

splitimes

October/November 2025

The Official Newsletter of the Utica Roadrunners



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October/November

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

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

All Day is the signature phrase of our friend Jim Latshaw. The phrase came early on when he first started Galloway running. He said, "I can literally do this ALL DAY!" and from there it stuck. The walk breaks were forever known as "all day" as well as so many other things. Using the Galloway technique, Jim has covered thousands of miles. He currently has over 40 consecutive 100 mile months and ran 11 consecutive years of 1,000 miles or more in a year! You can catch Jim running around Clinton, especially on Sundays for the "Sunday Sermon".



"All Day!"

For those unfamiliar, the Galloway method centers on the run-walk-run, which involves alternating periods of running and walking to cover long distances. This approach is designed to delay fatigue, conserve energy, and improve recovery by reducing physical stress, making it accessible for beginners and helping experienced runners achieve their goals.

In my early days of running with the Club, I completed my first marathon and wanted to keep my miles up to maintain and progress. I found Jim and was drawn to his larger than life personality, lightheartedness, and determination. Plus the run-walk helped to keep everything manageable and prevent injury. Now that I am getting back into my own goal of 100 mile months, I have revisited the Galloway method, but have focused more on turning over my feet quickly to maintain a cadence zone, heart rate, and taking in the environment and friends around me.

Looking back at the past few weeks, I am in awe of all the events that the Club and our members have been a part of. The Plogging Run, Old Forge Marathons, Connor's Way, Riggie Run, Witch Way 5K, Brookfield Classic, Wineglass, Loop the Lake, and of course our signature races Falling Leaves and Skeleton Run. There have been many others including group runs, coffee, and happy hours! This time of year is truly the best time to run and our community couldn't be any better to do it in.

November has plenty of other events and activities to look forward to. Our **General Board Meeting and Elections** will take place on **Monday, November 17 at 6pm** at the Boilermaker Office. Please note the date. There will be light food and of course beverages from our friends at Saranac. Come out and vote and meet the new board for 2026! Rebecca and Mason have busily been preparing for the 2025 edition of the **Run 2 End Hunger** on Thanksgiving Day at the Rec Center. Bring your running or walking shoes and non-perishable food and do some good in our community. Tuesday, November 25 is the annual **UR Safety Run** starting at The Mill Family Fitness Center. Dress in your brightest lights and reflective gear to light up Main Street in New York Mills and Yorkville and then join us after for pizza and camaraderie at Pizza Boys.

Lastly, if you have any family members or friends who want to run, be more active, or want to hone into their running goals, now is the time to join. New members who join will get full benefits from the Club from now until 2026!

Remember to post pictures to UR's Facebook or email us to share photos, stories, and things that keep you going.

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



Photos by Wandering Upstate of Mind
by L. Costantine



FINISH

FINISH

FINISH

FINISH

SEE ALL PHOTOS





SEE ALL PHOTOS



Membership Meeting & Board Elections



November Membership Meeting

November 17, 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!

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

The Final Standings

ANOTHER GREAT
YEAR OF FRIENDLY
COMPETITION!



Club Cup Gift Card Giveaway!

**Gift card winners
were Frank Vellone
and Colt Brumm**

**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 Falling Leaves done, our results for
the CNY Cup are in. Our point scorers are:**

NAME	TIME	AGE	%
Paul Humphrey	1:02:45	58	72.25
Sue Luley	1:27:01	72	71.40
Eric Kasper	0:22:10	58	68.26
Frank Vellone	1:10:19	64	68.26
Gary Lashure	0:25:58	71	65.91

Current Running Club Overall Scores:

CLUB	FALLING LEAVES	OVERALL
Roman Runners	373.42	6 32
Kickers	367.58	5 30
Rt. 20 Roadies	348.17	4 23
Roadrunners	346.08	3 23
Hill Striders	298.71	2 9
Trekkers	218.13	1 9

Overall Percentage Points

1st	Roman Runners	2,133.58
2nd	Kickers	2,137.31
3rd	Rt. 20 Roadies	2,025.60
4th	Roadrunners	1,977.92
5th	Trekkers	1,332.84
6th	Hill Striders	965.24

Get Ready!



2025 SAFETY RUN

Tuesday, November 25 • 6:30pm

**Meet at Mill Family Fitness Center in NY Mills, run down Main Street
and meet at Pizza Boys after for food and drinks**

Reflective gear and head lamps are encouraged
as well as other creative running outfits.
The route is out and back, so run whatever distance you'd like!

Thursday, November 27, 2025 Run or Walk a 5K or 2 Mile

**9:00am
start time**

**7:30-8:45am
In-Person
Registration**



SIGN UP NOW

**220 Memorial
Parkway
in Utica**

**100% of proceeds
benefit local
nonprofit
food pantries**





Final Standings

FEMALE

0-14

Dylan Joslin	70
Emma Walden	12

20-24

Bianca Durso	12
Jillian Hanna-Eaker	10

25-29

Brooke Fitzgerald	54
Rachel Zielinski	44
Stacey DiGiorgio	42
Emma Farkash	36
Anna Shelley	17
Alicia Wehrenberg	6
Autumn McBride	5

30-34

Susan Rowe	72
Cassandra Thibault	60
Yuliya Karpov	50
Breanna Rand	48
Julie Hall	40
Cara Forbes	38
Alison Shanley	34
Kelley Bogner	33
Jessica Cooley	31
Kourtney-Lyn Vrydaghs	21
Rebecca LaPorte	10
Christine Connors	7
Katelynne Doherty	6

35-39

Caroline Pissolato	66
Meghan Wedgren	46
Fallon Russo	32
Michaline Snyder	22
Sarah Harrison	22
Chelsea Arcuri	16
Erica Biedermann	13
Brittany Praznik	12
JamieLeigh Accordino	10

Katie Brockway	10
Lindsay Huckabone	7
Jessica Diestel	5
Sara Flihan	4
Amanda Mondrick-Robertello	3

40-44

Amanda Hartnett	70
Jaclyn Laflair	66
Sarah Gaasch	47
Melissa Barlett	41
Colleen Blush	21
Crystal Overstreet	18
Amy McLaughlin	12
Jessica Watson	11
Lauren Culyer	9
Tiffany Rositano	8
Ashley Pace	6
Margaret Hammell	5
Courtney Hanna	3

45-49

Sara Groh	72
Rebecca Bolton	66
Agnieszka Kwiatkowska	50
Sue Brumm	44
Anne Marie Latshaw	18
Cheryl Burmaster	18
Jennifer Stefka	13
Michelle Rosinski	13
Melanie Francis	12
Sara King	10
Jerilyn Mashaw	7

50-54

Allison Miller	72
Missy Scanlon	60
Jeanne Case	43
Donna Morreall	18
Mary Bennett	17
Kristin Campbell	14
Liz Casatelli	10
Cara Hoyle	10

Lindi Quackenbush	10
Dodi Murray	8

55-59

Mary Ann Lasher	72
Wendy Bowers	19
Lisa Seigle	18
Stephanie Flack	18
Marlene Angelini	12
Sharon Wise	10

60-64

Lisa Badolato	70
Beth Talbot	42
Jean Kosina	38
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	72
Linda Hudyncia	54
Patrice Bogan	18
Lorrie Tibbits	12
Karla Owens	8
Linda Salerno	7

70-74

Susan Luley	72
Sharon Stedman	37
Wendy Kent	30
Dorothy Massinger	18
Virginia Truax	12
Paula Iannello	6

75+

Maggie Peterson	12
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Final Standings

MALE

0-14

Matthew Walden	72
Maddox Joslin	64
Raymond Zoghby	56
Varick Case	37
Magnus Brumm	33
Declan Hogan	27
Easton Latshaw	8
Jayson Flack	8

15-19

Tyler Quackenbush	24
Alejandro Roberts	12
Samuel Getman	12
Christian Vella	10

20-24

David Wynne	58
Andres Roberts	18
Kole Owens	12

25-29

Ryan Fitzgerald	72
Mason Hedeon	10

30-34

Tommy Carlson	66
Mark Vrydaghs	53
Anthony Cicchella	24
Travis Belanger	24
Roberto Leandry	18
Nicolas Vecchiarelli	12
Sergio Peralta	10
Dylan English	10

35-39

James Kuny	66
John Martin	46
Adam Dembrow	28
Justin Bogner	26
Ryan Stevener	19
Nicholas Flihan	13
Travis Thibodeaux	12
Nicholas Accordino	12

Jared McFarlin	8
Adam Brockway	8

40-44

Christopher Edick	72
Colt Brumm	56
Nate Rowe	56
Andrew Hartnett	51
Michael Daly	51
Mike Winkler	44
Daniel Eddy	27
Chris Vella	20
Neil Case	20
Andrew Rubino	16
Adam Kilmartin	13
Benjamin Nelson	12
Travis Olivera	12
David Dietz	8
Ethan Bair	6

45-49

Tom Joslin	70
Ernie Marcello	60
Steve Fairbrother	57
Gino Olivato	49
Derek Alexander	49
Ryan Maine	40
Joe Mashaw	36
David Walden	27
Robert Kapfer	23
Scott Thompson	17
Edward Browka	9
James Peters	7
Philip Lindhuber	4
John Sloan	1

50-54

Jim Latshaw	55
Peter Madden	48
Hisham Zoghby	34
Jonathan Jeff	22
Sam Scalise	20
Scott Daskiewich	12
Gregg Chrysler	8
Andrew Marshall	7

55-59

Paul Humphrey	72
Carl Lee	49
John Seigle	38
Richard Crandall	27
Kevin Tracy	22
Thomas Durso II	16
Eric Kasper	12
Michael Flack	12
Pete Blanchfield	10
Peter Angelini	7

60-64

Gordie Felt	46
Frank Vellone	46
Gary Roback	32
Jeff George	25
Tom McGlynn	12
Donald Lynskey	7
Charles Kane	6
John Friedel III	5

65-69

Bill Kosina	64
Dan Stedman	60
Robert Longo	56
Gary Burak	18
Leroy Hodge	8
Kevin Shanley	7
Steve Tibbits	7
Christopher Devins	5

70-74

Gene Allen	62
Gary LaShure	36
Tom Bick	20
Francis Peruzzi	12

75+

Bill Luley	56
William Abel	20
Paul Boor	12
Ted Lenio	12

2025 Board of Directors Election Ballot

Instructions:

Please vote for up to **6 people**. You may write-in a name/names not on the ballot of current Utica Roadrunners members (these members will be asked if they wish to be considered before being placed on the board).

You may vote by:

1) Completing a ballot at the Annual Membership Meeting

at the Boilermaker Headquarters on Nov. 17th, or

2) Mailing this ballot ahead of time to PO Box 4141, Utica NY 13504

- The ballot should NOT have your name on it
- Your full name and address need to be clearly written in the return address on the envelope
- Only one (1) ballot may be placed in each envelope
- The ballot MUST be received by noon on Nov. 17th

If anyone is found to have mailed in a ballot and then completes one at the meeting, their mailed in ballot will be discarded unopened. If any of the above directions are not followed, the ballot will be considered invalid.

Please contact Melissa Barlett at docbarlett@gmail.com or (330) 221-3312 with any questions.

Please review potential board member bios on the next two pages and vote for 6:

☐ Linley Bingham	☐ Donna Morreall
☐ David Dietz	☐ Phil Trzcinski
☐ Andy Hartnett	☐ Frank Vellone
☐ James Kuny	☐ David Wynne
☐ Paige Marraffa	☐ Write in: _____

LINLEY BINGHAM

My name is Linley Bingham, and I would be honored to serve on the URR board. I currently work as a Community Habilitation Specialist and previously as a Residence Manager, where I planned activities, managed budgets, and supported individuals with special needs. These roles have strengthened my creativity, adaptability, and dependability. Though new to URR, my running journey includes marathons, ultramarathons. This year I've attended nearly every development run and many other URR events, and I would love the chance to give back to the community that has reignited my passion for running. Thank you for your consideration.

DAVID DIETZ

I'm David Dietz and I am a runner. Running is my form of mobile meditation. It's when I let my mind either run wild (pun intended) or find peace and focus on my breathing. For me, the Utica Road Runners is more than a club, it's a place where everyone looks out for each other, laughs together, and accepts you for you regardless of your pace. I joined the board to give back to the club that has given so much to be. From the great friends, races, and laughs.. I want to help the board so the club can help expand the running community.

ANDY HARTNETT

My name is Andy Hartnett, and I have been running since high school, although I have never competed seriously. For me, running is all about having fun and staying fit. I joined the board two years ago when they needed help with the website and social media. You may have seen me at various local races, group runs, and social events, as well as coordinating many Travel Team runs. I hope to continue my position on the board and contribute in any way I can be helpful.

JAMES KUNY

My name is James Kuny and I've been a Utica Roadrunner for most of the last 10 years. I've been an active runner for that whole time, only now training for my first marathon. I joined the current board as an interim member last summer and took over the treasurer position starting in January 2025. I would love to continue to serve the club as a board member so we can continue to provide the area with races and events. I feel it's important for the club to continue to provide an environment in which any one of any ability has a place to hangout and have fun.

PAIGE MARRAFFA

Hi, I'm Paige Marraffa but my friends call me PJ - so you can too! Here's a little about me: I am an accountant by day, with eight years of experience supporting DoD audits. I have been in a supervisory role for the past two years, leading a team of ten. Fun fact, I'm also a credentialed Certified Fraud Examiner. When I am not working, you can typically find me running, picking weeds out of my landscape, playing with my dogs (Georgie and Ellie), tending to my two bunnies (Theo and Willow), watching Netflix or binge reading a book for my book club group that's meeting the next day.

I think I would make a great addition to the Utica Roadrunners board for a number of reasons.

As a new club member (joined in April of this year) and a newer runner (<2 years) I feel like I offer a fresh perspective that could be helpful in attracting new members, increasing engagement with current ones,

and boosting event turnout. Additionally, my strong background in business and accounting would allow me to contribute valuable insights when it comes to important financial decisions to ensure the club stays up and running for many years to come. My wife and I have found a strong sense of community through the club, and I want to ensure that others can have that same experience. Thank you for your consideration.

DONNA MORREALL

In 2014, I began running to train for the Boilermaker 15K and have been a back of the pack runner ever since. My proudest running moment was receiving the “Most Improved Female Roadrunner” award for 2024. The Utica Roadrunners have supported me with my training for the Boilermaker, 16 half marathons and 4 ten miles races; and have checked up on me after tripping over sidewalks during group runs. I would like to continue with the Utica Roadrunners tradition of supporting runners of all abilities through their running journeys.

PHIL TRZCINSKI

My name is Phil Trzcinski. I have been a Fire Lieutenant and paramedic with the Utica Fire Department for 25 years and a long time Utica Roadrunner member. I have been the club equipment manager for the past 5 years, am a race director for the Tunnel to Towers Utica 5k Run / Walk and the Grateful for Graham run for EB, and I’m a Boilermaker Committee member coordinating the Police & Fire Competition. For the past 26 years, I have been an active runner and participate in several local races annually. I would appreciate your consideration in voting for me to continue in my role as a member of the Board of Directors. Thank you for your time.

FRANK VELLONE

Hi there, my name is Frank Vellone, and I’ve been running for many years—mostly because I truly enjoy it, but also because it helps me stay in shape. Over the years as a Utica Roadrunner, I’ve met many wonderful individuals and have loved participating in the great races our area has to offer. I first started running back in college, and my first runs here in Utica were at the Development Runs, starting around 2003. I try to make it to as many of those runs as possible—they’re always a lot of fun, even with all the hills! This is my second year serving as a board member, and I’ve really enjoyed working with such a dedicated and great group of people. I hope to continue contributing to the club and supporting its many activities. Thank you for considering me for another term on the UR board!

DAVID WYNNE

My name is David Wynne, and I am interested in being a part of the board for the Utica Roadrunners. I am from Holland Patent and I am 23. I have been running since college and I have run countless road races across the country. Over the past year I have joined and helped develop a community of runners at The Hartford, the company I work for. Through this I have really enjoyed organizing run routes and planning training schedules. I am hoping to learn more about organizing formal road races and helping develop the larger running community in the Utica area.



[SEE ALL PHOTOS](#)



Awards Are Coming Up!

It's time to start thinking about AWARDS for our members who have done amazing things over this past year! We give out awards in the following general categories:

Volunteer Service

These are awards for people who help out the club by volunteering their time in leadership positions, on the ground, or working with new runners. We also award a location organization or other non-club entity each year that supports us.

Running Merit

These are awards for people who have shown significant running achievements over the past year including participation,

training, dedication, and finishing times and awards. We also look for the most improved, no matter where you started.

Generalized Awards

The Inspiration Award goes to someone whose upbeat attitude and dedication to using their talents has had a positive influence on other runners throughout the year.

The Grit Award goes to someone who shows passion and perseverance while overcoming obstacles and challenges, and pushes themselves further than they thought they could go.

The Hall of Fame Award goes to the individual who has excelled for many years in the sport of running and has distinguished himself or herself through racing achievements and/or support of the running community.

See the website for recent and historical award winners, and start thinking NOW about who you would like to nominate! The nomination form will be available beginning in December.



Discount!

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

Utica Ugly Sweater 5K – December 13, 2025

A holiday favorite full of fun, festive chaos!

[LEARN MORE](#)

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

Roadrunners at Boos and Brews!



Connor's Way



Connor's Way



Upcoming Run

**DONATION-BASED
ADMISSION!**

**FREE HOT COFFEE, HOT
COCOA, REFRESHMENTS &
RAFFLE PRIZES AT STRIDE
COFFEE AFTER THE RUN!**

SPROUTING ANEW PRESENTS

GEORGIE & ELLIE'S

FROSTY PAWS

**5K FUN
RUN/WALK**

Bundle up and bring the whole family—two-legged and four-legged—to Georgie & Ellie's Frosty Paws 5K Fun Run/Walk! This family-friendly event is donation-based, with **all proceeds going directly to support Anita's Stevens Swan Humane Society.**

SIGN UP ONLINE! 



**December 6, 2025
9:00 AM**



**Location
Stride Coffee Roasters**

[SPROUTINGANEW.COM
/COMMUNITY-EVENTS](https://sproutinganew.com/community-events)

**EVENT T-SHIRTS AVAILABLE TO
PURCHASE FOR PICK UP AT THE
EVENT!**

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!



Utica's 1st Plogging Event!



Roadrunners took part in the first Plogging Event in Utica on Saturday, September 23.

Plogging is a new fitness trend from Sweden with an eco-twist.... part jogging and part picking up trash along your route!

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!

One More Race!

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

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 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)

☐ December 2025

☐ January 2026

☐ February 2026

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

☐ Yes ☐ No

Total included: \$ _____