

January 2026

# splitimes

The Official Newsletter of the Utica Roadrunners



## In this issue:

President's Message .....	3
DRun T-shirt Design Contest .....	5
Annual UR Banquet .....	6
Call for Nominations for Annual Awards.....	7
UR January Blood Drive .....	10
Awesome Stuff (It's Back!) .....	11
Boilermaker Training Program .....	12
Advertise in Splitimes .....	13
Call for Member Spotlights .....	15
Group Runs .....	15
UR Travel Team .....	16

It's BACK!



Time for  
2025 Mileage  
and Volunteer  
Reporting!

Page 5

Upcoming  
Social and  
Group Events

Fun Run  
and Brunch  
on Feb. 8



Restaurant & Bar

# splitimes

January

## 2026

### 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**

Linley Bingham	Donna Morreall
Tommy Carlson	Phil Trzcinski
Andrew Hartnett	Frank Vellone
Paige Marraffa	

## Advertising

If you would like to advertise in SpliTmes,  
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:

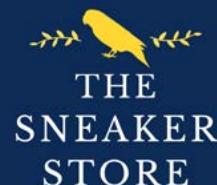
[Utica Roadrunners](#)  
[Facebook Page](#)  
[Club Handbook](#)

## 2026 BOILERMAKER TRAINING PROGRAM



starts  
February 28th!

FORTE Strength and Fitness  
See page 12 for details!



**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



# "I don't run to add days to my life, I run to add life to my days."

– RONALD ROOK

Happy 2026! UR is ringing in the new year with the return of the Four Race Challenge. The Club is offering a sweet shoe and running bag add on, along with some other UR swag items available for purchase. Remember to sign up by January 15th to get a \$20 discount.

**The UR Banquet** will be held at 7 Hamlets Brewery on February 28th from 5:00-9:00pm. The banquet is always such a good time, with great food, drinks, and friendship. Revel in your accomplishments this year and celebrate fellow members' achievements. We have raffles, awards, door prizes, dancing, and karaoke. You might even see a performance from the Club President. Mileage and awards nominations are due by January 15th!

**The Annual Race Directors Meeting** is Tuesday January 27th at 6:00pm at the Boilermaker Office located at 805 Court St, Utica, NY 13502. Come by a little early to mingle. There will be munchies and beverages. This event is open to UR Club members who might be interested in being a race director, who want more information about the local races, or just want to come and be a part of the event.

Tommy Carlson is bringing back the **Delta Lake Inn Brunch** run on February 8th. A good time was had by all who participated last year. Groups gathered throughout the morning for FREE fun runs with 5k, 10k, and half marathon routes. After, runners and supporters are invited to partake in their exquisite full Sunday Delta Lake Inn brunch menu with all the accoutrements. Run any distance you like, make your route, or just join us for brunch and mimosas. [RSVP with this quick Google Form](#) before February 2nd so we can start to get a head count for the meal. The cost is \$30 per person.

Lastly, please consider **donating blood** on Saturday, January 31st from 9:00am-2:00pm at the Maynard Fire Department. Visit [redcrossblood.org](http://redcrossblood.org) and use keyword UticaRR to reserve your spot. Remember to hydrate well the week before and eat food prior to donating. For those who don't know, the blood drives started back in 2020 when it became apparent how many Roadrunners were impacted by cancer and required blood. Giving blood is a way to honor those members and it makes a difference for those who are battling today. Please roll up a sleeve and help to save a life.

Remember... social media! Post and tag UR, or email me to share photos, stories and things that keep you going. I'd love to know what races everyone is running and other goals you have for 2026.

**Enjoy the Journey!**

**Andrew**

[rubino.uticaroadrunners@gmail.com](mailto:rubino.uticaroadrunners@gmail.com)

# Time to Join or Renew Your Membership



Don't forget to renew your membership **by January 31st** to be included in updates and reminders, and to be eligible for any awards being given out at this year's banquet!

[Join our club today!](#)

*Here's why you'll love being a Roadrunner!*



## **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.



# D-Run T-shirt Design Contest

## *Calling All Creative Runners!*

Help design the official shirt for the 2026 Development Run season! We need your art and design skills to help us capture the spirit of the Utica Roadrunners and the role of the Development Runs as a part of Utica history.

### **What we're looking for:**

- Design should work well on a t-shirt
- Reflect what makes the D-Runs special
- Be original artwork (no copyrighted images)

### **How to enter:**

Submit your design by March 1st to [docbarlett@gmail.com](mailto:docbarlett@gmail.com). Include your name and a brief description of your concept. Your design can be multicolored, and a suggested T-shirt color to match would be appreciated.

The winning design will be featured on this season's shirts and the designer will receive a free entry to one of our races (or a credit to the 4-pack).



# Mileage & Volunteer Activity Reporting

***Submit your annual mileage and volunteer activity to be certain we can order your patches in time for our banquet on February 28th.***

### ***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](mailto:Melissa.Barlett@utica.org)***

**[Fill out the form](#)**

***Submit by January 15th!***

# Annual Roadrunners Banquet



**SATURDAY, FEBRUARY 28, 2026**

**NEW LOCATION!** 7 Hamlets, Route 233 in Westmoreland • 5:00-9:00pm

**AWARDS • RED JACKETS • FOOD • DRINKS • CAMARADERIE • FUN!**

Come together with us to celebrate all of YOUR ACCOMPLISHMENTS from 2025. We will have Raffles, Awards, Door Prizes, Karaoke and lots of fun!

**Sign up now**



\*\* Wear your red jacket to be entered into a special drawing\*\*

**Sign up by Feb. 19th!**

## Looking to Lead, Train or Get a Deal?

For interest or input on any of the following, please email Andrew Rubino at [rubino.uticaroadrunners@gmail.com](mailto:rubino.uticaroadrunners@gmail.com)

### **RACING TEAM CAPTAIN A RACE**

Fuel your competitive spirit and join the UR Racing Team or even step up and captain a race. It's a great opportunity to dive in, promote the club and exercise your leadership skills along with your running skills!

### **RUN LEADERS**

Are you planning on doing a marathon, 1/2 or ultra this year? If you have interest to be a group run leader for Sunday training runs, let us know!

### **UPCOMING DISCOUNTS**

We're looking for suggestions for races that UR members are interested in running to reach out to for discounts. Let us know what you're hoping to run this year!

# It's That Time!!!

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



Or who have put in lots of VOLUNTEER time or helped with TRAINING?

Nominate them 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!

## Award Categories

[See our website for recent and historical award winners](#)

### 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.

Nominate someone today!

**Deadline: January 15th!**

# Your Favorite Challenge is BACK!



get the 2026 tee...

4/18 6/21 8/27 10/18

**SAVE OUR SWITCH BACKS**

*Summer*  
**SIZZLE**

**FALLING LEAVES**

**SKELETON RUN**

7.5k - South Woods, Utica

Five Mile Road Race  
Proctor Park, Utica

5k or 14k Road Race,  
Downtown Utica

5k Trail Race  
Deerfield



Celebrate over 50 years of running  
with our Four Race Challenge!

**\$125 for current members • \$145 for non-members**

**\$20 discount if you sign up by January 15**

Get a short sleeve performance shirt. Upgrade to get an all new backpack!

Also get ALL the SWAG from each event you enter.

That includes medals, shirts, and any other giveaways!

**SIGN UP NOW**

# Join us for a Social & Group Events!



## January Club Happy Hour

**Friday, January 23  
6:00-8:00pm**

**2643 Genesee Street, South Utica**



Winter blues getting you down?  
The Utica Roadrunners are hosting  
Thursday night snowshoeing all  
winter long!



**Every Thursday  
6:00 PM  
Valley View Golf Course**

[rubino.uticaroadrunners@gmail.com](mailto:rubino.uticaroadrunners@gmail.com)  
for information

## GROUP RUNS!

**Boilermaker Training Program  
begins February 28**

**See page 12**

**On Saturday mornings  
and Wednesday evenings**

Running with others helps you meet other members, be accountable to your goals and let you have tons of FUN!

**See page 15**

# Make a Difference with Us!



**GIVE SOMETHING**

**That Means  
Something®**

## Utica RoadRunners

at Maynard Fire Dept.

**BLOOD DRIVE**

Community Room  
9500 Maynard Dr. Marcy, NY 13403

**Saturday, January 31<sup>st</sup>**  
**9:00a - 2:00p**

*All presenting donors will receive a \$20 e-gift card to a merchant of choice!*

Scan the QR code or visit [redcrossblood.org](https://redcrossblood.org) and enter keyword: **UTICARR** to make your appointment.



Your participation will impact lives this winter!

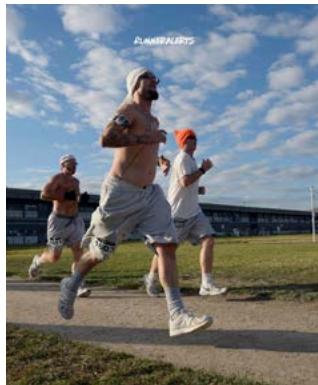
**Schedule your blood donation appointment today!**

1-800-RED CROSS | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App

© 2025 The American National Red Cross | 504301-9

# Awesome Stuff

## A marathon inside one of the most confined settings in the country



Inside the walls of Utah State Correctional Facility, a structured race environment unfolds. The race takes place in a tight yard loop and the 26.2 miles is completed over 110 laps. Volunteers handle timing, lap counts and basic aid. Staff involved in the program say the structure of training and racing has brought focus and stability to many participants.



[WATCH A NEWS SEGMENT FOR MORE!](#)

Photos via Al Hartmann, Associate Press, 2016

## Rapper raises funds for his non-profit with 5Ks during his tour



The rapper Gunna hosted 5Ks in every city on his Wun World Tour. Every step supports [Gunna's Great Giveaways](#), his nonprofit pouring resources back into Atlanta families (his hometown).

## Oh baby! A record!



Silas Frantz set the world record for the baby stroller mile in 2025 with an incredible 4:26.29 while pushing his son, Otto, at Arroyo Grande H.S. in California, smashing the previous record by over 15 seconds.



# 2026 BOILERMAKER TRAINING PROGRAM

**Starts Saturday, February 28, 7:30am  
Forte Strength + Fitness**

50 Genesee St., New Hartford • **FREE for current Roadrunner members, \$25 for those who are not.**

We will gather indoors, but all running will be OUTSIDE this year - dress accordingly! We will plan to run the first 6-8 weeks from Forte and then switch to the Parkway Rec Center. Other starting locations may be used as well, so watch your email for details each week.

**SIGN UP TODAY!**

**Our goal is to get you across that finish line for  
your first time, your next time, or your best time.**

Many of the coaches involved in the creation of these running plans are certified by RRCA, which is the most credible coaching certification for recreational runners in the United States.

We will be offering Two Training Levels to choose from (First time finishers or established/recreational runners) for both the 5k and 15k.

## **WHAT IS IT?**

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K!

## **WHEN IS IT?**

Every Saturday morning starting at 7:30am (sharp!) from February 28 right up to the Boilermaker July 12th.

## **WHO CAN DO IT?**

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group.

## **WHY DO IT?**

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

## **DO I NEED TO BE A UR MEMBER?**

Yes, please! It's a great deal though - only \$25 for the year for an individual, \$30 for couples or only \$40 for a family of 3 or more living at the same address. You'll get local running news throughout the year and other benefits. [Sign up on our website.](#)

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

## ***Let them know they can advertise in *SpliTImes*!***

**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)

SpliTImes is the 2015 RRCA Newsletter of Year!

### **Reserve your space and submission information**

Please email SpliTImes editor Michelle McCarrick at [michelle@484design.com](mailto: michelle@484design.com) to reserve your space today or fill out information below and mail this form to us. Ads can be submitted to Michelle as PDFs or JPEGs (no Word or Publisher docs please!) and all ads are in full color.

**Payment:** Mail to: Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504. Ads will not run without payment.

Race name: \_\_\_\_\_

Contact name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Month(s) you would like your ad to run (\$25 per month)

- February 2026
- March 2026
- April 2026

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

- Yes
- No

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



# It's Back! Join Us on Super Bowl Sunday



Restaurant & Bar

## *Fun Run and Brunch*

February 8, 2026 • 11:00am-2:00pm • \$30  
All Running Clubs are Welcome!

5K, 10K and Half Marathon Options (or run your own distance!)

Start runs at your preferred time – 9:00am, 9:45am or 10:00am

We are accepting pay ahead through Venmo at the uticaroadrunners-inc handle as well as check or cash day of.

[RSVP here](#)

*Sign up by February 2*



# Join Us for a Run!

## 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!!!)*

## SAVE THE DATE!

### ANNUAL RACE DIRECTOR MEETING

**January 27  
Boilermaker  
Headquarters  
6:00-8:00pm**

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.

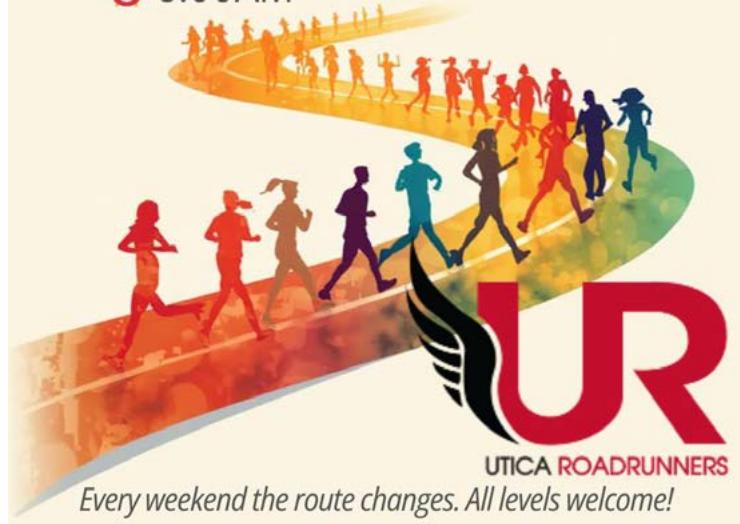
### Saturday Mornings, 8:00am

[Email Erik Winberg](#) or check in with the [URR Boilermaker Training Program Facebook group](#) for current information.

## Join the Saturday Group Run!

📍 Behind Forte Fitness  
50 Genesee St, New Hartford

🕒 8:00AM



### Wednesday Nights, 6:00pm

Sneaker Store, 24 Genesee St, New Hartford

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!

# Need a great New Year's resolution? *Join the Travel Running 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**