

April 2026

# splitimes

The Official Newsletter of the Utica Roadrunners



THE TED PETRILLO  
**SAVE OUR SWITCH BACKS**  
**7.5K**

## This weekend!

Still time to sign up!

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# splitimes

April  
2026  
Utica Roadrunners  
Board of Directors



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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](#)

**UR Members Ran the Syracuse Half!**



**Don't forget to send your race photos in to be included in SpliTimes!**

# “ A lifestyle change begins with a vision and a single step.”

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

**President's  
Message**  
by Andrew  
Rubino



What is your vision? What first step do you have to take toward your goal? Sometimes the first step can be the hardest step. Find your drive to motivate you to take those first few steps. For many, they will be taking their first few steps up the hills of the South Woods Switchbacks for the **Save Our Switchbacks** on Saturday, April 18th for the Utica Roadrunners' first official race of the season. There is still time to challenge yourself with the beautiful course and finish down through the Utica Zoo. [You can sign up here.](#)

**The Boilermaker Training Program** is well under way, but you can still join the fun regardless of where you are at with your training, pacing, or distances you run. BTP is FREE for club members! There are plenty of pace groups to support you in achieving your running mission and helping you continue to take those steps to the finish line. [Sign up](#) to get all the updates on weekly mileage, training tips, and the group runs.

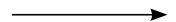
**The 5th Annual Grateful for Graham 5k** is on May 2nd at the Rayhill Trail by OHM BOCES. Graham Robertello is a 6-year-old boy who was born with Epidermolysis Bullosa which is a rare genetic disorder where the body is unable to produce a critical protein that binds the layers of skin together. Over the past 5 years, there are three FDA approved treatments for the effects of EB thanks to support in part from runners like you! [Check out this segment on WKTV](#) to learn more about Graham.

**Wednesday Night Development Runs** begin May 6th at the Parkway Rec Center with registration starting at 5:30pm. If you are part of a business or organization and would like to support these weekly runs, let us know! More information [can be found here.](#)

May also brings everyone's favorite Cinco de Mayo tradition with the **Five After Five Challenge**. The party kicks off on May 6th at the first Development Run with post run nachos! The event has evolved over the years from a virtual endurance challenge to a variety of small challenges each day with group runs and post run celebrations. The official challenge itself begins May 6th and continues for 15 days until May 20th with a different run goal each day. You can pick your bigger goal of:

- Run/Walk 5k or 5 miles every day for all 15 days
- Run/Walk a total of 50k (31 miles) or 50 miles over the 15 day period
- OR be a FIVE after FIVE Badass and Run 5 miles or 5k every 5 hours for 55 hours

Participants are encouraged to share their run with a selfie, pic of the course, and/or a pic of their distance and time for each day.



**The Scholarship Committee** has opened the call for candidates to submit their applications for the UR Scholarship. Five recipients will receive \$500 and are recognized for academic achievements, athletic prowess, as well as determination and personal growth at the Development Run the third week in June.

Lastly, the Utica Roadrunners are partnering with Saranac Brewery for two fun events coming up over the next few weeks. First, check out the **Ploggin' Run** Thursday, April 16th starting at the Saranac Brewery. Plogging is an eco-friendly fitness movement that combines jogging with cleaning up litter. The term originated in Sweden around 2016, which blends the Swedish term "plocka upp" (pick up) with "jogging." There will be a shoe demo with our friends from the Sneaker Store and celebration with food and beverage after. Next up is **Urban Run Utica** on Thursday, May 7th at 6pm. We will meet at Babes on Genesee Street in North Utica for a 4-mile run, pre-run stretch, shoe demo, and post run beer sampling. This is also a group run event that will part of the Five After Five Challenge. Stop by for the run and festivities after!

Remember to share to 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](mailto:rubino.uticaroadrunners@gmail.com)

## 2025 UR Scholarships



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.

**GET THE APPLICATION**

**Deadline to submit: May 31, 2026**



**Club Social  
Happy Hour**  
**Friday, April 24**  
**6:00pm**



***in the Village  
of New Hartford***

# Our First Race of the Season

THE TED PETRILLO

# SAVE OUR SWITCH BACKS

## 7.5K

**Saturday**  
**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

# 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*



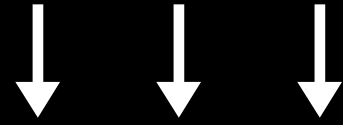


# Standings as of 3/14/26

After the Mad Mile

FEMALE		MALE	
<b>0-14</b>		<b>0-14</b>	
Dylan Joslin	12	Maddox Joslin	12
<b>25-29</b>		Magnus Brumm	10
Michaela Marrero	12	<b>15-19</b>	
Rae Swartz	10	Tyler Quackenbush	12
<b>30-34</b>		Matthew Walden	10
Alison Shanley	12	<b>25-29</b>	
Margot Rankins-Burd	10	Ryan Fitzgerald	12
<b>40-44</b>		<b>30-34</b>	
Ashley Mancini	12	Anthony Sedotto	12
Sarah Gaasch	10	<b>35-39</b>	
Colleen Blush	8	Justin Bogner	12
Melissa Barlett	7	Rane Wadsworth	10
Daisy Marrero	6	<b>40-44</b>	
<b>45-49</b>		Colt Brumm	12
Sue Brumm	12	<b>45-49</b>	
Jennifer Stefka	10	Tom Joslin	12
Michelle Rosinski	8	Ryan Barry	10
Kerry VanVechten	7	Joe Mashaw	8
<b>50-54</b>		Steve Fairbrother	7
Sara Groh	12	<b>55-59</b>	
Donna Morreall	10	Carl Lee	12
Mary Bennett	8	Peter Angelini	10
<b>55-59</b>		<b>60-64</b>	
Mary Ann Lasher	12	Dave Putney	12
Marlene Angelini	10	<b>65-69</b>	
<b>75+</b>		Gary Burak	12
Dorothy Massinger	12	<b>70-74</b>	
		Gene Allen	12

## This Year's Races



- March 14**    *Mad Mile*  
 1 mile    Utica

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- April 12**    *Fort to Fort*  
 10K    Rome

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- April 18**    *Save Our Switchbacks*  
 7.5K    Utica

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- May 17**    *Erie Canal Races*  
 10 Mile    Marcy

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- June 14**    *Patriot Run*  
 5K    Rome

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- June 21**    *Summer Sizzle*  
 5 Mile    Utica

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- July 12**    *Boilermaker*  
 15K    Utica

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- July 19**    *Sundae Run*  
 5K    Richfield Springs

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- August 16**    *Tunnel to Towers*  
 5K    Utica

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- August 21**    *Woodsmens Field Days*  
 10K    Boonville

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- Sept. 27**    *Falling Leaves*  
 14K    Utica

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- Oct. 11**    *Sitrin Riggie Run*  
 5K    SUNY Poly

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- Oct. 18**    *Skeleton Run*  
 5K    Deerfield

STAY UPDATED ON STANDINGS

## Upcoming Event



**WALK IT.  
RUN IT.  
CLEAN IT.  
SIP IT.**

## **PLOGGING EVENT**

**Thursday, April, 16th**

5:00 PM – Doors open

5:30 PM – Sneaker Store Run shoe demo + Pre-Run Stretch

6:00 PM– Group photo + Plogging kickoff

7:00 PM – Return with collected trash

7:00 PM – Celebration with food, beer, and FREE Weekend Warrior

### **WHAT IS PLOGGING?**

It's a movement. A mashup of jogging (or walking!) and picking up litter—born in Sweden, now sweeping the globe. It's good for your body, your mind, and your city. And now it's coming to Utica.



**Don't miss out! Sign up today!**

# Upcoming Challenge and Races

## **US Route 20: The Road Across America**



Rolling hills, spectacular views, working landscapes, tranquil communities, and deep history. That's US Route 20, the longest highway in the United States stretching 3,365 miles coast to coast from Kenmore Square in Boston, Massachusetts to the junction of US 101 in Newport, Oregon. US Route 20 is also New York State's longest highway; 372 miles from the border with Massachusetts to the border of Pennsylvania.

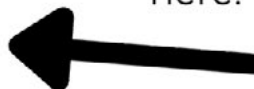
**Get the Rt. 20 Brochure,  
Map and Guide**

## Join the Route 20 Roadies for the

Contact Jean Kosina at [jmkosina@gmail.com](mailto:jmkosina@gmail.com) if you are interested in participating and being eligible for prizes.



Find the Rt. 20 Roadies  
entire race schedule  
here!



Keep in touch with the Rt. 20 Roadies by joining [their Facebook group](#)



# 2026 BOILERMAKER TRAINING PROGRAM

**Saturday Mornings at 7:30am**

**FREE for current Roadrunner members, \$25 for those who are not.**

Sign up and watch your email for details each week.

**YOU CAN STILL JOIN HERE!**

**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.

## 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!

# 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

- ~~Done!~~ 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	Tr	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%

**Next Club Cup race:  
Towpath Trail Run  
in Saint Johnsville**

**SIGN UP**

**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](mailto:maryannlasher@yahoo.com) or PJ Marraffa at [pmarraff@gmail.com](mailto:pmarraff@gmail.com)

# 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.



# Join the Travel Running Team!

## Are you passionate about running and eager to explore new places?

*The UR Travel Running Team is enthusiastic, welcoming and brings runners together to experience the joy of racing outside the 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!

[See 2026's races!](#)



# From the Archives of Jeff Galloway

Original article on: [www.jeffgalloway.com](http://www.jeffgalloway.com)

## Hill Training for Strength and Race Preparation



Even if your next race is on relatively flat terrain, you will encounter a hill at some point. Hill training is the best leg strengthening exercise for any type of running. By doing a regular series of hill workouts you can develop the foot and leg adaptations needed for running various types of hills.

With the added strength from hill training, you can adjust to an efficient stride, run more efficiently, and reduce wear and tear on the muscles at the end of all runs. You'll also improve your hill running technique in races. The hill training workouts are not designed to result in exhaustion. They should gently introduce the feet, legs, and cardiovascular system to uphill and downhill, while improving muscle strength and running efficiency.

### Hill Running Concepts

1. Keep the effort level and breathing rate consistent and conversational as you approach a hill.
2. Touch lightly as you go up the hill. (Many trail runners walk up most or all hills.)
3. If you insert running segments when going uphill, reduce stride length as you run up to maintain resiliency in the leg muscles.
4. Reduce stride to "baby steps" when needed on steep hills or long hills— OR WALK.
5. Monitor effort by breathing rate—try to maintain the same breathing pattern as on the flat.
6. Stay smooth when running up and running down a hill.
7. Let gravity pull you down the hill—as you touch lightly with a relatively short stride.
8. Let cadence or turnover increase as you run down—without a great increase in stride length.
9. Watch for trail hazards constantly and walk through them.
10. Don't overstride!



## Speaking of Hills... Race Discount for Mountain Goat!



**Calling all Utica Roadrunners!** As a valued member, you're eligible for an exclusive discount on registration for the Mountain Goat Run! This is your chance to take advantage of being part of our running community while conquering the hills like a true Mountain Goat.

This run is also part of our Travel Team Race Schedule—a great opportunity to race, travel, and connect with fellow members. [Check out the full schedule here](#) (and discover even more races!)

Not a UR member? No problem! [Join or renew your membership today](#) to unlock this amazing perk (and more) while supporting the local running community.

**Let's tackle those hills together!**

# UR Membership Has Its Benefits!

The Utica Roadrunners, founded in 1975, is a running club that has a "place for every pace". The members are wonderful and the benefits are great. Become a member today!

## TRAINING OPPORTUNITIES & GUIDANCE

### Wednesday Development Runs

For over 30 years, we have held the "Dev Runs" on Wednesday nights at the Parkway which includes a kid's fun run, a 2-mile, a 5K and a 10K following a challenging route up the golf course and into the Switchbacks... guaranteed to get you "Boilermaker Ready!"

### Boilermaker Training Program

This popular Saturday morning program will get you ready to finish OR improve on your 5K or 15K race. The weekly routes are laid out, plans are made to follow, and the club provides support for runners.

## LIVE UR RACES

We have been running these local favorites for years!

**Save Our Switchbacks**  
**Summer Sizzle 5-Miler**  
**Falling Leaves 5K and 14K**  
**Skeleton Run**

Plus we added Grateful for Graham 5K and the Tunnel to Towers 5K

## CHALLENGE YOURSELF



Run 1,000 miles in one year and accumulate volunteer points and you get our coveted Red Jacket!

## FRIENDLY COMPETITION



Get points for running local races and compete against UR members in your age group



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

## CONNECTION

So many opportunities to meet new people and stay in the know with running

**Social Events • Happy Hours**  
**Monthly SpliTimes Newsletter**  
**Great Social Media • Group Bus Trips**  
**Friendship & Camaraderie**  
**Natural mentorship and positive support**

## SAVINGS!



Our members receive a 10% discount on their gear at The Sneaker Store plus they have access to select members-only sales throughout the year. **Plus!** Enjoy race discounts exclusively for our members.

## GREAT LEADERSHIP



We have some of the hardest working people around involved in UR – from the board, committees, race directors, special program leaders, volunteers and more!

## CELEBRATION



Our Annual Awards Banquet and Ceremony celebrates member accomplishments from throughout the year, lets us kick back and enjoy one of the best events of the year!

# splitimes



UTICA ROADRUNNERS

## Advertise with us!

Our monthly newsletter is emailed to over 900 runners in the Mohawk Valley who love to take part in races throughout New York and beyond!

For just **\$25 per issue**, you get a full page ad (8.5" x 11"). **For \$40**, get the full page ad PLUS we'll post the flier and a link to your race registration page on our Utica Roadrunners Facebook page (2,700+ likes)

SpliTimes is the 2015 RRCA Newsletter of Year!



### Reserve your space and submission information

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

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

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

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

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

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

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

- May 2026
- June 2026
- July 2026

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

Yes  No

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