

splitimes

December 2025

The Official Newsletter of the Utica Roadrunners

**Winter
Running
Has
Begun!**

**Get Ready
for the
New
Year!**

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December

2025

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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](#)

2026 BOILERMAKER TRAINING PROGRAM



*starts
February 28th!*

FORTE Strength and Fitness

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 members. See the store for details.

President's Message

by Andrew Rubino

"Believe you can do it!"



'Tis the season for family, hope, and wonder, so Sue Luley's mantra comes at the perfect time.

Sue reminds us to believe in ourselves, get support from our friends, and have a plan. She recommends visualizing and setting your goal and then sticking to your goal by adjusting your workouts weekly to get there. Her Utica Roadrunner friends like Carl, Dorothy, Sandy and Sharon were very encouraging and supportive when she tried her first half, full marathon, and the 1,000 mile challenge. Sue just completed her tenth 1,000 mile year! She never thought she would be able to run that many miles in a year, but she gets it done. She credits and thanks D-Runs and the Saturday morning run group that keeps us all going.

Back when I first started racing, Sue and I did a very small 5k... so small that I actually had a chance of placing. Of course Sue was ahead of me for the first half of the out and back race, but when we turned around I caught up to her. She simply said, "GO", and that was all I needed to believe I could place. Thank you Sue for your gentle and kind presence that inspires us to believe and get it done!

We had so many great events for November! Our annual **Safety Run and Happy Hour** had a great turnout considering the rainy and windy weather. Special thanks to **Josh Belisle** and [the Sneaker Store](#) for their safety gear raffle, the [Mill Family Fitness Center](#) for giving us a warm place to meet, and [Pizza Boys](#) for their hospitality after the run. The **Run2End Hunger** brought in huge donations to help those most in need. We had over 400 participants. The Club also donated Falling Leaves hats to the youth bureau to help kids keep warm this winter. Thank you to the all star duo of **Rebecca LaPorte** and **Mason Hedeon** for their leadership in organizing this event as well as the volunteers and community support.

The Club is looking to get off to a great start for 2026. There's two great New Year's Day runs you can find more info about in this issue – Stride Coffee Roasters, Grow Brewing Co. and The Sneaker Store will be starting their event at 9:30am in New Hartford and the Towpath Trekkers once again invite you to Booneville for their 5k or 10k starting at 10:00am as well! **Boilermaker Training Program** will begin February 28 and that evening join us for our **Annual UR Banquet** at Seven Hamlets! Planning is also underway for a **January Blood Drive** and the **Delta Lake Brunch Run!** Lastly, the **Four Race Challenge** will return! The Challenge includes the best deal for running our core races: Save Our Switchbacks (April 18, 2026), Summer Sizzle (June 21, 2026), Falling Leaves (September 27, 2026), and Skeleton Run (October 18, 2026). Registration opens in January.

On a final note, I want to thank all the past and present board members for their service. Special thanks to our outgoing board, **George Searles**, **David Dietz**, and **Lauren Culyer**. I would like to welcome newcomers to board members **Linley Bingham**, **Paige Marraffa**, and **Donna Morreall** as well as **Andrew Hartnett**, **James Kuny**, **Phil Trzcinski**, and **Frank Vellone**. If you have any family members or friends who want to run, be more active, or want to hone their running goals, now is the time to join.

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



Annual UR Membership Meeting



Current and incoming board members pose together at our annual meeting held at Boilermaker Headquarters on November 18

Hangover Run in Boonville

The Toe Path Trekkers will again be hosting the annual Hangover Run

January 1, 2026

Distance: 5k or 10K

10:00am • Boonville VFW • 108 Park Ave, Boonville

Same day registration: 9:00-10:00 a.m.

\$10 (or \$5 if you donate to the door prize table or a donation made to the food pantry)

There will be finisher medals for all participants, and a chili lunch afterwards, as well as drawings for door prizes.

Come start the year with some exercise and socializing.
Check the Toe Path Trekkers' [Facebook page](#) for additional details.

Upcoming Run/Walk

RUN/WALK
GET OUTSIDE
START THE NEW YEAR
OFF RIGHT

2ND ANNUAL

STRIDE
COFFEE ROASTERS



HANGOVER RUN (OR WALK)

1.1.2026
9:30AM

special guest:
**WAKIN'
BAGEL**

2 Campion Rd
New Hartford

LEARN MORE

No sign-up,
no pressure,
no set route—
just show up, move
your body, and
shake off the end
of 2025 at your
own pace.

this is your
invitation

Awards Are Coming Up!

**Do you know any Utica Roadrunners
who have done AWESOME or
INSPIRING things this past year?**

**Maybe some who have put in lots of
VOLUNTEER time or helped with TRAINING?**

You should nominate these folks for an AWARD!

When nominating, please don't just put the person's name, but also include some information about why you think they should earn that specific award. The nominating committee doesn't always know every person who gets nominated - so the more you can tell us, the better chance of your nominee being a winner!

NOMINATE SOMEONE TODAY!

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.

Skeleton Run Summary



By Robert Kapfer, Race Director

Another Skeleton Run in the books and it was an amazing day with dry trails and warm temps. There were many highlights from the day starting with over 90 kids (costumes and all) taking part in the quarter mile. Then, Matthew Downs and Virginia Tylutki went 1st Male and 1st Female in the 3k community run. The event was capped off by a very competitive 5k race of over 200 runners where Geoff Hale and Teagan Shanahan were first male and female respectively, see results here.

SEE THE RESULTS

SEE THE PHOTOS

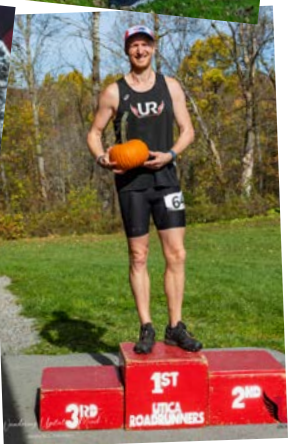
Thank you to everyone who brought a food donation! We scored two large overflowing boxes that will be taken to the Foothills Food Pantry in Holland Patent.

Thank you to our volunteers and sponsors Town of Deerfield, The Pumpkin Junction, The Sneaker Store, Hannaford Supermarkets, Holland Farms, Nuun Hydration, and Deerfield Volunteer Fire Company and all of the volunteers for their support.

See you all next year on October 18, 2026!

Photos by L. Costantine of Wandering Upstate of Mind

 [wandering_upstate_of_mind](https://www.instagram.com/wandering_upstate_of_mind)



Know a business that would benefit from reaching an audience of amazing runners?!

Let them know they can advertise in SplitTimes!

Reach over a thousand running enthusiasts in your community! every month! It's so affordable!

Our monthly newsletter is emailed to over 1,100 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)

- ☐ January 2026
- ☐ February 2026
- ☐ March 2026

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

☐ Yes ☐ No

Total included: \$ _____

MEMBER SPOTLIGHTS

Do you know a fellow runner who has a great story? Who has overcome barriers and hit goals? Has running made a huge difference in YOUR life and you want to share YOUR story?

We're looking to spotlight members' stories in 2026 to give inspiration to others and to get to know our members better!

EMAIL US!

(it's easy, fun AND we won't make you do the writing!!!)

Join Us for a Run!

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!



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

Show us whatcha got!

Mileage and Volunteer Activity Reporting

Due by January 15

It is time to start thinking about mileage and volunteer activity reporting!

We would like you to fill out our online form by January 15th to be certain that we can order your patches in time for our banquet on February 28th.

You should fill out this form if:

- 1) You would like to earn your Red Jacket for either the 1000 Mile Club or the Extra Mile Club (volunteering)
- 2) You have a Red Jacket and would like to earn patches for it
- 3) You want to report data for future purposes and club record keeping - even if you won't be earning patches or have a jacket yet

Any questions about mileage reporting or awards? [Email Melissa Barlett](#)

FILL OUT THE FORM



**SAVE THE
DATE!**

**UR ANNUAL
BANQUET**

February 28

DID YOU KNOW?

***Our Club has amazing benefits
to all runners!***

We power some of the longest standing
and most popular races in the area!

We have ways to get involved in some
friendly competition amongst other
members and other running clubs!

Connection! Celebration! Savings!
and MUCH more....

See page 16!



2025 SAFETY RUN

Thank you to the Mill Family Fitness Center and Pizza Boys
and everyone who joined us on November 25!



The Final Standings

2025 Final 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



Historical Results

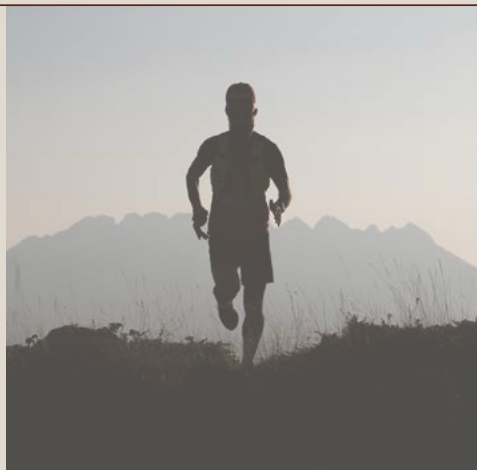
2024 – Roman Runners
2023 – Kuyahoor Kickers
2022 – Roman Runners
2021 – Roman Runners
2020 – COVID -19 won
2019 – Kuyahoor Kickers
2018 – Kuyahoor Kickers
2017 – Utica Roadrunners
2016 – Utica Roadrunners
2015 – Kuyahoor Kickers



Mental Performance for Runners

with Christy Reed

Virtual
Sessions



Individual & Small Group Sessions

Who is it for?

Runners of all levels who want to strengthen the mental side of their training. Great for coping with injury and returning to run.

What you'll gain:

Practical, evidence-based skills you can apply immediately to your training or race experiences.

If you
want to:

Mentally recover from injury

Maintain motivation

Focus

Enhance confidence

Build effective visualization & imagery skills

Manage stress

Perform mentally

Find more joy in running!



On a mission to help performers flourish

Christy is a doctoral student in sport and performance psychology completing hours towards graduation. She is currently a mental health counselor working with athletes at Colgate University. She is a retired professional dancer, current recreational runner, and spent 10 years in the fitness industry before transitioning into mental health.



christyreedperformance@gmail.com

Scan QR code to
request a consultation

Think well. Perform well.

Always a Great Time of Year to Reflect!

Utica Roadrunners: A Brief History

By George Searles

Founded in 1974 by Bob “Coach” Carlson, the Reverend John Morrow, and Dr. Paul Ohlbaum, the Roadrunners began as The Utica YMCA Track Club, with only ten members, operating out of the Washington Street Y (now the Charles A. Gaetano Veterans Complex). Although many other running-based organizations have appeared since then, the Utica group was the first in the Valley area.

In 1978 the club took a giant step forward, becoming officially affiliated with the Roadrunners Club of America (RRCA), with Carlson serving as that national organization’s New York State representative.

In its early years, the club changed its name a couple of times, and was known as the Mohawk Valley Running Club and the YMCA Running Club before settling on its permanent moniker: the Utica Roadrunners. During that formative period the membership steadily increased, growing to over 200 during the first decade, and is now far more than double that number.

As its name evolved, so did the club itself, becoming a major presence on the local scene. The club-backed Falling Leaves Road Race debuted in 1975, predating even the 1978 arrival of the now-legendary Boilermaker, a joint venture of the club and Utica Boilers CEO Earle Reed, himself a Roadrunner. Since then, a great many club members have been centrally involved in that ongoing annual event, including Dick Coleman, Dick Mattia, and current director Jim Stasaitis, among numerous others. Reportedly the largest 15K race in the country, the Boilermaker is now internationally known, attracting top-tier distance runners from all over the world.

For some time, the club has conducted its Boilermaker Training Program, readying first-time participants to successfully complete the race. The club has been a longtime presence at the Boilermaker Expo, originally hosted by the Masonic Home but then relocated to Mohawk Valley Community College, offering merchandise sales, health & well-

ness information, and other services such as packet pickup on the day before the race.

Since its founding, the club has embraced a variety of other initiatives, notably the summer Development Runs. Probably the most longstanding such weekly event in the United States, the Dev Runs were first developed by local enthusiast Joe Ficcaro in 1970, but their continuing success over the years can be attributed to a host of selfless volunteers including Sam Gratch, Mike Kelly, Bob Ruckel, and Roadrunners Paul Ohlbaum, Howard Rubin, Mike Kessler, Linda Turner, and—most recently—Ashley Mancini.

Starting on the Memorial Parkway and veering into Roscoe Conkling Park, these Wednesday evening Runs offer three distances (two mile, 5K, and an exceptionally challenging 10K, along with shorter distances for children), providing a valuable training opportunity for local runners preparing for the Boilermaker, the Falling Leaves, and various other races the club has created and continues to sponsor: the Ted Petrillo Save Our Switchbacks (S.O.S.), the Summer Sizzle, and others.

In addition, the club actively supports the annual Heart Run and the Thanksgiving Day Hunger Run, originated by Dave Jones in 1985.

The 1996 S.O.S. project was a highlight of the club’s history, as Roadrunners legend Ted Petrillo wrote a successful grant application (edited by George Searles) that brought in more than \$100,000 from various funding sources, including the Utica Parks Department, the Oneida County Department of Public Works, the federal Rails to Trails Program, and the Community Foundation of Herkimer and Oneida Counties, along with individual benefactors. This enabled the club, in cooperation with the City of Utica, to restore the decaying trail system and surrounding area in the park, thereby allowing the switchbacks to remain available for public use.



Ten years later, under the direction of project coordinator Dave Jones, a similar grant written by Searles yielded nearly \$10,000 from the American Heart Association, the Community Foundation, and private donors, enabling the City to install a dozen Fit-Trail exercise stations along the trail. In 2017 a commemorative plaque was installed in front of the refurbished pavilion at the entrance to the switchbacks, recognizing the project's many generous financial contributors: Dr. Louis K. Brumer (in memory of), Dr. Paul & Billie Ohlbaum, Dr. Venkata Mannava, Earle C. Reed, James Kernan, Richard Hanna, Dave Jones, Chuck & Janet Silverman, Theresa & Dan Cohen, and Phylliss & Ted Petrillo.

In keeping with the club's stated mission of promoting fitness and health, five annual Paul Ohlbaum – Howard Rubin \$500 scholarships are presented to outstanding high school seniors intending to compete in college. Another longstanding Roadrunners tradition is the annual awards

banquet, at which members who have logged at least 1,000 miles during the previous calendar year and have completed certain other requirements receive the group's coveted red jacket. Members can also qualify for jacket chevrons and patches signifying mileage landmarks, marathon completions, and other achievements. For example, the age-based "Grand Prix" awards recognize members' performances in a series of races during the preceding year.

The club's website is maintained by member Andy Hartnett, a professional software architect, providing full details about club activities, archived information such as the Roadrunners Hall of Fame, and more. Spltimes, the long-established, award-winning monthly newsletter currently edited by Michelle McCarrick of 484 Design, is another indispensable source of Roadrunner news, replete with race results, abundant photos, running-related articles, Board member profiles, and much more.

Red Jacket Candidates



It is time to start thinking about mileage and volunteer activity reporting!

We would like you to fill out [this online form](#) by January 15th to be certain that we can order your patches in time for our banquet on February 28. You should fill out this form if:

- You would like to earn your Red Jacket for either the 1000 Mile Club or the Extra Mile Club (volunteering)
- You have a Red Jacket and would like to earn patches for it
- You want to report data for future purposes and club record keeping - even if you won't be earning patches or have a jacket yet

Remember: You must have 1,000 miles in 2025 and 10 volunteer points (which can be from this year and last)

Any questions about mileage reporting or awards? Contact Melissa Barlett (docbarlett@gmail.com)

Need a great New Year's resolution? ***Join the 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!



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!