

# splitimes

June 2025

The Official Newsletter of the Utica Roadrunners



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June

## 2025

### Utica Roadrunners Board of Directors

**President** Andrew Rubino

#### Vice Presidents

##### Administration & Finance

Melissa Barlett

##### Activities and Events

Erik Winberg

**Secretary** Rebecca LaPorte

**Treasurer** James Kuny

#### Board Members

Tommy Carlson      George Searles

Lauren Culyer      Phil Trzcinski

David Deitz      Frank Vellone

Andrew Hartnett

#### Advertising

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



#### Useful Links:

Utica Roadrunners

Facebook Page

Club Handbook

## VOLUNTEERS NEEDED

For two hour shifts over two days!

*Show up. Talk about the Club. Sell some merch!*

**Friday, July 11, 2025**

12:00-7:00pm

Shifts start at 11:00am

**Saturday, July 12, 2025**

8:00am – 4:30pm

Shifts start at 7:15am

Email Rebecca LaPorte



## 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



## “When motivation ends, discipline begins.”

**Tiffany Rositano** reminds us that sustained commitment and effort lead to making our goals attainable. For example, you hop on runsignup and you say to yourself, “I am going to do a marathon.” The initial spark of excitement to set your sights on a new goal sometimes fades and the effort becomes tedious. Building habits through discipline to build new routines and habits help us overcome our challenges. Consistent effort and perseverance keeps us on track even when it gets difficult. Tiffany leads our new **Marathon Training every Sunday at 9am at the Parkway Rec Center**. As distance increase, multiple loops will be set up to break up the distances and provide opportunities for anyone to jump in and join. All paces welcome! Follow the main UR Facebook page to keep update on the distances.

Get EGG-cited because the Father's Day Classic, **Summer Sizzle** presented by Utica First Source Insurance is back **June 15th**. We welcome new race director, **Travis Olivera**, who proclaims, “this Sizzle will be the most *BACON-tastic* race you’ve ever run!” If you signed up for the the Four Race Challenge, you are already registered. You can also register for couple prizes and wards for whoever is the eggs to your bacon. So wakey, wakey the whole family for eggs and bakey to celebrate Dad's Day. **Sign up!**

Join us in celebrating graduating student athletes who show determination and character and perform academically for **The Paul Ohlbaum and Howard Rubin Scholarships Night** at the Development Runs Wednesday, **June 18 at 6pm** at the Parkway Rec Center. Stick around for after your run to enjoy FREE hot dogs provided by our UR Top Dawgs.

**The Boilermaker Training Program** has been underway for several weeks now under the leadership from **Erik Winberg** and his team. Join us for the annual **Frankie Run, June 28th** at Utica University at 7:30am. This is a very special run in memory of our friend, Frank D'Allesando, whose compassion encouraged others to meet their goals, sometimes at the cost of meeting his own. Please take a few moments to [read Frankie's story found here](#).

¡Felicidades! to all who took on the **Five after Five Challenge!** This event continues to remain popular thanks to our Fiesta Crew of **Melissa Barlett** and **Andrew Hartnett**. This virtual-real challenge has proven to be such a great way to meet fellow members beyond Strava for causal runs and special events throughout. ¡Olé!

Congratulations to our **UR Club Cup** team who represented the Club at the Towpath Trail Run presented by the Kuyahoor Kickers. **Susan Luley** and **Derek Alexander** are the recipients of the \$25 gift card to **Cliff's Local Markets!** Run any Cup races for a chance to win. The next Cup race is the **Patriot Run** presented by the Roman Runners on **June 8th**. The 5k is part of the Grand Prix and the 5k and 10k are part of the Club Cup.

I'd like to end this message with a special shout out to **Rob Kapfer** for getting the trailer to it's home on the Parkway and helping to deliver swag both in a pinch. **Melissa Barlett** was also recognized at the last board meeting for her exceptional leadership and her work with almost every event and working behind the scenes to keep the Club running.

Please post pictures to UR's Facebook or email us to share photos, stories, and mantras that keep you going. Remember: YOU ARE UR!

Enjoy the Journey!  
Andrew  
rubino.uticaroadrunners@gmail.com



# 2025 BOILERMAKER TRAINING PROGRAM



**Jump in and run!**

**June 7, 14 & 21**  
**Meet at the Parkway Rec Center**

**June 28 - Frankie Run**  
**start at Utica University lot near**  
**Welcome Center off Burrstone Avnve**

**July 6 - meet at 7:15am at the**  
**Boilermaker Finish Line, carpool to start**

**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.

**SIGN UP TODAY!**

## **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.

## **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.](#)



# Join us!

A collage of images for Woodland Farm Brewery. It includes a glass of beer with the brewery's logo, a circular graphic with a beer bottle and glass, a wooden platter of burgers and fries, and the interior of the brewery's bar area.

**June Happy Hour**  
**Friday, June 13th**  
*Woodland Farm Brewery*  
**6:00-8:00pm**  
*First 20 people get drink tokens*

A banner for the Autism Awareness Trail Run. It features a green silhouette of a runner against a background of trees. On the left is the logo for the Trenton Fish & Game Club, and on the bottom left is the logo for Utica Roadrunners.

**5 Mile**  
**AUTISM AWARENESS TRAIL RUN**  
**To Benefit The Kelberman Center**

**Sunday, August 3, 2025**  
**in Holland Patent**

**5 mile run and walk, and kid's fun run**

*The course is run on the non-technical hiking/ski trails that wind through the pines and open hardwoods of the Trenton Fish and Game Club. A donation will be made to our club!*

**SIGN UP TODAY**



# 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!**

# 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](#)

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



**Patriot Run and Summer Sizzle 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!



# Development Runs Are Coming!

## Join us on Wednesday Nights at the Parkway!

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

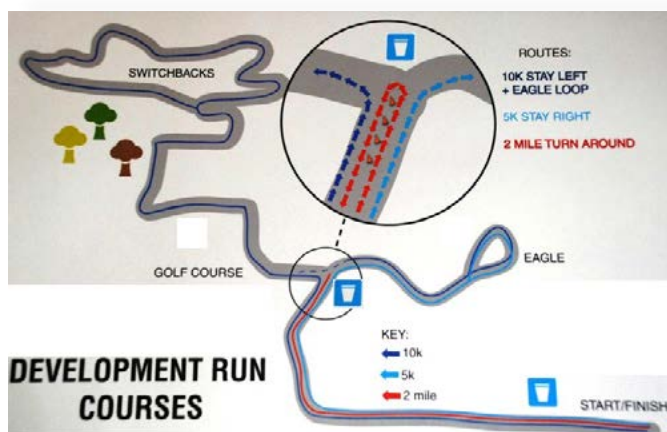
**Nothing prepares you better for  
the Boilermaker (and other races!)  
than the longstanding  
UR Development Runs!  
All levels welcome.**

### Join Us for Scholarship Night!

Celebrate graduating student athletes  
who show determination and character,  
and perform academically for

**The Paul Ohlbaum and  
Howard Rubin Scholarships Night**

at the Development Runs  
**Wednesday, June 18 at 6:00pm**  
at the Parkway Rec Center



**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**



# The Standings



HELP US TO  
WIN THE CUP  
THIS YEAR!

## Club Cup Gift Card Giveaway!

**Gift card winners  
from Towpath are  
Sue Luley and  
Derek Alexander**

**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](mailto: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 Towpath done, our first results  
for the CNY Cup are in. As it stands, our  
point scorers are:**

NAME	TIME	AGE	%
Sue Luley	59:16	71	72.07
Andrew Hartnett	44:58	42	61.89
Derek Alexander	50:47	44	55.68
James Kuny	51:37	35	51.61
William Luley	40:53	76	46.60
<b>TOTAL</b>			<b>287.85</b>

### Current Running Club Overall Scores:

Kickers	11
Roman Runners	11
Rt. 20 Roadies	7
Roadrunners	7
Hill Striders	3
Trekkers	3

### Next race

Patriot Run 10k on June 8th [Sign up today!](#)



## Standings as of 5/18/25

<b>FEMALE</b>			<b>35-39</b>			<b>50-54</b>		
<b>0-14</b>			Meghan Wedgren			Allison Miller		
Dylan Joslin	22		Caroline Pissolato	20		Missy Scanlon	22	
Emma Walden	12		Fallon Russo	12		Jeanne Case	10	
<b>25-29</b>			Brittany Praznik			Kristin Campbell		
Emma Farkash	24		Chelsea Arcuri	10		Donna Morreall	7	
Stacey DiGiorgio	20		Sarah Harrison	10		<b>55-59</b>		
Brooke Fitzgerald	10		<b>40-44</b>			Mary Ann Lasher		
<b>30-34</b>			Jaclyn Laflair			Marlene Angelini		
Susan Rowe	24		Amanda Hartnett	22		Lisa Seigle	10	
Jessica Cooley	22		Sarah Gaasch	20		<b>60-64</b>		
Kelley Bogner	20		Melissa Barlett	18		Lisa Badolato		
Yuliya Karpov	20		Crystal Overstreet	10		Myra Hubbell		
Breanna Rand	18		<b>45-49</b>			Beth Talbot		
Cassandra Thibault	17		Sara Groh			<b>65-69</b>		
Breanna Rand	12		Rebecca Bolton			Sue Tucker		
Julie Hall	11		Sue Brumm			Linda Hudyncia		
Kourtney-Lyn Vrydaghs	11		Agnieszka Kwiatkowska			Patrice Bogan		
Alison Shanley	8		Jerilyn Mashaw			<b>70-74</b>		
Katelynne Doherty	6		Jennifer Stefka			Susan Luley		
Cara Forbes	5					Wendy Kent		
<b>MALE</b>			<b>40-44</b>			Scott Thompson		
<b>0-14</b>			Nate Rowe			<b>50-54</b>		
Matthew Walden	36		Mike Winkler			Jonathan Jeff		
Maddox Joslin	17		Christopher Edick			Hisham Zoghby		
Raymond Zoghby	10		Andrew Hartnett			Jim Latshaw		
Magnus Brumm	8		Michael Daly			<b>55-59</b>		
Declan Hogan	8		Colt Brumm			Paul Humphrey		
Varick Case	6		Chris Vella			Carl Lee		
<b>25-29</b>			Ethan Bair			Richard Crandall		
Ryan Fitzgerald	24		Andrew Rubino			Thomas Durso II		
<b>30-34</b>			Neil Case			John Seigle		
Mark Vrydaghs	20		<b>45-49</b>			Peter Angelini		
Travis Belanger	12		Steve Fairbrother			<b>65-69</b>		
Roberto Leandry	12		Ernie Marcello			Robert Longo		
Tommy Carlson	10		Derek Alexander			Bill Kosina		
<b>35-39</b>			Ryan Maine			Gary Burak		
James Kuny	22		Gino Olivato			<b>70-74</b>		
Justin Bogner	20		Tom Joslin			Gene Allen		
Travis Thibodeaux	12		Joe Mashaw			<b>75+</b>		
John Martin	12		David Walden			Bill Luley		
Jared McFarlin	8		James Peters					



# Member Accomplishments

## Towpath Trail Run



## Run the Lake

## 10,000 Miles with UR!

Huge congratulations to Utica Roadrunners member **Christopher Edick** for reaching the milestone this weekend of 10,000 miles running with the Club!



YEAR-TO-DATE	
Runs	116
Time	86h 56m
Distance	620 mi
Elev Gain	32,037 ft
ALL TIME	
Runs	2,153
Distance	10,000 mi

# 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](mailto: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)

☐ July 2025

☐ August 2025

☐ September 2025

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

☐ Yes ☐ No

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