

# splitimes

August 2025

The Official Newsletter of the Utica Roadrunners



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August

## 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](#)

## 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

## "Take one day at a time."

This month's mantra comes from **Hannah Ielfield**. She reminds us to remain present, do our best, and the rest will follow. Hannah, a former scholarship winner, completed her first 15K and placed 15th overall among women and 9th American! Congratulations Hannah and to all who ran in this year's Boilermaker!

The week leading into the Big Race is always an exciting whirlwind. The city comes alive. This year my two goals were to finish the race and have fun – both accomplished. My good friend, Ken, from college came to visit and ran for his first time. He's run many of the "big" marathons, is a pacer for NYC races, and leads a training group. Ken was taken back by and simply loved his experience. After the race, Utica Roadrunners shared drinks, snacks, and good times under the tent. This time was special because we got to hang under the tent with our friends from the Route 20 Roadies. Boilermaker weekend kicked off Friday with a well attended group run and the comedy of Tommy McClellan-Willard. We look forward to Tommy's return to Utica. Thank you Melissa Barlett for organizing the post race festivities, Rebecca LaPorte for planning the Expo, Erik Winberg and Boilermaker Training Program, all the volunteers, runners, the City of Utica, and of course the Boilermaker.

**The Development Runs** officially concluded in the middle of July. However, I hear a group of dedicated runners are continuing to run the course Wednesdays at 6:00pm through the Falling Leaves Race and beyond. Thank you to Ashley Mancini and her crew for another successful season.

**The Summer Youth Cross Country Training Program** is well underway. The leadership of Nate Getman and Abbie Sutliff is second to none. It is amazing to see what these 7 to 12-year-old children can do and loving running early in life. This year, the Utica Roadrunners provided insurance through the RRCA and rally towels for the participants.

Roadrunners showed up in force to the **Sundae Run** on July 20 and efforts bumped UR up to third place in the **CNY Club Cup** standings. Participating Club members are entered for a chance to win a gas gift card to Cliff's. Thank you Clifford Fuels and Cliff's Local Markets for sponsoring the Club Cup! Congrats to Dan Stedman for his exceptional performance and Matthew Walden for representing the Club. The next race in the CNY Cup is the **Woodsmen's Field Days Run** on Friday, August 15.

Get in touch with nature and try your legs at trail running for a good cause in Holland Patent on Sunday, August 3 with the **Fish and Game Club's Autism Awareness Run**. Money raised will be donated to Kelberman Center. Additional donations are made to the Trenton Fish and Game Club and the Utica Roadrunners for supporting. Quality USA made Drymax socks will be given to the first 100 participants! Thank you Robert Kapfer for all you do.

This month is the return of **Tunnel to Towers CNY** on Sunday, August 17. T2T is also a Grand Prix event. Phil Trzcinski and Alex Gonzalez return as race directors to bring this great event to Central New York. If you are unfamiliar with the organization, Tunnel to Towers helps provide mortgage-free homes to Gold Star and fallen first responder families with young children and by building specially-adapted smart homes for catastrophically injured veterans and first responders. They are also committed to eradicating veteran homelessness. On average, 93 cents out of every dollar goes directly to programs and services. T2T CNY has directly worked to keep donations to support local heroes.

Lastly, registration is officially open for the **Utica First Falling Leaves Road Races**. We have close to 500 signed up! Remember that prices go up after August 31st. As the race director, I look to do whatever we can to make this race bigger and better. The previous year, we added an after party at Hotel Utica with the awards ceremony and special food for runners. If you would like to be a part in the planning, help out race weekend, or just wanna throw in your two cents, please let me know!

Remember to 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



# Join Us!



## **Monthly Happy Hour** **Friday, August 22**

***Seven Hamlets Brewing Company***  
***in Westmoreland***

***6:00-8:00pm***

***First 20 people***  
***get drink tokens***

# Get Ready!



**September 28, 2025**

51 Years Strong!

5K • 14K • Kid's Kilometer Fun Run

Downtown Utica

14K goes through the scenic Switchbacks

**SIGN UP TODAY**

# This Weekend!



**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**

## Race Discounts



***We've teamed up with our friends at Willow Running to bring you exclusive discounts on THREE awesome races!***

Message us through [our Facebook page](#) and we'll hook you up with the member discount code

### **1) Old Forge Marathon Weekend – September 4–7, 2025**

One of the most scenic race weekends around—run, relax, and soak up the Adirondacks! Choose from the Ultra 50K, Full or Half Marathon, 10K, 5K, or take on a multi-race challenge with the ADKrazy, Super Loon, or Loon Challenge! [LEARN MORE](#)

### **2) Boos & Brews 5K – October 26, 2025**

Costumes, craft beer, and a fun fall vibe! [LEARN MORE](#)

### **3) Utica Ugly Sweater 5K – December 13, 2025**

A holiday favorite full of fun, festive chaos! [LEARN MORE](#)

***Let's show up strong and represent UR at these fantastic events!***



# Register Today!



## *Sunday, August 17, 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!**





# Member Accomplishments



**Laugh & Run Night with  
stand-up comic Tommy  
McClellan-Willard at the  
Uptown Theater**



**UR members at the start of the Boilermaker 15K**



**UR members at the Sundae Run**



**UR members at Honor America Days**





**Riggie Run & Walk**

**Sunday, October 12**  
SUNY Poly Campus

**DIVISIONS INCLUDE**  
5k Run, 5k Wheelchair Race, 2-Mile Walk, 1-Mile Kids Run.

5K participants can register for the **Riggie Challenge** in which they will be required to eat one bowl of riggies at the halfway point of the race.

The **Riggiefest** will commence at the conclusion of the Run & Walk and will showcase local restaurants' versions of this famous Utica dish.

For more information, visit: [www.SitrinRiggieRunWalk.com](http://www.SitrinRiggieRunWalk.com)

Presented by

**ADIRONDACK BANK**  
Bank Local

All proceeds will benefit the Sitrin Foundation to support the Military Program.

**SITRIN MILITARY PROGRAM**





# 2025 Board Members Wanted!

## The Utica Roadrunners will be looking for some new Board Members this year - and we want YOU!

If you enjoy our runs and activities and want to have a hand in helping to plan future events, you should join the Utica Roadrunners Board of Trustees!

The Board meets on Monday nights, typically the second Monday of the month (sometimes the third depending on holidays), at 6:15pm until about 8:30pm. This group makes financial decisions, plans events, and talks about ways to make the Utica Roadrunners better and more fun for all of our members.

If you are thinking about earning your red jacket, being a Board Member will earn you 20 volunteer points!

The Utica Roadrunners needs our membership to step up and volunteer so that we can continue to provide races, training, and social events. Thanks to all who help out and might be interested in joining!

If you want to run for a 2-year Board position, starting immediately following the December 2025 meeting and continuing through December 2027, please send a short bio that tells members who you are and why you would be a great board member to Melissa Barlett, docbarlett@gmail.com no later than September 20th.

Elections will happen at the November Membership meeting at Boilermaker headquarters.

***Thanks!***

***The 2025 Utica Roadrunners Board of Trustees***

## Join Utica Roadrunners or tell a friend!

*Here's why you'll love being part of our group*



### ***Motivation Made Easy***

Surround yourself with supportive, like-minded people who inspire you to show up and push your limits.



### ***Group Runs for All Levels***

Whether you're a seasoned runner or just starting out, we have group runs that meet you where you are—no judgment, just encouragement!



### ***Fun Events All Year Long***

From fun runs to races to post-run socials, the Utica Roadrunners make running not just a workout, but something to look forward to.



### ***Achieve Your Goals***

With accountability from the group, helpful tips, and endless inspiration, you'll be surprised at how quickly you make progress.

**JOIN UR TODAY**

# Race in Hinckley!



**8<sup>th</sup> Annual ~ September 21, 2025**

**Virtual Option ~ September 21– 28, 2025**

**Register at [ConnorsWay.com](http://ConnorsWay.com) (click on RunSignUp)**

**Free T-Shirt with Registration through September 3, 2023**

**Food Trucks & Music**

**Awards to Top Runners**

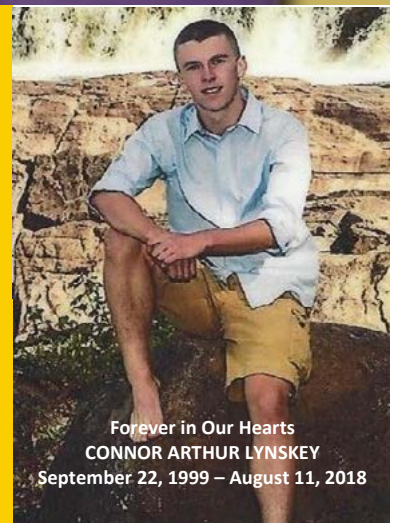
**Proceeds Fund Scholarships for Area Youth**

Sponsorships Available through September 3, 2025

For more information go to

[WWW.CONNORSWAY.COM](http://WWW.CONNORSWAY.COM)

[WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL](http://WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL)



Forever in Our Hearts  
CONNOR ARTHUR LYNSKEY  
September 22, 1999 – August 11, 2018

**SIGN UP TODAY**



# Standings as of 7/13/25



## FEMALE

### 0-14

Dylan Joslin	46
Emma Walden	12

### 20-24

Bianca Durso	12
Jillian Hanna-Eaker	10

### 25-29

Emma Farkash	36
Brooke Fitzgerald	30
Stacey DiGiorgio	24
Rachel Zielinski	20
Anna Shelley	7
Alicia Wehrenberg	6
Autumn McBride	5

### 30-34

Breanna Rand	48
Susan Rowe	48
Yuliya Karpov	31
Cassandra Thibault	28
Kelley Bogner	26
Jessica Cooley	23
Julie Hall	21
Kourtney-Lyn Vrydaghs	15
Alison Shanley	15
Cara Forbes	11
Rebecca LaPorte	10
Katelynne Doherty	6
Christine Connors	2

### 35-39

Meghan Wedgren	38
Caroline Pissolato	38
Fallon Russo	24

Chelsea Arcuri	16
Brittany Praznik	12
Michaline Snyder	12
Sarah Harrison	10
JamieLeigh Accordino	10
Erica Biedermann	7
Jessica Diestel	5

### 40-44

Amanda Hartnett	44
Jaclyn Laffair	32
Sarah Gaasch	27
Melissa Barlett	19
Amy McLaughlin	12
Crystal Overstreet	10
Ashley Pace	6
Margaret Hammell	5
Jessica Watson	4
Courtney Hanna	3
Lauren Culyer	2

### 45-49

Rebecca Bolton	52
Sara Groh	48
Agnieszka Kwiatkowska	28
Sue Brumm	18
Jennifer Stefka	13
Anne Marie Latshaw	12
Cheryl Burmaster	8
Jerilyn Mashaw	7
Michelle Rosinski	6

### 50-54

Allison Miller	48
Missy Scanlon	40
Jeanne Case	24

Donna Morreall	18
Kristin Campbell	14
Liz Casatelli	10
Dodi Murray	8
Mary Bennett	5

### 55-59

Mary Ann Lasher	60
Marlene Angelini	12
Lisa Seigle	10
Sharon Wise	10
Stephanie Flack	8
Wendy Bowers	7

### 60-64

Lisa Badolato	54
Beth Talbot	20
Myra Hubbell	12
Lesia Roback	12
Ingrid Otto	12
Jean Kosina	10

### 65-69

Sue Tucker	48
Linda Hudyncia	32
Patrice Bogan	18
Linda Salerno	7

### 70-74

Susan Luley	70
Wendy Kent	20
Sharon Stedman	17
Virginia Truax	12
Dorothy Massinger	10
Paula Iannello	6

# Standings as of 7/13/25



## MALE

### 0-14

Matthew Walden	48
Maddox Joslin	35
Raymond Zoghby	32
Declan Hogan	27
Varick Case	22
Magnus Brumm	16

### 15-19

Alejandro Roberts	12
Christian Vella	10

### 20-24

David Wynne	22
Kole Owens	12
Andres Roberts	8

### 25-29

Ryan Fitzgerald	48
Mason Hedeon	10

### 30-34

Mark Vrydaghs	35
Tommy Carlson	28
Anthony Cicchella	24
Roberto Leandry	18
Travis Belanger	12
Sergio Peralta	10

### 35-39

James Kuny	44
Justin Bogner	26
Travis Thibodeaux	12
John Martin	12
Nicholas Accordino	12
Jared McFarlin	8
Adam Dembrow	8

Ryan Stevener	7
Nicholas Flihan	5

### 40-44

Christopher Edick	55
Nate Rowe	39
Mike Winkler	32
Colt Brumm	29
Michael Daly	29
Andrew Hartnett	27
Chris Vella	20
Benjamin Nelson	12
Andrew Rubino	9
David Dietz	8
Neil Case	7
Ethan Bair	6
Travis Olivera	6
Adam Kilmartin	3
Daniel Eddy	3

### 45-49

Tom Joslin	48
Ernie Marcello	40
Steve Fairbrother	35
Ryan Maine	33
Derek Alexander	32
Gino Olivato	27
Joe Mashaw	24
Robert Kapfer	8
David Walden	7
James Peters	7
Scott Thompson	4
Edward Browka	4
John Sloan	1

### 50-54

Jim Latshaw	27
Peter Madden	24
Hisham Zoghby	22

Jonathan Jeff	12
Sam Scalise	10
Gregg Chrysler	8

### 55-59

Paul Humphrey	60
Carl Lee	28
John Seigle	28
Richard Crandall	27
Thomas Durso II	16
Pete Blanchfield	10
Peter Angelini	7

### 60-64

Gordie Felt	24
Gary Roback	20
Frank Vellone	10
Jeff George	7
Charles Kane	6
John Friedel III	5
Tom McGlynn	4

### 65-69

Robert Longo	46
Bill Kosina	38
Dan Stedman	24
Gary Burak	12
Leroy Hodge	8
Kevin Shanley	7

### 70-74

Gene Allen	42
Gary LaShure	12
Francis Peruzzi	12
Tom Bick	10

### 75+

Bill Luley	34
William Abel	12



# Scholarship Winner Article

## A moving update from Hannah Ielfield, a 2021 Utica Roadrunners Scholarship recipient from South Lewis Central School!



When I received the Utica Roadrunners scholarship my senior year of high school, I was incredibly honored—and excited to begin my collegiate running career. That support helped launch a journey that's taken me from upstate New York to some of the biggest stages in collegiate distance running.

After high school, I committed to the University of Mississippi (Ole Miss), where I spent three years training and competing as part of a nationally recognized distance program. My freshman year didn't go quite as planned—I redshirted both the indoor and outdoor seasons after having my tonsils removed. But that setback became motivation, and I came back stronger and healthier.

Cross country has been an especially meaningful part of my college experience. I competed in the SEC Cross Country Championships all three years at Ole Miss, and in 2023, I was honored to be part of our team's national lineup, where we finished 21st at the NCAA Championships.

However, the journey hasn't been without personal challenges. During my senior cross country season, I learned early in the fall that my dad would need open-heart surgery. The emotional weight of that news made it difficult to stay focused. After competing in two races, I recognized I wasn't in the right head space to give my team my

best. In consultation with my coaches, I made the difficult decision to step away from the season and prioritize my family and mental well-being. Later, I filed for a hardship waiver and was fortunate to have that season of eligibility granted back. I'm incredibly grateful to share that my dad has fully recovered and is doing well. This summer, he and my mom, Julia, have even been biking alongside me during training this summer!

Throughout all the highs and lows, one simple mantra has kept me grounded: "Take one day at a time." In sports, it's easy to get wrapped up in what's ahead—future races, expectations, championships—and lose sight of what we can control today. This mindset has reminded me to stay present, give my best each day, and trust that the rest will fall into place.

On the track, my senior year brought some of my proudest achievements. I ran a personal best of 10:15.94 in the 3,000m steeplechase—ranking 4th all-time at Ole Miss. I also recorded the 14th-fastest indoor 3,000m (9:28.64) and the 12th-fastest indoor 5,000m (16:38.35) in program history. These results reflect years of consistent work and steady improvement throughout my college career.

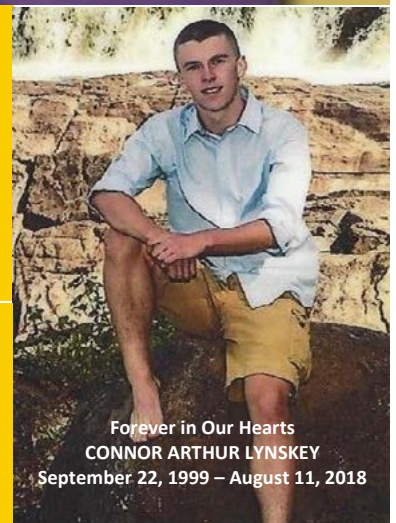
Looking ahead, I'll be completing my final year of eligibility at the University of Toledo, where I'm excited for a fresh start, new goals, and continued growth as a student-athlete. This journey has taught me resilience, perspective, and the value of staying present. I want to sincerely thank the Utica Roadrunners for the scholarship and support you provided during my senior year of high school. You helped make this journey possible—and I carry that encouragement with me every time I race.

# One for the Kids!



**Kids Fun Run**  
**Sponsored by Bruce F. Daniels, P.C.**  
**September 21, 2025**  
**Free ~ Pre-registration is required**  
**Register by September 3rd and receive a Free T-shirt**  
**½ Mile ~ 9:30 Start**  
**Register at [ConnorsWay.com](http://ConnorsWay.com) (click on RunSignUp)**

Connor's Way Sponsorships available through September 3, 2025  
For more information go to  
[WWW.CONNORSWAY.COM](http://WWW.CONNORSWAY.COM)  
[WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL](http://WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL)



**[SIGN UP TODAY](#)**



# The Standings



HELP US TO  
WIN THE CUP  
THIS YEAR!

## Club Cup Gift Card Giveaway!

**Gift card winners  
from Sundae Run:  
Matthew Walden  
and Dan Stedman**

**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 Sundae Run done, our results for the CNY Cup are in. As it stands, our point scorers from the 5K are:**

NAME	TIME
Dan Stedman	0:21:55
Sue Luley	0:29:08
Sue Tucker	0:28:12
Gary Roback	0:25:00
Chris Edick	0:21:40

### **Current Running Club Overall Scores:**

Kickers	22
Roman Runners	21
Roadrunners	15
Rt. 20 Roadies	14
Hill Striders	6
Trekkers	6

### **Next race**

Woodsmen's 10K on August 15th at 6pm

[Sign Up Today](#)

# Remaining 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 11 & 12](#)

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



**Woodsmen's Field Days**  
is up **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 is leading a marathon training program Sundays starting at 9:00am at the Parkway Rec Center. 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!



# 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

## 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 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)

☐ September 2025

☐ October 2025

☐ November 2025

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

☐ Yes ☐ No

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