

July 2026

# splitimes

The Official Newsletter of the Utica Roadrunners



Members take on the traditional  
Frankie Run on 6/27/26!

*Last Call!!*

**Boilermaker Expo  
Volunteers!**  
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*Join Us!*

**Race Day  
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Convention



By Elizabeth Davis  
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June

## 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](mailto: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](mailto:michelle@484design.com)



#### Useful Links:

[Utica Roadrunners](#)  
[Facebook Page](#)  
[Club Handbook](#)



**Member photo from Don Lynskey**

**"Gia sas apo Patra, Hellas. Oi Utica Roadrunners einai sto spiti!"**

**"Hello from Patras, Greece. The Utica Roadrunners are in the house!"**



**Roadrunners at the Patriot Run**



## President's Message

by Andrew Rubino

# "Everyone has a plan until they get punched in the face."

– MIKE TYSON

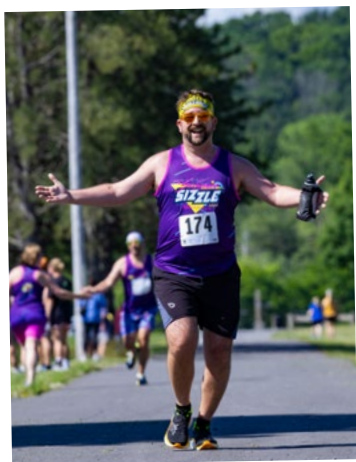


Originally quoted in 1987 as "Everybody has plans until they get hit for the first time", the phrase evolved over the years to this version that I prefer. Translate this mindset over to running the Boilermaker on the second Sunday in July. You've been pounding the pavement with the **Boilermaker Training Program** since February and kicking it with the **Development Runs** since May, dialing in your pacing, increasing your distance. You are ready to go, but the unexpected WILL happen. Trust your training. Be flexible with your plan. Adaptability, resilience, and muscle memory are more important than any initial strategy you might try to force through. Only two things are guaranteed on Sunday: 9.32 miles and a hell of a party when you finish. Run and have fun!

On Boilermaker weekend, say "Hello!" at the Club booth at the **Boilermaker Health and Wellness Expo**. On race day, a Club picture will be taken at 7:30am before the start at the grassy area across the street from the ECR brick building on Dwyer Avenue for the 15k. For the 5k, meet at the bottom of the bridge by the corner of Lincoln Avenue and Burrstone Road at 7:00am. After the race, there will be another group photo at 11:00am at the tent behind the Polish Community Center off of Columbia Street near Whitesboro Street. We will have the normal treats and celebrating the first time Boilermaker runners with a champagne toast!

I've been trying to get back at it this month with a couple of great races and flowing with the unexpected. On my birthday I ran my first Nate Race. I was able to run with the legendary Sugar Ray Leonard. I may have beat him in the race, but he beat me after the race with some chin music. On Father's Day I ran the Summer Sizzle at one of my favorite places in the city - Proctor Park. Travis Olivera and his Sizzle Squad continue to do an excellent job providing the best possible race.

The Utica Roadrunners **Paul Ohlbaum and Howard Rubin Scholarship Night** was held June 24th ahead of the Development Runs. We had a great group of deserving recipients this year and wish





them all the best in their future endeavors. Shout out to Travis Olivera and the scholarship team for honoring these student athletes. Also, this month was the annual Frankie Run. Unfortunately, I was unable to attend this year, but it looked like the run was well attended and fun was had by all.

There is still plenty of running to look forward to beyond the Boilermaker with the **Club Cup** and **Grand Prix**. Club races include Trenton Fish and Game and Tunnel to Towers in August, Falling Leaves in September, and Skeleton Run in October. As is tradition, Falling Leaves opens Boilermaker weekend with the best deal this side of the Four Race Challenge.

The Club is excited to be invited to join the **Mohawk Valley Hill Striders at their Annual Picnic** at Delta Lake State Park on Saturday, August 8th. There is a run/walk starting at 10:00am followed by burgers, hotdogs, and potluck. [You can sign up here](#) and contact Tommy at [carlson.thomas22@gmail.com](mailto:carlson.thomas22@gmail.com) with any questions.

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 message the Club on Facebook with any happenings from the last month. We'd love to see all your Boilermaker photos and memories in the August issue of Splitimes!

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

## An Invitation from the Hill Striders



**Sign up for free**

***The Mohawk Valley Hill Striders would like to invite the Utica Roadrunners to join them for their annual picnic.***

**Saturday, August 8th • Delta Lake State Park**

10:00am for a run/walk of your choice of distance,  
Pavilion is reserved for the day, so you can come and go as you please.

Begin eating between 11:00am-12:00pm

Burgers and hot dogs will be provided, the rest is a potluck.



# 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!

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## 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**

# UR Gets You Boilermaker-Ready!

## BOILERMAKER TRAINING PROGRAM



## DEVELOPMENT RUNS (Run with us on Wednesday, July 8th!)



**Boilermaker**

**THANK YOU and  
Good Luck on Race Day!**

Our members and volunteers step up every year in so many ways to run these signature programs that help runners of ALL paces and complete their first, fastest, fittest, and most fun 5K or 15K.

**Here's to a GREAT race day for everyone!**

**Join us for  
UR photo ops!**

**15K - 7:30am**

Meet at the grassy area across the street from the ECR brick building on Dwyer Avenue

**5k - 7:00am**

Meet at the bottom of the bridge by the corner of Lincoln Avenue and Burrstone Road.

**After the race - 11:00am**

Group photo at UR tent behind the Polish Community Center off Columbia Street near Whitesboro Street.



# 2026 Student Scholarships

Each year, Utica Roadrunners sponsors 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 continued in 2026 with the **Paul Ohlbaum and Howard Rubin Scholarships** for outstanding male and female applicants.

Recipients are selected for their running achievements, academic achievements, and 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.



*This year's scholarship recipients with local running legend and longtime scholarship contributor Paul Ohlbaum*



## Anisha Alvarado Aponte

Anisha is a gifted Proctor High School student who balances classwork with athletics splendidly. As an athlete, she participates in cross country and track year-round, qualifying for state in multiple years. In class, she is among the top ten percent of graduating seniors, all while participating in the Puerto Rican/Hispanic Youth Leadership Institute. Aponte credits running, which has taught her that success comes from hard work and consistency, as well as a determination to improve every day. We have no doubt she will continue to improve at the University of New Haven next year.



## Danny Casatelli

Waterville Jr./Sr. High School's Danny Casatelli is well-known for his performance on the track virtually everywhere. In Waterville, he holds the all-time record in the 1600m and 3200m in New York, he has earned multiple medals, and qualified for nationals more times than (his coach) could count. In the classroom, he has consistently pushed himself to receive honor and high honor roll, and outside of school even keeps a job at the Barker Brook Golf Course. We look forward to following Casatelli as he continues running at Stony Brook University where he plans to study Economics.

# 2026 Student Scholarships



## Nathan Geroux

Nathan Geroux is a scholar athlete in the truest form from Vernon-Verona-Sherrill Central School District. He not only sits in the top ten of his class of over 150 students, but has participated in All Conference Teams and Qualified for States in multiple years for Cross Country and Indoor and Outdoor Track. As if that weren't enough, he is an active leader in his school, serving as Treasurer for multiple clubs, has received multiple awards recognizing his achievements in and out of the classroom, and even lifeguards at the public pool. Next year, Nathan will be running for SUNY Geneseo and hopes to become a math teacher and running coach some day.

---



## Ethan Karis

Ethan knows the meaning of adversity after overcoming exercise-induced asthma in his freshman year at Remsen Jr. Sr. High School. Since then, he has gone on to state qualifiers twice in track & field, lettered in soccer, cross country, and track, and is now a captain on his cross country team, among many other athletic accomplishments. Off the field, he has achieved High Honor Roll every quarter with a 4.0 GPA and has been accepted at Manhattan University to study Psychology.

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## Keelyn Simpson

Where to begin with Proctor High School's Valedictorian, Keelyn Simpson? How about academics. According to her biology teacher, she has been taking honors and AP courses since middle school while maintaining a 95 or above average, received the Principal's Award every year, and has remained humble and thankful throughout. Concerning sports, Simpson is a three-sport athlete, team captain, and state qualifier. Outside of school, she volunteers with children with disabilities, has interned with the Utica Zoo, and holds a part-time job at a local pizzeria. She will be attending SUNY College of Environmental Science and Forestry

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# A Big Sizzlin' Thank You!



*A huge THANK YOU to our sponsors  
and partners who helped make  
the Summer Sizzle such a success:*



What a fantastic way to spend Father's Day! Our runners who came out and gave it their all. Our volunteers who worked behind the scenes to make race day happen. The families, friends, and spectators who cheered along the course were incredible.

We hope everyone had a wonderful Father's Day and enjoyed the race, the community, and of course a little bacon and watermelon!

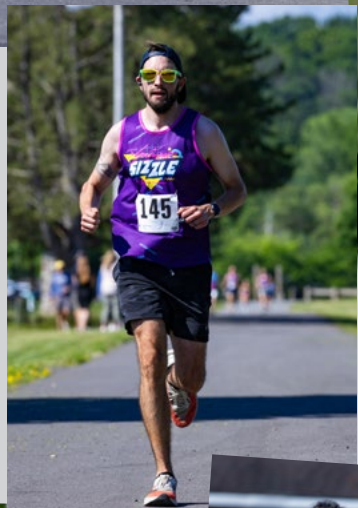
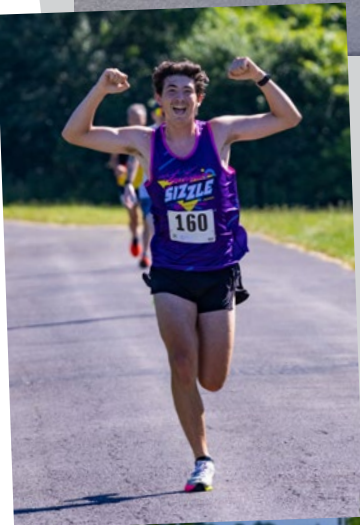
***Thank you for being part of another great Summer Sizzle.***

***We can't wait to do it all again next year!***

**See the results**



# Summer Sizzle Photos!



[See all photos](#)



# Summer Sizzle Winners



See the results



# Summer Sizzle Photos!





# Summer Sizzle Photos!



Photos by L. Costantine of [Wandering Upstate of Mind](#)





by Elizabeth Davis

# Commemorative Swag, Cocktails, and Capitol Views: RRCA Launches Convention Weekend High Above Washington

Each year, hundreds of Road Runners Club of America (RRCA) club leaders, race directors, coaches, sponsors, and industry leaders gather for the RRCA National Convention. While the location and the road race that the convention is held in conjunction with change annually, what remains consistent is a fun-filled, educational experience for the running community to celebrate running, fun, and friends.

As a Personal Trainer, I'm often asked by my clients for advice on running since they know it's what I love to do; so I'm always looking to expand my expertise on the science behind the sport. When I learned that I could attend this year's RRCA National Convention, while also taking their in-person coaching course and running the Double Blossom 5K and 10M races, I immediately booked my April tickets for Washington DC!

The 3-day convention was held at the Double Tree Hotel in Arlington, Virginia, just a short walk from the start line of the Saturday 5K, and a few Metro stops away from the Washington Monument, where the Cherry Blossom 10M would start on Sunday. As attendees of the coaching course, we were able to bypass the line for convention check-in, and were greeted in class with our goody bags, in which we were gifted an RRCA backpack, long-sleeved hoodie, and commemorative beanie.



Day 1 for us was primarily spent in class beginning to cover the 300+ page coursebook, and the pre-course requirements that we'd also been assigned beforehand. Lunch was served right within our classroom, allowing us to get to know our 35 classmates from across the globe, including one from Peru and another who'd travelled all the way from Berlin, Germany. During our off-time, we were able to attend the convention expo and also preview the silent auction, both which were ongoing throughout all three days of the event.

The highlight of that first day was the evening welcome reception; an opportunity to meet and network with RRCA leaders, race directors, and







Personal Trainers group

others in the industry. With cocktails we celebrated our passion for running, learning from each other, and building connections that fuel our sport; from the top floor of the hotel with absolutely stunning views of the city, statues, and monuments!

Stay tuned for an upcoming recap of Day 2, which kicked off with an early morning group run, and was highlighted with an inspiring keynote speaker who offered an unforgettable message about creating opportunities for all runners!

---

*Elizabeth Davis lives in Vernon Center and has been running for close to 30 years! Her initial interest was sparked from watching her father volunteer for the Boiler-maker, which quickly grew into a goal of wanting to one day run it herself. She completed her first following her freshman year in high school, and this year will be taking on number 21. She is a full-time Personal Trainer, and also a mentor for the NYRR Team for Kids, supporting runners who are training for the New York City Marathon.*



Welcome reception



Personal Trainers in the classroom!





# Standings as of 6/21/26

## After Summer Sizzle

### FEMALE

|                      |    |                       |    |
|----------------------|----|-----------------------|----|
| <b>0-14</b>          |    | Agnieszka Kwiatkowska | 27 |
| Dylan Joslin         | 36 | Sue Brumm             | 20 |
| <b>25-29</b>         |    | Aileen Viel           | 20 |
| Michaela Marrero     | 24 | Jenn Koenig           | 14 |
| Rae Swartz           | 10 | Jennifer Stefka       | 10 |
| <b>30-34</b>         |    | Melanie Francis       | 10 |
| Kelly Marraffa       | 42 | Michelle Rosinski     | 8  |
| Cara Forbes          | 36 | Kerry VanVechten      | 7  |
| Cassandra Thibault   | 28 | Jennifer Toti         | 7  |
| Susan Rowe           | 24 | <b>50-54</b>          |    |
| Alison Shanley       | 12 | Allison Miller        | 48 |
| Margot Rankins-Burd  | 10 | Sara Groh             | 42 |
| <b>35-39</b>         |    | Donna Morreall        | 25 |
| Julie Hall           | 25 | Sharon Powell         | 16 |
| Arica Ackerman       | 25 | Jeanne Case           | 13 |
| Alyssa Tamburrino    | 24 | Lindi Quackenbush     | 10 |
| Devon Carroll        | 20 | Mary Bennett          | 8  |
| Charlotte Whitney    | 16 | Kristin Campbell      | 7  |
| Sarah Harrison       | 12 | <b>55-59</b>          |    |
| Katelyn Parry        | 5  | Mary Ann Lasher       | 72 |
| <b>40-44</b>         |    | Marlene Angelini      | 10 |
| Ashley Mancini       | 40 | Missy Scanlon         | 10 |
| Amanda Hartnett      | 37 | <b>60-64</b>          |    |
| Colleen Blush        | 25 | Lisa Badolato         | 46 |
| Liane Zalewski       | 24 | Beth Talbot           | 32 |
| Jessica Brownell     | 22 | Jean Kosina           | 18 |
| Jaclyn LaFlair       | 18 | <b>65-69</b>          |    |
| Sarah Gaasch         | 18 | Marion Oswald         | 30 |
| Melissa Barlett      | 15 | Sue Tucker            | 24 |
| Sarah Walsh          | 15 | Linda Hudyncia        | 22 |
| Ann Brown            | 11 | Diane Philo           | 10 |
| Ellie Bawarski       | 9  | <b>70-74</b>          |    |
| Tiffany Rositano     | 8  | Sue Luley             | 60 |
| Janelle Luley        | 7  | Sharon Stedman        | 30 |
| Daisy Marrero        | 6  | <b>75+</b>            |    |
| Crystal Overstreet   | 6  | Dorothy Massinger     | 12 |
| <b>45-49</b>         |    |                       |    |
| Sara Piacentino-Call | 36 |                       |    |
| Rebecca Bolton       | 30 |                       |    |

### MALE

|                      |    |                  |    |
|----------------------|----|------------------|----|
| <b>0-14</b>          |    | Robert Kapfer    | 20 |
| Maddox Joslin        | 58 | Derek Alexander  | 19 |
| Raymond Zoghby       | 32 | Joe Woodworth    | 18 |
| Magnus Brumm         | 18 | Joe Mashaw       | 15 |
| Varick Case          | 16 | Jared Spadea     | 10 |
| Callum Scott         | 7  | Francis Peruzzi  | 8  |
| <b>15-19</b>         |    | John Sloan       | 7  |
| Tyler Quackenbush    | 24 | Scott Thompson   | 6  |
| Matthew Walden       | 22 | <b>50-54</b>     |    |
| Robert Lewis         | 10 | James Swistak    | 26 |
| <b>25-29</b>         |    | Jim Latshaw      | 25 |
| Ryan Fitzgerald      | 12 | Hisham Zoghby    | 24 |
| <b>30-34</b>         |    | Jason Tomaselli  | 22 |
| PJ Marraffa          | 46 | Jonathan Jeff    | 20 |
| Anthony Sedotto      | 30 | Peter Madden     | 12 |
| David Gould          | 22 | <b>55-59</b>     |    |
| Tommy Carlson        | 22 | Carl Lee         | 40 |
| Nicolas Vecchiarelli | 17 | Eric Kasper      | 36 |
| <b>35-39</b>         |    | Paul Humphrey    | 34 |
| Rane Wadsworth       | 42 | Peter Angelini   | 10 |
| Alan Lin             | 24 | Michael Scott    | 10 |
| James Kuny           | 24 | Steven Long      | 8  |
| Justin Bogner        | 22 | David Brown      | 7  |
| Jeremy Rose          | 10 | <b>60-64</b>     |    |
| <b>40-44</b>         |    | Dave Putney      | 24 |
| Chris Edick          | 46 | Gordie Felt      | 22 |
| Colt Brumm           | 27 | Frank Tamburrino | 17 |
| Andrew Hartnett      | 24 | Jeff George      | 8  |
| Adam Dembrow         | 16 | <b>65-69</b>     |    |
| Nate Rowe            | 16 | Dan Stedman      | 36 |
| Andrew Rubino        | 11 | Bill Kosina      | 34 |
| Michael Koenig       | 10 | Gary Burak       | 12 |
| Chris Vella          | 10 | Tom McGlynn      | 10 |
| John Marin           | 10 | <b>70-74</b>     |    |
| Neil Case            | 9  | Gene Allen       | 42 |
| Benjamin Tibbitts    | 8  | Gary LaShure     | 36 |
| Pedro Campoverde     | 7  | <b>75+</b>       |    |
| <b>45-49</b>         |    | George Oswald    | 36 |
| Tom Joslin           | 44 | Bill Abel        | 10 |
| Ryan Barry           | 34 | Bill Luley       | 8  |
| Steve Fairbrother    | 25 |                  |    |



# Remaining Races



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

### Correction from June issue

We had a link broken in Avery Knous' Member Article in our June issue of Spltimes. If any readers were moved or feel inclined to support Avery and her family in raising funds for the Parkinson's Foundation...

[Donate here](#)





# The Standings at the Halfway Point!

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

## 6 CLUBS

**Roman Runners**  
(Rome)

**Kuyahoora Kickers**  
(Newport)

**Mohawk Valley Hill Striders**  
(Utica)

**Route 20 Roadies**  
(Richfield Springs)

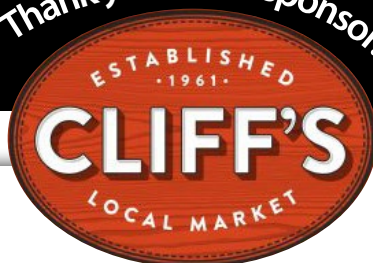
**Toe Path Trekkers**  
(Boonville)

**Utica Roadrunners**  
(Utica)



ESTABLISHED 2015

Thank you to our sponsor:



## 6 RACES

~~Done!~~ Fort to Fort

~~Done!~~ Towpath Trail

~~Done!~~ Patriot Run

7/19 – Sundae Run

8/21 – Woodmen's

9/27 – Falling Leaves

### Patriot Run Overall Percentage Points

**Roman Runners**  
1,059.47 points • 16 • 1st

**Kickers**  
1,062.99 points • 14 • 2nd

**Rt. 20 Roadies**  
1,026.07 points • 12 • 3rd

**Roadrunners**  
1,004.67 points • 12 • 4th

**Hill Striders**  
693.34 points • 4 • 5th

**Trekkers**  
624.77 points • 5 • 6th

### 2026 CURRENT STANDINGS

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

### Patriot Run Point Contributors

Eric Kasper  
Ryan Barry  
Susan Luley  
Pete Madden

### Cliff's Gift Card Winners from Patriot Run

Dan Stedman  
(Top Performer)  
James Kuny  
(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)



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**



PAID ADVERTISEMENT



**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**

**Splitimes** July 2026 20



## Member Article



# 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!



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.



CHECK OUT THE FULL TRAVEL TEAM SCHEDULE:

[uticaroadrunners.org/races/travel-team/](https://uticaroadrunners.org/races/travel-team/)



**LET'S HIT THE ROAD AND RACE TOGETHER!**



**Wineglass Races Discount Code**

Email Andrew Hartnett at  
ahartnet25@gmail.com to get the code!  
Expires 8/31/26 - sign up soon... it will sell out!



**See the 2026 schedule**



CANASTOTA FIRE DEPARTMENT

INAUGURAL

# BURN RUN

October 31st – Halloween Fun!

*Dress Up & Run* – Costumes Welcome!

Kids • 5K • 10K RACES

Supporting:



THE BURN FOUNDATION  
OF CENTRAL NEW YORK



RUN FOR A GREAT CAUSE!

Follow for details



PAID ADVERTISEMENT



# The Sherrill Fireworks Run

## In Memory of Dwight L. Evans

Dwight, a former Sherrill mayor and lifelong resident, organized the first gazebo fireworks and played a key role in securing funds for the Sherrill Gazebo, a community events venue since 1989.



Sherrill, NY  
5K Run/Walk

**8:15** - Fun Run  
(Ages 10 and under)

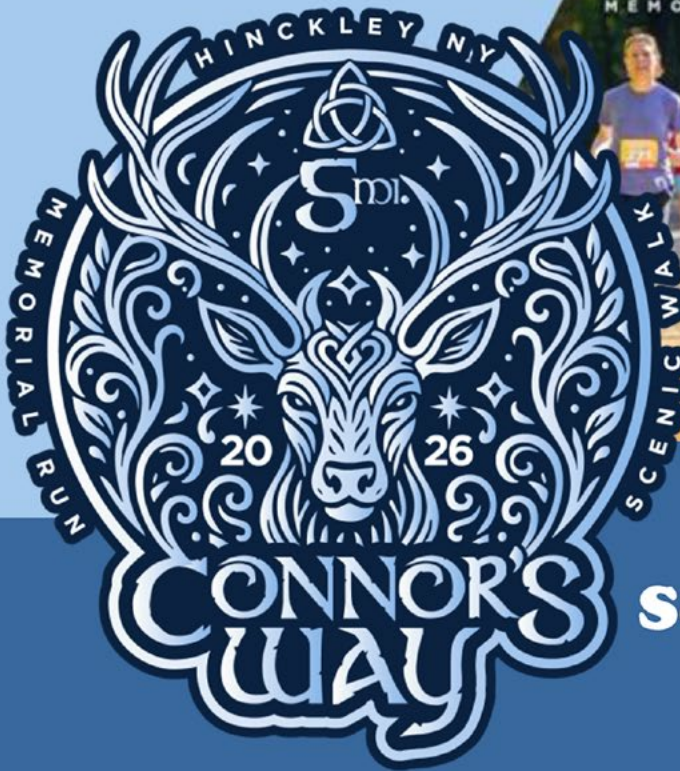
**8:45** - 5K Start

**Sign up:**



# Saturday, July 25th

**Sign Up Today**



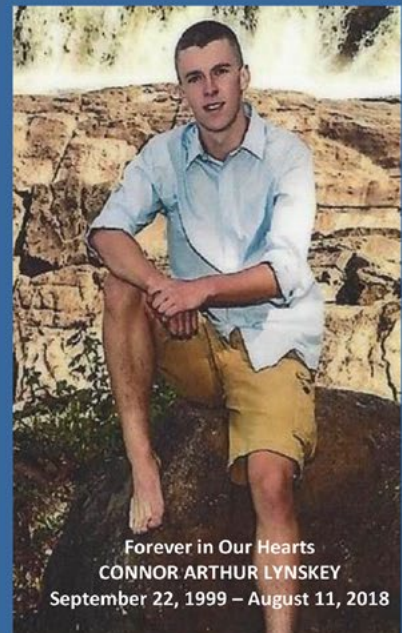
## 9<sup>th</sup> Annual September 20<sup>th</sup>, 2026

[Sign Up Today](#)

**Virtual Option Sept. 20-26**  
**Free T-shirt with registration thru Sept. 4th**

**Kids ½ Mile Fun Run – Free Registration**  
**Free T-shirt with registration thru Sept. 4th**  
**Pre-Registration is required**  
**Sponsored by Bruce F. Daniels, P.C.**

**Food Trucks & Music**  
**Awards to top Runners**  
**Proceeds Fund Scholarships for Area Youth**



**Sponsorships Available thru Sept. 4, 2026**  
**For more information go to**  
**ConnorsWay.com**  
**[www.Facebook.com/Connorswaymemorial](https://www.Facebook.com/Connorswaymemorial)**



# 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.

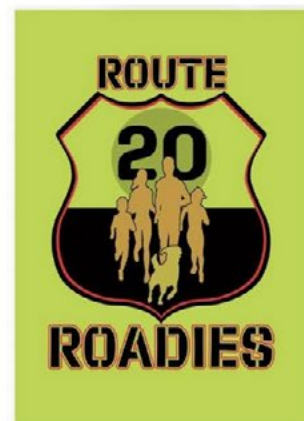
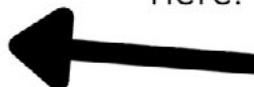
**Get the Rt. 20 Brochure,  
Map and Guide**

## **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](#)

# 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

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](mailto: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)

- ☐ August 2026
- ☐ September 2026
- ☐ October 2026

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

☐ Yes ☐ No

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