

March 2025

# splitimes

The Official Newsletter of the Utica Roadrunners



## 2025 BOILERMAKER TRAINING PROGRAM HAS BEGUN!

Still Time to Sign Up! • Page 9

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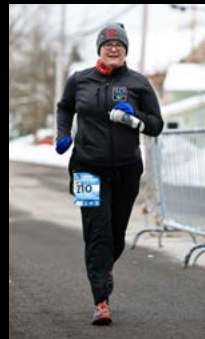
### Our First Race of the Season



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## 2025 Utica Roadrunners Board of Directors

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### Vice Presidents

#### Administration & Finance

Melissa Barlett

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## 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](#)

### Get Ready for the Hills! Exclusive UR Discount

As a valued UR member, you're eligible for a discount on registration for the Mountain Goat Race! To claim your discount, simply message us directly! This offer is only available to current UR members.



[MESSAGE US ON FACEBOOK](#)

## 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

## "Can't is not in my vocabulary!"

**Sandy Arcuri's running mantra** helped to keep her on track for the past three years! Every day for over 1,100 consecutive days, Sandy walked at least one mile. February 8th was the three year mark. Sandy endearingly blames Peter Angelini for getting her started on this journey. Sandy overcame months of enduring pain post-injury to achieve her goal. She credits her husband Mark as her biggest supporter who helped to push her even when it got really tough. Sandy's strength and determination is truly inspiring.



**Boilermaker Training Program** began Saturday, March 1st. Our first run was hosted by the Sneaker Store in New Hartford. The Store will gear up runners for this cold weather to help get us moving outside. Future runs will start at Forte Strength + Fitness in New Hartford.

Join us for the **Annual Awards Banquet** on March 8th at Club Monarch. You will not want to miss sharing the festivities of this tradition with good food, door prizes, raffles, open bar, DJ, and karaoke. Come recognize the accomplishments of yourself and the accomplishments of your fellow members. Thank you to Jennifer Stefka, Melissa Barlett, and Ashley Mancini for organizing.

The race season will start soon! The Club's first race is **Save Our Switchbacks** on April 12th, directed by Melissa Barlett. A few major things happening this year is the course will take us back through the Utica Zoo for a fast finish and a free kid's run is added! New to the Grand Prix is the **Riggie Run** which is scheduled for the week before the Skeleton Run in October. Thank you Gary LaShure for your continued work on the Prix. The first race in the Grand Prix is The Sneaker Store's **Jessica Cooper St. Patrick's Day Mad Mile**. The **Club Cup races** are also in development. **James Kuny** will be taking over for Tim Kane as captain. Email James at [james.kuny@gmail.com](mailto:james.kuny@gmail.com) to let him know you want to run for UR. If you are interested in helping with a race or general volunteering please contact **Rebecca LaPorte** at [xrunnerkl@gmail.com](mailto:xrunnerkl@gmail.com). If you would like to be a part of the racing team, email **Andrew Hartnett** at [ahartnet25@gmail.com](mailto:ahartnet25@gmail.com). The next racing team's race is Mountain Goat in Syracuse. Sign up to get the discount and run with the UR!

Be on the lookout for the application and dates for the **UR Scholarship**. Help spread the word to graduating high school seniors! We want to show some love to Paul Ohlbaum for his generosity and dedication to student athletes in our running community. [You can find more information about the scholarship here.](#)

The UR budget is set thanks to the work of James Kuny, Melissa Barlett, and the other members involved. The Club is invested in new ways to make our member's experience better through working with local businesses and companies for sponsorship as well as making sure money is spent appropriately to enhance our activities and events. If you would like to find out more, get involved by coming to a board meeting or sending me an email.

Please post pictures to UR's Facebook or email us to share photos, stories, and mantras that keep you going. Sharing each other's experiences and accomplishments keeps our Club connected and great.

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

# 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	<b>Mad Mile</b>	1 Mile	Utica
April 6	<b>Fort to Fort</b>	10K	Rome
April 12	<b>Save Our Switchbacks</b>	7.5K	Utica
May 18	<b>Erie Canal Races</b>	10 Mile	Marcy
June 8	<b>Patriot Run</b>	5K	Rome
June 15	<b>Summer Sizzle</b>	5 Mile	Utica
July 13	<b>Boilermaker</b>	15K	Utica
July 20	<b>Sundae Run</b>	5K	Richfield Springs
August 15	<b>Woodsmen's Field Days</b>	10K	Boonville
August 17	<b>Tunnel to Towers</b>	5K	Utica
September 28	<b>Falling Leaves</b>	14K	Utica
October 12	<b>Riggie Run</b>	5K	Utica
October 19	<b>Skeleton Run</b>	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**

# Thank You to All Who Joined Us



Restaurant & Bar

## Fun Run and Brunch

February 9, 2025

Over Thirty runners ran on Super Bowl Sunday at the Delta Lake Inn.

As promised, we had a huge blizzard the night before which set the backdrop for a beautiful morning to run.

Big kudos to Andrew Hartnett, Peter Madden, Joe Mashaw, and Dave Putney who ran the half-marathon course around the lake. Once 11:00am hit, runners and friends filled the Lake View room and their bellies with delicious food.

Thank you to all who came out to the Fun Run and Brunch.

Special thanks to the Delta Lake Inn for hosting and providing a second to none brunch, USA Racing for providing neck gaiters, and Don Lynskey, Tommy Carlson, and Andrew Rubino for organizing.

# Registration is Now Open!



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

### SIGN UP TODAY!

9:00AM start time

Start at the Parkway in Utica  
*NEW THIS YEAR!*

We will be going through the Zoo  
AND there will be a kid's run!

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"

## 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**



Graham Robertello was born with recessive dystrophic Epidermolysis Bullosa (EB) - A life threatening rare genetic disorder that affects the body's largest organ: the skin.

Individuals with EB lack critical proteins that bind the skin's layers together. Without these proteins, the skin tears apart, blisters, and shears off, leading to severe pain, disfigurement, and internal and external wounds that may never heal.



*Today, there is no cure for EB.  
We are going to change that!!*



Join us for the fourth annual  
Grateful for Graham 5k Run / Walk

A Utica Roadrunners Event

All money raised will go directly to the  
EB Research Partnership to fund research!



**When: Saturday May 3, 2025 @ 9 am**

**Where: Rt 840 Trail, New Hartford, NY**

*(trailhead by BOCES on Middle Settlement Rd)*

**Registration Fee: \$35 per person**

**To Register: Scan the QR code (RunSignup)**



*Grateful for Graham 5k Run and Walk*

# SpliTimes Profile - Melissa Barlett

*By George Searles*



**This month we spotlight Melissa “Doc” Barlett, our vice-president for Administration and Finance. But that title barely suggests the full range of her involvement and leadership.**

Quite deservedly, she has won the Volunteer of the Year Award and the President’s Award, thanks in part to her tireless efforts as S.O.S. Race Director, her authorship of the club’s grievance policy, her update of our by-laws and handbook, and her coordination of our RRCA (Road Runners Club of America) membership. There’s even more, but you get the picture.

When not working for the club, she’s also contributing mightily at MVCC, where—with her Kent State Ph.D. in Aquatic Ecology—she’s been a biology professor since 2011. But teaching is but one of her countless roles at the college. Representing MVCC on the Executive Team of the Faculty Council of Community Colleges, she’s been centrally involved in a host of high-profile statewide initiatives.

Back home at MVCC she’s been similarly tireless, chairing committees, serving as a student club advisor and department coordinator, and more. Small wonder that she’s been recognized with more than ten prestigious awards, including a SUNY Chancellor’s medal for Excellence in Faculty Service.

And—as if all that were not enough—let’s not forget her many contributions at the Unitarian Universalist Church of Utica, where she has served on the Board of Trustees and is currently the finance committee chair, among other commitments. AND she runs, having completed nine Boilermakers, two marathons (Wineglass and Disney), a remarkable 43 half marathons, and many other shorter races. Needless to say, she has amassed a huge swag collection.

She told SpliTimes, “I’m a Galloway interval runner. My favorite interval is 60 seconds run, 30 seconds walk, but I generally run all the downhill! I’m not the fastest, but I try to take care of myself and, if possible, I would like to run until I’m 100!” Sounds like a plan, Melissa!





# 2025 BOILERMAKER TRAINING PROGRAM



## Not too late to join!

## Saturday Mornings at 7:30am starting from 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 is led by Erik Winberg and Peter Angelini, with support from 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!) now, 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.](#)

# March Happy Hour



**6-7pm join for drinks, food, and socializing (or jump into the run with the Sneaker Store)**

**Trivia starts at 7pm**

**Wednesday, March 19th**

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



## Member Accomplishments



**Gary Burak and Ryan Maine tackled two Syracuse area races**

**Left:** the *Super Couch Potato 5K* - both won 2nd in age group awards - bags of potato chips!! Ryan also won the door prize a \$250 dollar Dunk and Bright gift certificate.

**Right:** the *Lake Effect Runs* - Gary ran the 1/4 marathon and won the 60-69 age group. Ryan ran the 1/2 Marathon.

# ***US Route 20: The Road Across America***



***It's all about  
the drive!***

**[www.nyroute20.com](http://www.nyroute20.com)**

Rolling hills, spectacular views, working landscapes, tranquil communities, and deep history. That's US Route 20, the longest highway in the United States stretching 3,365 miles coast to coast from Kenmore Square in Boston, Massachusetts to the junction of US 101 in Newport, Oregon. US Route 20 is also New York State's longest highway; 372 miles from the border with Massachusetts to the border of Pennsylvania.

In New York State, 108 miles of Route 20 from Duanesburg (Schenectady County) on the east to LaFayette (Onondaga County) on the west is designated as a New York State Scenic Byway because of its spectacular beauty and unique history to the westward migration of the state and the nation.

The area stretching about 30 miles either side of the Scenic Byway is considered the Scenic Byway Corridor. The corridor features even more idyllic communities, numerous specialty shops, local farm markets, and numerous community events.

***[Click here for the Rt. 20  
Brochure, Map and Guide](#)***

## **Join the Route 20 Roadies for the**

Contact Jean Kosina at [jmkosina@gmail.com](mailto:jmkosina@gmail.com) if you are interested in participating and being eligible for prizes.



Upcoming events include:

- April 6: 37th Annual Fort to Fort 5K/10K/Fun Run - Rome, NY
- April 12: Save our Switchbacks 4.7K run - Utica, NY
- April 19: NY Route 20 Clean Up - Nelson, NY



See more runs in the brochure linked above or by [joining the Facebook group](#)

# Get Ready!



# HELP US TO WIN THE CUP THIS YEAR!

## 2025 CNY Running Club Challenge Cup Race Schedule

# NEW YEAR. NEW COMPETITION.

### First race:



Rome, NY  
April 6 • 5K or 10K

**SIGN UP TODAY!**

### Next races:

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	2020 – COVID -19 won
2016 – Utica Roadrunners	2021 – Roman Runners
2017 – Utica Roadrunners	2022 – Roman Runners
2018 – Kuyahooraa Kickers	2023 – Kuyahooraa Kickers
2019 – 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 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)

- April 2025
- May 2025
- June 2025

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

Yes  No

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