

splitimes

August 2026

The Official Newsletter of the Utica Roadrunners



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By Elizabeth
Davis
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NEW! TUESDAY NIGHT TRACK CLUB



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August

2026

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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](#)



*Roadrunners at the
Sundae Run (above) and
the Trenton Fish and Game
Autism Tail Run (below)*



President's Message

by Andrew Rubino

"Setbacks are part of the journey. The secret is to learn from them."

– JEFF GALLOWAY

Congratulations to everyone who participated in the Boilermaker activities this year! Huge shout out goes to the Boilermaker, City of Utica, and volunteers who make it happen. The weather was perfect and post-race was top notch. I was happy to cheer everyone on from the sidelines this year with my family, including Lil Jackie Paper. You all looked great out there! After watching the last runner pass mile two, I hurried over to the finish to continue cheering, then met up at the tent. I hope to join everyone on the streets and trails again soon as I recover from my injury.



Now that we've crossed the finish line with the Boilermaker, we set our sights on honing our paces and distance for fall running. UR has a number of groups running all summer on roads, on the track, and on trails. All groups run a variety of paces and distances. Email me or message UR social media to help you get connected to the group for you! Stay sharp and race ready with Utica Roadrunners' Club Cup and Grand Prix events. Specifically, Tunnel to Towers on 8/16, Falling Leaves in September, and Skeleton Run in October.

The Utica Roadrunners are 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 10am followed by burgers, hotdogs, and potluck. You can sign up with this link: <https://www.signupgenius.com/go/10C084FA4AB2BA0F8CF8-64575444-hill> and contact Tommy at carlson.thomas22@gmail.com with any questions. We'll see you at the lake!

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. I look forward to hearing about any special races you have coming up!

Enjoy the Journey!
Andrew
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.

Club News

Looking for New Board Members for 2026!

If you enjoy all of the runs, trainings, races, social events, and more that the Utica Roadrunners offers - consider being a part of the planning process by joining the Board of Directors!

The Board meets in person on the second Monday of each month and oversees the club's activities and finances. Board terms begin with the December meeting in 2026 and run for two years.

If you want to know more about being on the Board, feel free to contact and chat with any of the Board members or officers. If you are interested in running for one of the six spots (of 12 total) up for election this year, please send a short bio to Melissa Barlett at docbarlett@gmail.com by September 20th.

We need volunteers like YOU to keep all of our activities going and to make this club the best it can be!

Belated Congratulations!



We caught up with two individuals who won an award and hit a milestone for 2025, but were not able to attend the banquet! Join us in congratulating:

Mason Hedeon

Earned his 1000 Mile Club Red Jacket

Rebecca LaPorte

2025 Frank D'Allesandro Training Volunteer Award

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

Upcoming Race

The 52nd Annual!



Presented by



Sunday, September 27, 2026

Sign up now!

Join us in downtown Utica at the State Office Building for the 5k or the scenic switchbacks 14k. We have a kid's kilometer run too!

Post-race party and awards ceremony at DoubleTree by Hilton Utica.
Male and female awards for overall winners and five year age group winners for the 5k and 14k.

If you are interested in being a volunteer or a sponsor,
please send us a message or [Click Here to Volunteer](#).



Upcoming Race

SKELETON RUN

October 18th
Deerfield Town Park

Sign up now!

5K Trail Run
Community Run (1.5 mile)
Kids 1/4 Mile Run (3-12 year old)

RACE SHIRT

A New Training Program on Tuesdays

TUESDAY NIGHT TRACK (TNT)

GET FASTER. GET STRONGER. TOGETHER.

OPEN TO ALL UTICA ROADRUNNERS MEMBERS AND NON-MEMBERS!

TNT (Tuesday Night Track) is a weekly track workout designed to help runners of all abilities improve their speed and fitness.

This group is open to all Utica Roadrunners members and non-members!



WHEN:

Every Tuesday at 6:00 p.m.



WHERE:

We primarily meet at MVCC but locations may vary based on availability. Weekly updates will be posted on our Strava group.



WHAT TO EXPECT:

A suggested workout will be provided each week. All paces are welcome! The goal is to offer a fun, supportive environment where runners can work on getting faster and stronger.



JOIN US!

Search for the "TNT" group on **Strava** and request to join to stay up to date on locations and announcements.



QUESTIONS?

Not on Strava or have questions? Contact Pete Madden at prmadden72@gmail.com



Weather dependent. The TNT season will end when the tracks are covered with snow.

4th of July in Cazenovia



By: Amanda Hartnett

What better way to kick off the Fourth of July than with a scenic morning run and great company? A few of us loaded up the car for a road trip to the Cazenovia Foot Races—easily my favorite travel team race of the year (and the Utica Roadrunners discount made it even better!). Cazenovia offers both a 5K and a 10-miler, making it the perfect rolling-hill tune-up just a week out from the Boilermaker. We lucked out with a comfortably cool morning, and the weather gods were even kind enough to hold off the rain until right after we crossed the finish line. Running past gorgeous lakefront mansions and charming village streets made those ten miles fly by... almost.



The best part of any race day, of course, is the post-run reward. After crossing the finish line at Lakeland Park—where I collapsed in a heap while watching some brave UR souls plunge off the diving board into the lake—we refueled in style. Huge shoutout to my awesome carpool crew and all the friendly Roadrunner faces out on the course! A few of us capped off the morning at Myers Creek with a well-deserved light lunch (and by light, I mean a Velvet Fog beer and fry-dipping bacon jam, which I highly recommend for proper recovery). It was a fantastic start to the holiday weekend, and I'm already looking forward to filling the car with even more of you next year!

Saturday Group Runs Continue!

8:00am
Saturdays
Meet behind
Forte Fitness
50 Gensee St.
New Hartford

9:00am
Stride Coffee

The Boilermaker may be behind us, but the running season is far from over! Looking to stay active through the quieter season or just want a friendly group to run with?

Join us every Saturday morning for a relaxed, supportive group run with runners of all paces and experience levels. Whether you're rebuilding, maintaining, or just getting started, you'll fit right in.

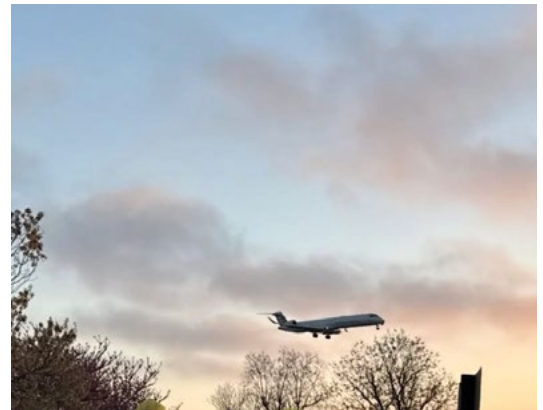
Our route changes every week, so be sure to check it out before you head out. We all start together on the same main route to help keep the group connected, and you can easily shorten your run with a down-and-back or customize the distance to fit your goals. Around 9:00am we'll head over to Stride for coffee, conversation, and plenty of running talk. No pressure. No pace too slow. Just good people getting in good miles together.



by Elizabeth Davis

Morning Miles, Powerful Messages, and Cherry Blossom Race Prep: Rundown on Day 2 of the RRCA Convention

The second day of the 68th Annual RRCA National Convention started before the sun was even up, as we all gathered in the lobby for an enormous morning group run. Leaving no small detail overlooked, RRCA provided us with personalized bibs printed with our names, knowing that no one would want to be running wearing their bulky convention badge. We were joined by Pro Marathon/Ultra runner Mike Wardian (who was also the keynote speaker at the event in 2019) and his dog/running partner Bash, for a sunrise run from the front steps of the hotel to Gravelly Point Park about 2 miles away. There we stopped by the water's edge to watch the sun rising over the Potomac River, and the low landing planes which flew directly overhead into Reagan airport which was right next door. Returning from the run we were greeted with commemorative long-sleeved tech shirts, as Morning Fun Run medals were awarded around our necks!



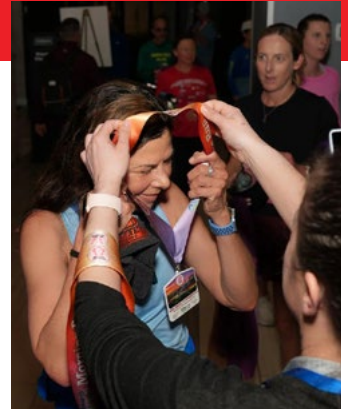
Day 2 continued with educational sessions for attendees who were not a part of the coaching class, with topics ranging from running safety, sustainability, and social impact, to the gold standards set behind the scenes of the iconic Marine Corps Marathon. We later all joined back together for the keynote speaker luncheon, where Martinus Evans, author and founder of the Slow AF Run Club delivered an unforgettable message about the importance of opening doors and creating welcoming opportunities for all runners. Drawing from his own against-all-odds running journey, which began with a jog of 15-seconds before he tumbled off the treadmill, to becoming a multi-time marathoner; Martinus's impassioned message was that the sport of running does not grow by getting faster, it grows by getting wider and more inclusive, with the recognition and removal of barriers through the eyes of someone who feels like they don't belong. He continued to keep the energy and inspiration high by concluding with a meet and greet, where he signed and gifted us copies of his book *Slow AF Run Club – The Ultimate Guide for Anyone Who Wants to Run*. —————>



Member Article (cont.)



That evening everyone made their way into downtown DC as race weekend officially kicked off with the Cherry Blossom Expo at the National Building Museum. Beyond the typical packet pickup and race themed swag, this massive expo also included multiple engaging speakers; from the inspirational American record holder Keira D'Amato, to the informative Dr. George Lane explaining the evolution of running shoes. The excitement stayed high as runners looked for their names printed on race banners and illuminated across screens as they were being handed their bibs, and posed for pictures with the race mascot Stumpy (who we'd already been able to meet as a surprise guest attendee at the convention!)



Stay tuned for the upcoming recap of Day 3, which kicked off with the Cherry Blossom 5K, and concluded with a carb-loaded closing reception in preparation for the final morning's Cherry Blossom 10M.

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.

August Happy Hour



Club Social Happy Hour
Friday, August 14 • 6-8pm

Yorkville Memorial VFW Post 6001
45 Calder Ave, Yorkville

Wear red, white & blue to support our Veterans!
First 20 receive a drink on UR!

Boilermaker Training Program Wrap Up

Stronger Together: Celebrating Our Boilermaker Success!

By Amanda Hartnett



What an incredible season! This year's 20-week Boilermaker training program was a resounding success, kicking off on February 28th with 58 enthusiastic runners and growing steadily every week. A special thank you to Erik Winberg for generously launching our program at Forte Strength and Fitness. From that initial two-mile run to mid-week accountability check-ins and Saturdays spent logging major miles, our runners showed up and put in the work. We couldn't have done it without our incredible group leaders—Donna Morreall, Ashley Mancini, Peter Angelini, Mary Ann Lasher, Lisa Badolato, Julie Hall, Andrew Hartnett, and Amanda Hartnett—who kept everyone motivated, safe, and on track every step of the way.

Race day delivered glorious running weather, and our team absolutely crushed it! Whether tackling the iconic 15K or training for the 5K, the hard work paid off with countless personal records across

the board. Afterward, we gathered in the park to celebrate with snacks, drinks, and even a champagne toast for those completing their very first Boilermaker. The legendary energy of the Utica spectators carried us through to the finish line, but the real highlight was the pride, camaraderie, and supportive spirit shared among our group.

The Boilermaker is a challenging, unforgettable tradition that brings the entire local running community together, and we want our training family to keep growing. If you've been on the fence about joining or want to take on a new challenge, we'd love to see your face in the pack next season! Keep an eye out for our training program announcement mid-winter—we can't wait to lace up and start building momentum for next year together.



UR Backpacks

Pack for runs, weekends,
or work with these stylish
Utica Roadrunners-branded backpacks!
Just \$20 each.

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The Remaining 2026 Races



8 races down, 5 to go!
See page 15 for current standings

*Next
up!*

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



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/



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!



Training Opportunity

An early morning run and
an evening run to fit your schedule!



Wineglass HALF MARATHON

LET'S TRAIN TOGETHER!



TUESDAYS | 5:30 AM
840 TRAILHEAD PARKING LOT
CLARK MILLS



THURSDAYS | 6:00 PM
THE PARKWAY
UTICA

♥ **EVERYONE IS WELCOME!** ♥

Whether you're training for your first
half marathon, chasing a PR, or just
want to come out and run—
you're welcome here!



LET'S PUT IN THE MILES TOGETHER!
See you out there!



FEMALE

0-14		35-39		45-49		55-59	
Dylan Joslin	36	Alyssa Tamburrino	36	Sara Piacentino-Call	44	Mary Ann Lasher	72
		Charlotte Whitney	33	Rebecca Bolton	30	Missy Scanlon	32
15-19		Arica Ackerman	32	Sue Brumm	30	Marlene Angelini	10
Elizabeth Schoen	12	Julie Hall	29	Agnieszka Kwiatkowska	27	Stephanie Flack	8
		Devon Carroll	26	Aileen Viel	27		
20-24		Sarah Harrison	12	Jennifer Stefka	23	60-64	
Bianca Durso	12	JamieLeigh Accordino	10	Melanie Francis	20	Lisa Badolato	56
Janet Baker	10	Michaline Snyder	8	Jenn Koenig	17	Beth Talbot	32
Madeline Denison	8	Katelyn Parry	5	Elizabeth Davis	12	Jean Kosina	30
		Rachel Bartlett-Davenport	3	Michelle Rosinski	10	Ingrid Otto	12
25-29		Lindsay Huckabone	2	Kerry VanVechten	7	Laura George	8
Michaela Marrero	32			Jennifer Toti	7	Judy Smith	7
Emma Farkash	12	40-44		Anne Marie Latshaw	6		
Rae Swartz	10	Amanda Hartnett	59	Leslee Hoffmann	5	65-69	
Avery Knous	10	Ashley Mancini	50	Cheryl Burmaster	4	Marion Oswald	50
Alondra Suarez	7	Liane Zalewski	36			Sue Tucker	36
Hannah Hejni	6	Jaclyn LaFlair	26	50-54		Linda Hudyncia	32
Stacey DiGiorgio	5	Colleen Blush	25	Allison Miller	48	Diane Philo	10
		Jessica Brownsell	22	Sara Groh	42	Sheila Bishop	7
30-34		Sarah Gaasch	20	Sharon Powell	34		
Cara Forbes	51	Sarah Walsh	18	Donna Morreall	32	70-74	
Kelly Marraffa	50	Ann Brown	16	Jeanne Case	31	Sue Luley	72
Susan Rowe	36	Melissa Barlett	15	Mary Bennett	13	Sharon Stedman	40
Cassandra Thibault	35	Ellie Bawarski	15	Liz Casatelli	12	Paula Iannello	8
Alison Shanley	30	Janelle Luley	14	Lindi Quackenbush	10		
Margot Rankins-Burd	11	Tiffany Rositano	8	Christine McGlynn	10	75+	
Rebecca LaPorte	10	Daisy Marrero	6	Kristin Campbell	7	Dorothy Massinger	12
Christine Connors	4	Crystal Overstreet	6	Michelle McCarrick	4		
Yuliya Karpov	3	Ashley Pace	4				
Maureen Bishop	2	Susan Campbell	1				



Standings as of 7/19/26

After Boilermaker and Sundae Run

MALE

0-14		35-39		Steve Fairbrother 41		60-64	
Maddox Joslin	70	Rane Wadsworth	49	Robert Kapfer	28	Dave Putney	48
Varick Case	38	Alan Lin	36	Joe Woodworth	28	Gordie Felt	32
Raymond Zoghby	32	James Kuny	32	Derek Alexander	21	Frank Tamburrino	24
Magnus Brumm	26	Justin Bogner	25	Joe Mashaw	15	Jeff George	16
Callum Scott	17	Jeremy Rose	14	Jared Spadea	15	Thomas Durso II	6
		Travis Belanger	12	Francis Peruzzi	9		
15-19		Nicholas Accordino	10	John Sloan	7	65-69	
Tyler Quackenbush	24	Trevor Kalwara	6	Scott Thompson	6	Dan Stedman	48
Matthew Walden	22	Ryan Stevener	5	Edward Browka	6	Bill Kosina	41
Robert Lewis	20	Dan Vellone	2	Ernie Marcello	3	Tom McGlynn	15
Christian Vella	12			Philip Davis	0	Gary Burak	12
		40-44				Frank Vellone	10
20-24		Chris Edick	58	50-54		Leroy Hodge	8
Alejandro Roberts	12	Colt Brumm	37	James Swistak	41	Gary Roback	6
Kole Owens	10	Andrew Hartnett	28	Peter Madden	36	Harry Bascom	4
David Wynne	8	Nate Rowe	21	Jim Latshaw	31		
Badie Robinson	7	Neil Case	21	Jason Tomaselli	30	70-74	
Kain Robinson	6	John Martin	20	Hisham Zoghby	24	Gary LaShure	48
Andres Roberts	5	Chris Vella	18	Jonathan Jeff	20	Gene Allen	42
Zachary Sauro	4	Adam Dembrow	16	Phil Trzcinski	10	Woody Woodworth	12
		Andrew Rubino	11	Chris Misiaszek	7	Leland Smith	10
25-29		Michael Koenig	11				
Ryan Fitzgerald	12	Benjamin Tibbitts	10	55-59		75+	
		Pedro Campoverde	7	Eric Kasper	60	George Oswald	60
30-34		Paul Humphrey	7	Carl Lee	46	Bill Luley	18
PJ Marraffa	56	Travis Olivera	6	Paul Humphrey	34	Bill Abel	10
Anthony Sedotto	42	Mike Winkler	3	Peter Angelini	10	Paul Boor	10
David Gould	30	Jonathon Rios	0	Michael Scott	10	John Murphy	8
Tommy Carlson	28			Pete Blanchfield	10		
Nicolas Vecchiarelli	17	45-49		Steven Long	8		
Mason Hedeon	7	Tom Joslin	51	Sean Finnerty	8		
Mark Vrydaghs	5	Ryan Barry	46	David Brown	7		
				Glen Andrew Roberts	7		

Tunnel^{to}Towers Foundation



RUN & WALK CENTRAL NY



RUN. WALK. HONOR.

**SUNDAY
AUGUST 16, 2026**

Utica 9/11 Memorial
Sherman Drive & Memorial Parkway
Utica, NY 13502

Run starts at **9:11 AM**

Do you have a question?
CentralNY@t2t.org

The National Run, Walk & Climb Series was inspired by the Tunnel to Towers 5K Run & Walk NYC, which retraces FDNY Firefighter Stephen Siller's final footsteps on 9/11. The RWC Series consists of over 80 runs, walks and climbs in different cities across the nation, paying homage to America's heroes.

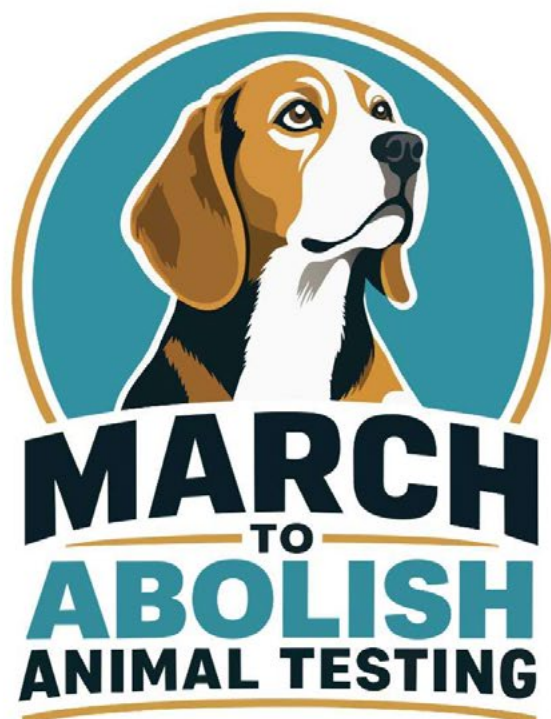


For Event Info & Registration,
Visit us at **T2T.ORG**



@TUNNEL2TOWERS #T2TRUN

Sign Up Today



Run + Relay

SEPT 19-25

7 DAYS, 200+ MILES
ALBANY TO NORTH ROSE, NY

Join us on an epic run to end animal experimentation! The run + relay follows in the footsteps of this historic two-week march. Join a team and run for one day, several days, or the whole distance.

SIGN UP AT WWW.MARCHFORANIMALS.ORG
CONTACT CHRIS AT CZHRONES@GMAIL.COM FOR MORE INFORMATION



[Learn More](#)

Only TWO More Races Remain!

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)

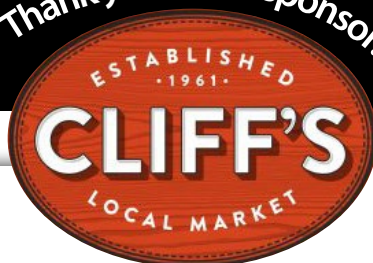
Toe Path Trekkers
(Boonville)

Utica Roadrunners
(Utica)



ESTABLISHED 2015

Thank you to our sponsor:



6 RACES

~~Done!~~ Fort to Fort

~~Done!~~ Towpath Trail

~~Done!~~ Patriot Run

~~Done!~~ Sundae Run

8/21 – Woodmen's

9/27 – Falling Leaves

Sundae Run Overall Percentage Points

Roman Runners
358.85 points • 21

Kickers
375.75 points • 20

Rt. 20 Roadies
334.59 points • 16

Roadrunners
330.99 points • 15

Trekkers
192.66 points • 7

Hill Striders
0 points • 0

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

Sundae Run Point Contributors

Susan Luley
Gary LaShure
Mary Ann Lasher
Amanda Hartnett

Cliff's Gift Card Winners from Sundae Run

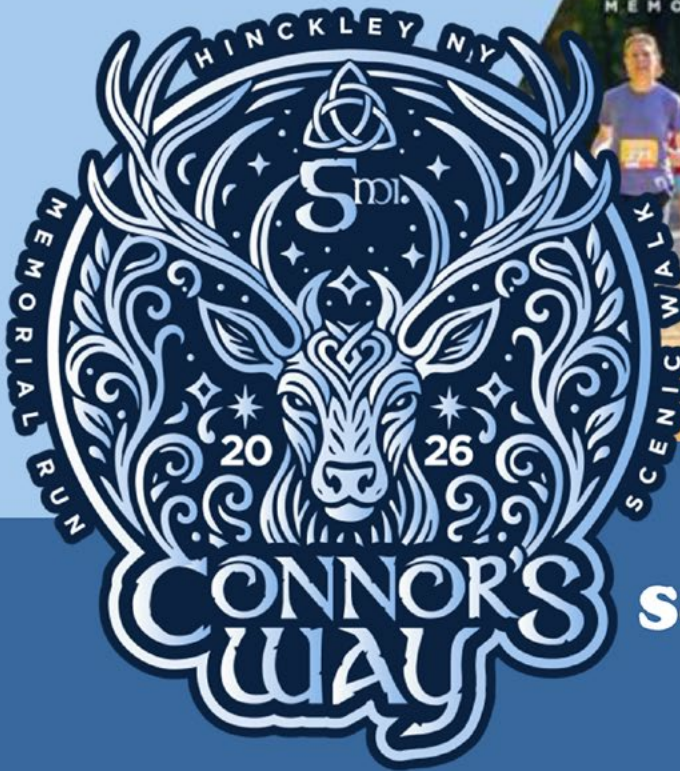
Eric Kasper
(Top Performer)

Colt Brumm
(Lucky Draw)

Get details and learn about scoring

QUESTIONS? Contact your UR Club Cub Captains:

Mary Ann Lasher at maryannlasher@yahoo.com or PJ Marraffa at pmarraff@gmail.com



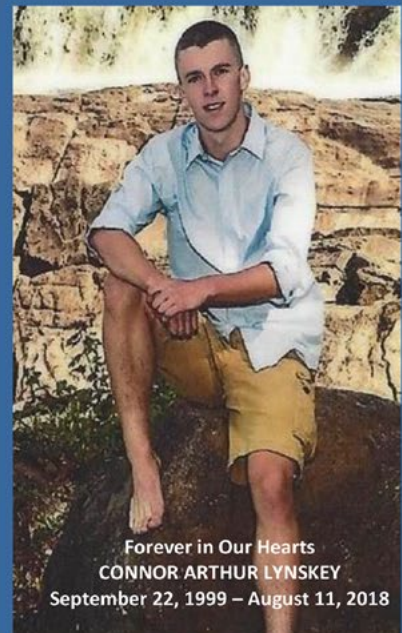
9th Annual September 20th, 2026

[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



Forever in Our Hearts
CONNOR ARTHUR LYNSKEY
September 22, 1999 – August 11, 2018

Sponsorships Available thru Sept. 4, 2026
For more information go to
ConnorsWay.com
www.Facebook.com/Connorswaymemorial

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**Sunday,
October 11**
SUNY Poly Campus

Riggie Run & Walk

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

— Presented by —



ADIRONDACK BANK

Bank Local



SITRIN MILITARY
PROGRAM

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

Sign Up Today

SpliTimes August 2026 21

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

2026 Herkimer County CHAMBER CHALLENGE



5k Run & Walk!

Saturday,
September 19, 2026

Registration: 8:00 AM

Race Time: 9:00 AM

Arc Herkimer Business Park
420 East German Street
Herkimer, NY

\$30
Includes
T-Shirt



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Excellus



A nonprofit independent licensee of the Blue Cross Blue Shield Association

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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 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)

☐ September 2026

☐ October 2026

☐ November 2026

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

☐ Yes ☐ No

Total included: \$ _____