Monday, May 19: Mountain Monday

Elevate your Run/Walk by getting as much vertical gain over a 5k or 5-mile run/walk as possible!

Tuesday, May 20: Two For Tuesday

Finish super strong by doing two runs or walks over the course of 24 hours. You can break up your workout so it equals the distance of a 5k or 5 miles, or double it up if you want to go the extra mile!

Wednesday May 21: Prize and Swag Pick-Up

Join us at the D-Run on Wednesday for one final FIESTA! We'll have food, fun, swag, and prizes! Pick up your swag and prizes from 5:30-8:30pm.

UR Annual Awards Banquet



What a night! It was amazing to see so many members come together to celebrate another incredible year of running, community, and accomplishments.

A huge congratulations to all of our award winners and those who earned the coveted red jackets—your dedication and hard work truly inspire us all!

If you're thinking about earning yours, 2025 could be your year! [Learn more here.](#)



The dinner and desserts were delicious as always, and let's be honest—the open bar definitely helped everyone sound just a little better at karaoke! A special thank you to our generous sponsors for providing fantastic door prizes and raffle items:

FX Matt Brewery • The Sneaker Store • The Utica Zoo • The Bunker • Dojo 1 Martial Arts Academy • MK Martial Arts
NYCM Insurance • Stewart's Shops • Copper City Brewing • Bridgford Foods • Stride Coffee • Burrstone Inn/Beer Garden

We also want to extend our gratitude to those who helped make this night possible:

Club Monarch • John Backman for capturing incredible moments • A&P Images
Boulevard Graphics • Speedy Awards and Engraving

And most importantly, THANK YOU to our amazing members for your continued support and passion for running and this community. You make this club what it is, and we can't wait for another fantastic year ahead!



2024 Red Jacket Recipients



Congratulations!

To the latest group of Roadrunners to earn their 1,000 Miles Red Jackets!



Donna Morreall



Michaline Snyder



Michelle Rosinski



James Kuny



Andrew Hartnett



Mary Kay Bennett



Kerry Van Vechten



Brooke Fitzgerald

2024 UR Awards



James Kuny
– Open –



Eric Kasper
– Grandmaster –



Brooke Fitzgerald
– Open –



Mary Ann Lasher
– Grandmaster –

2024 Roadrunners of the Year

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

2023 – Gregg Chrysler
2022 – Eric Kasper
2021 – Chris Edick
2019 – Dave Putney
2018 – Dan Stedman
2017 – Bill Callahan
2016 – Michael Polidori

Grandmaster

2023 – Jeff George
2022 – Steve Tibbits
2021 – Dave Putney

Open

2023 – Jessica Cooley
2022 – Kathy Garbooshain
2021 – Dani Bliss
2019 – Sue Luley
2018 – Jen Bachelder
2017 – Laurie Hennessey
2016 – Cathleen Willy

Grandmaster

2023 – Laura George
2022 – Lorrie Tibbits
2021 – Sue Luley



Gary LaShure

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.

2023 - 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

2024 UR Awards

2024 Run Mileage Chevrons

1,000 Miles

Mary Kay Bennett
Dani Bliss
Jessica Cooley
Tom Joslin
Anne Marie Latshaw
Susan Luley
Donna Morreall

Michelle Rosinski
Michaline Snyder
Dan Stedman
Sharon Stedman
Lorrie Tibbits
Kerry Van Vechten

1,100 Miles

Gary Burak
Scott Ferguson
James Kuny
Steve Tibbits

1,200 Miles

James Latshaw

1,300 Miles

Andrew Hartnett

1,400 Miles

Chris Edick

1,500 Miles

Brooke Newton

1,900 Miles

Travis Olivera

5,800 Miles

Jen Toti

2024 Walk Mileage Chevrons

1,000 Miles

Dan Stedman

1,200 Miles

Felicia Burak

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.



Donna Morreall



Gene Allen

Female

2023 - Ashley Mancini
2022 - Grace Saxe
2021 - Laura George
2019 - Cheryl Burmaster

Male

2023 - Dave Saxe
2022 - Travis Olivera
2021 - Travis Belanger
2019 - Mike Winkler

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)

Bank of Utica
in a league all our own®

2023 - USA Racing
2022 - Accelerate Sports Complex
2021 - FX Matt Brewery
2020 - Utica First
2019 - The Sneaker Store
2018 - The Boilermaker
2017 - McDonalds
2016 - Utica Fire Dept
2015 - City of Utica
2014 - The Sneaker Store
2013 - Utica Police Department
2012 - The Masonic Care Community
2011 - Mike Evke-Eversan
2010 - Chobani Yogurt
2009 - The Fitness Mill
2008 - NY Beef Council
2007 - The Sneaker Store

2024 UR Awards

Andrew Hartnett



President's Award

2023 - Rebecca LaPorte
2022 - Don Lynskey & Jenna Stefka
2021 - Andrew Rubino & Melissa Barlett
2020 - Rebecca Aceto & Jennifer Bachelder
2019 - Rick Gloo & Rocco Fernalld
2018 - Lisa Walchusky
2014 - Kermit Cadrette
2013 - Bob Vandenberg
2012 - Jim Moragne
2011 - Paul D'Ambrosio
2010 - Meg Parsons
2009 - Mike Brych
2008 - Sybil Johnson
2007 - Mike Kessler & Meg Parsons
2006 - Jim Stasaitis
2005 - Meg Parsons & Sybil Johnson
2004 - Howard Rubin



Wendy Bowers

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.

Mason Hedeon

2023 - Al Massinger	2017 - Sharon Scala	2011 - Dawn Ortlieb
2022 - Melissa Barlett	2016 - Stephanie Stark	2010 - Ray Brych
2021 - Jennifer Stefka	2015 - Mark Arcuri Sr	2009 - Mike Brych
2020 - Alejandro Gonzalez	2014 - Doreen Camerona	2008 - Jim Stasaitis
2019 - Andrew Rubino	2013 - William Dunham	2007 - Mike Kessler
2018 - John Gilligan	2012 - The Arcuri Family	

Golden Shoe Awards

Melissa Barlett	Ashley Mancini
Travis Belanger	Donna Morreall
Mary Kay Bennett	Travis Olivera
Cheryl Burmaster	Michelle Rosinski
Brooke Fitzgerald	Andrew Rubino
Andrew Hartnett	Michaline Snyder
James Kuny	Jenna Stefka
Sue Luley	Kerry Van Vechten

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.

2023 - 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

2024 UR Awards



Sandy Arcuri

The Phyllis Spohn-Bates "Grit" Award

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.

2023 - Jenn Stefka
2022 - Pete Angelini
2021 - Dorothy Massinger
2020 - Missy Scanlon



Amanda Hartnett

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.

2023 - Jim Latshaw
2022 - Pete Angelini
2021 - Jennifer Bachelder
2020 - Harry Campbell & Joe Mashaw
2019 - Sharon Stedman
2018 - Melanie Crisino
2017 - Karen Piccola
2016 - Michelle Truett & Wayne Murphy
2015 - Dorothy Massinger & Jim Mott
2014 - Rich D'Accurzio
2013 - MaryBeth Erlichman
2012 - Moe Lalonde
2011 - Dave Putney
2010 - Gary Burak
2009 - Kathy Fuller
2008 - Dave Putney
2007 - Kelly Ann Nugent
2006 - Mike Kessler



Travis Olivera

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.

2023 - Rebecca LaPorte
2022 - Andrew Rubino
2021 - Sharon Scala
2020 - Jim Mott
2019 - John Gilligan
2018 - Wayne Murphy
2017 - Bill Luley
2016 - Mike Kessler
2015 - Stephanie Stark
2014 - Mike Brych
2013 - Mike Kessler
2012 - Ted Lenio
2011 - Paula May
2010 - Jim Moragne
2009 - Jim Moragne
2008 - Melissa Williams
2007 - Mike Brych

Development Runs Are Coming!

Join us on Wednesday Nights Starting May 7

**Train Together.
Push each other.
Get Boilermaker Ready!**

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



Registration opens - 5:30pm

Kids Fun Runs (2/10 mile and 1/2 mile) - 6:15pm

6:30pm hard start time

2 mile, 5k & 10k distances

Free to all our members • \$2 for non-members

BECOME A MEMBER



Standings as of 4/30/25

FEMALE

0-14

Dylan Joslin	22
Emma Walden	12

25-29

Emma Farkash	24
Stacey DiGiorgio	20
Brooke Fitzgerald	10

30-34

Susan Rowe	24
Kelley Bogner	20
Yuliya Karpov	20
Breanna Rand	18
Jessica Cooley	14
Julie Hall	11
Alison Shanley	8
Cassandra Thibault	7
Katelynne Doherty	6
Cara Forbes	5
Kourtney-Lyn Vrydaghs	4

35-39

Meghan Wedgren	22
Fallon Russo	12
Caroline Pissolato	12
Chelsea Arcuri	10

40-44

Amanda Hartnett	22
Sarah Gaasch	20
Jaclyn Laflair	12
Crystal Overstreet	10
Melissa Barlett	8

45-49

Sara Groh	36
Rebecca Bolton	20
Sue Brumm	8
Agnieszka Kwiatkowska	8
Jerilyn Mashaw	7
Jennifer Stefka	6

50-54

Allison Miller	12
Missy Scanlon	12
Jeanne Case	10

55-59

Mary Ann Lasher	24
Marlene Angelini	12

60-64

Lisa Badolato	22
Myra Hubbell	12
Beth Talbot	8

65-69

Linda Hudyncia	22
Sue Tucker	12

70-74

Susan Luley	36
Dorothy Massinger	10

MALE

0-14

Matthew Walden	36
Maddox Joslin	17
Raymond Zoghby	10
Magnus Brumm	8
Declan Hogan	8
Varick Case	6

25-29

Ryan Fitzgerald	24
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30-34

Travis Belanger	12
Roberto Leandry	12
Tommy Carlson	10
Mark Vrydaghs	8

35-39

James Kuny	22
Justin Bogner	20
Travis Thibodeaux	12
John Martin	12
Jared McFarlin	8

40-44

Nate Rowe	28
Mike Winkler	24
Andrew Hartnett	22
Michael Daly	18
Christopher Edick	12
Colt Brumm	11
Ethan Bair	6
Andrew Rubino	4
Neil Case	3

45-49

Steve Fairbrother	26
Derek Alexander	20
Ryan Maine	18
Tom Joslin	14
Ernie Marcello	12
Joe Mashaw	12
David Walden	7
James Peters	7
Gino Olivato	5
Scott Thompson	4

50-54

Jonathan Jeff	12
Hisham Zoghby	12

55-59

Paul Humphrey	24
Carl Lee	18
Richard Crandall	12
Thomas Durso II	10
Peter Angelini	7

65-69

Robert Longo	24
Bill Kosina	20
Gary Burak	12

70-74

Gene Allen	24
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M 75+

Bill Luley	12
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Registration is Now Open!



presented by:



Summer Sizzle 5 Mile Road Race

June 15, 2025

**Father's Day
Proctor Park and the
Masonic Care Community**

The Summer Sizzle has a long-standing tradition of being a family event. To celebrate Father's Day we will have multiple divisions for families to compete in for special awards and prizes.

Divisions include: Father/Son, Father/Daughter, Mother/Son, Mother/Daughter, and a Division for all Couples.

SIGN UP TODAY!

The Half Mile Kids Run begins at 8:30 am
and the Five Mile Summer Sizzle begins at 9:00 am!



Sunday, August 17th, 2025
9:00am from the Utica 9/11 Memorial
Sherman Drive & Memorial Parkway
in Utica, NY

Born from the tragedy of 9/11, the Tunnel to Towers Foundation carries forward a legacy of courage and heroism. Built upon the mantra, "While we have time, LET US DO GOOD," the Foundation supports our nation's fallen and catastrophically injured first responders, military heroes, and their families.

SIGN UP TODAY!





The Photos Are In!

CHECK THEM OUT



Join the UR Travel Team



We had an absolute blast at the **Tipperary Hill 4 Mile Run**! The sun was out just enough to keep us warm, despite the lingering chill and patches of snow. Those two hills definitely made us work, but the amazing crowd support kept us going—especially the spectators handing out beer and shots! After the race, we headed to Blarney Stone to celebrate, making it a perfect race day experience!

If you love racing and being part of a fun, supportive crew, join the Utica Roadrunners Travel Team! We travel to races together, represent the club, and have a great time doing it.

2025 BOILERMAKER TRAINING PROGRAM



Not too late to join!

**Saturday Mornings at 7:30am
starting from the Parkway Upper Parking Lot**

FREE for current Roadrunner members, \$25 for those who are not.

Other starting locations may be used as well, so watch your email for details each week.

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 is led by Erik Winberg and Peter Angelini, with support from 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 (First time finishers or established/recreational runners) 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!

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) now, right up to the Boilermaker July 13th.

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.](#)

US Route 20: The Road Across America



***It's all about
the drive!***

www.nyroute20.com

Rolling hills, spectacular views, working landscapes, tranquil communities, and deep history. That's US Route 20, the longest highway in the United States stretching 3,365 miles coast to coast from Kenmore Square in Boston, Massachusetts to the junction of US 101 in Newport, Oregon. US Route 20 is also New York State's longest highway; 372 miles from the border with Massachusetts to the border of Pennsylvania.

In New York State, 108 miles of Route 20 from Duaneburg (Schenectady County) on the east to LaFayette (Onondaga County) on the west is designated as a New York State Scenic Byway because of its spectacular beauty and unique history to the westward migration of the state and the nation.

The area stretching about 30 miles either side of the Scenic Byway is considered the Scenic Byway Corridor. The corridor features even more idyllic communities, numerous specialty shops, local farm markets, and numerous community events.

**[Click here for the Rt. 20
Brochure, Map and Guide](#)**

Join the Route 20 Roadies for the

Contact Jean Kosina at jm Kosina@gmail.com if you are interested in participating and being eligible for prizes.



Upcoming events include:

- May 10: Towpath Trail5/10K - St.Johnsville, NY
- May 18: DeRuyter 8K - DeRuyter NY
- May 31: Morrisville-Eaton Track & Field 5K Run/Walk - Morrisville, NY



See more runs in the brochure linked above or by [**joining the Facebook group**](#)

Join us!



SARANAC
F.X. MATT BREWING CO.

May Happy Hour Friday, May 9th

Saranac Biergarten

A Five After Five event!

6:00-8:00pm

First 20 people get drink tokens

Upcoming Event



Amplifying the Patient Voice



REGISTER TODAY!

Lupus Walk

MAY 17, 2025 • UTICA, NY

Get ready to walk, run, and have some serious fun at the 2nd Annual Lupus Walk

Saturday, May 17, 2025
Masonic Care Community Campus

Held in partnership with the Lupus and Allied Diseases Association, Inc. (LADA)! Whether you choose the one mile option or the 5K (untimed), you're making a powerful impact—raising awareness and supporting the lupus research program at the Masonic Medical Research Institute (MMRI).

Lupus, or systemic lupus erythematosus (SLE), is a complex autoimmune disease in which the immune system mistakenly targets healthy tissues, causing damage to organs and systems throughout the body.

MMRI's research focuses on unraveling its causes to develop more effective treatments and potentially a cure for this condition.

SIGN UP TODAY!

Member Accomplishments



▲ **The Mad Mile** has become a tradition to run right before the St. Patrick's Day Parade in downtown Utica.



▲ **Gary Burak** ran the 111th Lexington Lions Patriot Day 5 Mile Road Race. He ran during the 250th anniversary of the Battle of Lexington which marked the start of the American Revolution.

The race is the 9th oldest in North America. 1,000 runners ran and all finishers received a special 250th Anniversary of the Battle of Lexington finishers medal.

◀ Congratulations to everyone who crushed the **Fort to Fort** last month!

We had an amazing turnout for the Grand Prix and Club Cup —so proud of all the strong performances and team spirit out there! Shout out to the Roman Runners for always putting on a top-notch event. Nothing beats chili and beer after a cold run.

The Standings



HELP US TO
WIN THE CUP
THIS YEAR!

Club Cup Gift Card Giveaway!

A huge thank you to our friends at Cliff's Local Market for their generous donation!

Once again, we're giving away two \$25 gift cards for each Club Cup race!

How It Works:

- One gift card will go to a random UR top finisher
- The other will go to a random UR participant

Rules to Qualify:

1. You must be a Utica Roadrunner member in good standing
2. Email james.kuny@gmail.com to let him know you're running (if possible)
3. Sign the team sheet before the race
4. Run hard, run well, and have fun!

Don't forget to support our sponsor, Cliff's Local Market!

[Check out their great monthly coupons](#)



The Standings

With the Fort to Fort done, our first results for the CNY Cup are in. As it stands, our point scorers are:

Paul Humphrey	43:38	57	72.36
Bob Longo	47:52	65	71.11
Mike Winkler	41:29	42	67.09
Joe Mashaw	43:31	46	66.04
Sue Luley	1:01:33	71	69.39

Current Running Club Overall Points:

Roman Runners	366.75	6	6
Kickers	366.68	5	5
Roadrunners	345.99	4	4
Rt. 20 Roadies	336.03	3	3
Trekkers	279.93	2	2
Hill Striders	175.12	1	1

Next race

Towpath 10k in St. Johnsville on May 10th

[Sign up today!](#)

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 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!

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

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 McCarrick 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)

☐ June 2025

☐ July 2025

☐ August 2025

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

☐ Yes ☐ No

Total included: \$ _____