

splitimes

The Official Newsletter of the Utica Roadrunners

February 2026



Meet the Board of Directors!

Learn more about the leadership of UR
(including their day jobs and running history!),
what their UR board responsibilities are and
get some great advice for a GREAT year of running!

Starting on page 10

In this issue:

President's Message	3
Last call for Delta Lake Fun Run and Brunch	4
Dev Run T-Shirt Design Contest	5
Captain a race or lead a run	5
Suggest a run for discounts	5
Call for Member Spotlights	6
Join the Club!	7
Social and Group Run Events	23
UR Travel Team	24
Member Benefits	25
Advertise in Splitimes	26

UR Annual Awards Banquet

Also on February 28

Page 6

UR 4-Race Challenge

Sign up by March 1st

Page 8

Boilermaker Training Program

Starts February 28

Page 9

February

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 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



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

**“We are designed to run,
and we increase our
chance of daily happiness
when we do so.” – JEFF GALLOWAY**



How often do you regret going for a training run? Chances are you feel better when you finished compared to when you start. Be like Galloway and increase your chances of happiness –and one of the BEST ways to do that is to join the **Boilermaker Training Program** which starts February 28th at FORTE Strength and Fitness on Genesee Street in New Hartford. BTP is tried and true to get you to the finish line of the Boilermaker 15k and 5k. This is one of the most supportive and welcoming running groups you will find in our area. [Stay connected and register here.](#) BTP will be led this year by Erik Winberg, Peter Angelini, and Amanda Hartnett.

Later on Saturday February 28th is the **UR Banquet** located at 7 Hamlets Brewery on February 28th from 5:00-9:00pm. If you have never been to a banquet before, you are in for a treat. It is a time to celebrate accomplishments and kick off the race season. This year's location will not disappoint as the Club has enjoyed many happy hours at the Brewery in the past. [Sign up here.](#)

Next up... the **Delta Lake Inn Brunch Run** on February 8th! Meet at the Delta Lake Inn starting at 8:30am for the runs. Comeback, dry off and sit and socialize with all the winter runners and cheering crowds! Brunch will be served buffet style at 11:00 am \$30 adult, \$15 kid. Contact Tommy Carlson at carlson.thomas22@gmail.com for any questions and [sign up here](#). Thank you to Tommy and Don Lynskey for organizing!

There is still time to sign up for the best deal in racing with the **UR Four Race Challenge!** Not only do you get a discount on all our four core races, you get all the swag, and a limited-edition t-shirt with registration. You can also add on the special running backpack for an additional cost. This is the best way to check out all Utica Roadrunner's races. [Sign up before March 1st.](#)

Lastly, the **Annual Race Directors Meeting** was a success. Club members were able to meet race directors and race supporters like Leone Timing and USA Racing that keep the Mohawk Valley Running. We were introduced to new races and events involving trail running and overall fitness. Check out the [events calendar](#) to see what is in store for 2026. Thank you to everyone who attended.

Remember to post and tag UR on social media, and email me to share photos, stories, and things that keep you going during the year. 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

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.

SIGN UP NOW

Sign up by February 2



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. 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).



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

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!

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 March 2



CALL FOR 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 stories in 2026 to inspire others and get to know our members better!

EMAIL US!

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

Join the Club! Tell a Friend!



Have your best running year with the benefits of being a Roadrunner!

Individual, Couple and Family Levels • One Year and Two Year Membership Options

JOIN OR RENEW YOUR MEMBERSHIP

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.



Your Favorite Challenge is BACK!

**FOUR
RACES**

**ONE
PRICE**



get the 2026 tee...

4/18

6/21

9/27

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!

\$145 enters you into ALL FOUR UR races for 2026

Get a short sleeve performance shirt. Upgrade to get an all new backpack!
Also get ALL the SWAG from each event – medals, shirts, and other giveaways!

SIGN UP NOW

Sign ups close on March 1st



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 28th 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.](#)

Meet the Board of Directors!



The leadership at the helm of our Club are professionals who are passionate about running and the importance of building community around it. Find out more about our amazing board members on the following pages!

Board Member Spotlight

Melissa Barlett



City/town you live in? Utica

What is your day job?

Professor of microbiology at MVCC

Board position details

VP of Administration and Finance and Save Our Switchback Race Director - I like logistics and spreadsheets.

What was your motivation to join the board?

When I'm invested in something, I tend to move toward making sure things get done, and this was one way to do that!

Share your personal running history!

I'm a later start runner, did my first 5K when I was 28, and after my second 5K which was in Disney World, my friend suggested we run the Princess Half Marathon, so we did! Since then, I've somehow turned into the person who responds to ideas that sound awful, like running up super big hills, with "Sure, I'm in!" I'm not the fastest person out there, but like Captain America, "I can do this all day," - at least while I'm doing my Galloway intervals and walking every 60 seconds. I've now run 45 half marathons, 10 Boilermakers and more - and although I may never stand on a podium, I plan to run (slowly) until I'm 100.

What is the most memorable run/race you have done and why?

In 2022 I ran the Walt Disney World Dopey challenge, which is the 5K, 10K, half-marathon, and marathon on successive days. It was really tough, but super fun, and I got six really nice shiny medals!

What about the Club are you looking forward to most this year?

This year we are running a contest to design the Development Run t-shirt, and I'm super excited to see what kind of awesome talent we have out there and what amazing design we end up with!

Tell us about any hobbies or interests you have outside of running!

I'm a hard core nerd. I love board games, video games, RPGs, Marvel, Sci-Fi, anime, puzzles, and more. I'm a singer and I'm out to karaoke weekly.

Any advice for runners (new or seasoned!) for this upcoming year?

Even a bad run is better than no run - and a bad run with friends tends to make it a great run!

Board Member Spotlight

Linley Bingham

**City/town you live in?**

Utica

What is your day job?

Community Habilitation Specialist; I support a young adult with autism

Board position details:

Co-directing Save Our Switchbacks

What was your motivation to join the board?

To give back to a community that helped me reignite my passion for running.

Share your personal running history

I began running in 2015. After running my first half marathon, I continued training to run my first full marathon. Following the Vermont City Marathon, I ran multiple more marathons and 50ks. This year, after a six year hiatus, I signed up for the Boilermaker and then the Wineglass Marathon. Getting back into running has been extremely beneficial for my physical and mental health, as well as giving me the opportunity to meet new people.

What is the most memorable run/race you have done and why?

Antelope Canyon 55k - the terrain and weather is alien versus the east coast.

What about the Club are you looking forward to most this year?

The development runs! They are amazing training for the Boilermaker.

Tell us about any hobbies or interests you have outside of running!

Traveling; especially overseas!

Any advice for runners (new or seasoned!) for this upcoming year?

Run with others without headphones. I learned this at one of my first UR runs. At first I would get winded trying to run and converse, even at a slower pace. But then I became a better runner on race day because most of my training runs were spent talking.

Board Member Spotlight

Tommy Carlson

**City/town you live in?**

Canastota

What is your day job?

New York Air National Guard

Board position details

Coordinate the Delta Lake Inn Brunch Run event

What was your motivation to join the board?

Running and loved being involved with many runs in previous years. The growth of this group has also impressed me. Being part of the back side is fun.

Share your personal running history

Growing up, running never crossed my mind. Sports like baseball and swimming defined me instead. When I enlisted in the Air Force, I was pushed into running for basic training, having only raced a handful of times before. What began as a requirement quickly became a challenge I embraced.

Without access to a pool, running became my outlet. What started with a friend turned into a passion for exploring the streets of New York, one run at a time. Running may still come second to swimming, but it's where I lose myself, test my limits, and keep moving forward.

What is the most memorable run/race you have done and why?

Five After Five during Covid. I tested out my limits trying to get five miles for all 15 days. Though it was solo, it was a fun event keeping up with everyone participating and I got to feel out the Utica Roadrunners group.

What about the Club are you looking forward to most this year?

All four of the races! Being there, seeing the growth, having fun at all of them!

Tell us about any hobbies or interests you have outside of running!

Baseball (Yankees), football (Bills), family, riding motorcycle and being outside.

Any advice for runners (new or seasoned!) for this upcoming year?

Get involved with running groups. They will keep you motivated and keep you closer to your goal!

Board Member Spotlight

Andrew Hartnett

**City/town you live in?**

Sauquoit

What is your day job?

I work in IT and am a Software Architect. I design software systems as well as program them. Very nerd stuff!

Board position details

I do the social media Instagram/Facebook and website. I also captain several races throughout the year and try to get race discounts for our members.

What was your motivation to join the board?

They were looking for website help and it was a natural fit for me.

Share your personal running history:

I never ran in high school on any team. I found running on my own. I wanted to get in better shape and saw the Boilermaker as a great way to push myself. After that, I remained consistent by running several local races throughout the years. Since joining the club/board I have been getting over 1,000 miles a year. I would have never pictured myself able to do it without support from friends/club members.

What is the most memorable run/race you have done and why?

I really like Race The Lake in Cooperstown. It was my first marathon.

What about the Club are you looking forward to most this year?

Continuing with the Travel Team and building that up.

Tell us about any hobbies or interests you have outside of running!

Doing work on my historic house, when I am not too tired from running.

Any advice for runners (new or seasoned!) for this upcoming year?

If you are new, come run with us. We have a great group of people at all different levels.

Board Member Spotlight

James Kuny

**City/town you live in?**

New Hartford

What is your day job?

Software Developer

Board position details

Treasurer

What was your motivation to join the board?

Be more social and give back to the club.

Share your personal running history:

Started running after college as something to do when living in Oneonta and didn't know anyone. My favorite distance is the half marathon - it's the right balance of distance and not feeling dead at the end. Recently I did my first full marathon and will continue to do them.

What is the most memorable run/race you have done and why?

First half marathon was the Asbury Park Half. I was super nervous but it was a completely flat course along the boardwalk and being from New Jersey, it was nice to be back in the state.

What about the Club are you looking forward to most this year?

Falling Leaves 14k is my favorite local race ,so certainly that!

Tell us about any hobbies or interests you have outside of running!

Video games and cats!

Any advice for runners (new or seasoned!) for this upcoming year?

Keep at it. Even if you feel like you're behind, you're doing more than most.

Board Member Spotlight

Rebecca LaPorte

**City/town you live in?**

Whitesboro

What is your day job?

I work as a supervising nurse for Madison County Health Department overseeing staff that run our many community health programs.

Board position details

Secretary, Membership Coordinator, Volunteer Coordinator, Co-Race Director of the Run 2 End Hunger

What was your motivation to join the board?

More involvement in the club that I've been part of since the 8th grade (2008)!

Share your personal running history:

I was drafted into running when I didn't make the school tennis team. The coach was Linda Turner who was very active in the Roadrunners at the time. I quickly became part of the Club - participating in runs and volunteering at the Wednesday Development Runs. I continued running through high school, college and beyond!

What is the most memorable run/race you have done and why?

The Boilermaker was my first big race. It was such a memorable experience for me and made me love our local running community that much more.

What about the Club are you looking forward to most this year?

I look forward to running more miles with new friends and old!

Tell us about any hobbies or interests you have outside of running!

Hiking (Adirondack 46er since 2021) and downhill skiing.

Any advice for runners (new or seasoned!) for this upcoming year?

Be kind to yourself and your body :) It's easy to put a lot of pressure on yourself and compare your self to others. Enjoy the little things and be kind.

Board Member Spotlight

PJ Marraffa

**City/town you live in?**

Westmoreland

What is your day job?

I am an accountant, working in government supporting financial statement audits.

Board position details

CNY Running Clubs Cup Co-Captain

What was your motivation to join the board?

Being new-ish to running and new to the Club, I saw it as an opportunity to bring in fresh ideas and a new perspective.

Share your personal running history:

I started running consistently two years ago as a way to stay healthy and active as I entered my third decade of life. What started out as something I "should do" became something that I enjoyed doing and most importantly, look forward to doing. Running allowed me to stay physically fit but also mentally. I find that when I am running alone, the same routes day after day, that I am able to find peace and stillness in my life unlike anything I have experienced before.

What is the most memorable run/race you have done and why?

The Old Forge Half Marathon. Most memorable because it was my first half marathon and I just really enjoyed the terrain and scenery.

What about the Club are you looking forward to most this year?

Taking a more active role as a new board member, learning how the Club operates and hopefully making some meaningful contributions to continue its success.

Tell us about any hobbies or interests you have outside of running!

Outside of running I enjoy reading, doing just about anything outdoors, mowing the lawn and just putting around the house.

Any advice for runners (new or seasoned!) for this upcoming year?

To quote Andy Glaze - "Smile, or you're doing it wrong."

Board Member Spotlight

Donna Morreall

**City/town you live in?**

New Hartford

What is your day job?

Occupational therapist. I currently work at a nursing home.

Board position details

Member of the Board Of Directors

What was your motivation to join the board?

I appreciate the support that I have received from the club over the years. I thought it was time for me to become more involved and continue with the Utica Roadrunners' tradition of supporting runners of all abilities through their running journeys.

Share your personal running history

In 2014, I began running to train for the Boilermaker 15K and have been a back of the pack runner ever since. Besides running the Boilermaker, I have completed 16 half marathons and 4 ten miles races. I was excited to receive the "Most Improved Female Roadrunner" award for 2024.

What is the most memorable run/race you have done and why?

My most memorable race was the 2014 Boilermaker, mainly because it was the race that started my running journey. I had a lot of fun that day and was amazed at how many spectators there were cheering for the runners.

What about the Club are you looking forward to most this year?

I am looking forward to the Boilermaker Training Program. It has always been my favorite part of the Utica Roadrunners. This year, I am volunteering as a pacer.

Tell us about any hobbies or interests you have outside of running!

Spending time in the Adirondacks. I have also always loved going to the movies and musicals.

Any advice for runners (new or seasoned!) for this upcoming year?

All running experiences and workouts, good or bad, are making you a better runner.

Board Member Spotlight

Andrew Rubino



City/town you live in? Utica

What is your day job?

By day I am a school psychologist for OHM BOCES, contracted through Waterville School District. I work to support students who are 5-22 years old overcome obstacles impacting their ability to learn and thrive in school. I conduct evaluations to promote academic, social, and emotional success, consult with and assist teachers, administrators, and families to understand the child's learning needs, and intervene to address learning/behavioral issues.

Board position details

Board President, Falling Leaves Race Director and Blood Drive Committee

What was your motivation to join the board?

I believe that running brings people together in ways that go beyond just lacing up your shoes and logging miles. I joined the board to develop and promote events through our Club to support member's personal running goals, the Mohawk Valley community, and local organizations.

Share your personal running history

I never ran on a team in high school or in college. I was actually an uncoordinated theater nerd who consumed too much media! I started running for a variety of reasons --- to connect with my sister who was a runner in middle school through competing at Hamilton College, to become more fit physically and mentally, and because I watched the Rocky movies too many times. I was drawn to the running community

through the Development Runs, Boilermaker Training Program, and of course running the Boilermaker almost every year since I moved to Utica almost 20 years ago. After running a race or putting on an event, I feel accomplished, satisfied, and in awe of how running brings so many people together.

What is the most memorable run/race you have done and why?

Rock The Ridge 50 Miler to benefit the Mohonk Preserve - my longest distance to date. Training and racing with my team was a second to none experience. I'll always remember climbing to the top of the tower, which was off course, and taking in the view among the clouds.

What about the Club are you looking forward to most this year?

Seeing the Club grow and continuing to bring the awesome to the Mohawk Valley community.

Tell us about any hobbies or interests you have outside of running!

Going to concerts and listening to music, travel, hiking, exploring new places, learning mandolin and drawing. I love going on adventures with the dogs or just relaxing with them on the couch. I am a huge pop culture nerd with a specialty in comic books, television, and science facts.

Any advice for runners (new or seasoned!) for this upcoming year?

Join a running club, go to group runs and training runs, get involved.

Board Member Spotlight

Phil Trzcinski



Photo credit: Bleedin Iris Photography

City/town you live in?

Utica

What is your day job?

Deputy Fire Chief, Utica Fire Department

Board position details

Equipment Manager

What was your motivation to join the board?

Improve the clubs resources

What is the most memorable run/race you have done and why?

Tunnel to Towers NYC in 2018. My first foundation event and it was what got me involved with the foundation.

Any advice for runners (new or seasoned!) for this upcoming year?

Train hard!

Board Member Spotlight

Frank Vellone

**City/town you live in?**

Holland Patent

What is your day job?

I teach full-time at Mohawk Valley Community College. The classes I teach are in the Electrical Engineering Technology program in the School of STEM.

Board position details

Merchandise for the Club

What was your motivation to join the board?

I wanted to give back to the Club and also take on a new challenge.

Share your personal running history:

I first started running in college, initially as a way to stay in shape, but I quickly came to appreciate the time it gave me to clear my head and gather my thoughts. Over the years, I've participated in many local races, sometimes averaging ten or more per year. I also try to run as many Development Runs as possible throughout the season, as they are a great way to stay in shape for races.

What is the most memorable run/race you have done and why?

Falling Leaves always is memorable to me, especially the section through the Switchbacks. That stretch stands out to me for its scenery and the challenge it brings late in the run. This past year, I also ran the Peak to Brew Relay, which started at Gore Mountain and finished at the brewery. That race was especially memorable because of the unique challenges it presented—running twice in one day—and the strong sense of camaraderie within our group.

What about the Club are you looking forward to most this year?

Working to help promote merchandise and volunteering at more races and events.

Tell us about any hobbies or interests you have outside of running!

I enjoy taking my road bike out on long rides, and during the summer you can usually find me somewhere on the road or out on the trail. In the winter, I spend much of my time skiing—primarily alpine, but also Nordic. This is also my 18th year working as ski instructor at McCauley Mountain. When I'm not riding or skiing, I stay busy in my woodworking shop or working on my house.

Any advice for runners (new or seasoned!) for this upcoming year?

Get out and run, even if it's just for a short run.

Board Member Spotlight

Erik Winberg

**City/town you live in?**

New York Mills

What is your day job?

Sports & Orthopedic Physical Therapist, Strength & Conditioning Coach, Business Owner.

Board position details

Vice President of Events & Activities, Boilermaker Training Program

What was your motivation to join the board?

To give back to our running community as much as possible.

Share your personal running history:

I competed in high school and college XC & TF. During track and field I ran the 800/mile mostly. While running XC in college, I ran the 8k. I started my running journey at 12 years old doing a Turkey Trot in Rome. Running keeps me grounded no matter where I am – it is part of my identity.

What is the most memorable run/race you have done and why?

2016 D3 northeast regional XC meet. I had a huge PR that day!

What about the Club are you looking forward to most this year?

Boilermaker

Tell us about any hobbies or interests you have outside of running!

Skiing and sailing.

Any advice for runners (new or seasoned!) for this upcoming year?

Run a little bit shorter, a little bit slower, but more often.

Social and Group Events

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



Club Happy Hours

*There will be no event for
February, but keep an eye out
for future dates and locations
for Happy Hour social events.
It's a great way to casually mingle
with other members and to
patronize some great local
restaurants and bars!*

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

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!

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 race

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)

Splitimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

Please email Splitimes editor Michelle Truett 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)

☐ March 2026

☐ April 2026

☐ May 2026

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

☐ Yes ☐ No

Total included: \$ _____