

September 2026

splitimes

The Official Newsletter of the Utica Roadrunners



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September
2026

Utica Roadrunners Board of Directors

President Andrew Rubino

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Administration & Finance
Melissa Barlett

Activities and Events
Erik Winberg

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Tommy Carlson	Donna Morreall
Andrew Hartnett	Phil Trzcinski
Paige Marraffa	Frank Vellone



**Utica Roadrunners at the
Woodsmen's Field Days**

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](#)

President's Message

by Andrew Rubino

"Take control of your run before it takes control of you."

– JEFF GALLOWAY



Taking a break from running can be a difficult thing to do, but getting back into it can be even harder. Returning to a routine and taking those steps out the door are sometimes the biggest challenge.

Commit to running for only ten minutes to start. Eventually you will want to go longer. Focusing on time on feet and not pace or distance will help to make the task feel less daunting. Focusing on time on feet will also help to reestablish the joy for running without feeling wiped out, keeping you fresh and ready for the next run. Run with friends and your favorite running club to help with accountability, encouragement, and motivation. Lastly, listen to your body and take walk breaks as needed.

Only two Utica Roadrunner races remain for this season: **Falling Leaves on September 27th** and the **Skeleton Run on October 18th**. Keep running with the Club:

- Tuesday nights for track workouts
- Saturday mornings for long runs
- Wednesday nights for unofficial Development Runs
- Tuesday mornings and Thursday nights for half marathon training

Now that fall is in the air, the Club sets its sights to forging a path to 2027 with a **call for candidates for board leadership** who want to be more involved in our running community. Our club thrives on the passion of its members, and we are looking for dedicated individuals to help with the planning for another exciting year of running!

If you are looking for your **Four Race Challenge backpacks**, they will be available in time for the Skeleton Run. There is still time to purchase one for yourself. [Email me](#) if you are interested or have questions about your order.

It's been wonderful hearing stories these last few months, seeing an uptick in pictures on social media, and celebrating accomplishments. If you would like to share any experiences you have with returning to running or overcoming a running struggle, drop me a line.

Wishing you all the best and remember to enjoy the journey!

Enjoy the Journey!

Andrew

rubino.uticaroadrunners@gmail.com

The Remaining 2026 Races



**10 races
down,
3 to go!**

See pages 9 & 10
for current
standings

Next up!

Sept. 27

14K

Falling Leaves

Utica

Oct. 11

5K

Sitrin Riggie Run

SUNY Poly

Oct. 18

5K

Skeleton Run

Deerfield

Club News

Looking for New Board Members for 2026!

Deadline: Sept. 20th

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!



UR Backpacks

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

Email
Rubino.uticaroadrunners@gmail.com

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.

Although the summer youth running program changed its name, location and format, the result was the same - a great success thanks to the support of the Utica Roadrunners, the Town of Marcy and many dedicated volunteers.

Nate and Abbie Getman opted to move the program to Marcy Town Park to take advantage of the space offered. They also condensed the program to five sessions held over the course of two weeks instead of one session each week for five weeks.

"Our goal is to introduce running in a fun way with an emphasis on responsible training based upon age and ability," said Nate.

More than 180 area children signed up for the program, which culminated in a cross-country race and featured music courtesy of Kyle Simpson. Stewart's Shops provided ice cream sundaes for the participants. A team of more than 25 volunteers made up of teachers, coaches, runners, and high school athletes (including former participants) help keep the program moving. Experts like Josh Belisle of the Sneaker Store offer age-appropriate advice on proper training equipment.

The program is offered free of charge thanks to continued support the Utica Roadrunners. The Town of Marcy was a welcome addition to the program providing a wonderful space and shirts for the runners.

Youth Cross Country



Saturday Group Runs Continue!

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

9:00am
Stride Coffee

***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.



Standings as of 8/21/26

After Woodsmen's 10K

FEMALE

0-14		Charlotte Whitney	39	Sue Brumm	36	Kathleen Novak	8
Dylan Joslin	48	Alyssa Tamburrino	36	Rebecca Bolton	30	Lisa Seigle	7
15-19		Devon Carroll	36	Aileen Viel	27		
Elizabeth Schoen	12	Sarah Harrison	24	Jenn Koenig	24	60-64	
20-24		Michaline Snyder	15	Jennifer Stefka	23	Lisa Badolato	68
Bianca Durso	12	JamieLeigh Accordino	10	Melanie Francis	20	Beth Talbot	44
Janet Baker	10	Katelyn Parry	8	Michelle Rosinski	15	Jean Kosina	35
Madeline Denison	8	Amanda Robertello	8	Elizabeth Davis	12	Ingrid Otto	12
25-29		Lindsay Huckabone	7	Cheryl Burmaster	12	Laura George	11
Michaela Marrero	39	Rachel Bartlett-Davenport	3	Kerry VanVechten	10	Lisa Tedesco	8
Alondra Suarez	19	40-44		Jennifer Toti	7	Judy Smith	7
Hannah Hejni	16	Amanda Hartnett	68	Anne Marie Latshaw	6	Karen Massarotti	7
Emma Farkash	12	Ashley Mancini	50	Leslee Hoffmann	5	Dina Lawson	6
Rae Swartz	10	Liane Zalewski	36	Jerilyn Mashaw	4	Felicia Burak	4
Avery Knous	10	Melissa Barlett	30	Andrea Connery	2	65-69	
Ashley Carlson	8	Colleen Blush	29	50-54		Marion Oswald	62
Stacey DiGiorgio	5	Jaclyn LaFlair	26	Allison Miller	60	Sue Tucker	48
30-34		Ann Brown	26	Sara Groh	42	Linda Hudyncia	42
Kelly Marraffa	62	Sarah Walsh	24	Sharon Powell	42	Sheila Bishop	13
Cara Forbes	56	Jessica Brownsell	22	Jeanne Case	41	Diane Philo	10
Cassandra Thibault	47	Janelle Luley	22	Donna Morreall	32	Karla Owens	7
Alison Shanley	40	Sarah Gaasch	20	Mary Bennett	20	Aimee Devins	5
Susan Rowe	36	Ellie Bawarski	15	Liz Casatelli	12	70-74	
Margot Rankins-Burd	11	Tiffany Rositano	15	Lindi Quackenbush	10	Sue Luley	72
Rebecca LaPorte	10	Daisy Marrero	6	Christine McGlynn	10	Sharon Stedman	60
Caitlyn DelDuca	6	Crystal Overstreet	6	Kristin Campbell	7	Paula Iannello	8
Christine Connors	4	Mallory Snow	5	Michelle McCarrick	4	Carolyn Mohr	8
Yuliya Karpov	3	Ashley Pace	4	55-59		75+	
Maureen Bishop	2	Lauren Culyer	2	Mary Ann Lasher	72	Dorothy Massinger	24
35-39		Susan Campbell	1	Missy Scanlon	44		
Arica Ackerman	44	DeChanta Eaddy	1	Dodi Murray	12		
Julie Hall	43	45-49		Marlene Angelini	10		
		Sara Piacentino-Call	56	Leslie Marangi	10		
		Agnieszka Kwiatkowska	37	Stephanie Flack	8		

Standings as of 8/21/26

After Woodsmen's 10K

MALE

0-14		35-39		Robert Kapfer 28		60-64	
Maddox Joslin	72	Rane Wadsworth	57	Joe Woodworth	28	Dave Putney	72
Varick Case	44	Alan Lin	48	Derek Alexander	21	Gordie Felt	42
Raymond Zoghby	42	James Kuny	44	Jared Spadea	15	Frank Tamburrino	24
Magnus Brumm	31	Justin Bogner	25	John Sloan	13	Jeff George	24
Callum Scott	17	Travis Belanger	22	Francis Peruzzi	9	Thomas Durso II	12
Carson Vella	8	Jeremy Rose	14	Scott Thompson	6	John Seigle	7
Asher Markham	7	Nicholas Accordino	10	Edward Browka	6	Donald Lynskey	5
		Trevor Kalwara	6	Adam Kilmartin Jr.	5		
15-19		Ryan Stevener	5	Ernie Marcello	3	65-69	
Tyler Quackenbush	24	Dan Vellone	2	Philip Davis	0	Dan Stedman	72
Christian Vella	24					Bill Kosina	59
Matthew Walden	22	40-44		50-54		Gary Burak	20
Robert Lewis	20	Chris Edick	58	James Swistak	54	Frank Vellone	20
Colin Vella	10	Colt Brumm	44	Peter Madden	46	Tom McGlynn	15
		Andrew Hartnett	40	Jim Latshaw	36	Leroy Hodge	8
20-24		Chris Vella	30	Hisham Zoghby	36	Christopher Devins	7
Alejandro Roberts	12	Neil Case	29	Jason Tomaselli	30	Gary Roback	6
Dominic Case	12	Nate Rowe	21	Jonathan Jeff	20	Harry Bascom	4
Kole Owens	10	Michael Koenig	21	Scott Daskiewich	12		
David Wynne	8	John Martin	20	Phil Trzcinski	10	70-74	
Badie Robinson	7	Adam Dembrow	16	Chris Misiaszek	7	Gary LaShure	72
Kain Robinson	6	Andrew Rubino	11	Philip Lindhuber	7	Gene Allen	52
Andres Roberts	5	Benjamin Tibbitts	10	Tom Pedersen	6	Woody Woodworth	12
Zachary Sauro	4	Pedro Campoverde	7			Leland Smith	10
		Paul Humphrey	7	55-59			
25-29		Travis Olivera	6	Eric Kasper	72	75+	
Ryan Fitzgerald	12	Justin Kaido	6	Carl Lee	46	George Oswald	72
		Mike Winkler	3	Paul Humphrey	34	Bill Luley	28
30-34		Jonathon Rios	0	Peter Angelini	10	Bill Abel	18
PJ Marraffa	68			Michael Scott	10	Paul Boor	10
Anthony Sedotto	64	45-49		Pete Blanchfield	10	John Murphy	8
Tommy Carlson	38	Tom Joslin	66	Steven Long	8		
David Gould	30	Ryan Barry	58	Sean Finnerty	8		
Nicolas Vecchiarelli	17	Steve Fairbrother	44	David Brown	7		
Mason Hedeem	7	Joe Mashaw	33	Glen Andrew Roberts	7		
Mark Vrydaghs	5						



by Elizabeth Davis

From Auction Bids to Race Bibs: RRCA Reception and Cherry Blossom Races Wrap the Convention Weekend

A group walk to the start line of the Cherry Blossom 5K was the kick off to the third day of the RRCA National Convention. The hilly out and back course began a few blocks away from our hotel, with a field just shy of 7,000 runners. Uniquely, in addition to the option to run just one or both the Cherry Blossom Races (5K Saturday, 10 miles Sunday); finisher medals are another pre-selection. Medals can be received for each individual race, or for completion of the full Double Blossom Series (as I'd chosen) so I wouldn't receive my medal until the following day upon finishing the 10 miler too.



The 5K was followed by the RRCA National Running Awards luncheon back at the hotel, honoring individuals and organizations whose performances, leadership, and influence have made a lasting impact on American distance running. This included inductions into the RRCA Distance Running Hall of Fame, of Olympian Jared Ward and of executive director of the Atlanta Track Club, Rich Kenah. Both were recognized for attaining extraordinary levels of achievement in service to the sport of distance running. Also notably honored was the Road Race of the Year, won by the 50th Annual Annapolis 10 Mile Run held in Annapolis, Maryland.

Additional educational breakout sessions and coaching classes then continued and concluded throughout the remainder of the afternoon. For coaching while our in-person component was

completed, we still had much to continue working on within the next upcoming months from home.

That evening everyone then regrouped one last time for the convention closing reception. Winners were announced for the 68 silent auction items that we'd been bidding on all weekend long; and with RRCA's demonstrated level of detail, I'm certain the inclusion of exactly 68 items was an intentional nod to their 68th anniversary of the convention. Items included everything from running gear and RRCA swag, to entries for major races all across the country; and in total over \$16,000 was raised in support of RRCA programs such as the annual awards, RunPro Camp, Kids Run the Nation materials, and other initiatives. The convention officially concluded with cocktail cheers and a carb-loaded closing meal in preparation for the next morning's Cherry Blossom 10M.

The Sunday morning start line of the Double Blossom Series' capstone race was mesmerizing as we





stood at the base of the Washington Monument, in a field of more than 20,000 runners while the National Anthem was sung and the sun rose over the Capitol. The energy of the flat, scenic, and spectator-filled course was comparable to the Boilermaker, with an abundance of consistently enthusiastic crowd support. DJs and drummers lined the course, and a little past the halfway point there was even an Oreo-and-Beer stop (although I'm pretty certain it wasn't an officially race-sponsored station). The course traced along stretches of the Potomac River and over bridges, winding around many of the historic monuments including the Thomas Jefferson, MLK Jr., and Marine Corps War Memorials, before returning to the finish in the center of the National Mall right back at the Washington Monument. It was an absolutely beautiful day for running, with the only downside being that the cherry blossoms unfortunately weren't in bloom. This year's race was held a week later than usual because of Easter, so we had just missed them in their peak by only a few short days! Even in their absence though, the historic scenery ensured for an impressively stunning course regardless. It was such an enjoyable experience that I would easily return to run it again, and catching the blossoms in full bloom would be an extra added bonus.

As my days in DC came to a close, I boarded my Monday morning flight back home and found myself seated directly across the aisle from Boilermaker Race Director Jim Stasaitis! This made for a fun flight back to Syracuse chatting about his role the day before in the Cherry Blossom 10 Miler, timing the Elite Runners! Small world!

Next year's convention will be RRCA's 69th and will take runners to Austin Texas, where it will be held in conjunction with the 50th Running of the Statesman Cap10K. If the idea of spending four immersive

days surrounded by an enriching community passionate about all things running excites you, I'd wholeheartedly recommend it; and I'd be more than happy to share additional insight or answer any questions. I fully credit the conference for breathing new energy and inspiration into my day-to-day training, providing fresh perspectives and innovative strategies around racing, and above all, offering an atmosphere for creating connections with a nationwide community of new running friends!

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 Boilermaker, 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.



Wednesday Nights

DEVELOPMENT RUNS



THE HILLS ARE CALLING!



**EVERY WEDNESDAY
AT 6:00 PM**

*New start time as
evenings get darker.*



BRING YOUR OWN WATER

*Our amazing volunteers are
taking a well-deserved break.*



EXPECT PLENTY OF HILLS

*They're not always easy,
but they're worth it!*



FREE & OPEN TO EVERYONE

*Runners, joggers, walkers—
all paces welcome!*



GREAT WEATHER. GREAT COMPANY.

LET'S GO!





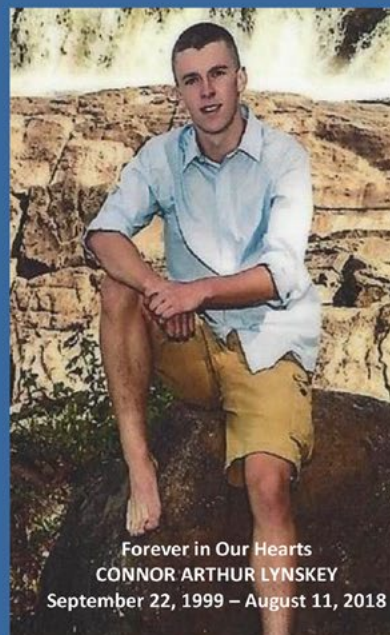
9th Annual September 20th, 2026

[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



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

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

— Presented by —



ADIRONDACK BANK

Bank Local



SITRIN MILITARY
PROGRAM

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

Sign Up Today

SpliTimes September 2026 15

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



Casestry

Excellus



A nonprofit independent licensee of the Blue Cross Blue Shield Association

[Sign up here](#)

Two Races Left... Join Us!



UR TRAVEL TEAM

NEW ADVENTURES. GREAT RACES. AMAZING PEOPLE.

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



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/



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!

**Training
will continue
until
October 4th!**

ONE More Race! Who Will Take It All Home?!

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)

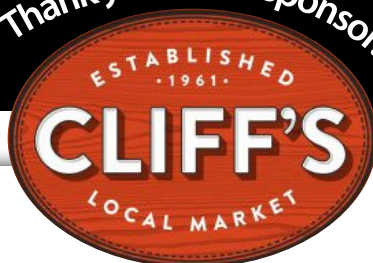
Toe Path Trekkers
(Boonville)

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

~~Done!~~ Woodmen's

9/27 – Falling Leaves

Woodsmen's Point Contributors

Eric Kasper

Daniel Stedman

Susan Luley

Gary LaShure

Cliff's Gift Card Winners from Woodsmen's

Patrick Hooey
(Top Performer)

Julie Hall
(Lucky Draw)

2026 CURRENT STANDINGS

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

QUESTIONS?

Contact your
UR Club Cub
Captains:

Mary Ann Lasher
maryannlasher@yahoo.com

or
PJ Marraffa
pmarraff@gmail.com

Get details and learn about scoring

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
Grateful for Graham 5K
Falling Leaves 5K and 14K
Skeleton Run

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)

- ☐ October 2026
- ☐ November 2026
- ☐ December 2026

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

☐ Yes ☐ No

Total included: \$ _____