

January 2025

splitimes

The Official Newsletter of the Utica Roadrunners



Mileage Due by Jan 15!

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**IT'S BACK!
Sign up today!**



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January
2025
Utica Roadrunners
Board of Directors



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Administration & Finance

Melissa Barlett

Activities and Events

Erik Winberg

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Treasurer James Kuny

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Lauren Culyer	George Searles
David Deitz	Phil Trzcinski
Andrew Hartnett	Frank Vellone

Advertising

If you would like to advertise in Splitimes, please contact: Michelle McCarrick email: michelle@484design.com or call (315) 534-0067.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle McCarrick • michelle@484design.com



Useful Links:

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

TRACK MEMBERSHIP

**Only \$50
for a year!**

**Family price
\$75/year**



UR members receive a discount for use of the indoor track at Accelerate on Judd Road in Whitesboro

SIGN UP ONLINE

President's Message

by Andrew Rubino



“ It’s Just One More Mile...”

“It’s just one more mile” has been my running mantra for years. I’ll usually add on five times, thirteen times, twenty six times, et cetera. Eventually it gets to “One More Time.” For me, breaking it down and focusing on my surroundings are what keeps me going. Each mile is different – the grade of the terrain, the person you’re chasing, encouraging along, or yucking it up with, or the things your senses take in each part of the way. I’ve even experienced different weather conditions all in the same run each mile – rain, snow, and heat. No mile is the same. This year I’ll start each message with running mantras to keep us going. What encourages and motivates you? I’d love to hear them and feature them each month this year. Email me or share them on the UR Facebook page.

The Utica Roadrunners have got a lot to look forward to for 2025. This year we are celebrating 50 plus years of running together in Utica and Greater Mohawk Valley. Be sure to check out George Searles’ article in last month’s newsletter. The Club is continuing to gather and document this history. Contact us if you would like to be a part of this team.

The Club kicked the year off with the **5th Annual New Year’s Day Run** coordinated by Melissa Barlett. Thank you to Accelerate Sports Complex for their hospitality. The kids got us started on the track prior to the 5k outdoor run. We had door prizes and refueled at the smoothie bar.

On Sunday, February 9th, we will gather at the **Delta Lake Inn** to partake in their exquisite full Sunday brunch menu with all the accoutrements. There will be a fun run prior with a 5k, 10k, and Half Marathon option. Run any distance you like, make your own out and back, or just join us for brunch and mimosas. All running local clubs are invited and welcomed to join. RSVP to Tommy Carlson at carlson.thomas22@gmail.com before February 2nd so we can start to get a headcount for the meal. The cost is \$30 per person.

The **Annual Banquet** will be held on March 8 from 6pm – 10pm at Monarch Banquets. It’s always a good time when the whole club gets together so mark your calendars! Get your mileage forms, volunteer hours, and accomplishments in. Also, nominate fellow Roadrunners to be recognized for achievements. Read on for more details.

I would like to take a moment to recognize the work Andrew Hartnett, Chris Edick, and Travis Olivera put in last year to revamp and create **UR’s racing and travel team**. Email Andrew Hartnett at ahartnet25@gmail.com or message the Club Facebook page to let us know what races you are running so we can add them to the racing team calendar.

Lastly, please consider **donating blood** on Monday, January 20 from 12:30pm – 5:00pm. Visit redcrossblood.org and use keyword UticaRR to reserve your spot. The blood drives started back in 2020 when it became apparent how many Roadrunners were impacted by cancer and required blood. Giving blood is a way to honor those members and it makes a difference for those who are battling today. One in three Americans are diagnosed with cancer, many of which require blood transfusions. People with cancer use nearly a quarter of the blood supply - more than patients fighting any other disease. Please roll up a sleeve and help to save a life.

Keep sharing your photos, stories, goals, and mantras as we start 2025.

Enjoy the Journey!
Andrew
arubino13@gmail.com

UR Travel Team

Kick Off 2025 with our Travel Team!

The first race of the year is the 20th Annual Cazenovia Children's House Chilly Chili 5K, happening on January 26!

This event is more than just a race—it's an incredible fundraiser supporting the Cazenovia Children's House (CCH), an early learning and childcare center in Cazenovia, NY.

What's in store?

After the race, warm up at the post-race party featuring chili samples, live music, and great company.

But the fun doesn't stop there! After enjoying the post-race festivities, we'll head over to Meier's Creek Brewing Company for more delicious food, refreshing drinks, and plenty of laughs.

Why join? It's a great opportunity to:

- Support a fantastic cause
- Start the year strong with an awesome race
- Connect with fellow runners
- Carpooling made easy!



If you'd like to join us, send us a message, and we'll help coordinate carpooling.

[Check out the full schedule and details here](#)

Don't miss out on a day filled with running, food, fun, and friendship!

Now is the time to join Utica Roadrunners!

Here's why you'll love being part of our group:



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.

JOIN UR TODAY

It's Back! Sign Up Today!

Celebrate over 50 years of running with our Four Race Challenge!

\$100 for current members • **\$125** for non-members



SIGN UP NOW

Sign up for the Four Race Challenge and get a short sleeve performance shirt.

You will also get ALL the SWAG from each event you enter. That includes medals, shirts, and any other giveaways!

The UR Four Race Challenge Races:

SAVE OUR SWITCHBACKS

Saturday, April 12 • 7.5k -South Woods • Utica

THE SUMMER SIZZLE

Sunday, June 15 • Five Mile Road Race • Proctor Park, Utica

FALLING LEAVES

Sunday, September 28 • 5k or 14k Road Race • Utica

SKELETON RUN 5K

Sunday, October 19 • Trail Race • Deerfield

New Year's Day Run



New Year's Day Run



Join Us!



Restaurant & Bar

Fun Run and Brunch

February 9, 2025 • 11:00am-2:00pm • \$30
All Running Clubs are Welcome!

5K, 10K and Half Marthon Options (or run your own distance!)

Start runs at your preferred time – 9am, 9:45am or 10am

Please RSVP to Tommy at carlson.thomas22@gmail.com by February 2.

We are accepting pay ahead through Venmo at the [uticaroadrunners-inc](https://www.venmo.com/uticaroadrunners-inc) handle as well as check or cash day of.





Raquette River Marathon, Half, 10k, 5k

Potsdam NY



Saturday March 29th, Pine Street Arena, Potsdam NY

www.raquetteriverracingandtiming.com or on Runsignup.com

USA Track and Field Certified Boston Qualifier Cash Prizes to top 3 M/F
for both the Marathon and Half Marathon

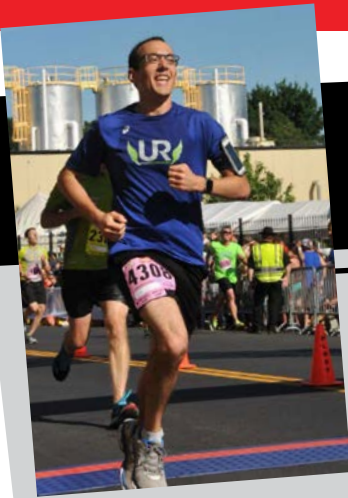
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Board Member Spotlight

By George Searles

James Kuny



Welcome to new Board member James Kuny, our treasurer now that Travis Olivera has stepped down after serving tirelessly and well in that role!

Originally from Mendham, NJ, James currently lives in New Hartford with his calico cat, Carmen.

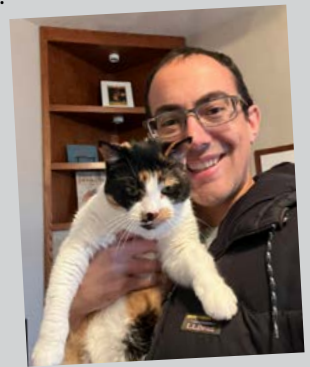
An Ithaca College alum and professional software development engineer with twelve years of experience, he has worked at NYCM Insurance, the Rome Air Force Lab, and now in a work-from-home position with a Schenectady-based company. In his spare time he enjoys playing strategy games like Civilization and smaller indie games like Balatro—no surprise, given his career choice.

James has been running for more than ten years, having begun with a 5K in Edmeston, encouraged by co-workers. He kept at it "as something to do on weekends." The first

of his nine Boilermakers was in 2016, but his favorite area race is the Mountain Goat in Syracuse, which he has completed nine times.

His first half-marathon was the 2016 RunAPalooza in Asbury Park, New Jersey, where he finished in under two hours, which he considers his best running-related accomplishment so far. But he's planning to do a full marathon in the coming year, upping the ante.

He told SpliTimes, "I often think back to when I was in high school and didn't do anything remotely close to running. It helps remind me that the time I've put in hasn't been for nothing. It keeps me motivated to go out almost every day since I don't want to give up and lose it."



ANNUAL AWARD NOMINATIONS

[See previous winners here](#)

Find descriptions of all of the awards [in the UR Handbook](#)

NOMINATE TODAY!

By filling out the Google Form

*Getting a red jacket for the first time?
Or report mileage and volunteer
information to earn pins and patches
for your current red jacket.*

**SUBMIT YOUR
2024 MILEAGE
TODAY!**

Deadline: January 15th

SUBMIT NOW

Race Wrap Up - Stockade-athon



The 2024 Stockade-athon was an exhilarating experience for our running community, with over 15 members making the journey to Schenectady, New York. Many of us carpoled, fostering camaraderie and excitement as we prepared for one of the oldest 15K road races in the United States.

Race Day Highlights

On November 10, the Stockade-athon featured a stunning USATF-certified course that wound through Schenectady's historic Stockade district, the picturesque Central Park, and the serene Vale Cemetery. Fortunately, the anticipated smog from the New Jersey wildfires held off until after the race, allowing us to enjoy a clear and beautiful day for running. The course is renowned for its downhill finish, which provided a smooth and speedy conclusion to our efforts. The Hudson-Mohawk Road Runners Club generously offered our members a discount on registration fees, making this event even more accessible.

Post-Race Celebrations

After crossing the finish line, we gathered at the YMCA for an after-party that did not disappoint. The spread of

food and refreshments was plentiful, allowing us to refuel and share stories about our race experiences. To cap off a fantastic day, many of us ventured over to Wolf's Biergarten and Frog Alley Brewing Co. for some much-needed refreshments. The lively ambiance and delicious offerings perfectly ended an already memorable day.

Join Our Travel Run Group!

If you are interested in more races like this, consider joining the Utica Roadrunner travel team! We participate in races all over New York and typically carpool to most events. Many races offer our members discounts, making participating even more enjoyable. After races, we love to go out for food and refreshments together. If you're interested in joining us on our next adventure, please email ahartnet25@gmail.com. We would love to have you with us!

Race Wrap Up - Wineglass



It was a brisk start to this year's Guthrie Wineglass Marathon, one of New York State's largest and most celebrated marathons. With 1,816 runners completing the challenging 26.2-mile journey through the scenic Southern Tier, the event showcased the beauty of the Finger Lakes region and the spirit of our dedicated running community.

Celebrating Our Finishers

Several proud running club members crossed the finish line. A special shoutout goes to Derek Alexander, who achieved a remarkable milestone as a first-time marathoner. His determination and hard work paid off, making his finish even more special. Congratulations to Derek, Andrew Hartnett, Travis Olivera, and all who conquered the course!

The Wineglass Experience

The Wineglass Marathon is renowned for its fast and flat course, making it an excellent opportunity for runners aiming to set personal records or qualify for prestigious events like the Boston Marathon. The route winds through picturesque small towns and serene country roads adorned with vibrant autumn colors, providing a stunning backdrop for participants. This year's race celebrated individual achievements and highlighted the camaraderie among runners. The event is more than just a race; it's a community celebration filled with local support, enthusiastic volunteers, and unforgettable experiences.

Membership Benefits

As we look ahead to upcoming race events, the Roadrunner leadership will continue to share member benefits such as races like this Wineglass Marathon, where we are able to offer exclusive discounts to Utica Roadrunner members. Whether you're a seasoned marathoner or gearing up for your first race, stay tuned for numerous opportunities to participate and save in upcoming events.

Keep Running Strong

As the 2024 year-end has closed, let's keep the momentum going! Continue training as we get closer to achieving our goals and establishing new ones with every mile logged. Whether aiming for speed or distance or simply enjoying the joy of running, remember that every step counts. Stay tuned for more updates on upcoming events and exclusive member benefits. Until then, keep running strong!

Red Jacket Candidates



Submit your mileage and volunteer activity! Deadline January 15

We would like you to fill out [this online form](#) by January 15th to be certain that we can order your patches in time for our banquet on March 8th. You should fill out this form if:

- You would like to earn your Red Jacket for either the 1000 Mile Club or the Extra Mile Club (volunteering)
 - You have a Red Jacket and would like to earn patches for it
- You want to report data for future purposes and club record keeping - even if you won't be earning patches or have a jacket yet

Remember: You must have 1,000 miles in 2024 and 10 volunteer points (which can be from this year and last) Membership renewal must be done by January 31st in order to receive awards!

Any questions about mileage reporting or awards? Contact Melissa Barlett (docbarlett@gmail.com)



SAVE THE DATE!

Annual Banquet

March 8, 2025

Monarch Banquets, Yorkville

SIGN UP NOW

There are group runs happening weekly! You can drop in at the following times/places and will likely find people to run with; distances may vary.



Saturday Mornings, 8:30am

FORTE Strength and Fitness

50 Genesee Street, New Hartford (Locations may change!)

[Email Erik Winberg](#) or check in with the [URR Boilermaker Training Program Facebook group](#) for current information

Wednesday Nights, 6:00pm

Sneaker Store, 24 Genesee St, New Hartford

Do you have a regular group run you want to let people know about? [Email Melissa Barlett](#) and we can consider adding you to the list!



HELP FILL THE NEED

Donate blood!



American
Red Cross

Utica RoadRunners

American Legion Post 229

409 Herkimer St. Utica, NY 13502

Monday, January 20th

12:30p – 5:30p



Come give Jan. 20th with Utica RoadRunners to automatically be entered for a chance to win an exciting trip for you & a guest to Super Bowl LIX in New Orleans! Includes travel, hotel, \$1,000 gift card, pre-game activities & more!

To sign up, scan the QR code or visit
redcrossblood.org and enter keyword: **UticaRR**

Multiply your life-saving impact by signing up for Power Red (types A-, B-, O-, O+) or by bringing a colleague with you!



1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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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 Truett 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)

- February 2025
- March 2025
- April 2025

Would you like to add a UR Facebook post

for just \$15 (per month)?

Yes No

Total included: \$ _____