

July 2025

splitimes

The Official Newsletter of the Utica Roadrunners



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July

2025

Utica Roadrunners Board of Directors

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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



"I run because I am weak and don't want to be murdered."

- TOMMY MCCLELLAN-WILLARD

Everyone has their own reasons for running. For some, mainly Tommy McClellan-Willard, it's for survival. If you want to find out why, join our friend Tommy who will be taking his unique brand of comedy to the Uptown Theatre Friday before the Boilermaker for some laughs and some miles with **Laugh & Run**. Utica Roadrunners will hold an all paces 5k promptly at 7pm which will be followed by Tommy's show at 8pm. BoilerFakers, non-Club members, and anyone else are welcome to come. Club members are invited to use a \$5 coupon for admission to the show. [Get your tickets in advance here.](#)

With that said, the **Boilermaker** is only days away. Everyone has been grinding it out with Erik Winberg and his team with the Boilermaker Training Program. On race weekend, stop by the Club booth at the **Boilermaker Health and Wellness Expo** and hang out. On race day, a Club picture will be taken at 7:30am before the start at the grassy area across the street from the ECR brick building on Dwyer Avenue. After the race, there will be another group photo at 11am at the tent behind the Polish Community Center off of Columbia Street near Whitestboro St. Come on over and enjoy a cold one with us and celebrate! Good luck to all the runners.

This June ran on Travis Olivera with his debut as race director for the **Summer Sizzle** and reprise as Scholarship director. We cannot thank Travis enough for all the work he put in to make both of these events an incredible success. Both events are recapped in this newsletter. Travis will return next year in both these roles. Another thank you goes out to **Paul Ohlbaum** for his contribution and dedication to youth, fitness, and community.

If you aren't signed up for the **Four Race Challenge**, you'll have your chance to register for 2025 edition of the **Utica First Falling Leaves**, for the lowest price the weekend of the Boilermaker! Registration opens the Friday of the Expo and the discount will extend until Monday July 14th. The fall classic will bring back the post race party at Hotel Utica. Stay tuned for more details.

After the Boilermaker, we have:

[Sundae Run](#) on Sunday July 20

[Trenton Fish and Game Club Trail Run for Autism](#) in Holland Patent is Sunday August 3

[Tunnel to Towers CNY](#) in Utica Sunday August 17

[Woodsman's Field Days Run](#) in Boonville Friday August 15

We hope to see you out there!

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.utaroadrunners@gmail.com

2025 BOILERMAKER TRAINING PROGRAM



The last run!

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



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

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

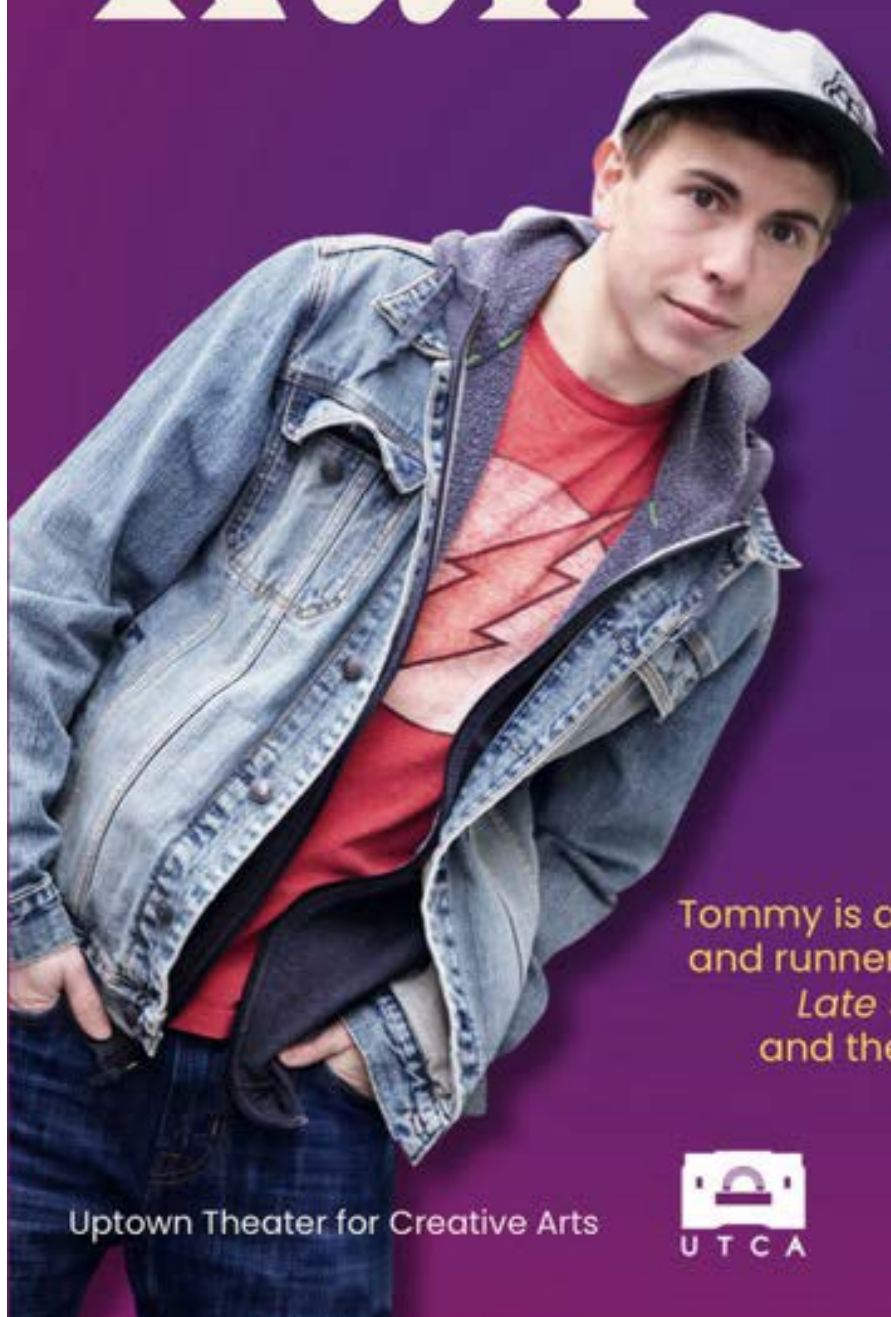
The course is run on the non-technical hiking/ski trails that wind through the pines and open hardwoods of the Trenton Fish and Game Club. A donation will be made to our club!

SIGN UP TODAY

Laugh & Run

STAND-UP COMEDY

with Tommy
McClellan-Willard



JULY 11, 8P
UPTOWN THEATRE

tickets and info
uptownutica.org



Tommy is a multi-talented comedian and runner whose credits include *The Late Show with Stephen Colbert* and the 2024 USA Winter Triathlon National Championship.

Uptown Theater for Creative Arts



2014 Genesee Street Utica NY

Registration is Now Open!



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!



2025 Student Scholarships



On behalf of the Utica Roadrunners Scholarship Committee, it is our pleasure to announce the recipients of the Utica Roadrunners' 2025 scholarships. Thank you to Paul Ohlbaum for his generous annual contributions to these scholarships, and Sue Brumm, James Kuny, Andrew Rubino, and Frank Vellone for taking the time to help select our recipients.



Ean Piaschky

From Remsen Central School Paul Ohlbaum Award

Ean is the embodiment of a 'Student Athlete,' and his tenacity and dedication have paid off not only on the track, but in the classroom. On the team, he has helped his team become CSC Division III Champions and Section III Class D Sectional Champions for three consecutive years. Individually, he holds the school record for the 3,200 meters at 9 minutes, 48 seconds. Academically, Ean is Valedictorian and President of the National Honor Society. But it doesn't stop there: His extracurriculars include jazz band, international club, ski club, and even assistant janitor. To sum up in the words of one of his recommendation letters, "His humble dedication to running and academics are exceptional."



Lacey Simmons

VVS Central School District Howard Rubin Award

Lacey comes highly recommended by her coach, as "exemplifying the highest standards of leadership, character, and commitment - both as a

2025 Student Scholarships

team player and as an individual." She has helped lead her team to 10 league championships, encourages her teammates, and "brings out the best in everyone." She also has learned resilience after coming back from a broken bone in her sophomore year. In addition to track and cross country, she is part of a local swim club and volunteers to raise money for her church and has even helped clean up after floods. She is in the top five of her class and is attending Utica University where she plans to continue running on their track and cross country teams.



Lin Sein

New York Mills Union Free School Grit Award

Presented to a student athlete who possesses courage, resolve, and a strength of character

Lin comes highly recommended for this award from his teachers, who highlight his work ethic, maturity, leadership skills, and contagious smile. In addition to being a dedicated runner who keeps setting personal bests, volunteering with elementary school kids, and keeping up his grades, he stood out to the committee for being the only candidate with English as his second language. We are pleased to present him with this award and wish him the best as he continues his education at Mohawk Valley Community College.



Killian Bauer

VVS Central School Utica Roadrunners Award

On Killian's track and cross country teams, he has many distinctions, including serving as captain or co-captain since 2022, and an all-conference team member since 2021. While these make him a stand-out athlete, it should be noted that he has also bounced back from broken bones, illness, and of course, a pandemic. Aside from being in the top ten of his class, Killian is a community member who values service above

self, volunteering with the Rotary club, Connect Club, and National Honor Society. Killian would like to continue running at Utica University and someday hopes to run a marathon. Good luck stopping at just one!

Hailey Parker

Town of Webb Union Free School District Utica Roadrunners Award

Hailey is an exceptional student that takes many AP-level courses and finished in the top five of her class while being involved in many extracurricular activities. She is a multi-sport athlete involved in track, cross country, Golf, and even the Nordic Skiing club, and successfully juggles two of those sports in the same season. In her recommendation letter from her track coach, she is referred to as an athlete who sets an example for other team members, puts in consistent effort, and does not take shortcuts in her training. Through all of this, Hailey has managed to put in hundreds of service hours with the Old Forge Fire Department, and it is my pleasure to present her with this award as she continues her education and running career at LeMoyne College.



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

Presented by

ADIRONDACK BANK
Bank Local

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

SITRIN MILITARY PROGRAM



Remaining 2025 Races



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

See the standings [on page 17](#)

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



Boilermaker is 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!

Member Profile



PAIGE MARRAFFA

By George Searles

Meet Paige Marraffa, one of the club's newest members and a fairly new runner as well!

He got introduced to the sport only last year, when he joined a team for the Butterfly Run. That experience, along with the Boilermaker 5K, got him hooked. He'll do the "real" Boilermaker this summer, along with the Old Forge half marathon in the fall.

On the rigors of distance events, Paige quotes Nike Running's Global Head Coach Chris Bennett: "This is not where we start to break down. This is where we break through."

Originally from Whitesboro, Paige and his wife, Kelly—herself a runner and 500-hour RYT (yoga instructor)—now call Westmoreland home, where they run a small business, Sprouting Anew, which delivers holistic wellness services (yoga, meditation) and offers a line of handcrafted, all-natural skin and home care products. Learn more at www.sproutinganew.com.

A self-described "homebody," Paige enjoys cooking, gardening, reading, working on house projects, and coddling the couple's two dogs and two rabbits.

Educated at SUNY Canton and Utica University, Paige is an accountant with DFAS (Defense Finance and Accounting Service) and a Mohawk Valley Community College adjunct instructor.

Along with all the other responsibilities in his busy life, he plans to become more active in the Roadrunners.



Race in Hinckley!



8th Annual ~ September 21, 2025

Virtual Option ~ September 21– 28, 2025

Register at ConnorsWay.com (click on RunSignUp)

Free T-Shirt with Registration through September 3, 2023

Food Trucks & Music

Awards to Top Runners

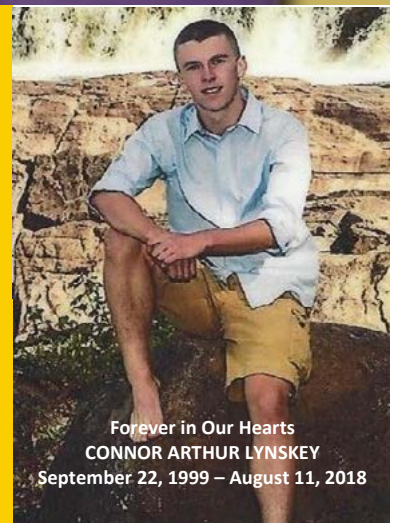
Proceeds Fund Scholarships for Area Youth

Sponsorships Available through September 3, 2025

For more information go to

WWW.CONNORSWAY.COM

WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL



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

SIGN UP TODAY

Member Accomplishments



presented by:



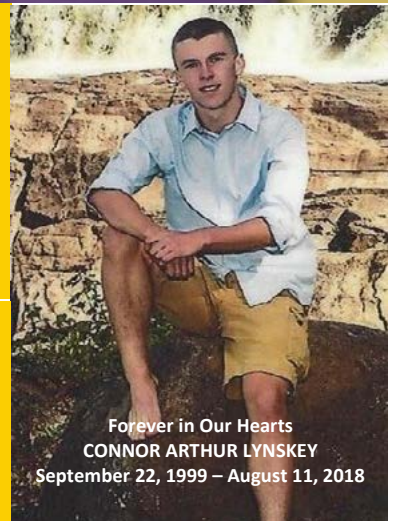
Roadrunners at the Patriot Run in Rome!

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 (click on RunSignUp)

Connor's Way Sponsorships available through September 3, 2025
For more information go to
WWW.CONNORSWAY.COM
WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL



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

[SIGN UP TODAY](#)

Development Runs Are Happening!

Join us on Wednesday Nights at the Parkway!

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

All levels welcome.

BECOME A MEMBER

Get Ready!



Registration for the
Utica First Falling Leaves
will open the Friday of the Boilermaker
Expo and the discount will extend
until Monday, July 14th!

The fall classic will bring back the
post race party at Hotel Utica.

Stay tuned for more details.

The Standings



HELP US TO
WIN THE CUP
THIS YEAR!

Club Cup Gift Card Giveaway!

**Gift card winners
from Towpath are
Pete Madden
and Bill Abel**

**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 Patriot Run done, our results
for the CNY Cup are in. As it stands, our
point scorers are:**

NAME	TIME	AGE	%
Peter Madden (10K)	41:33	52	72.73
Sue Luley (5K)	30:13	71	68.79
Chris Edick (5K)	0:27	41	65.31
Mary Ann Lasher (10K)	5:27	57	63.84
Ryan Maine (10K)	45:51	46	62.68
TOTAL			333.35

Current Running Club Overall Scores:

Roman Runners	17
Kickers	16
Rt. 20 Roadies	11
Roadrunners	10
Hill Striders	5
Trekkers	4

Next race

RSCC Sundae Run/Walk in Richfield Springs
on July 20th. [Sign Up Today](#)



Standings as of 6/8/25

FEMALE

0-14

Dylan Joslin	34
Emma Walden	12

25-29

Emma Farkash	24
Stacey DiGiorgio	20
Brooke Fitzgerald	10

30-34

Susan Rowe	24
Jessica Cooley	22
Kelley Bogner	20
Yuliya Karpov	20
Breanna Rand	18
Cassandra Thibault	17
Breanna Rand	12
Julie Hall	11
Kourtney-Lyn Vrydaghs	11
Alison Shanley	8
Katelynne Doherty	6
Cara Forbes	5

35-39

Caroline Pissolato	30
Fallon Russo	24
Meghan Wedgren	22
Brittany Praznik	12
Chelsea Arcuri	10
Sarah Harrison	10

40-44

Jaclyn Laflair	24
Amanda Hartnett	22
Sarah Gaasch	20
Melissa Barlett	18
Crystal Overstreet	10

45-49

Sara Groh	36
Rebecca Bolton	32
Agnieszka Kwiatkowska	20
Sue Brumm	18
Jerilyn Mashaw	7
Jennifer Stefka	6

50-54

Allison Miller	24
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Missy Scanlon	22
Jeanne Case	10
Kristin Campbell	8
Donna Morreall	7

55-59

Mary Ann Lasher	36
Marlene Angelini	12
Lisa Seigle	10

60-64

Lisa Badolato	34
Myra Hubbell	12
Lesia Roback	12
Jean Kosina	10
Beth Talbot	8

65-69

Sue Tucker	24
Linda Hudyncia	22
Patrice Bogan	10

70-74

Susan Luley	58
Wendy Kent	12
Dorothy Massinger	10

MALE

0-14

Matthew Walden	36
Maddox Joslin	27
Raymond Zoghby	22
Magnus Brumm	16
Declan Hogan	8
Varick Case	66

25-29

Ryan Fitzgerald	24
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30-34

Mark Vrydaghs	20
Travis Belanger	12
Roberto Leandry	12
Tommy Carlson	10

35-39

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

40-44

Christopher Edick	36
Nate Rowe	28
Mike Winkler	24
Andrew Hartnett	22
Colt Brumm	21
Michael Daly	18
Chris Vella	10

45-49

Ethan Bair	6
Andrew Rubino	4
Neil Case	3

45-49

Steve Fairbrother	26
Tom Joslin	26
Gino Olivato	25
Ernie Marcello	24
Derek Alexander	20
Ryan Maine	18
Joe Mashaw	12
David Walden	7
James Peters	7
Scott Thompson	4

50-54

Jonathan Jeff	12
Hisham Zoghby	12
Jim Latshaw	12

55-59

Paul Humphrey	36
Carl Lee	16
Richard Crandall	12
Thomas Durso II	10
John Seigle	10
Peter Angelini	7

60-64

Gary Roback	12
-------------	----

65-69

Robert Longo	36
Bill Kosina	20
Gary Burak	12

70-74

Gene Allen	24
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75+

Bill Luley	22
William Abel	12

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)

SplitTimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

Please email SplitTimes 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)

- ☐ August 2025
- ☐ September 2025
- ☐ October 2025

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

☐ Yes ☐ No

Total included: \$ _____