

June 2026

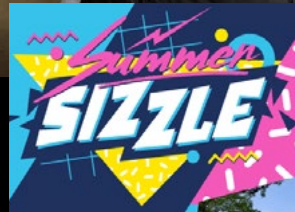
# splitimes

The Official Newsletter of the Utica Roadrunners



Members take on the Towpath Trail Run on May 9th!  
Left to right: Sue Luley, Alan Lin, Cara Forbes and Mary Ann Lasher

Sign Up Today!



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June

## 2026

### Utica Roadrunners Board of Directors

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Melissa Barlett

**Activities and Events**  
Erik Winberg

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Andrew Hartnett	Phil Trzcinski
Paige Marraffa	Frank Vellone

#### 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](#)



## Two Clubs. One Social Night!



**Friday, June 19  
6:00-8:00pm**

**Copper City Brewing Company  
1111 Oneida Street, Rome**



**Join us for a group run at  
5:30pm if you would like!**



**Wear your favorite race shirt.**

**Small Gift Basket Raffle.**



# President's Message

by Andrew Rubino



## “ We have a no puke rule. The purpose is performance, not puking.”

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

The **Summer Sizzle** is coming at you **June 21, 2026** at TR Proctor Park in Utica. One of my most notorious memories of the Sizzle was a few years back on a particularly hot Father's Day morning when I was running my races hard. Needless to say, I did not follow Mr. Galloway's rule. I went out too fast. I passed runners far more elite than myself who said that it wasn't worth it. The course was a battlefield. I ended up gutting it out with a fellow Club member on the straight-away to the finish leaving nothing on the course. After the race is another story. The point is, Galloway tells us to finish strong, but to also perform strong. Sometimes we walk a fine line between feeling really good and everything going sideways. Continuing with training runs that feel easy when they are supposed to and speed work that leaves us feeling strong in addition to hydration, sleep, and nutrition, are key to abiding by the "No Puke Rule."

All kidding aside, race director Travis Olivera has done a wonderful job making the Summer Sizzle enjoyable for the whole family. The post race awards continue with bacon and watermelon, along with age group and couples awards. Travis proposed a Plogging Run on a separate day leading into the weekend if there is interest. You can email him at [travis.l.olivera@gmail.com](mailto:travis.l.olivera@gmail.com) if you would like to participate.

Our **Paul Ohlbaum and Howard Rubin Scholarship Night** is June 24, 2026 at 6:00pm at the Parkway Rec Center. The deadline for student athletes to submit their application was May 31st. Come out and celebrate the accomplishments of these individuals as they begin their next chapter.

Congratulations to everyone who completed the **FIVE After FIVE Challenge** this year. A huge shout out goes to Melissa Barlett and Andy Hartnett for all their efforts in coordinating! Over 40 participants were mostly active on Strava sharing their achievements each day. Runners also met up for Taco Tuesday, at the DRuns, Boilermaker Training, Happy Hour, and for the Urban Run, as well as other smaller group runs. ¡Felicidades a todos!

**Boilermaker Training Program** has been going strong! The Frankie Run is coming up on June 27th. This is a very special run in memory of Frank D'Allesando who always encouraged others to meet their goals. The Frankie Run always occurs on the last Saturday in June at Utica University off of the Burrstone Road entrance. [Read Frankie's story here](#). Volunteers are needed for this day as well as July 4th as runners will need support on the longer course for water and safety. Please contact Rebecca at [xcrunnerrkll@gmail.com](mailto:xcrunnerrkll@gmail.com) to help out.

Lastly, thank you to everyone who has shared their stories and photos this past month. Keep sending me and the Club a message on races you are running, stories, and photos.

Enjoy the Journey!  
Andrew  
[rubino.uticaroadrunners@gmail.com](mailto:rubino.uticaroadrunners@gmail.com)

# The Best Training Runs in Town!

## Join us on Wednesday Nights!



### **Train Together. Push each other. Get Boilermaker Ready!**

Nothing prepares you better for the Boilermaker (and other races!) than the longstanding UR Development Runs! All levels welcome.

**Registration opens - 5:30pm**

**Kids Fun Runs - 6:15pm**

*( $\frac{2}{10}$  mile &  $\frac{1}{2}$  mile)*

**6:30pm hard start time**

*2 mile, 5k & 10k distances*

**Free to all our members**

**\$2 for non-members**

### **Join Us for Scholarship Night!**

Celebrate graduating student athletes who show determination and character, and perform academically for

#### **The Paul Ohlbaum and Howard Rubin Scholarships Night**

at the Development Runs

**Wednesday, June 24 at 6:00pm**

at the Parkway Rec Center



# Upcoming Race

# Summer SIZZLE

June 21  
Proctor Park

**\$5  
discount  
for UR  
Members**  
Price increases after May 21

## A Father's Day Tradition!

Join in on the fun and celebrate!  
Sizzle returns to Proctor Park and  
the Masonic Care Community!

The Half Mile Kids Run begins at 8:30am  
Five Mile Summer Sizzle begins at 9:00am

Categories: Father/Son, Father/Daughter,  
Mother/Son, Mother/Daughter,  
and a Division for all Couples.

**SIGN UP!**

The first 250 registrations  
(including the kids run)  
gets a pair of savory sunglasses!





# Standings as of 5/17/26

After Towpath Trail Run

## FEMALE

<b>0-14</b>		Sue Brumm	12
Dylan Joslin	12	Sara Piacentino-Call	12
<hr/>			
<b>25-29</b>		Aileen Viel	12
Michaela Marrero	12	Jennifer Stefka	10
Rae Swartz	10	Agnieszka Kwiatkowska	10
<hr/>			
<b>30-34</b>		Michelle Rosinski	8
Kelly Marraffa	34	Kerry VanVechten	7
Cassandra Thibault	18	Jennifer Toti	7
Cara Forbes	17	<hr/>	
Alison Shanley	12	<b>50-54</b>	
Susan Rowe	12	Sara Groh	42
Margot Rankins-Burd	10	Allison Miller	36
<hr/>			
<b>35-39</b>		Donna Morreall	18
Devon Carroll	20	Mary Bennett	8
Julie Hall	18	Sharon Powell	8
Arica Ackerman	15	Kristin Campbell	7
Alyssa Tamburrino	12	Jeanne Case	7
Sarah Harrison	12	<hr/>	
Charlotte Whitney	8	<b>55-59</b>	
Katelyn Parry	5	Mary Ann Lasher	48
<hr/>			
<b>40-44</b>		Marlene Angelini	10
Liane Zalewski	24	Missy Scanlon	10
Ashley Mancini	22	<hr/>	
Colleen Blush	18	<b>60-64</b>	
Jaclyn LaFlair	18	Lisa Badolato	24
Sarah Gaasch	16	Beth Talbot	20
Amanda Hartnett	15	Jean Kosina	8
Melissa Barlett	15	<hr/>	
Jessica Brownsell	10	<b>65-69</b>	
Ann Brown	7	Sue Tucker	12
Daisy Marrero	6	Linda Hudyncia	12
Sarah Walsh	5	Marion Oswald	10
Ellie Bawarski	4	<hr/>	
<hr/>			
<b>45-49</b>		<b>70-74</b>	
Rebecca Bolton	30	Sue Luley	36
Jenn Koenig	14	Sharon Stedman	10
<hr/>			
		<b>75+</b>	
		Dorothy Massinger	12

## MALE

<b>0-14</b>		Steve Fairbrother	19
Maddox Joslin	34	Joe Woodworth	18
Raymond Zoghby	12	Joe Mashaw	15
Magnus Brumm	10	Derek Alexander	12
Varick Case	8	Robert Kapfer	12
<hr/>			
<b>15-19</b>		Jared Spadea	10
Matthew Walden	22	Francis Peruzzi	9
Tyler Quackenbush	12	John Sloan	7
Robert Lewis	10	Scott Thompson	6
<hr/>			
<b>25-29</b>		<b>50-54</b>	
Ryan Fitzgerald	12	James Swistak	20
<hr/>			
<b>30-34</b>		Jim Latshaw	18
PJ Marraffa	34	Peter Madden	12
Anthony Sedotto	30	Hisham Zoghby	12
David Gould	22	Jason Tomaselli	12
Tommy Carlson	14	<hr/>	
Nicolas Vecchiarelli	7	<b>55-59</b>	
<hr/>			
<b>35-39</b>		Paul Humphrey	34
Rane Wadsworth	32	Carl Lee	30
Justin Bogner	22	Eric Kasper	12
James Kuny	12	Peter Angelini	10
Alan Lin	12	David Brown	7
Jeremy Rose	10	<hr/>	
<hr/>			
<b>40-44</b>		<b>60-64</b>	
Chris Edick	24	Dave Putney	12
Colt Brumm	12	Gordie Felt	12
Andrew Hartnett	12	Frank Tamburrino	10
Michael Koenig	10	<hr/>	
Adam Dembrow	10	<b>65-69</b>	
Chris Vella	10	Bill Kosina	24
Nate Rowe	8	Gary Burak	12
Benjamin Tibbitts	8	Dan Stedman	12
Pedro Campoverde	7	Tom McGlynn	10
Andrew Rubino	6	<hr/>	
Neil Case	5	<b>70-74</b>	
<hr/>			
<b>45-49</b>		Gene Allen	22
Tom Joslin	34	Gary LaShure	12
Ryan Barry	22	<hr/>	
<hr/>			
		<b>75+</b>	
		George Oswald	12

STAY UPDATED ON STANDINGS

# Remaining 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**    *Spring Valley Race*  
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

---

- 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

*Next up!*

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

There's so many ways to get involved in our club. Your input, time, expertise and experience is valued!

Here are a few options to consider:

### *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!

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

# Event Photos and Accomplishments



# The Standings

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

# 6

## CLUBS

**Roman Runners**  
*(Rome)*

**Kuyahooraa Kickers**  
*(Newport)*

**Mohawk Valley Hill Striders**  
*(Utica)*

**Route 20 Roadies**  
*(Richfield Springs)*

**Toe Path Trekkers**  
*(Boonville)*

**Utica Roadrunners**  
*(Utica)*



ESTABLISHED 2015

Thank you to our sponsor:



# 6

## RACES

~~Done!~~ Fort to Fort

~~Done!~~ Towpath Trail

6/14 – Patriot Run

7/19 – Sundae Run

8/21 – Woodmen's

9/27 – Falling Leaves

## Towpath Overall Percentage Points

### Kickers

732.57 points • 11 • 1st

### Roman Runners

711.97 points • 10 • 2nd

### Rt. 20 Roadies

690.53 points • 8 • 3rd

### Roadrunners

658.83 points • 7 • 4th

### Hill Striders

376.74 points • 4 • 5th

### Trekkers

370.25 points • 2 • 6th

## 2026 OVERALL STANDINGS

- 1) Kuyahooraa Kickers
- 2) Roman Runners
- 3) Route 20 Roadies
- 4) Utica Roadrunners
- 5) Mohawk Valley Hill Striders
- 6) Tow Path Trekkers

## Towpath Trail Run Point Contributors

Alan Lin

Mary Ann Lasher

Anthony Sedotto

Derek Alexander

## Cliff's Gift Card Winners from Towpath

Sue Luley  
*(Top Performer)*

Cara Forbes  
*(Lucky Draw)*

Get details and learn about scoring

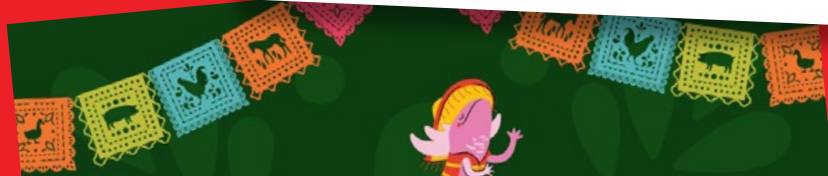
QUESTIONS? Contact your UR Club Cub Captains:

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

# Another Year in the Books!



Check out the Five After Five group on Strava to get inspiration for next year!



## Winners

### CONGRATULATIONS

- Day 1 ~ Julie Hall
- Day 2 ~ Cara Forbes
- Day 3 ~ Jamie Howard
- Day 4 ~ Mary Ann Lasher
- Day 5 ~ Aggie Kwiatkowska
- Day 6 ~ Tyler Meyer
- Day 7 ~ Anthony Sedotto
- Day 8 ~ Kelly Marraffa
- Day 9 ~ Chris Edick
- Day 10 ~ PJ Marraffa
- Day 11 ~ Moni Gulbahar
- Day 12 ~ Tommy Carlson
- Day 13 ~ Amanda Hartnett
- Day 14 ~ Sara Piacentino-Call



2nd Annual **MILES For 5k**  
**MIRACLES**  
TO BENEFIT THE RESCUE MISSION OF UTICA

**5k Run/1Mi Walk**



Saturday,  
August 8



TR Proctor  
Park  
Utica, NY



Run Starts  
9 am



Walk Starts  
9:15 am

Everyone is welcome.

Visit [Uticamission.org](http://Uticamission.org) for more details.

**Scan the QR Code  
to Sign Up Now**





# Riggie Run & Walk

**Sunday,**  
**October 11**  
SUNY Poly Campus



## RACE DIVISIONS INCLUDE

5K Run, 5K Wheelchair Race, 2-Mile Walk, 1-Mile Kids Run.

5K participants can register for the **Riggie Challenge** in which they will be required to eat one bowl of riggies at the halfway point of the race.



## RIGGIEFEST

**Riggiefest**, which features more than a dozen restaurants, begins at 11 AM after the Run & Walk. **Run & Walk participants get in for FREE;** all others are invited for \$10 per person.



For more information, visit: [www.SitrinRiggieRunWalk.com](http://www.SitrinRiggieRunWalk.com)

— Presented by —



**ADIRONDACK BANK**

Bank Local



SITRIN MILITARY PROGRAM

Fundraiser to benefit the Sitrin Foundation supporting the Sitrin Military Program.

**Sign Up Today**



by Avery Knous

## Running for a Cause. With Family.

**Every summer, over 10,000 runners lace up their sneakers, peel their bananas, and gather at the start line for one of the most scenic road races on the East Coast. Since 1973, runners and supporters have made the drive through Massachusetts and faced the August heat in order to experience the Falmouth Road Race.**

The Falmouth Road Race explores seven miles along the coast of Cape Cod, through the hills and heat of the summer. Due to its popularity, race entry is based on a lottery system which prioritizes Falmouth residents, with a limited number of entries allotted to charity fundraising teams. Members of my family have been fortunate enough to run the Falmouth Road Race for many years, but since my siblings and I have grown up and moved away, it has become so much more than a race. The Falmouth Road Race became a symbol of strength, unity and the power of community.



*My family during Falmouth Road Race weekend, 2023.*

On January 6th, 2011, my Uncle Jim was diagnosed with Parkinson's Disease. My sisters and cousins were still young, and we were naive to what hardships lie ahead. Through years of watching my younger cousins take care of my uncle, and witnessing the strength of my aunt who left her job to stay home and care for him, it became clear that this disease was slowly increasing in severity. Parkinson's Disease affects over 1.1 million individuals in the United States alone, with about 90,000 newly diagnosed each year, and there is currently no cure. There are, however, organizations which fight to provide assistance to those afflicted by Parkinson's through physical therapy, mental health services, or other means. If a cure has not yet been found to treat those with this horrible disease, at least their quality of life can be enhanced. As soon as an opportunity arose for runners to participate in the Falmouth Road Race while supporting the Parkinson's Foundation, my family quickly responded.



The Falmouth Road Race experience is truly one like no other. The support is astounding along the entire course from families, charities, and residents alike, and the beach views, beautiful lighthouse, and ocean breeze are enough to distract any runner from the summer heat. Not to mention, the hydration stations are operated like a well-oiled machine, and the spectators always bring the energy up with sprinklers, water guns, popsicles, and fruit! In case your race-day playlist just isn't doing the job, there is often music being played by spectators, or the notorious live band situated at the halfway





*Pictured (left) is my sister and I following the 2024 Falmouth Road Race, and (right) are some Parkinson's Champions team members at the start line in 2025.*

point of the course. While this course is hilly, with steady hills for the first half and one more right before the finish, it provides an adequate opportunity for runners who want to challenge themselves and have fun while doing it. Photographers line the course as well, being sure to capture your race, whether you want them to or not (I mean it, there is a photographer at the top of the hill at mile 7)! For reference, you'll see my mom and I running in 2023 on the prior page, while my sister cheered us on... this may not be the race for glamor shots!

The post-run refreshments are equally as infamous, including hot dogs, chips, waters, Red Bulls, beers, and of course Cape Cod Coffee to bring runners back to life. Many choose to stick around in the post-coral field and enjoy the stretching circles and music, while others reconvene with their families and celebrate at home, backyard BBQ style. There are always a few runners who just can't wait, and run into the ocean after too! When all is said and done, the Falmouth Road Race is rewarding, beautiful, and a race that is on many runners' bucket lists for a reason.

There is no shortage of motivation at this race for any runner, but it is especially rewarding when given the opportunity to run for more than a personal chip time. My sisters, cousins, mother, aunt, and myself are reminded at every mile who we are running this for. This August will be the fourth year that I have run as a part of the Parkinson's Champions Team, and I could not be more proud! My cousins live in Colorado, my sisters have moved to Texas, Tennessee, and North Carolina,

and I moved to New York in 2024. Once that weekend in August arrives, we are all called back to Cape Cod to support this cause together. Each step is a reminder that our bodies are healthy and capable of exercise. Despite this being true for most runners, it is something that is often taken for granted. This road race serves as a symbolic reminder to all runners to look at the bigger picture, and be grateful for the strength of our bodies and minds. What better place for this realization and appreciation, than on a race course by the water surrounded by thousands of people cheering you on?

Thanks to the efforts of team members like us, the Parkinson's Champions Team was #12 in fundraising out of the 225 nonprofits who participated in the 2025 Falmouth Road Race. Since 1957, the Parkinson's Foundation has invested \$425 million in Parkinson's research and clinical care, and since 2011 has invested \$9.4 million across 716 community programs supporting individuals diagnosed with Parkinson's Disease. Beyond these programs, the foundation also provides education and promotes awareness for the disease and how to best support those affected by it. Additional information about the mission of the Parkinson's Foundation [can be found here](#), which details ways the foundation enhances quality of life for those diagnosed with Parkinson's, and supports those who have loved ones battling the disease. If any readers are moved by this cause or feel inclined to support the foundation, [please consider donating here](#), or Venmo @AveryKnous, to cheer me on virtually in this year's Falmouth Road Race!

# Volunteer Opportunities



## Help Run the UR Table at the Boilermaker Expo

*A great way to earn points for your Red Jacket, to immerse in the running community and have FUN!*

**Friday, July 10, 2026**

Two hour slots: 12-2pm • 2-4pm • 4-6pm • 6-7pm

**Saturday, July 11, 2026**

8-10am • 10am-12pm • 12-2pm • 2-4pm • 4-5pm

Talking points will be provided so you will be versed on the Club, the benefits of being a member, our races, social events, training opportunities and more!

---

## Help Out at the Development Runs

*Wednesday Nights at the Parkway*

**Set up • Registration • Water Stations • Pull Tags • Teardown**

Duties fall between 5:00pm - 7:45pm • Earn Red Jacket volunteer points!

To help keep the event running smoothly, Ashley has created an online sign-up sheet with all volunteer roles and the number of spots that need to be filled. If we do not have enough volunteers signed up, the D-Run will unfortunately have to be canceled.

[Sign up on the form here](#)

# Join the Travel Running Team!



## UR TRAVEL TEAM MORE RACES ADDED!

NEW ADVENTURES. GREAT RACES. AMAZING PEOPLE.

Thanks to our friends at Willow Racing, UR members get exclusive discounts on these awesome events!



06/27/2026

**THE FORGE  
QUAD-ATHLON**  
(Bike, Hike, Kayak, Run)  
(Member Discount)



09/10/2026 -  
09/13/2026

**OLD FORGE  
MARATHON WEEKEND**  
(Member Discount)



10/25/2026

**BOOS & BREWS 5K**  
(Member Discount)



12/06/2026

**UTICA UGLY  
SWEATER RUN**  
(Member Discount)



**MESSAGE US**  
TO GET YOUR  
DISCOUNT CODES!



**WANT TO LEAD THE WAY?**  
IF YOU HAVE A RACE YOU LOVE AND WANT  
TO CAPTAIN, MESSAGE US! WE'D LOVE TO  
HAVE YOU ON THE TEAM.

Learn more and see the 2026 schedule

# Upcoming Challenge and Races

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



***It's all about  
the drive!***

**[www.nyroute20.com](http://www.nyroute20.com)**

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.

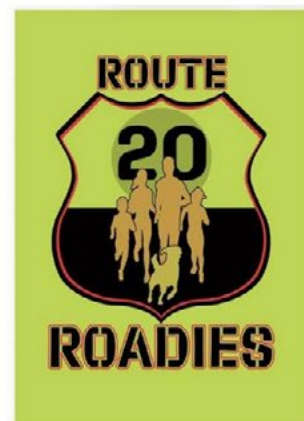
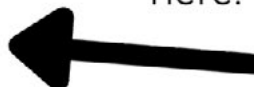
**Get the Rt. 20 Brochure,  
Map and Guide**

### **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

**Saturdays  
at 7:30am**



**June 27 - Frankie Run  
start at Utica University lot near  
Welcome Center off Burrstone Ave**

**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.

# 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 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)

- July 2026
- August 2026
- September 2026

Would you like to add a UR Facebook post

for just \$15 (per month)?

- Yes  No

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