

May 2026

splitimes

The Official Newsletter of the Utica Roadrunners



Wandering Upstate of Mind

Images by L. Costantino

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May
2026
Utica Roadrunners
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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](#)

Member Accomplishment!



Donna Morreall and her sister Ruth Ganunis (who lives in Baltimore) completed the challenge: 5k on Friday, 10k on Saturday, and 10 miles on Sunday. It was a repeat challenge for Donna, and her sister's first time!

President's Message

by Andrew Rubino

“ Find a way to enjoy parts of every run. Most of your runs should be mostly enjoyable.”

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

With the more pleasant weather approaching, consider what you like about your run? Was it crushing your pace goals for interval training? Or was it breathing in the cool morning air as the sun breaks through the clouds on an easy run? Maybe the best parts of the run are who you log the miles with. Galloway tells us that almost all of our runs should bring us joy. Taking a few moments to recognize the little parts that made the run fun are important to keep up the motivation. Remembering those moments will come in handy on the days we don't feel like running. Remind yourself of your “why” and what keeps you coming back.

Congratulations to everyone who ran the **Save Our Switchbacks** and a huge thank you to race director, Melissa Barlett, all the volunteers, the Utica Zoo, and the City of Utica for making it happen. Liane Zalewski and Tom Joslin took it all for overall female and male respectively, both finishing in under 32 minutes.

Heat up your summer with Utica Roadrunners second race of the season, the **Summer Sizzle!** The Father's Day tradition continues for the 38th year at Proctor Park. Register by May 21st to guarantee your primo sizzlin' singlet and shades. The Summer Sizzle is unique because of the special divisions for Father/Son, Father/Daughter, Mother/Son, Mother/Daughter, and another division for all Couples.

The **Wednesday Night Development Runs** begin May 6th at the Parkway Rec Center with registration starting at 5:30pm. May 6th also kicks off the start of the **Five After Five Challenge**. There will be post run nachos at the Development Run! Other events will be happening prior to and after the Development Runs, like the UR Scholarship where five outstanding student athletes are recognized for their achievements, and hot dog nights!

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



2026 UR Scholarships

Deadline to submit: May 31, 2026



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

GET THE APPLICATION

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.

It's BACK!



5K OR 5MI.
FOR 15 DAYS

Starts May 6th!
\$15 to be eligible for prizes
FREE option as well!

Choose Your Challenge

- Pick one (or more!) of the following:
- Run or walk 5K or 5 miles every day for 15 days
 - Accumulate 50K (31 miles) or 50 miles total during the challenge
 - Feeling bold? Be a "FIVE after FIVE Badass"! Run 5 miles or 5K every 5 hours for 55 hours! (More details to follow!)

Share the Fun

After each run/walk, share your experience with:
A selfie • A pic of your course • Your distance and time

Join the fun on our Facebook Event Page
Don't use Facebook? No worries — you'll also be able to submit your miles on Strava.

What You Get

All paid registered participants will receive:
A commemorative FIVE after FIVE stadium cup
A stylish FIVE after FIVE headband to soak up the fun

SIGN UP!



Daily Challenges and Events



May 6-20

50km • 50 miles

A 5k or 5 miles every day

Meet Up Meet New Friends!

*Lots of opportunities
all month to meet up with other
runners in the challenge!*

Wednesday, May 6

Development Run Wednesday: Join us to kick off the Development run season at 6:30pm, and afterward, stick around for snacks and conversation. Not able to make it? Wear your favorite D-Run shirt during your run today.

Thursday, May 7

Through the City Thursday - Take an Urban Run through your local city or join us at the Utica Urban Run starting at Babe's.

Friday, May 8

Time for a Flashy Footwear Friday! Show off your favorite running shoes. Have you got some in a great color? Do you have an older, but reliable pair? Have you gotten something new? Maybe you'll find your shoe twin! Need a new pair? Don't forget to use your 10% discount at the Sneaker Store.

Saturday, May 9

Scenic Saturday - take your run off the beaten path and enjoy some of the local scenery! Take some pretty pics while you are at it. We recommend trying out the Towpath Trail Run along the Erie Canal trail. It's a Club Cup race! [Sign up here.](#)

Sunday, May 10

Mother's Day Challenge - run with, in support of, or in memory of a favorite mom in your life.

Monday, May 11

Mellow Monday - take it nice and easy to get your week started. You could wander along a nature path and enjoy the view more than the miles. You could take some easy walk intervals. Just do whatever feels mellow to you - and let us know all about it!

Tuesday, May, 12

Taco Tuesday! Is there anything better in life than running AND tacos? We are going to meet up at Cantina Catrin (700 Oriskany Blvd, Yorkville) starting at 5:30pm for a run, and then stick around for some food and chat. Can't make it? Find yourself some tacos or Mexican attire/accessories to go along with your run.

Wednesday, May 13

Wildflower Wednesday - Today's mission: find something blooming on your route and snap a photo. Wildflower Wednesday is about running and noticing the world waking up around you. Join us at the D-runs to catch all the blooms in the golf course!



Five After Five Challenges and Events (cont.)

Thursday, May 14

Throwback Thursday - find your oldest running gear to wear for this run, or just take a picture with it before/after! You can also aim to wear anything nostalgic or throwback to your favorite era as part of your run.

Friday, May 15

Fartlek Friday - if you've never done a fartlek run, the word is Swedish for "speed play" and the idea is to do unstructured intervals where you are constantly changing up the pace for various periods. Maybe you walk to the next tree, but then run to the next stop light. [Read more about Fartleks at Runners World.](#) After your run today, plan to join us at Lukin's for Happy Hour, 6-8pm

Saturday, May 16

Saturday Sunrise/Sunset Challenge - try to catch at least one of the two! Bonus if you go for both. Don't forget that you are also welcome to join the Boilermaker Training Program at 7:30am at the Parkway Rec Center for group running for all levels.

Sunday, May 17

Boilermaker (gear) Sunday - get excited about the Boilermaker by wearing Boilermaker gear, running along the Boilermaker course, or joining other members at the Boilermaker's Erie Canal Races.

Monday, May 18

Mystery Miles Monday - No GPS plotting, no planned path, this one is all about exploration and surprise! Just head out the door and embrace the unknown. Share where you ended up!

Tuesday, May 19

Make it a Turbo Tuesday - Do something SPEEDY! You could go for a personal PR for a mile, a 5k, or 5 miles. Maybe you just sprint to the end of the block. Tell us all about how you added some turbo to your run.

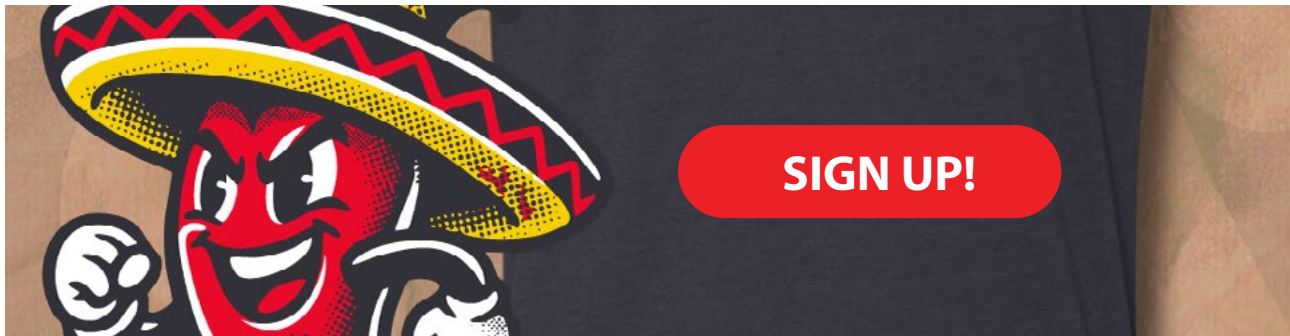
Wednesday May 20

Finish strong at the D-Run on Wednesday night with a UR Pride Wednesday - join us at the Development Run in your UR gear and we can have UR logos up and down the Parkway! If you can't be here with us, wear your favorite UR run gear on your run! How many different UR items can you get into your picture?

Bonus Scavenger Hunt Bingo Challenge!

[Download a Bingo card](#) and search for items on the card to take pictures of. Try for any or all of these challenges:

- Find a BINGO (one line in any direction) in a single run
- Make 2 or more BINGOs during the challenge
- Make an X or other fun pattern on your card during the challenge
- Finish an entire BINGO card during the challenge!



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 4/18/26

After Save Our Switchbacks

FEMALE

0-14		Sue Brumm	12
Dylan Joslin	12	Sara Piacentino-Call	12
25-29		Aileen Viel	12
Michaela Marrero	12	Jennifer Stefka	10
Rae Swartz	10	Agnieszka Kwiatkowska	10
30-34		Michelle Rosinski	8
Kelly Marraffa	22	Kerry VanVechten	7
Cara Forbes	17	Jennifer Toti	7
Alison Shanley	12	50-54	
Susan Rowe	12	Sara Groh	32
Margot Rankins-Burd	10	Allison Miller	24
Cassandra Thibault	8	Donna Morreall	18
35-39		Mary Bennett	8
Julie Hall	18	Sharon Powell	8
Alyssa Tamburrino	12	Kristin Campbell	7
Devon Carroll	10	Jeanne Case	7
Charlotte Whitney	8	55-59	
Arica Ackerman	7	Mary Ann Lasher	36
Katelyn Parry	5	Marlene Angelini	10
40-44		Missy Scanlon	10
Ashley Mancini	22	60-64	
Colleen Blush	18	Lisa Badolato	24
Sarah Gaasch	16	Beth Talbot	20
Amanda Hartnett	15	Jean Kosina	8
Liane Zalewski	12	65-69	
Jessica Brownsell	10	Sue Tucker	12
Jaclyn LaFlair	8	Linda Hudyncia	12
Melissa Barlett	7	Marion Oswald	10
Ann Brown	7	70-74	
Daisy Marrero	6	Sue Luley	24
Sarah Walsh	5	75+	
Ellie Bawarski	4	Dorothy Massinger	12
45-49			
Rebecca Bolton	18		
Jenn Koenig	14		

MALE

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

STAY UPDATED ON STANDINGS

Remaining Races



- ✓ **March 14** *Mad Mile*
1 mile Utica
- ✓ **April 12** *Fort to Fort*
10K Rome
- ✓ **April 18** *Old Fort with a View*
7.5K Utica
- May 17** *Erie Canal Races*
10 Mile Marcy

Next up!

The race is officially **SOLD OUT**, but you can still get in on the action by [joining the waitlist](#)

- 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 16** *Tunnel to Towers*
5K Utica
- August 21** *Woodsmens Field Days*
10K Boonville
- 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?

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



Club Social Happy Hour
Friday, May 15 • 6-8pm



640 Varick Steet in Utica

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

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.

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.

CURRENT STANDINGS

- 1) Roman Runners
- 2) Kyahoorra Kickers
- 3) Utica Roadrunners
- 4) Route 20 Roadies
- 5) Mohawk Valley Hill Striders

Fort to Fort Point Contributors

Ryan Barry
Pete Madden
Eric Kasper
Susan Luley
Chris Edick



Gift Card Winners from Fort to Fort

Ryan Barry
(Top Performer)
Becky Bolton
(Lucky Draw)

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

Upcoming Challenge and Races

US Route 20: The Road Across America



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

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.

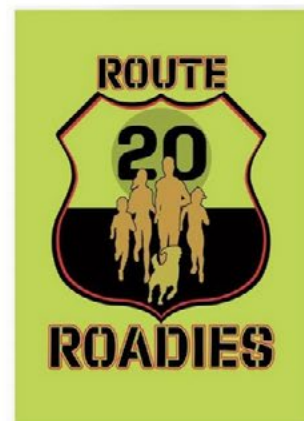
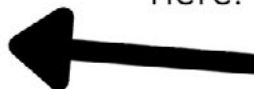
**Get the Rt. 20 Brochure,
Map and Guide**

Join the Route 20 Roadies for the

Contact Jean Kosina at jmkosina@gmail.com 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](#)

Save Our Switchbacks



[See the results](#)

[See the photos](#)



Photos by
Wandering Upstate of Mind
L. Constantine
Give him a follow!



The Best Training Runs in Town!

Join us on Wednesday Nights Starting May 6



**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 (2/10 mile and 1/2 mile) - 6:15pm
6:30pm hard start time
2 mile, 5k & 10k distances
Free to all our members • \$2 for non-members



2026 BOILERMAKER TRAINING PROGRAM

**Saturdays
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.

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)

- June 2026
- July 2026
- August 2026

Would you like to add a UR Facebook post

for just \$15 (per month)?

Yes No

Total included: \$ _____