

JANUARY 2010

SPLIT
TIMES

TIMES



THE OFFICIAL NEWSLETTER OF THE UTICA ROADRUNNERS

A photograph of two women running through a snowy forest. The woman on the left is wearing a yellow and black jacket and a grey beanie. The woman on the right is wearing a red and black jacket and white gloves. They are both smiling and appear to be enjoying their run. The background consists of snow-covered ground and bare trees.

Happy New Year!

Welcome Sybil!

Our new president's report, p.3

Post-Holiday Party!, p.6

Upcoming Runs:

Hangover Run 1/1

For a complete race calendar, visit our website at
<http://www.uticaroadrunners.org>

SPLIT

TIMES

THE OFFICIAL NEWSLETTER OF THE UTICA ROADRUNNERS

2010

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Sybil Johnson

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JANUARY 2010

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTimes, please contact Meg Parsons at mparsons@twcny.rr.com or call (315) 337-7452. See last page for rates.

IMPORTANT: Do not send requests for advertising to the SplitTimes Editor – It will slow down the processing of placing your ad or race application and you may not be included in the issue that you have requested.

DEADLINES:

Payment for advertising is due on the 1st of the month prior to the issue you would like to advertise in (ie; if your race is July 12th, your payment is due on May 1st in order for the ad to run in our June issue). Your copy/art/ads/race applications are due on the 10th of the month prior to the issue your ad will run in – no exceptions! (see last page for advertising rates)

Thank you,
The Utica Roadrunners'
SplitTimes Newsletter Staff



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Submit all Articles & Photos to:

SplitTIMES • c/o Paul D'Ambrosio

PO Box 4141 Utica, NY 13504

or e-mail Paul at: p.dambrosio@nysha.org

JOIN NOW!

VISIT: <http://www.uticaroadrunners.org>

Greetings From Our President: Sybil Johnson



“Hello Everyone!”

Happy New Year to all the Utica Roadrunners and their families! I hope you all went to the Hangover Run in Barneveld, sponsored by the Steuben Striders. I will try to be there too; we did not have any evening before-party plans as of this writing. If you do not know how this event began, ask a Steuben Strider. It had something to do with running, hangovers, and all the bars up that Barneveld way. Thankfully, the run only involves one establishment these days. Van’s Tavern is the place to be after the run—lots of food, door prizes and friendship to be had. Be there!

Now, let’s get down to Club business. At the December Business meeting, I learned how to get us in and out of the National Distance Running Hall of Fame. That will be important about once a month. Any or all of you are welcome to join the Board of Directors at these meetings that are held the second Monday of each month. We would like to see some different faces. You are probably afraid that you will be coerced into volunteering for some Club event. That may happen, but would that be so bad?

We discussed starting a deal for race registrations at the Heart Run Expo. We usually have a Club discount at the races anyway, so how about registering for all three Club races – Summer Sizzle, SOS, and Falling Leaves? There will be a discount *and* Paula might even have the Summer Sizzle shirts ready to hand out. We probably won’t need those sleeveless shirts for awhile, but you would have them first!

The Club is still financially sound. We do not have money to throw around, but we should be able to continue our training programs and charitable work. This year, our scholarship will be named in honor of Paul Ohlbaum, a Club favorite. He and his friends donated some money so that our scholarships will be \$750 instead of \$500 this June. That will be very helpful for two high school seniors.

We have two new members to add to the ranks. Corey Graves and Jolene Casatelli have joined the Club. Welcome to our 400+ membership! I have met Corey, but I do not think I know Jolene. For that fact, I know there are probably hundreds of Club faces I don’t know. Where are you? Who are you? I keep seeing the same people at races and meetings. Now that you see my picture, say hello and let me know you. I want to know the face to match the name on the roster. I will start taking that ginkgo stuff to improve my memory. I am better at faces than names.

The Run to End World Hunger on Thanksgiving Day was extremely successful. The Seeds for Hope Program at First Presbyterian Church and The Food Pantry at Old Historic St. John’s Church were given \$1976 each to help Utica’s hungry. More than 2000 pounds of food was given to the Rescue Mission. THANKS to David Jones and

(...continued on next page.)

his committee for their efforts and THANKS to all of you who participated.

I thought it would be hard to write enough for this column. It is easier than I thought. I have a few more issues to share.

- Club merchandise through Graftex has been a challenge. The website ordering has not been user friendly. We will try to make that an easier task. Tom Bick still has some merchandise – tank tops and tees. Contact him if you need those items.
- Be sure to get your mileage, jacket, and volunteer info to the appropriate people when it is requested for the awards banquet.
- We have a budget in place for 2010. It is not in stone yet. We did not have feedback from all race directors and committee heads. Let me know if there are any special requests.
- House runs for Sunday brunch and Thursday runs in the summer have been missing for awhile. Maybe we will be able to start with some brunch runs. We will keep you posted.

Is that enough for this month? If I missed something, let me know. I am old in the Club, but new at this president thing. I have a whole lot more to say about being president, but that will be in another article. Bear with me.

Keep going forward, enjoy each footfall, no matter what speed & careful out there!

Sybil

2010 Hangover Run

1/1/10

Van's Tavern

Barneveld, NY

Registration: 9:00 am

10k Run at 10:00 am

Goodies before

& after the run!



Run/Walk To End Hunger A Huge Success!!

By Dave Jones

We had a record turnout for our 25th Annual Thanksgiving Day Run/Walk to End Hunger with 618 participants donating \$3,952.00 and 2,200 lbs of food. The money was equally divided between Historic St. John's and Seeds of Hope (1st Presbyterian Church) food pantries. The food was collected, weighed and delivered to the Rescue Mission and the Johnson Park Center by the Greater Utica Sunrise Rotary Club.

The big difference this year is that we solicited sponsors (14) to provide funding for a anniversary dry wick long sleeve shirt to the first 300 entrants. We redesigned our logo for this anniversary year and added the definition of sustainability to the back of the shirts simply to get the message out that all we do must be in consideration of future generations. We also decided to minimize the door prizes to quality gifts to move this process along quickly so that the participants can get on with their Thanksgiving Day plans.

We would welcome any suggestions from the club for future years.



Left to right: Ingrid Otto-Jones, Noah Jones, Dave Jones, and Christian Jones.

(Please note that our entry fee increased to 5 bucks (15 max/family) 4 years ago but on our web page we still have it at \$4.00 - Thanks!)



Utica Roadrunners' Post-Holiday Party!

Piggy Pats

Saturday January 9th

7-10 pm

Door Prizes • 50/50 Raffle

pulled pork • BBQ chicken • salt potatoes
baked beans • cole slaw • rolls • soda

One beverage chip will be provided to cover the
first drink (beer/wine/mixed drink)

Reservations must be made by Wednesday January 6th to
Melissa Williams at (315) 404-2134
or melwilliams72@hotmail.com



Join the **50 States Half-Marathon Club**

Take on our 50 STATE ENDURANCE CHALLENGE and finish a HALF marathon OR LONGER (or 70.3 HALF Iron distance triathlon or longer) IN ALL 50 STATES! We WILL ACCEPT Full Marathons and Ironman distance completions to count toward a State for this challenge. JOIN OUR RUNNING COMMUNITY! BECOME A CLUB MEMBER NOW!

Take on our 100 HALF ANYWHERE CHALLENGE and finish 100 Half Marathons and/or 70.3 Half Iron distance triathlons ANYWHERE in the U.S. This challenge will be an excellent match for those who don't have the time or the financial means to travel as much and is not exclusive to any specific state. This challenge is exclusive to HALFs only.

SOME OF OUR MEMBERSHIP PERKS:

RACE EVENT DISCOUNTS (Such as the Rock 'n' Roll Series of Races, the Mississippi Blues Marathon & Half Marathon, and more!)

NICE PERSONALIZED FINISHER AWARDS AND PERSONALIZED FINISHER CERTIFICATES FOR BOTH CHALLENGES

A "HALF WAY THERE" MILESTONE AWARD being implemented into awards in 2010!

ANNUAL SOCIAL & AWARD EVENT

DISCOUNTS, SUCH AS 20% OFF ON ROAD ID, AND MORE TO COME

Nicole Blomgren, Founder and CEO of the Fifty States HALF Marathon Club, has been a runner for over 20 years. Her desire to promote an active and healthy lifestyle and passion for fitness and the outdoors inspired her to start a business that can motivate, encourage and influence others. Her own personal goal of finishing a HALF marathon in all 50 states triggered an exciting decision to bring together others that would like to share that goal and camaraderie and have a Fifty States club and site that was catered towards HALF Marathoners, in addition to 70.3 Half Ironman distance triathletes. Join in Runners and triathletes, and come share your passion for endurance!

For more information visit www.halfmarathonclub.com

or

email: info@halfmarathonclub.com

Social/Training Group Runs



Thursday Night Social Runs

Our Thursday night social runs will continue throughout the winter months. We run from The Fitness Mill at 5:45 p.m. The Fitness Mill provides showers, reflective vests and locker room. After the run we meet at the Black Cat for food, drinks and stimulating conversation. All are welcome to attend even if you don't run.

Group Runs for Utica Roadrunners "Down in the Valley"

Mondays at 5:45 p.m. at Barringer School in Ilion
Wednesdays at 5:45 p.m. at MOVAC (next to the
Mohawk-Herkimer bridge)
Saturdays at 8:00 a.m. at the Little Falls YMCA.

All are welcome to join us anytime! We run from 3 to 10 miles depending on what we may be preparing ourselves for. There are both beginning and experienced runners. There are no showers or meetings for socializing after the runs at this point. For more information, email: casler1@peoplepc.com or jmoragn1@twcny.rr.com.





2009 Grand Prix

What is the Grand Prix?

The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group. It's a fun way to encourage members to participate in more local races and to keep training throughout the racing season. At the end of the season, the points are tallied up and the Grand Prix awards are presented at the club's annual awards banquet.

2009 Grand Prix Races:

- Fort-to-Fort 10k
- Ted Moore 5k
- Hall of Fame Half-Marathon
- KAC 10k
- Summer Sizzle 5-Mile
- Honor America Days 5k
- The Battle of Oriskany 10k
- S.O.S. 4.2 Mile (Half Boilermaker)
- Falling Leaves 14k
- YWCA Freedom Run 5k

Scoring

Scoring will be based on the best 5 finishes of the 9 Grand Prix races.

Age Groups

There will be six age groups, Male & Female: 19 & Under • 20 to 29 • 30 to 39 • 40 to 49 • 50 to 59 • 60 & Over. Age based on age as of 1/1/09.

Points will be awarded in each age group as follows:

- | | |
|-------------------------|-----------------------------------|
| • 1st place - 10 points | • 7th place - 4 points |
| • 2nd place - 9 points | • 8th place - 3 points |
| • 3rd place - 8 points | • 9th place - 2 points |
| • 4th place - 7 points | • 10th place - 1 points |
| • 5th place - 6 points | • 11th place & higher - no points |
| • 6th place - 5 points | |



Grand Prix

2009 Standings:

| M/F | Age | Name | Fort to Fort 10k | Ted Moore 5k | Hall of Fame 13.1 | KAC 10k | Sum. Sizzle 5mi | Honor Am. Days 5k | Battle of Orisk.10k | S.O.S. 4.66 Miles | Falling Leaves 14k | YWCA Run 5k | Total |
|-----|-------|---------------------|------------------|--------------|-------------------|---------|-----------------|-------------------|---------------------|-------------------|--------------------|-------------|-------|
| M | 0-19 | DeZalia, Sean | 10 | | | 10 | | | | 10 | | | 30 |
| M | 0-19 | Szarek, Michael | | | 10 | | | 10 | | | 10 | | 30 |
| M | 0-19 | Szarek, Walter | | | 9 | | | 9 | | | 9 | | 27 |
| M | 0-19 | Cognetto, Christian | | | | | | | | 9 | | | 9 |
| M | 20-29 | Donaleski, Nathan | 10 | | | | | | | | | | 10 |
| M | 20-29 | Gigliotti, Robert | | | | | | | | | 10 | | 10 |
| M | 20-29 | Wattles, Jeremy | | | | | | | | | 9 | | 9 |
| M | 30-39 | Cohen, Richard | 10 | | 10 | 10 | 10 | | | 10 | 10 | | 60 |
| M | 30-39 | Pare, Jason | 9 | | 9 | | | | | | | 10 | 28 |
| M | 30-39 | Bartkowiak, James | | | | | 9 | | | | 9 | | 18 |
| M | 30-39 | Van Duren, Stephen | 8 | 10 | | | | | | | | | 18 |
| M | 30-39 | Szeles, Chris | | | | | | 10 | | | | | 10 |
| M | 40-49 | Suba, Scott | | 8 | | 10 | 9 | 9 | | 10 | | 10 | 56 |
| M | 40-49 | Kosina, Bill | 9 | | 9 | 9 | 8 | | | | 7 | | 42 |
| M | 40-49 | Humphrey, Paul | | 9 | | | 10 | 10 | | | 10 | | 39 |
| M | 40-49 | Putney, Dave | 10 | 10 | 10 | | | | | | | | 30 |
| M | 40-49 | Langlois, Joe | | 7 | | | | | | 9 | | 9 | 25 |
| M | 40-49 | Swider, Dan | | | | 8 | 6 | | | 8 | | | 22 |
| M | 40-49 | Cognetto, Norman | | | | 7 | 7 | | | | 4 | | 18 |
| M | 40-49 | McGlynn, Thomas | | | 7 | | | | | | 5 | | 12 |
| M | 40-49 | Johnson, Dennis | | | | | | | | | 9 | | 9 |
| M | 40-49 | Hodge, Leroy | | | | | | | | | 8 | | 8 |
| M | 40-49 | Winter, Arthur | 8 | | | | | | | | | | 8 |
| M | 40-49 | Austin, Scott | | | | | | | | | 6 | | 6 |
| M | 40-49 | Steere, Sean | | 6 | | | | | | | | | 6 |
| M | 50-59 | Palmer, Bruce | 10 | | 10 | 10 | | | | 10 | 10 | 10 | 60 |
| M | 50-59 | Bick, Tom | | | 6 | 9 | 8 | | | 8 | 9 | | 40 |
| M | 50-59 | Ichihana, Rob | 9 | | 5 | 7 | | 10 | | | | 9 | 40 |
| M | 50-59 | Dunn, Michael | | | | 8 | 7 | | | | 8 | 8 | 31 |
| M | 50-59 | Burak, Gary | | | 9 | | 10 | | | 9 | | | 28 |
| M | 50-59 | DeZalia, Norm | 6 | | 4 | | | | | 7 | 7 | | 24 |
| M | 50-59 | Lichorowic, Scott | | | 8 | | 9 | | | | | | 17 |
| M | 50-59 | Desjardins, Mark | | 9 | | | 5 | | | | | | 14 |

| M/F | Age | Name | Fort to Fort 10k | Ted Moore 5k | Hall of Fame 13.1 | KAC 10k | Sum. Sizzle 5mi | Honor Am. Days 5k | Battle of Orisk.10k | S.O.S. 4.66 Miles | Falling Leaves 14k | YWCA Run 5k | Total |
|-----|-------|--------------------|------------------|--------------|-------------------|---------|-----------------|-------------------|---------------------|-------------------|--------------------|-------------|-------|
| M | 50-59 | Moragne, Jim | 7 | | | | | | | | 6 | | 13 |
| M | 50-59 | Stevens, Mike | 4 | | | | | 9 | | | | | 13 |
| M | 50-59 | Muzzy, Ken | 8 | | 3 | | | | | | | | 11 |
| M | 50-59 | Daley, Bruce | | | | 6 | | | | | 4 | | 10 |
| M | 50-59 | Fiore, Jim | | 10 | | | | | | | | | 10 |
| M | 50-59 | Macintosh, Donald | | 8 | | | | | | | | | 8 |
| M | 50-59 | Bocko, David | | | | 7 | | | | | | | 7 |
| M | 50-59 | Nolan, David | 2 | | | | | | | | 5 | | 7 |
| M | 50-59 | Reed, Timothy | | | | | 6 | | | | | | 6 |
| M | 50-59 | Mead, Joseph | | | | | | | | 6 | | | 6 |
| M | 50-59 | McCann, Tim | 5 | | | | | | | | | | 5 |
| M | 50-59 | Smith, Garry | 3 | | | | | | | | | | 3 |
| M | 60< | Mix, Charles | | | | | 10 | | | | | | 10 |
| M | 60< | Lucas, Luke | 9 | | 7 | | 9 | | | | 8 | | 33 |
| M | 60< | Cadrette, Kermit | | 10 | 10 | | | 9 | | | | | 29 |
| M | 60< | Stanley, Richard | | 9 | | | | | | | | 10 | 29 |
| M | 60< | Silverman, Charles | | | 9 | 10 | | | | | 9 | | 28 |
| M | 60< | Hahn,Richard | 10 | | | | | | | 10 | | | 20 |
| M | 60< | Mix, Charles | | | | | 10 | | | | 10 | | 20 |
| M | 60< | Brych, Ray | | | | | | 10 | | | | | 10 |
| M | 60< | Imundo, Paul | | | | | | | | 9 | | | 9 |
| M | 60< | Badger, Larry | | | 8 | | | | | | | | 8 |
| M | 60< | Searles, George | | 8 | | | | | | | | | 8 |
| M | 60< | Mannava, Venkata | | | | | 8 | | | | | | 8 |
| M | 60< | Grabo, Fred | | | | | | 8 | | | | | 8 |
| M | 60< | Clark, Dan | | | | | 7 | | | | | | 7 |
| F | 0-19 | Steere, Morgan | | 8 | | | | | | | | | 8 |
| F | 0-19 | Steere, Erin | | 7 | | | | | | | | | 7 |
| F | 0-19 | Humphrey, Emily | | 9 | | | 9 | 10 | | 10 | | | 38 |
| F | 0-19 | Benn, Alex | | 10 | | | 10 | | | | | | 20 |
| F | 0-19 | Szeles, Cara | | | | | 8 | 9 | | | | | 17 |
| F | 0-19 | Steere, Morgan | | 8 | | | | | | | | | 8 |
| F | 0-19 | Steere, Erin | | 7 | | | | | | | | | 7 |
| F | 0-19 | May, Patrice | | | | | 7 | | | | | | 7 |
| F | 20-29 | Duncan, Michelle | 8 | 9 | | | | 9 | | | | | 26 |
| F | 20-29 | Charles, Jessica | | | | | 10 | 10 | | | | | 20 |
| F | 20-29 | Vroman, April | | 10 | | | 9 | | | | | | 19 |
| F | 20-29 | Ichihana, Kate | 10 | | | | | | | | | | 10 |
| F | 20-29 | Smoulcey, Pamela | 9 | | | | | | | | | | 9 |
| F | 20-29 | Caruso, Valerie | | 8 | | | | | | | | | 8 |

| M/F | Age | Name | Fort to Fort 10k | Ted Moore 5k | Hall of Fame 13.1 | KAC 10k | Sum. Sizzle 5mi | Honor Am. Days 5k | Battle of Orisk. 10k | S.O.S. 4.66 Miles | Falling Leaves 14k | YWCA Run 5k | Total |
|-----|-------|-----------------------|------------------|--------------|-------------------|---------|-----------------|-------------------|----------------------|-------------------|--------------------|-------------|-------|
| F | 20-29 | Szeles, Chris | | | | | 8 | | | | | | 8 |
| F | 20-29 | Elsenbeck, Patricia | | 7 | | | | | | | | | 7 |
| F | 30-39 | McGlynn, Christine | | | 10 | | | | | | | | 10 |
| F | 30-39 | Smith, Leslie | 10 | 10 | 9 | | 9 | 10 | | | | | 48 |
| F | 30-39 | Zumpano, Natalie | | | | | 6 | 9 | | | | 9 | 33 |
| F | 30-39 | Arcuri, Sandra | | | | | | | | | | 10 | 30 |
| F | 30-39 | McGlynn, Christine | | | 10 | | | | | | 10 | | 20 |
| F | 30-39 | Nugent, Kelly Ann | | | | | 10 | | | | 9 | | 19 |
| F | 30-39 | Guy, Marlee | 9 | | | | 7 | | | | | | 16 |
| F | 30-39 | Jory, Cheryl | | | | | 8 | | | | | | 8 |
| F | 30-39 | Sperl, Mary Sara | | | | | | | | | 8 | | 8 |
| F | 30-39 | Judd, Vicki | | | | | | | | | 7 | | 7 |
| F | 40-49 | Cognetto, Valerie | 9 | 10 | | 10 | 7 | | | 9 | 5 | 9 | 68 |
| F | 40-49 | Lindsey, Bettina | | | 10 | | 9 | | | 10 | 6 | 10 | 55 |
| F | 40-49 | Nizzi, Michelle | 10 | | | | 10 | | | | 10 | | 30 |
| F | 40-49 | Ingrid Otto-Jones | | | 9 | | 8 | | | | 7 | | 24 |
| F | 40-49 | Durso, Judy | | 8 | | | | 10 | | | | | 18 |
| F | 40-49 | Vanderpool, Maryann | 6 | | 4 | | | | | 7 | 1 | | 18 |
| F | 40-49 | Marcoux, Audrey | | | 8 | | | | | | 9 | | 17 |
| F | 40-49 | Schaffer, Karen | | 9 | 6 | | | | | | | | 15 |
| F | 40-49 | Harrigan, Robin | | | 7 | | | | | 8 | | | 15 |
| F | 40-49 | Winter, Cassie | 7 | | | | 6 | | | | | | 13 |
| F | 40-49 | Hamlin Nasci, Susan | | | | 9 | | | | | | | 9 |
| F | 40-49 | Rheinhardt, Brenda | | | | | | | | | 8 | | 8 |
| F | 40-49 | Willcox-Ayoub, Joanne | 8 | | | | | | | | | | 8 |
| F | 40-49 | Putney, Beth | | | 5 | | | | | | | | 5 |
| F | 40-49 | Mattia, Lauren | | | | | | | | | 4 | | 4 |
| F | 40-49 | Casler, Karen | | | | | | | | | 3 | | 3 |
| F | 40-49 | LaLonde, Sarah | | | | | | | | | 2 | | 2 |
| F | 50-59 | Savicki, Pearl | | | | | 9 | | | 10 | 10 | | 29 |
| F | 50-59 | Lucas, Mickey | 9 | | 10 | | 7 | | | | | | 26 |
| F | 50-59 | Cameron, Doreen | | 8 | | | 10 | | | | | | 18 |
| F | 50-59 | Fuller, Kathleen | | 10 | | | | | | | | | 10 |
| F | 50-59 | Kapes, Donna | | | | | | | | | | | 10 |
| F | 50-59 | Leahy, Mary | | 10 | | | | | | | | | 10 |
| F | 50-59 | Wright, Maryann | | | | | 10 | | | | | | 10 |
| F | 50-59 | Ruckel, Mary | 10 | | | | | | | | | | 10 |
| F | 50-59 | Tommell, Eileen | | | | | | | | | | | 9 |
| F | 50-59 | May, Paula Ann | | 9 | | | | | | | | | 9 |
| F | 50-59 | Kapler, Susan | | | | | 8 | | | | | | 8 |
| F | 60< | Hosp, Rose | | | | | | 10 | | | | | 10 |



UTICA Roadrunners

Promoting Competitive, Fitness and Recreational Running

Our monthly e-publication reaches 400+ readers in member households throughout central New York with news about club activities & community events, training tips, member profiles, local race results & photos, and race applications.



FULL PAGE
7.5" X 10"



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7.5" X 5"



HALF PAGE - V
3.5" X 10"



QUARTER PAGE
3.5" X 5"



BUSINESS CARD
3.5" X 2.5"

PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

| ADVERTISING SPACE & FREQUENCY | SINGLE ISSUE | ADDITIONAL ISSUES | 12 ISSUES |
|-----------------------------------------|--------------|-------------------|-----------|
| FULL PAGE RACE APPLICATION | \$25 | \$25 | \$300 |
| FULL PAGE (OTHER THAN RACE APPLICATION) | \$75 | \$50 | \$625 |
| HALF PAGE | \$50 | \$25 | \$325 |
| QUARTER PAGE | \$25 | \$15 | \$190 |
| QUARTER PAGE (MEMBER) | \$20 | \$10 | \$130 |
| BUSINESS CARD (NON-MEMBER) | \$10 | \$5 | \$65 |
| BUSINESS CARD (MEMBER) | \$5 | \$5 | \$60 |

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Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to cognettodesign@aol.com.

Advertising Deadlines & Terms:

Space reservations and payment are due by the 1st of the month prior to publication (ie; April 1 for May issue). Artwork is due by the 10th of the month (ie; April 10 for May issue). Cancellations may be made by mail or e-mail if received prior to the closing date of the issue in which the ad is scheduled to run. No refund payment will be made after the deadline dates. The Utica Roadrunners reserves the right to determine the appropriateness of any ad.

To place an ad or for more information contact Meg Parsons at mparsons@twcny.rr.com or (315) 337-7452.