

March 2026

splitimes

The Official Newsletter of the Utica Roadrunners



2025 AWARDS!

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March

2026

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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](#)

A big thank you goes to...

Utica Roadrunners Sponsors

Utica First
USA Racing
Saranac
The Sneaker Store
Cliff's Markets

Banquet Sponsors

FX Matt Brewery
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In Bloom Yoga
The Roman Runners
The Kuyahooraa Kickers

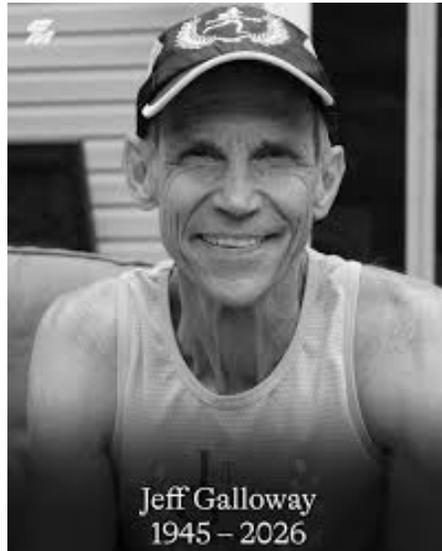


President's Message by Andrew Rubino

Read Galloway's article on Happiness and Running on page 12

“ Everyone has stress. A good run may not erase it, but it can reduce the effect and allow runners to gain control.”

– JEFF GALLOWAY • 7/12/1945 – 2/26/2026



I was deeply saddened to learn about the recent passing of one of my running heroes, Jeff Galloway. His philosophy motivates me and so many others to get out there. He teaches us that running brings us peace of mind and allows us to be successful at something. Running reminds us that we are but one person moving through this world and we are able to choose our own path. Galloway believed anyone can run a marathon and much like the Utica Roadrunners, there is a place for any pace.

The February bone chilling cold did not slow down the Club. Saturday group runs went strong and officially transitioned to the **Boilermaker Training Program** at the end of the month. [Sign up here](#) to get all the updates on weekly mileage, training tips, and the group runs. It's FREE for club members! Thank you to Erik Winberg and the team for kicking off another great season! On Super Bowl

Sunday, many braved the frigid temperatures and joined the fun with the **Delta Lake Brunch Run**. Runners chose their own distance and met up after for the delicious brunch at the Delta Lake Inn. Special thank you to Tommy Carlson and Don Lynskey for organizing. February was capped off with the annual **Banquet and Awards Ceremony** at 7 Hamlets Brewing Company. The room was comfortably packed, stories of running living club legend Paul Ohlbaum, and good times were had. I cannot thank Melissa Barlett, Jennifer Stefka, and Ashley Mancini enough for all their hard work coordinating and planning for the past several years!

Utica Roadrunners' first official race is the **Save Our Switchbacks** on Saturday, April 18th, 2026. Melissa Barlett returns as the race director of "Half a Boilermaker" run straight up hill with an extremely fast finish through the Utica Zoo and ending at the Parkway Rec Center. The SOS can be a humbling reminder to keep training over the winter, run/walk hills, and to gain focus and motivation for the season. If you aren't already signed up for the Four Race Challenge, [you can sign up for the SOS here:](#)

Spring brings back our friendly competitions of the **Grand Prix** and **Club Cup**. The Grand Prix is an age-group competition between Utica Road Runner members that is led by Gary LaShure. Challenge yourself and push your fellow members to focus on growth, enjoyment, and mutual improvement rather than just winning. You must be a member by March 12th to be eligible. The **Club Cup** is a challenge between the local running clubs to gain bragging rights for a year. The team earns points on an age-graded basis so anyone could find themselves contributing to the club's success in any given race. Cup participants are also eligible to win a Cliff's Gift Card! The Cup is organized by PJ Marraffa and Mary Ann Lasher. [Find more information here.](#)



President's Message (cont.)

If you are looking for more competition and comradery, join the UR Travel Team and explore more races beyond the Mohawk Valley. Benefits of the Travel Team are discounts on the races, coordination for carpooling, and merriment after. Contact Andrew Hartnett at ahartnet25@gmail.com and [check out the page](#) to stay updated. Race not listen, let us know what you'd like to run!

A few general reminders. The Club once again is looking for student athletes to be considered as **Scholarship candidates**. Recipients receive \$500 and are recognized for academic achievements, athletic prowess, as well as determination and personal growth. Lastly, the **Wednesday Night Development Runs** is looking for your help to design the shirt for this year! T-shirts are awarded to Club members who consistently show up most of the Wednesdays. The Development Runs begin May 6th.

Remember to share social media, post and tag UR, or email me to share photos, stories, and things that keep you going. Drop me and the Club a message on races you are running and other goals you have for 2026.

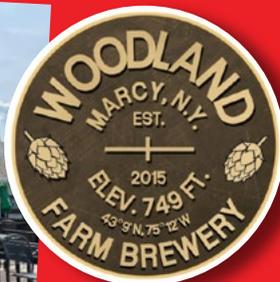
Enjoy the Journey!
Andrew
rubino.uticaroadrunners@gmail.com



Club Social Happy Hour Friday, March 20 • 6:00pm

Woodland Brewing Company
6002 Trenton Road in Utica

*Kitchen is open until 8:30.
First 20 members get a beer token!
Bring your favorite card game like
Uno, Cards Against Humanity, etc.*



Run2End Hunger Donation Made to Compassion Coalition



Our annual Thanksgiving Day event supports local non-profits, with 100% of proceeds going directly to a community-selected organization. 2025's recipient was Compassion Coalition in Utica.

[Learn more about them here](#)

2026 BOILERMAKER TRAINING PROGRAM



Saturday Mornings at 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.](#)

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

Our First Race of the Season

THE TED PETRILLO

SAVE OUR SWITCH BACKS

7.5K

**Sunday
April 18
9:00am**

**Kids Fun Run
at 8:30am**

This is a 7.5K (4.66 mi) road race and the long standing Utica Roadrunners kick-off event for the race season.

This year we are pleased to be partnering with the Utica Zoo again to end our course through zoo property and will have the ½ mile kids fun run!

Help support the South Woods Trails Project while running "Half a Boilermaker"

SIGN UP TODAY

UR
UTICA ROADRUNNERS
grand prix

A Great Annual Event!

Fun Run and Brunch



Restaurant & Bar



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 to docbartlett@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).



2025 UR Scholarships



GET THE APPLICATION

Each year, we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student-athletes in our community.

We are pleased to announce that this tradition will continue in 2026 with the Paul Ohlbaum and Howard Rubin Scholarships for outstanding male and female applicants.

Minimum qualifications the Scholarship Board will consider include:

- Running achievements
- Academic achievements
- Extracurricular activities

The \$500 scholarships are a one-time award to be used for tuition, fees, or residential costs at an accredited college or university. Runners who have received a full ride scholarship are not eligible for this scholarship.

This Year's Races



March 14	Mad Mile	1 mile	Utica
April 12	Fort to Fort	10K	Rome
April 18	Save Our Switchbacks	7.5K	Utica
May 17	Erie Canal Races	10 Mile	Marcy
June 14	Patriot Run	5K	Rome
June 21	Summer Sizzle	5 Mile	Utica
July 12	Boilermaker	15K	Utica
July 19	Sundae Run	5K	Richfield Springs
August 21	Woodsmens Field Days	10K	Boonville
August 16	Tunnel to Towers	5K	Utica
Sept. 27	Falling Leaves	14K	Utica
Oct. 11	Sitrin Riggie Run	5K	SUNY Poly
Oct. 18	Skeleton Run	5K	Deerfield

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!

6 CLUBS

Roman Runners
 Kuyahoorra Kickers
 Mohawk Valley Hill Striders
 Route 20 Roadies
 Toe Path Trekkers
 Utica Roadrunners



HELP BRING THE CUP BACK TO UR!



6 RACES

4/12 - Fort to Fort
 5/9 - Towpath Trail
 6/14 - Patriot Run
 7/19 - Sundae Run
 8/21 - Woodmen's
 9/27 - Falling Leaves

A WAY FOR THE CNY RUNNING CLUBS TO MEET AT DESIGNATED RACES FOR FRIENDLY TEAM COMPETITION AND SOCIAL INTERACTION!

SCORES ARE DETERMINED USING AN ONLINE TOOL BASED ON GENDER, AGE, DISTANCE AND TIME. THAT DATA IS CALCULATED INTO A PERCENTAGE. EACH CLUB SUBMITS THEIR TOP FIVE SCORES.

Gender	#	Age	Fort to Fort	Fort to Fort Time	Fort to Fort Score
Female	71		10k	1:01:40	69.26%
Female	25		10k	47:41	60.33%
Male	65		10k	58:02	58.62%
Female	32		5k	27:12	50.54%
Male	29		10k	52:16	50.51%
Female	43		5k	32:42	44.98%
Male	54		5k	39:40	37.27%

SIX POINTS ARE AWARDED TO THE CLUB WITH THE HIGHEST SCORE, FIVE POINTS TO SECOND PLACE, AND SO ON. TEAM POINTS WILL BE TOTALED AFTER THE SIXTH RACE AND A WINNER WILL BE DETERMINED.



Cliff's Gift Card Giveaway!
 Two winners each race; top performer and random selection!

Help return The Cup to UR this year - don't forget to sign in at the race board!

QUESTIONS? Contact your UR Club Cup Captains
 Mary Ann Lasher at maryannlasher@yahoo.com or PJ Marraffa at pmarraff@gmail.com

Happiness and Running

Original article on: www.jeffgalloway.com



My prime goal for 2009 is to maximize the happiness that I feel during or after a run. For years, I couldn't figure out why I felt great on a run one day and terrible the next. I now believe that most of the enjoyment comes from pacing the run gently enough—for the conditions. Even on the tough workout days, as a teenager, I always felt better after the run. Now I know that the “endorphin glow” at the end, can be enjoyed during the run—if there are enough walk breaks, taken frequently enough.

These hormones are designed to kill pain. When you start running your body intuitively knows that there will be some pain, and starts producing endorphins. If you run continuously, you'll use them up for pain killing. Each time you take an appropriate walk break, the endorphins collect and give you a psychological boost with relaxation—usually felt afterward. Running too hard, for that day, usually leads to a reduction in the overall feeling of well being. With the right balance, you can experience improved attitude, and enhanced vitality throughout the run.

Research studies have documented that runners tend to be happier. Other studies show that runners have among the highest levels of the positive attitude markers and among the lowest on the depressive scale.

To maximize the chance of a “happy run”, here are my suggestions:

- 1. Start very slowly—no huffing and puffing.** Walk for 3-5 minutes, then gradually introduce the body to running over the next 10 minutes. If you will be (running 3 min/ walking 1 min) later, during the first 10 running minutes, use 1-1 or 20 sec running/40 sec walking.
- 2. Insert walk breaks early and often.** Continue to take walk breaks so that you don't huff and puff or experience dead legs. Remember that during the walk breaks, the endorphins collect and inject good feelings.
- 3. Don't get locked into a set pace or ratio.** When you are in control over your good feelings, there's a sense of personal empowerment that increases the satisfaction from the run. This means that a 4-1 person may need to downshift to 3-1, 2-1 or 1-1 to bring back the joy.

When the pace is right, your creative/intuitive “right brain” can bestow a sense of freedom that is unsurpassed, according to thousands who have reported in. A very simple sensation of inner peace settles in when you have not exceeded your speed limit. This often leads to an hour of right brain images, inspirations, creative ideas, solutions to problems, and access to seldom visited areas of our psyche that make the rest of the day... a very good experience.

Upcoming Race



**Saturday,
March 14th**

9:45am
Gather for the start on
Clinton Place at Genesee St.

MAD MILE

UTICA, NY

The Sneaker Store's Jessica Cooper St. Patrick's Day Mad Mile is the best way to kick off a great St. Patrick's Day! Bring your family, friends, and your best Irish outfit, and get ready to dash down Genesee Street just ahead of the Utica St. Patrick's Day Parade. With a built-in cheering crowd, this one-mile course with elevation drop will get you revved up to enjoy the day's festivities.

SIGN UP TODAY

Presenting Sponsor:



Supporting Sponsors:



Upcoming Race

TWO charity bibs for the **NYC Marathon** for first place overall male and female runners and **TEN** charity bibs available for this year's **Boilermaker**.
[Learn more on our Facebook page.](#)



Graham Robertello was born with recessive dystrophic Epidermolysis Bullosa (EB) - A life threatening rare genetic disorder that affects the body's largest organ: the skin.

Individuals with EB lack critical proteins that bind the skin's layers together. Without these proteins, the skin tears apart, blisters, and shears off, leading to severe pain, disfigurement, and internal and external wounds that may never heal.



*Today, there is no cure for EB.
We are going to change that!!*



Join us for the 5th annual
Grateful for Graham 5k Run / Walk

A Utica Roadrunners Event

All money raised will go directly to the
EB Research Partnership to fund research!



When: Saturday May 2, 2026 @ 9 am

Where: Rt 840 Trail, New Hartford, NY

(trailhead by BOCES on Middle Settlement Rd)

Registration Fee: \$35 per person

To Register: Scan the QR code (RunSignup)



Grateful for Graham 5k Run and Walk



2025 Awards

2025 Run Mileage Chevrons

1,000 Miles

Lisa Badolato
Travis Belanger
Mary Kay Bennett
Gary Burak
Jessica Cooley
Eric Kasper
Mary Ann Lasher
James Kuny
Anne Marie Latshaw
Donna Morreall
Michelle Rosinski
Sharon Stedman
Alison Shanley

1,100 Miles

Mason Hedeem
Carl Lee
Susan Luley

1,200 Miles

Tom Joslin
James Latshaw
Cassandra Thibault

1,300 Miles

Chris Edick
Ryan Maine

1,400 Miles

Andrew Hartnett
Ted Lenio

1,600 Miles

Brooke Fitzgerald
Travis Olivera

1,800 Miles

Debra Pasch

2,000 Miles

Dan Stedman

2025 Walk Mileage Chevrons

1,100 Miles

Sharon Stedman

1,200 Miles

Felicia Burak
Dan Stedman

New 1,000 Mile Club Jackets



Lisa Badolato



Mary Ann Lasher



Eric Kasper



Alison Shanley

Not pictured: Mason Hedeem

2025 Awards

Roadrunner of the Year

Awarded to the Utica Roadrunner who has the most outstanding season of running in road races, on the basis of finishing using times and awards.

Open: Amanda Hartnett
Grandmaster: Lisa Badolato

Open: Colt Brumm
Grandmaster: Paul Humphrey



Open

2024 – Brooke Fitzgerald
2023 – Jessica Cooley
2022 – Kathy Garbooshain
2021 – Dani Bliss
2019 – Sue Luley
2018 – Jen Bachelder
2017 – Laurie Hennessey

Grandmaster

2024 – Mary Ann Lasher
2023 – Laura George
2022 – Lorrie Tibbits
2021 – Sue Luley

Open

2024 – James Kuny
2023 – Gregg Chrysler
2022 – Eric Kasper
2021 – Chris Edick
2019 – Dave Putney
2018 – Dan Stedman
2017 – Bill Callahan

Grandmaster

2024 – Eric Kasper
2023 – Jeff George
2022 – Steve Tibbits
2021 – Dave Putney

Most Improved Runners

Awarded to the female and male Utica Roadrunner who has had the greatest improvement in times from the previous year(s) for a number of races over a variety of distances.

Michelle Rosinski

Ernie Marcello



Female

2024 – Donna Morreall
2023 – Ashley Mancini
2022 – Grace Saxe
2021 – Laura George
2019 – Cheryl Burmaster

Male

2024 – Gene Allen
2023 – Dave Saxe
2022 – Travis Olivera
2021 – Travis Belanger
2019 – Mike Winkler

2025 Awards

Hall of Fame Award

Awarded to an individual who has excelled for many years in the sport of running and has distinguished himself/herself through racing achievements and/or support of the running community.



- 2024 - Gary LaShure
- 2023 - Bill Luley
- 2022 - Dave Putney
- 2021 - Paul Ohlbaum
- 2020 - Dave Jones
- 2019 - Gary Burak
- 2018 - Bill Callahan
- 2017 - Jim Mott
- 2016 - Susan Luley
- 2014 - Dennis Johnson
- 2013 - Linda Turner
- 2012 - Dan Cohen
- 2011 - Paul Humphrey
- 2010 - Jason Pare
- 2009 - Ted Petrillo
- 2008 - Paul Humphrey
- 2007 - Jim Fiore

Distinguished Roadrunner Supporter Award

Awarded in appreciation and recognition of a corporation, group or individual whose support has made a significant contribution to Utica-area running.
(This award is typically given to non-club members)



WE KEEP YOU GOING.

- 2024 - Bank of Utica
- 2023 - USA Racing
- 2022 - Accelerate Sports Complex
- 2021 - FX Matt Brewery
- 2020 - Utica First
- 2019 - The Sneaker Store
- 2018 - The Boilermaker
- 2017 - McDonalds
- 2016 - Utica Fire Dept

- 2015 - City of Utica
- 2014 - The Sneaker Store
- 2013 - Utica Police Department
- 2012 - The Masonic Care Community
- 2011 - Mike Evke-Eversan
- 2010 - Chobani Yogurt
- 2009 - The Fitness Mill
- 2008 - NY Beef Council
- 2007 - The Sneaker Store

Golden Shoe Awards

Lisa Badolato
Melissa Barlett
Travis Belanger
Mary Kay Bennett
Andrew Hartnett
Mason Hedeon

Eric Kasper
Avery Knous
James Kuny
Rebecca LaPorte
Mary Ann Lasher
Carl Lee

Sue Luley
Ashley Mancini
Travis Olivera
Debra Pasch
Michelle Rosinski
Tiffany Rositano

Andrew Rubino
George Searles
Alison Shanley
Michaline Snyder
Jenna Stefka
Kerry Van Vechten

2025 Awards



Andrew Hartnett

Volunteer of the Year Award

Awarded to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.

- | | |
|---------------------------|--------------------------|
| 2024 - Mason Hedeem | 2015 - Mark Arcuri Sr |
| 2023 - Al Massinger | 2014 - Doreen Camerona |
| 2022 - Melissa Barlett | 2013 - William Dunham |
| 2021 - Jennifer Stefka | 2012 - The Arcuri Family |
| 2020 - Alejandro Gonzalez | 2011 - Dawn Ortlieb |
| 2019 - Andrew Rubino | 2010 - Ray Brych |
| 2018 - John Gilligan | 2009 - Mike Brych |
| 2017 - Sharon Scala | 2008 - Jim Stasaitis |
| 2016 - Stephanie Stark | 2007 - Mike Kessler |

Frank D'Allesandro Training Volunteer Award

Awarded to recognize an individual with the most enthusiasm, time and support to new members of the running world.

**Rebecca
LaPorte**

- | | | |
|-----------------------------|---------------------------------------|----------------------------------|
| 2024 - Wendy Bowers | 2018 - Nate Getman /
Abbie Sutliff | 2012 - Jeremy West |
| 2023 - Erik Winberg | 2017 - Harry Campbell | 2011 - Karen Casler / Nick Netti |
| 2022 - Jennifer Stefka | 2016 - Melanie Crisino | 2010 - Doreen Camerona |
| 2021 - Ashley Mancini | 2015 - Melanie Crisino | 2009 - Dawn Ortlieb |
| 2020 - Andrew Rubino | 2014 - Jerry Tylutki | 2008 - Ray Brych |
| 2019 - Cole & Tracy Perkins | | 2007 - Kelly Ann Nugent |



Julie Hall

Ed Bruni, Sr. Inspiration Award

Awarded to the Utica Roadrunner whose upbeat attitude and dedication to using his/her talents has had a positive influence on other runners throughout the year.

- | | |
|---------------------------------------|---------------------------|
| 2024 - Amanda Hartnett | 2014 - Rich D'Accurzio |
| 2023 - Jim Latshaw | 2013 - MaryBeth Erlichman |
| 2022 - Pete Angelini | 2012 - Moe Lalonde |
| 2021 - Jennifer Bachelder | 2011 - Dave Putney |
| 2020 - Harry Campbell & Joe Mashaw | 2010 - Gary Burak |
| 2019 - Sharon Stedman | 2009 - Kathy Fuller |
| 2018 - Melanie Crisino | 2008 - Dave Putney |
| 2017 - Karen Piccola | 2007 - Kelly Ann Nugent |
| 2016 - Michelle Truett & Wayne Murphy | 2006 - Mike Kessler |
| 2015 - Dorothy Massinger & Jim Mott | |

2025 Awards



Jeff George

The Phyllis Spohn-Bates “Grit” Award

Awarded in honor of Phyllis Spohn-Bates to the Utica Roadrunner who embodies all that Phyllis stood for. A love of running, community, our club and has a selfless give-back attitude. This person is a fighter and made of pure grit. This award is given in recognition of the motivation, encouragement and inspiration they have offered to others in the community.

- 2024 - Sandy Arcuri
- 2023 - Jenn Stefka
- 2022 - Pete Angelini
- 2021 - Dorothy Massinger
- 2020 - Missy Scanlon



Melissa Barlett

Robert H. “Coach” Carlson Distinguished Service Award

Established in 1987 in honor of Bob (Coach) Carlson, to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing and running events, social events and helping to run the club.

- | | |
|------------------------|-------------------------|
| 2024 - Travis Olivera | 2015 - Stephanie Stark |
| 2023 - Rebecca LaPorte | 2014 - Mike Brych |
| 2022 - Andrew Rubino | 2013 - Mike Kessler |
| 2021 - Sharon Scala | 2012 - Ted Lenio |
| 2020 - Jim Mott | 2011 - Paula May |
| 2019 - John Gilligan | 2010 - Jim Moragne |
| 2018 - Wayne Murphy | 2009 - Jim Moragne |
| 2017 - Bill Luley | 2008 - Melissa Williams |
| 2016 - Mike Kessler | 2007 - Mike Brych |



Mary Ann Lasher

President’s Award

- | | |
|---|------------------------------------|
| 2024 - Andrew Hartnett | 2012 - Jim Moragne |
| 2023 - Rebecca LaPorte | 2011 - Paul D’Ambrosio |
| 2022 - Don Lynskey & Jenna Stefka | 2010 - Meg Parsons |
| 2021 - Andrew Rubino & Melissa Barlett | 2009 - Mike Brych |
| 2020 - Rebecca Aceto & Jennifer Bachelder | 2008 - Sybil Johnson |
| 2019 - Rick Gloop & Rocco Fernald | 2007 - Mike Kessler & Meg Parsons |
| 2018 - Lisa Walchusky | 2006 - Jim Stasaitis |
| 2014 - Kermit Cadrette | 2005 - Meg Parsons & Sybil Johnson |
| 2013 - Bob Vandenberg | 2004 - Howard Rubin |

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.



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



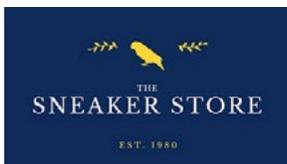
A season-long, age-graded challenge against other CNY running clubs.

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 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)

- April 2026
- May 2026
- June 2026

Would you like to add a UR Facebook post

for just \$15 (per month)?

- Yes No

Total included: \$ _____