

September 2025

splitimes

The Official Newsletter of the Utica Roadrunners



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September

2025

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Administration & Finance

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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


THE
SNEAKER
STORE

*Visit the Sneaker Store to
have the Utica Roadrunners
logo printed on a tech tee,
cotton-blend shirt or hoodie
right at the store.*

All items can be ordered
individually by group mem-
bers. See the store for details.

President's Message

by Andrew Rubino

"Commit now so you will show up daily."



I'd like to take a moment to thank Amanda Hartnett for bringing us this month's quote. If you don't know Amanda, she has been vital in keeping the group runs going on Wednesday nights and Saturday mornings. She represents the Club consistently in the Club Cup and on the UR Travel Team. Amanda also said, "The run may be hard, but the company makes it easy." These words ring true – from training runs to large races that fellow UR members are at – it's always easier (and better) with familiar, friendly faces for inspiration, encouragement, or just to share the miles.

This is the best season for running, so don't miss out on the **Falling Leaves 14k and 5k**. Reminder that registration and post-race awards and party is at the Hotel Utica. I am still looking for anyone who wants to be part in the planning, help out race weekend, or just wanna throw in your two cents, please let me know!

Check out some of the other events going on this month:

Brookfield Classic on September 13 – Run the challenging trails of Brookfield

Plogging Event at Saranac Brewery on September 13 – Run/Walk • Clean Up the City • Celebrate

Mohawk Valley Gives Day on September 19 – Donate to your favorite run club

Connor's Way on September 21 – Follow in Connor's footsteps for this scenic course

October isn't far behind, so start getting excited about the **UR Skeleton Run** on October 19. The race director, Rob Kapfer, continues the fun for this pre-Halloween classic. The week before is the third running of the **Riggie Run** on October 12. Both events are so great that we decided to bundle them together for two weekends of unique fun and running.

Lastly, the CNY Club Cup competition is heating up. Thank you to James Kuny for your efforts in keeping the team together and all the work that goes into calculating scores. James is looking for anyone interested to email him in taking over next season due to time commitments. This is a great opportunity for volunteer points! The Club had a strong performance at the Woodsmen 10k. The Roadrunners had the best performance second to the Roman Runners. Recipients of the Cliff's gas gift cards go to Eric Kasper for his fast run and Rebecca Bolton for representing the Club. The final Club Cup race is Falling Leaves 5k or 14k.

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

2026 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 10th 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

Get Ready!



September 28, 2025

Join us in downtown Utica at the State Office Building for the 5k or the scenic Switchbacks 14k. We have a kid's run too! Post-race party and awards ceremony will be held at DoubleTree by Hilton Utica provided by ICONIC. There will be awards for overall winners and age group winners for the 5k and 14k.

51 Years Strong!
5K • 14K • Kid's Kilometer Fun Run
Downtown Utica

SIGN UP TODAY



Get Ready!



October 19, 2025

Deerfield Wilderness Park

SIGN UP TODAY

The last race of the season for the:



5K – 10:00am

A fun and challenging course on the park trails. Trail conditions include gravel, grass, small hills, and bridge crossings. The trail will have minimal rocks and roots. Professionally timed with prizes for overall winners and 10 year age groups.

1.5 Mile Community Run – 9:30am

A friendly 1.5 mile run through the first loop of the 5K course. Many participants will walk/jog this course and it's a great introduction to running on trails or for our youth runners.

1/4 Mile Kid's Run – 9:00am

This fun run around the inner grass section in front of the pavilion. Parents are encouraged to accompany their children and are advised to be mindful of excited children quickly changing direction, etc.

Join Us!



Come hungry... they have great food! Casual tavern for beer, wine, cocktails, pizza, chicken riggies, wings and other hearty eats.

Monthly Happy Hour Friday, September 19

Main Street Tavern

2298 Dewing Ave Clayville

**Starting at 6:00pm with a
group run (approx. 4 miles,
but choose your distance!)**



***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

Race Discounts

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!

Tunnel to Towers

Photos by [Dana Olney Photography](#)



Member Accomplishments



Roadrunners at the Woodsmen's Field Days Races



Group Runs Continue!

Looking for some friends to train with for upcoming races? There are still group runs happening weekly! You can drop in at the following times/ places and will likely find people to run with; distances may vary.

Saturday Mornings, 8:00am

FORTE Strength and Fitness

50 Genesee Street, New Hartford (Locations may change!)

[Email Erik Winberg](#) or check in with the [URR Boilermaker Training](#)

[Program Facebook group](#) for current information

Wednesday Nights, 6:00pm

Parkway Rec Center, upper parking lot

Check in with folks at the [Utica Roadrunners Wednesday Night](#)

[Development Runs Facebook group](#) for more info.

Do you have a regular group run that you want to let people know about?

[Email Melissa Barlett](#) and we can consider adding you to the list!



*Mark your calendars for the
November Membership meeting*

November 10, 2025

6:00pm

Boilermaker Headquarters, Court Street

We will have food/drink, some time to chat with your fellow UR members, discussion about next year's events and races, and voting for new Board members. This is your chance to have your voice heard in the Club's planning process and we would love to see all of you there!

UR Travel Team



Are you passionate about running and eager to explore new places?

The UR Travel Running Team is enthusiastic and welcoming and brings runners together to experience the joy of racing outside their local area. Whether you're a seasoned marathoner or just starting your running journey, this team offers an exciting opportunity to connect with others who share your love for the sport.

How It Works

The team organizes carpooling to races that are outside of the immediate area, making it easy and affordable to participate in events that might otherwise feel out of reach. It helps with travel logistics and gives members a chance to bond, share race-day tips, and build lasting friendships before the starting gun goes off.

Post-Race Tradition

After crossing the finish line, the fun doesn't stop. It's a tradition for the team to gather for food and refreshments at a local restaurant or café near the race location. These post-race outings are a great way to relax, celebrate achievements, and share stories about the day's race. It's not just about the running – it's about creating a sense of community.

Together, you'll race new courses, conquer new challenges, and create lasting connections along the way!

Remaining 2025 Travel Team Race Schedule

September 13, 2025

Brookfield Classic

October 5, 2025

Guthrie Wineglass

October 11, 2025

Lake Placid Classic

October 26, 2025

Boos & Brews 5K

December 13, 2025

Utica Ugly Sweater 5K

Discounts

Many races are eligible for discounts, which they can obtain by messaging Utica Roadrunners via [Facebook](#), [Instagram](#), or [email](#).

Adding More Races!

We are looking to add more events to the list, so if anyone is interested in captaining a race, **please let Andrew Hartnett know!** This role primarily involves being a single point of contact for questions, coordinating carpooling, and organizing meet-ups afterward.

Bookmark this page for 2026 races

Member Accomplishments



Roadrunners at the Trenton Fish and Game Autism Run



Roadrunners at Peak to Brew!

A First Time Event!



Learn more and sign up

Saranac Brewery is launching a community-driven event aimed at making Utica cleaner and more connected. On Saturday, Sept. 13, the brewery will host the city's first-ever plogging event, a unique activity that blends jogging or walking with picking up litter.

Originating in Sweden, plogging has grown into a global movement that promotes both personal fitness and environmental action. Saranac's event invites people of all fitness levels to hit the streets, collect trash, and come together afterward to celebrate their efforts.

"This isn't just a run," said Dennis Brinkworth, market manager for F.X. Matt Brewing Company, "It's a way to make Utica a little cleaner, a little greener and have fun doing it."

The event kicks off at Saranac Brewery with doors opening at 9:30 a.m. Yoga by Bloom Yoga will begin at 10:30 a.m., followed by a group photo and plogging start at 11 a.m.

Participants are expected to return with their collected litter by noon, just in time for a celebratory gathering featuring music, local vendors, food, and a free pint of Saranac's Weekend Warrior beer.

Vendors and partners include Lululemon Syracuse, Sneaker Shop with Asics demos, Utica Coffee, In Bloom Yoga, and other local organizations. The event is free to attend and open to everyone in the community.

Article from [the Daily Sentinel](#)



Standings as of 8/17/25

FEMALE

0-14

Bianca Durso	12
Jillian Hanna-Eaker	10

20-24

Bianca Durso	12
Jillian Hanna-Eaker	10

25-29

Emma Farkash	36
Stacey DiGiorgio	32
Rachel Zielinski	32
Brooke Fitzgerald	30
Anna Shelley	17
Alicia Wehrenberg	6
Autumn McBride	5

30-34

Susan Rowe	72
Breanna Rand	48
Yuliya Karpov	38
Cassandra Thibault	38
Jessica Cooley	31
Alison Shanley	27
Cara Forbes	27
Kelley Bogner	26
Julie Hall	21
Kourtney-Lyn Vrydaghs	15
Rebecca LaPorte	10
Katelynne Doherty	6
Christine Connors	2

35-39

Caroline Pissolato	62
Meghan Wedgren	38
Fallon Russo	32
Michaline Snyder	22
Sarah Harrison	22
Chelsea Arcuri	16
Erica Biedermann	13
Brittany Praznik	12

JamieLeigh Accordino	10
Lindsay Huckabone	7
Jessica Diestel	5
Sara Flihan	4
Amanda Mondrick-Robertello	3

40-44

Amanda Hartnett	66
Jaclyn Laflair	44
Melissa Barlett	35
Sarah Gaasch	27
Amy McLaughlin	12
Crystal Overstreet	10
Lauren Culyer	9
Tiffany Rositano	8
Ashley Pace	6
Margaret Hammell	5
Colleen Blush	5
Jessica Watson	4
Courtney Hanna	3

45-49

Rebecca Bolton	66
Sara Groh	60
Agnieszka Kwiatkowska	28
Sue Brumm	28
Anne Marie Latshaw	18
Cheryl Burmaster	18
Jennifer Stefka	13
Michelle Rosinski	13
Jerilyn Mashaw	7

50-54

Missy Scanlon	52
Allison Miller	48
Jeanne Case	24
Donna Morreall	18
Mary Bennett	17
Kristin Campbell	14
Liz Casatelli	10
Cara Hoyle	10
Dodi Murray	8

55-59

Mary Ann Lasher	60
Wendy Bowers	19
Marlene Angelini	12
Lisa Seigle	10
Sharon Wise	10
Stephanie Flack	8

60-64

Lisa Badolato	66
Beth Talbot	32
Jean Kosina	26
Lesia Roback	24
Myra Hubbell	12
Ingrid Otto	12
Laura George	10
Judy Smith	8
Felicia Burak	7
Aimee Devins	5
Judith Reilly	4

65-69

Sue Tucker	70
Linda Hudyncia	42
Patrice Bogan	18
Lorrie Tibbits	12
Karla Owens	8
Linda Salerno	7

70-74

Susan Luley	72
Sharon Stedman	37
Wendy Kent	20
Dorothy Massinger	18
Virginia Truax	12
Paula Iannello	6

75+

Maggie Peterson	12
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Standings as of 8/17/25

MALE

0-14

Matthew Walden	72
Maddox Joslin	57
Raymond Zoghby	32
Declan Hogan	27
Magnus Brumm	26
Varick Case	22
Easton Latshaw	8

15-19

Alejandro Roberts	12
Samuel Getman	12
Christian Vella	10

20-24

David Wynne	46
Andres Roberts	18
Kole Owens	12

25-29

Ryan Fitzgerald	48
Mason Hedeem	10

30-34

Tommy Carlson	40
Mark Vrydaghs	35
Anthony Cicchella	24
Travis Belanger	24
Roberto Leandry	18
Sergio Peralta	10
Dylan English	10

35-39

James Kuny	66
Justin Bogner	26
Ryan Stevener	19
Nicholas Flihan	13
Travis Thibodeaux	12
John Martin	12
Nicholas Accordino	12
Jared McFarlin	8
Adam Dembrow	8

40-44

Christopher Edick	67
Nate Rowe	50
Andrew Hartnett	49
Mike Winkler	44
Colt Brumm	39
Michael Daly	37
Chris Vella	20
Daniel Eddy	19
Benjamin Nelson	12
Andrew Rubino	9
David Dietz	8
Adam Kilmartin	8
Neil Case	7
Ethan Bair	6
Travis Olivera	6

45-49

Tom Joslin	61
Steve Fairbrother	52
Gino Olivato	49
Ernie Marcello	40
Joe Mashaw	36
Ryan Maine	33
Derek Alexander	32
David Walden	27
Robert Kapfer	13
James Peters	7
Scott Thompson	4
Edward Browka	4
Philip Lindhuber	4
John Sloan	1

50-54

Jim Latshaw	45
Peter Madden	36
Hisham Zoghby	22
Sam Scalise	20
Jonathan Jeff	12
Scott Daskiewich	12
Gregg Chrysler	8
Andrew Marshall	7

55-59

Paul Humphrey	60
Carl Lee	38
John Seigle	28
Richard Crandall	27
Thomas Durso II	16
Eric Kasper	12
Kevin Tracy	12
Pete Blanchfield	10
Peter Angelini	7

60-64

Gordie Felt	36
Gary Roback	32
Frank Vellone	22
Jeff George	17
Tom McGlynn	12
Donald Lynskey	7
Charles Kane	6
John Friedel III	5

65-69

Dan Stedman	60
Bill Kosina	56
Robert Longo	56
Gary Burak	18
Leroy Hodge	8
Kevin Shanley	7
Steve Tibbits	7
Christopher Devins	5

70-74

Gene Allen	50
Gary LaShure	24
Tom Bick	20
Francis Peruzzi	12

75+

Bill Luley	56
William Abel	20
Paul Boor	12



REGISTER BY 9/19
FOR YOUR EXCLUSIVE
FREE
T-SHIRT

WHETHER YOU'RE RACING
FOR A PR OR ENJOYING A
FESTIVE JOG WITH FAMILY,
THIS EVENT IS THE PERFECT
WAY TO KICK OFF THE
SEASON.

**NEW THIS YEAR:
CHILDCARE AVAILABLE!**

PARENTS CAN RUN
WORRY-FREE WHILE
THEIR LITTLE
ONES ARE CARED FOR
ONSITE.

**FALL-THEMED PRIZES TO
ALL TOP FINISHERS**

NEW START TIME: 9AM

REGISTER NOW

The Standings

HELP US TO
WIN THE CUP
THIS YEAR!



Club Cup Gift Card Giveaway!

**Gift card winners
from Eric Kasper
and Rebecca Bolton**

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

[Check out their great monthly coupons](#)



The Standings

***With the Woodsmens 10K done, our results
for the CNY Cup are in. As it stands, our
point scorers are:***

NAME	TIME	AGE	%
Dan Stedman	46:42	67	74.28
Eric Kasper	44:55	58	70.94
Frank Vellone	49:58	64	67.42
Andrew Hartnett	48:16	42	57.66
Susan Rowe	52:25	32	55.19
		52.6	325.49

Current Running Club Overall Scores:

CLUB	WOODSMEN'S	OVERALL
Roman Runners	356.71	6 26
Kickers	316.64	3 25
Roadrunners	325.49	5 20
Rt. 20 Roadies	321.68	4 19
Trekkers	273.9	2 8
Hill Striders	54.37	1 7

Next race

Our own Falling Leaves is the next race on
September 28! [Sign Up Today](#)



2025 Herkimer County Chamber Challenge

5K RUN & WALK & KIDS RUN

"Follow the Diamond-Studded Road"



Saturday

September 13, 2025

Registration: 8:00 AM

Race Time: 9:00 AM

**Arc Herkimer Business Park
420 East German Street
Herkimer, NY**

\$30

Includes T-Shirt

Registration :



Kids Run:

Bring a pack of diapers to
donate to the Healthy Families
of Herkimer County Diaper Bank



**HERKIMER
DIAMOND MINES**

Excellus 
A nonprofit independent licensee of the Blue Cross Blue Shield Association



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



SITRIN MILITARY PROGRAM

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



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

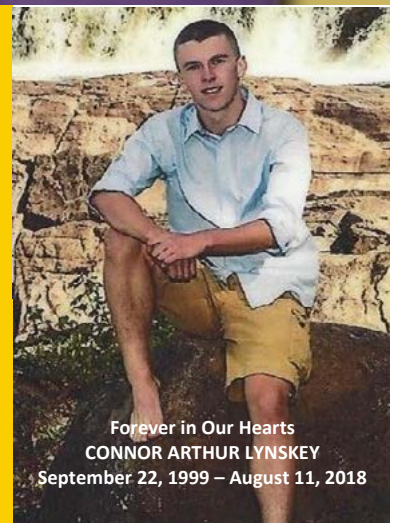
Proceeds Fund Scholarships for Area Youth

Sponsorships Available through September 3, 2025

For more information go to

WWW.CONNORSWAY.COM

WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL



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

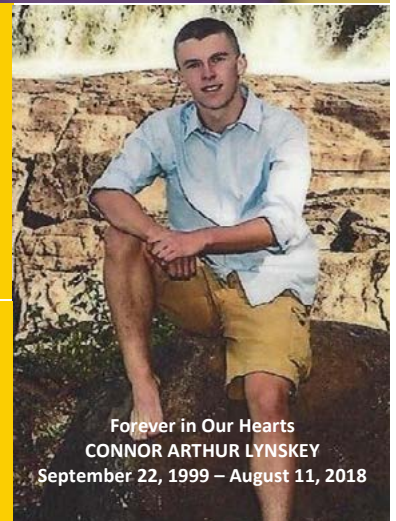
SIGN UP TODAY

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](#)

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)

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)

- ☐ October 2025
- ☐ November 2025
- ☐ December 2025

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

☐ Yes ☐ No

Total included: \$ _____