

February 2025

splitimes

The Official Newsletter of the Utica Roadrunners

RACE SEASON IS COMING!

2025 BOILERMAKER TRAINING PROGRAM

starts March 1!



More On Page 7



In this issue:

- President's Message 3
- Upcoming Club Happy Hours 8
- Group Runs 8
- UR Blood Drive Photos 11
- Member Benefits 13
- Advertise in SpliTimes 14

PAID ADVERTISEMENT

Raquette River Marathon, Half, 10K & 5K 9

UPCOMING RUNS

- The Sneaker Store Mad Mile 10
- Save Our Switchbacks 7.5K 11

Fun Run and Brunch at Delta Lake Inn

Page 4

Awards Banquet



Page 5

IT'S BACK! Sign up today!



Page 6

The 2025 Races



Pages 10



Pages 12

February
2025
Utica Roadrunners
Board of Directors



President Andrew Rubino

Vice Presidents

Administration & Finance

Melissa Barlett

Activities and Events

Erik Winberg

Secretary Rebecca LaPorte

Treasurer James Kuny

Board Members

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

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



“One foot in front of the other, one step at a time.”

This month's running mantra comes from **Mary Ann Lasher**. Sometimes putting one foot in front of the next can be tough. Your legs might feel like lead. Your bed might feel too comfortable to get up. But, each step you make will get you closer to your goal - whether it's a PR or simply just out the door. Mary Ann is a dedicated Roadrunner who knows how to get it done. She regularly travels from the Schenectady area to get it done Saturday mornings with the Boilermaker Training Program crew.

The date and location of the **Boilermaker Training Program** is set for Saturday, March 1st at 7:30am, at Forte Strength + Fitness in New Hartford. This year we will be starting runs outside! Not a cold weather runner? We've got ways to keep you moving with the group. The event is led by Erik Winberg, Peter Angelini, and Wendy Bowers. There are different levels for people interested running both the 5k and the 14k.

We're looking to have an awesome turnout at the **Fun Run and Brunch at the Delta Lake Inn**. If you haven't got in touch with Tommy yet, DO IT! You aren't going to want to miss this. Runners, family, and friends from all local running clubs will be joining. It's a great way to connect with everyone before the official race season starts. Let **Tommy** know you are coming at carlson.thomas22@gmail.com. The event is THIS Sunday, February 9th. The runs start at 9am and brunch begins at 11am and goes until 2pm. See you there!

On Wednesday January 29th, the annual **CNY Race Directors Meeting** was held. Directors and race supporters discussed their races, learned what was new for this season, and shared in the camaraderie. The race calendar will soon be set! I know the UR travel racing team will be checking many of these out. If you are interested in helping to direct a race or general volunteering please contact **Rebecca LaPorte** at xcrunnerrkll@gmail.com. If you would like to be a part of the racing team email **Andrew Hartnett** at ahartnet25@gmail.com.

The date is set for the **Annual Awards Banquet** on March 8th at Club Monarch. This yearly tradition does not disappoint. Come celebrate your accomplishments and the accomplishments of your fellow members with revelry and merriment. There will be a live DJ, karaoke, door prizes and raffles, and an open bar.

Earlier this month we held the **UR Annual Blood Drive** at The American Legion Post 229. Many Roadrunners and others braved the cold to donate and helped to save lives. Giving blood is a way to make a difference in the lives of people battling cancer who frequently need transfusions. If you were unable to donate and would like to, please visit redcrossblood.org to make an appointment near you.

Lastly, this is the final month to sign up for the **Four Race Challenge**. You'll be registered for all the Club's core races, including all the swag, and get a limited edition Four Race Challenge shirt for the lowest price. **So sign up** and tell a friend!

Please post pictures to the Club's Facebook or email us to share photos, stories, and mantras that keep you going!

Enjoy the Journey!
Andrew
rubino.utaroadrunners@gmail.com

Join Us! Still Time to Sign Up!



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

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.



Annual Roadrunners Banquet



SATURDAY, MARCH 8, 2025

Club Monarch • 16 Erie Street in Yorkville • 6:00-10:00pm

Come together with us to celebrate all of YOUR ACCOMPLISHMENTS from 2024. We will have Raffles, Awards, Door Prizes and lots of fun!

SIGN UP NOW

** Wear your red jacket to be entered into a special drawing**

Sign up by March 2



Now is the time to join Utica Roadrunners!

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

(Renew or join by March 12 to be eligible for our Grand Prix Challenge)



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

2025 BOILERMAKER TRAINING PROGRAM



Starts Saturday, March 1st, 7:30am
Forte Strength + Fitness

50 Genesee St., New Hartford • FREE for current Roadrunner members, \$25 for those who are not.

We will gather indoors, but all running will be OUTSIDE this year - dress accordingly! We will plan to run the first 6-8 weeks from Forte and then switch to the Parkway Rec Center. Other starting locations may be used as well, so watch your email for details each week.

SIGN UP TODAY!

**Our goal is to get you across that finish line for
your first time, your next time, or your best time.**

This event will be led by Erik Winberg, Peter Angelini, and Wendy Bowers!

Many of the coaches involved in the creation of these running plans are certified by RRCA, which is the most credible coaching certification for recreational runners in the United States.

We will be offering Two Training Levels to choose from (First time finishers or established/recreational runners) for both the 5k and 15k.

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K!

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from March 1st right up to the Boilermaker July 14th.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group.

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$25 for the year for an individual), \$30 for couples or only \$40 for a family of 3 or more living at the same address. You'll get local running news throughout the year and other benefits. [Sign up on our website.](#)

Upcoming Club Happy Hours



FEBRUARY

MARCH



THE BUNKER

**Friday, February 21
6:00-8:00pm**

**8653 Clinton St, New Hartford
in The Orchard (near Kohl's)**



Join us for trivia and fun

**Wednesday, March 19th
after the Sneaker Store run**

**2 Campion Road, New Hartford
Club Provides Food!**

Group runs are 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

Please note: Saturday morning runs will end after February and become the Boilermaker Training Program!

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!



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

Powered by Seacomm Bank.



2025 Races are Announced!



Here are this year's races! Stay tuned monthly to SpliTimes and our Facebook page for more information on sign up, results and more!

March 15	Mad Mile	1 Mile	Utica
April *	Fort to Fort	10K	Rome
April 12	Save Our Switchbacks	7.5K	Utica
May 18	Erie Canal Races	10 Mile	Marcy
June*	Patriot Run	5K	Rome
June 15	Summer Sizzle	5 Mile	Utica
July 13	Boilermaker	15K	Utica
July*	Sundae Run	5K	Richfield Springs
August 15	Woodsmen's Field Days	10K	Boonville
August 17	Tunnel to Towers	5K	Utica
September 28	Falling Leaves	14K	Utica
October 19	Skeleton Run	5K	Deerfield

Sign Up Now for the First One



The Sneaker Store's Jessica Cooper St. Patrick's Day Mad Mile presented by Standard is the best way to kick off a great St. Patrick's Day!



Saturday, March 15, 2025

Downtown Utica right before the parade!

Bring your family, your friends, and your best Irish outfit, and get ready to dash down the Genesee Street parade route just ahead of the Utica St. Patrick's Day Parade. With a built-in cheering crowd, this one-mile course with elevation drop will get you revved up to enjoy the day's festivities.

Race kicks off at 9:45 am, sharp. We'll gather for the Start on Clinton Place at Genesee Street, and move to the start line on Genesee Street at 9:40 am.

DETAILS AND SIGN UP

Registration is Now Open!



Our First UR Race of the Season and a Grand Prix Event!

9:00AM start time

Start at the Parkway in Utica

This is a 7.5K (4.66 mile) road race and the long standing Utica Roadrunners kick-off event for the race season.

Help support the South Woods Trails Project while running "Half a Boilermaker"

UR Blood Drive a Success!

10 Utica Roadrunners took part in our Blood Drive on January 20th!



Get Ready!



HELP US TO WIN THE CUP THIS YEAR!

NEW YEAR. NEW COMPETITION.

2025 CNY Running Club Challenge Cup Race Schedule

Fort to Fort Race	Rome	5K or 10K	April 6
Towpath Trail Race	St. Johnsville	5K or 10K	May 10
Patriot Run	Rome	5K or 10K	June 8
Sundae Run	Richfield Springs	5K or 10K	July 20
Woodsmen's Run	Boonville	10K	Aug. 15
Falling Leaves	Utica	14K	Sept. 28

Scoring

The top 5 calculated percentages from each team (using either race at events with more than one distance) will count toward the total for each race.

Calculated percentages are statistically lower as race distances increase, so any 5K percentages used will be multiplied by 0.98 to level the playing field. Incomplete teams (between 1 and 4 runners) will still count toward race points.

Club points awarded at each event after totaling the race percentages are 6-5-4-3-2-1. The champion will be the team with the most points at the end of the season.

A tie after the six races would be broken by comparing the total event percentage points calculated throughout the season.

Historical Results

2015 – Kuyahooraa Kickers

2016 – Utica Roadrunners

2017 – Utica Roadrunners

2018 – Kuyahooraa Kickers

2019 – Kuyahooraa Kickers

2020 – COVID -19 won

2021 – Roman Runners

2022 – Roman Runners

2023 – Kuyahooraa Kickers

2024 – Roman Runners

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)

- March 2025
- April 2025
- May 2025

Would you like to add a UR Facebook post

for just \$15 (per month)?

Yes No

Total included: \$ _____