

NOVEMBER 2010

SPLIT

TIMES



The Official Newsletter of the Utica Roadrunners



**Run To End Hunger & Run For
Safety Still Going Strong!**

Upcoming Runs:

Run For Safety 11/18

Run to End Hunger 11/25 (Thanksgiving Day)

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



SPLIT

TIMES

2010 Board of Directors:

NOVEMBER 2010

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SpliTimes, please contact Val Cognetto by emailing: cognettodesign@gmail.com.

DEADLINES:

IMPORTANT: Please be prepared! Plan on submitting your information or race application the 1st of the month prior to the month that your event takes place. (ie: if your race is on July 15th, submit your information by June 1st.

Payment:

Payment for advertising is due on the 1st of the month prior to the issue you would like to advertise in.

Copy:

Your copy/art/ads/race applications are due on the 1st 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'
SpliTimes Newsletter Staff

Editor: Valerie Cognetto
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President:
Sybil Johnson

Vice Presidents:
Activities & Events
Mike Kessler
Administration
& Finance
Meg Parsons

Secretary:
Christine McGlynn

Treasurer:
Paula May

Board Members:
Tom Bick
Mike Brych
Ray Brych
Jim Fiore
Kathy Fuller
Moe LaLonde
Dave Putney



Welcome to November!! No, this photo is not under - exposed. Val Cognetto arrives home soaked and freezing after finishing up a 3 mile run in the cold rain.

Utica Roadrunners Need Help Choosing, Selling Club Apparel

Show off your dedication to Utica and your running club pride! We are in the process of purchasing samples of running gear and apparel with the Utica Roadrunners logo printed on them. We would like to offer these items to our club members and the community. Mary Ruckel has graciously offered to head up the committee but needs your help. If you are interested in either choosing merchandise or taking a shift at a table for selling items, please email her at townclerk@roadrunner.com.

JOIN NOW!

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

Greetings From Our President

Sybil Johnson



TOP 10 THINGS YOU MISSED AT THE ANNUAL MEETING

1. Mike Kessler's VP speech
2. Meg Parsons' VP speech
3. Free Club calendar/date books
4. Suzanne Price – new Board member
5. Dennis surprises Sybil by saying he accepts a nomination
6. Gary Burak's disappointment at qualifying for Boston at the Mohawk Hudson, then getting closed out with online registration
7. Sybil's very short President's speech – Mike and Meg said it all
8. The Saranac Tavern experience
9. Three hours of free food
10. Three hours of free Saranac beverages

So, all of you who stayed home to watch TV, clean the house, sit in front of the computer, exercise, or whatever, you missed an evening of Club camaraderie. Thank you to the few members who emailed or called to say they could not make the meeting. The Brewery Tavern is a great place for this meeting. Leigh and her staff always make us feel welcome.

A few statistics – of the 667 Club members, 82 voted. 26 members attended this annual meeting. Some members might say they did not receive ballots, or had trouble doing the online voting. Jim Moragne tried very hard to resolve this issue. Remember, if you choose to stop your Yahoo Club messages, you will not receive any Club online publications – oh yeah, you won't get this either.

In my short speech, I spoke of a couple of challenges that I have given myself for 2011. I would like the Club to continue to thrive and grow by attempting to involve members in our social events. I would like to see the Club's attempts to be more green, i.e. online issues, be resolved. I would like to expand the availability of Club merchandise. I am hoping that the January Race Directors' meeting will resolve race date conflicts.

That should be enough for one year. My first challenge will be the most challenging. Our growth spurt this year seems to be primarily because of runners who want to participate in the Development Runs with the accompanying cost cut. There do not seem to be very many of these members who are showing their faces at other Club events.



(.....continued on next page.)

On the lighter side, we have many members who are participating in Fall Marathons! Congratulations to all of you who ran the Schroon Lake and Mohawk Hudson Marathons! Every one of you is commended for your commitment to training. I am proud of each of you. I wish I could be at every event to cheer you on. The Marine Corps Marathon will be completed by the time we send out this November SpliTimes, so congratulations to all of you too! I am anxious to see the New York City Marathon. When I watched Dennis run that one about 10 years ago, I had bunches of fun. Of course, we will not be there this year, but watching the marathoners on TV will work for me.

Hey, we have some new vocabulary to add to the runners' lexicon. "Boomeritis" is the problem of overuse injuries in mature athletes. A Dr. Tally Lassiter, an orthopedic surgeon at Bassett, has coined the phrase. He is talking about baby boomers who mentally refuse to grow old physically. Go figure. Everything he had to say in a recent Bassett publication seems to be a rehash of what has been said over the years – you know - low impact exercising, cross training, stretching, be good to your body, etc. Why is it that we mature athletes know about these injury prevention paths, yet we continue to beat up our bodies? The doctor does not approach the psychological aspects of our "boomeritis," that would probably be a book full! Anyway, isn't it nice to know there is a term for our aches and pains?

To add to your calendar, please remember to participate in the Run for Safety on November 18th at the Masonic Care Facility, and the Thanksgiving Day Run to End Hunger. Wear your reflective clothing and lights at the Run for Safety and bring canned goods for the Thanksgiving Run.

Okay, that's enough for this month. I am not giving you the names of the 6 newly elected members of the Board. I am awaiting phone call responses from write-ins. Maybe there will be an announcement somewhere else in this issue. If not, then next month you will know for sure.

Keep happy. Be safe out there.



Top Ten Reason to Run on Thanksgiving Morning's "Run To End Hunger" 5k:

10. It's a great way to start the day.
9. MORE TURKEY!!
8. You can help feed local families.
7. So you know you're not the only idiot to get up early on a holiday.
6. MORE STUFFING!!
5. It's one way to get out of cooking Thanksgiving dinner.
4. You can be all impressive later by sharing your morning ambition.
3. Door prizes like socks!
2. Meet and greet the legendary Dave Jones!
1. MORE PIE!!!!



The Pack Rules: Don't Be Embarrassed

Essential advice from runners & readers

www.runnersworld.com



1. Watch Your Step

Zone out if you must, but keep your eyes open. “I ran into a fire hydrant that had an extension attachment on it,” says Liz Krzmarich of Madison, Wisconsin. “Not only did I incur a deep puncture wound, I also opened the hydrant valve and sent water gushing onto a busy street during rush hour.” Katie Hobson ran into freshly poured concrete on Fifth Avenue in New York City. “In midair I remember seeing the faces of the construction workers saying ‘Noooo!’ But it was too late.” Distracted by a “cute guy,” Anya Marcelle of Atlanta fell, blacked out, and woke up to find him helping her and informing her she’d ripped her sports bra. “I said thanks and walked away, bloody, partially nude, and completely mortified!”

“You’re not a real runner unless you’ve pooped while out on a run. It’s a rite of passage!”
—Jeff Hall, Sun City West, Arizona

2. Check Your Gear

Rachel Chalmers of Oakford, Illinois, found out the hard way that her tights had become threadbare. “On a run someone yelled at me, ‘Hey, we can see your a**!’” Madhur Kotharay of Mumbai was underdressed for freezing temperatures during the New Year’s Eve Midnight Run in New York City’s Central Park. “At the medical tent, I was diagnosed with ‘frostbite of the penis’ and made to sit in the official car with the heater on full blast,” he says. During a run in Mississippi, August Russell discovered the perils of sweltering heat. “The humidity had made my shorts stick to my skin, and they had completely disappeared into my butt cheeks. I may as well have been running in a thong.”

3. Wear Dark Colors

“I had a pair of lightweight yellow shorts for running in the Georgia heat, but they became increasingly see-through as I sweated,” says Anthony Rodriguez of Lawrenceville, Georgia. “At the end of my run, everyone was staring at my crotch.” A new runner called Slow Moving Vehicle recently completed his first 10-K. “I looked down at my white running shirt to find two perfect outlines of my nipples, in dried blood, as well as blood tracks all the way down to the hem,” he says. “I hadn’t even noticed!”



Red-Faced Runners

- 17%: Were caught during a pit stop
- 23%: Ran into a stationary object
- 13%: Fell off a treadmill
- 13%: Showed off black toenails
- 34%: Had dried snot on clothes or face

Based on 2,014 respondents to runnersworld.com poll

4. Respect Animals

On a run, Michael Raymond of Norwich, Connecticut, approached a flock of geese on a sidewalk, assuming they’d move. “When I got within 10 feet, they sprang their multiple-pinching-beak assault,” he says. “They didn’t so much attack me individually as much as they assailed me as one formidable presence, like Voltron.” Benjamin Stafford of San Francisco stepped on a skunk and got sprayed. “Let’s just say my planned tempo run turned into a speed workout.”

(...continued on next page.)

5. Don't Wet Yourself

Buoyed by the thought of beating her half-marathon goal, Wendy Uhlenhake of Anna, Ohio, didn't want to make a pit stop. "By the final stretch, I started to pee with the pace, hoping no one would notice." Rebecca Phillips of King City, California, blames the hills in a 5-K for making her have to go. "Luckily, I wore quick-dry shorts." Scott Cleve of Chicago says he thought he solved the prerace urge-to-go problem by urinating discreetly into an empty Gatorade bottle while waiting in the starting corral—only to have someone start talking to him. "I had a difficult time finishing up without drawing too much attention to myself."

6. BYO TP

Elites like Grete Waitz and Uta Pippig, who famously suffered the "trots" while winning marathons, may not stop for bathroom breaks. For mortals who do, cleanup can be a problem. "Looking around for something to take care of business, the only thing I found was my race number," says Charlie Vazquez of Kingwood, Texas. Raul Patrick Concepcion of the Philippines had to do number two multiple times during a 10-mile run. "I used my left sock first, and threw it away. Then I had to go again, and used my right sock." Macenzie Rubin of Ankeny, Iowa, relied on pine needles. "Let's just say they don't make for nice TP." Rob Scarborough of Smithville, Missouri, also turned to nature. "Unfortunately, it was dark so I couldn't see that I was using poison ivy! It spread to most of my midsection and took two weeks to heal."

7. Keep It Down

"I push myself so hard in the final moment of a race that it makes me vomit immediately after crossing the finish line," says Philip Perrault of Orlando. Matt Swan, age 12, of Athens, Georgia, tossed his cookies during his first cross-country race but toughed it out and finished, earning him the respect of the high school track team. Mary Arnstein of Pittsburgh felt queasy after running a leg of the Penn Relays. "Bill Cosby came over to congratulate me, and I returned his kindness by throwing up on him."

8. Wipe Your Nose (Well)

"My nose always runs when I do," says Joe Hazel of Charlotte, North Carolina. "And snot rockets never quite cut it. In the winter I use gloves with terry cloth on the fingers." Mary Thoresdale of Chicago recommends using your shirt. "Long sleeves are best, shoulders are good, and the front works as well." Sarah Pestana went into a Starbucks for a postrun coffee one frigid morning. "I guess I didn't do a great job of cleaning when I blew my nose, because the barista told me I had 'a little something' on my face."

"If you end up with black toenails peeking out of your flip-flops, at least you'll feel good knowing you went for a run."—Chris Mosier New York City

9. Tread Carefully

"I was running on the treadmill when the magazine I had on the front panel fell off," says Lauren Hoff of Thornton, Colorado. "I slipped on it, hit my face on the front panel as I fell, and knocked over a trainer and her client as I flew off." Says Megan M. of Boston who also fell off the 'mill, "I was propelled straight into a mirror behind me, which promptly cracked." Stacie Rose of Greenville, Michigan, landed face first on the belt, breaking her nose. "Runners have arthroscopic surgery, but I got rhinoplasty!"

10. Pay Attention

Sarah Foster of Irving, Texas, heard shouting just before a 5-K. "I looked up to see that I was standing in the middle of the road about 10 feet in front of the actual starting line, with all the runners waiting for me to get out of the way so they could start the race." When Justin Shelman of Kansas City, Missouri, began suffering in the Chicago Marathon (his first), he sought help in a Tylenol tent. "I spotted what I thought was liquid Tylenol and swallowed it," he says. "It was Vaseline."

**FREE
EVENT!**

UTICA
Roadrunners

RCIL
RESOURCE CENTER FOR
INDEPENDENT LIVING
No Limits

Join the
Fun!

RUN FOR SAFETY

**Forth Annual RCIL Wonderland of Lights Run
to Promote Runner Safety**



New Course This Year!

Thursday, November 18th

Registration is FREE & Begins at 5:00p.m.

Runs Starts at 5:30p.m.

1/2 Mile Walk & 2 Mile Run

Begins and Ends at the Masonic Home Gym

The entire run is on the campus and this year we will run a day before any cars are allowed through the display. The club will receive extra media attention helping us promote runner's safety.

D.J. Mike Brych With Music & Fun for All Abilities!

Refreshments for all immediately following in the gym.

IMPORTANT:

Please Wear Reflective Clothing, Flashing Lights, Santa or Reindeer hats, or Carry a Flashlight!

For more details, call Mike Kessler at 724-3315

See you there!!



Presents the 26th Annual



Thanksgiving Day Run & Walk to End Hunger

Thursday, November 25
Utica Parkway Ski Chalet
220 Memorial Parkway • Utica, NY

5K Run, 2 Mile Walk, 1/4 & 1/2 Mile Kids' Runs

Registration Race Day Only: 8:00-8:45 a.m.

Start Times: Kids' Run 8:50 a.m.

5K Run & 2 Mile walk 9:00 a.m.

DONATION: \$5.00 per person • \$15.00 family maximum

PLUS two non-perishable food items per person

Door prizes to be drawn after the run/walk.
Proceeds to benefit local nonprofit food pantries
For more information, call: 793-0955



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 5:15 p.m. at the GPO Credit Union in Illion
Wednesdays at 5:15 p.m. at Hannaford's in Herkimer
Saturdays at 8:00 a.m. at the Little Falls YMCA.
For more information, email: casler1@peoplepc.com or
jmoragn1@twcny.rr.com.



Our greatest glory is not in never falling,
but in rising every time we fall.

— *Confucius*



Marathon Record Book

The club marathon record book is being updated. All members are encouraged to submit your marathon times, the name of the marathon and the date it was run. At the annual award banquet, special recognition is given for your first, fifth and tenth marathons. Our record book currently covers marathons run through November 2006. Please submit any run since then as well as any run prior to that which you may not have already submitted. This information can be sent to Moe Lalonde at the following address:
mlalonde@westmorelandschool.org



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.

2010 Grand Prix Races:

- Fort-to-Fort 10k, April 3
- Ted Moore 5k, May 1
- Hall of Fame Half-Marathon, May 23
- KAC 10k, June 5
- Summer Sizzle 5-Mile, June 20
- Honor America Days 5k, July 31
- The Battle of Oriskany 10k, August 7
- Falling Leaves 14k, September 26
- Red Ribbon 5k, October 2

Scoring:

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

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 1/1/10.)

Points:	1st place	10 points	6th place	5 points
	2nd place	9 points	7th place	4 points
	3rd place	8 points	8th place	3 points
	4th place	7 points	9th place	2 points
	5th place	6 points	10th place	1 points



URR Grand Prix Results

Male/Female	Age Group	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10K	Summer Sizzle 5m	Honor America 5k	Battle of Orisk. 10K	Falling Leaves 14k	Red Ribbon 5k	Total Points
M	0-19	Cognetto, Nicholas			10							10
M	20-29	Totman, Andrew		10						9		19
M	20-29	Donaleski, Nathan								10		10
M	20-29	Jordan, Jeremy		9								9
M	30-39	Cohen, Richard	10		10	10	10		10	10		60
M	30-39	Joslin, Thomas				9	8	9		9		35
M	30-39	Brych, Michael			9		9	10				28
M	30-39	Battles, Cory				8	7			8		23
M	30-39	Pare, Jason	9		8							17
M	30-39	Graves, Corey		10								10
M	30-39	Brown, Paul		9								9
M	30-39	Williams, Mike	8									8
M	30-39	Gould, Nathan			7							7
M	30-39	Priest, Kevin								7		7
M	30-39	Fedor, Darryl								6		6
M	40-49	Crandall, Richard	4			10	8			5		27
M	40-49	Langlois, Joe		9	8					10		27
M	40-49	Clarey, Rob	6		7					8		21
M	40-49	Putney, David	10	10								20
M	40-49	Neidhart, Michael	5			9				6		20
M	40-49	Johnson, Dennis							10	9		19
M	40-49	Draper, John				8	9					17
M	40-49	Bartkowiak, James					8			5		13
M	40-49	Cognetto, Norman			6					7		13
M	40-49	Humphrey, Paul			10							10
M	40-49	Nasci, John						10				10
M	40-49	Suba, Scott					10					10
M	40-49	LaLonde, Moe	9									9
M	40-49	Hudyncia, Rob			9							9
M	40-49	Garg, Bhisham							9			9
M	40-49	Steere, Sean		8								8



URR Grand Prix Results

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M	40-49	MacDonald, Steve	8									8
M	40-49	Munson, Rob					7					7
M	40-49	Massoud, Mike	7									7
M	40-49	McGlynn, Thomas			5							5
M	50-59	Siepiola, James	6	8	6	9	9	10	6	5		59
M	50-59	Lenio, Ted	2				7	9	7	4	10	39
M	50-59	Kosina, Bill	8		9	10				8		35
M	50-59	Bick, Tom	5	9	4	8	8					34
M	50-59	Rust, Alan		10	10					10		30
M	50-59	Palmer, Bruce	9						10	9		28
M	50-59	Burak, Gary			5				8	7		20
M	50-59	Fiore, Jim					10			10		20
M	50-59	Lashure, Gary			2		6		5	3		16
M	50-59	Dunn, Mike		7		7						14
M	50-59	Dickson, Stan	7		7							14
M	50-59	Sweet, Stephen			8					6		14
M	50-59	Gunn, Ed	4						9			13
M	50-59	Ichihana, Rob	3	6					4			13
M	50-59	Geesler, John	10									10
M	50-59	Bocko, David				6				1		7
M	50-59	Daly, Bruce				5						5
M	50-59	Decker, Timothy			3							3
M	50-59	Savas, Greg								2		2
M	50-59	Curley, Mark			1							1
M	50-59	Feener, Steve	1									1
M	60<	DesJardins, Mark	10	8			9	9			10	46
M	60<	Cadrette, Kermit		10	10			10		10		40
M	60<	Brych, Ray		9			10					19
M	60<	Silverman, Charles			9	10						19
M	60<	Lucas, Luke	9				7					16
M	60<	Ohlbaum, Paul						8				8



URR Grand Prix Results

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M	60<	Stevens, Mike					8					8
M	60<	Grabo, Fred						7				7
M	60<	Searles, George		7								7
F	0-19	MacDonald, Lauren	10									10
F	0-19	Benn, Alexandra		10								10
F	0-19	Humphrey, Emily							10			10
F	0-19	Humphrey, Bridget							9			9
F	0-19	Steere, Morgan		9								9
F	0-19	Commisso, Danielle		8								8
F	20-29	Charles, Jessica					10	10		10		30
F	20-29	Duncan, Michelle		10	9							19
F	20-29	Weigand, Kristin			10							10
F	20-29	Gage, Amanda	10									10
F	20-29	Hartman, Audrey		9								9
F	20-29	Usyk, Crystal					9					9
F	30-39	Sparacino, Colleen					8		10	6		24
F	30-39	Reilly, Christina	9		7					8		24
F	30-39	Draper, Terry				10	9					19
F	30-39	Snow, Jennifer					10			9		19
F	30-39	Herringshaw, Sara			8					10		18
F	30-39	Hartman, Maureen		10								10
F	30-39	McGlynn, Christine			10							10
F	30-39	Seward, Amy	10									10
F	30-39	Nugent, Kelly Ann			9							9
F	30-39	Brown, Michelle		9								9
F	30-39	Hill, Amy	8									8
F	30-39	Sperl, Sara								7		7
F	30-39	Smith, Leslie			6							6
F	40-49	Cognetto, Valerie		9	7	10	9					35
F	40-49	Lindsey, Bettina	10						10	9		29
F	40-49	Otto-Jones, Ingrid			9		10			10		29



URR Grand Prix Results

Male/Female	Age Group	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10K	Summer Sizzle 5m	Honor America 5k	Battle of Orisk. 10K	Falling Leaves 14k	Red Ribbon 5k	Total Points
F	40-49	Willcox, Joanne	9	10	8							27
F	40-49	Reddy, Aruna					8		9			17
F	40-49	Vanderpool, Maryann	7		5					5		17
F	40-49	Burak, Felicia						10				10
F	40-49	Casatelli, Jolene			10							10
F	40-49	Deyulio, Tracy		8								8
F	40-49	Ruggio, Debra								8		8
F	40-49	Putney, Beth	8									8
F	40-49	Sweet, Judy		7								7
F	40-49	Schaffer, Karen								7		7
F	40-49	LaLond, Sarah								6		6
F	40-49	Peyton, Leah		6								6
F	40-49	Winter, Cassie			6							6
F	50-59	Tucker, Susan	9		9		10		10	9		47
F	50-59	Savicki, Pearl					9		8	6		23
F	50-59	Miller, Elizabeth	10		10							20
F	50-59	Elsenbeck, Patricia		10			8					18
F	50-59	Fuller, Kathleen		8				10				18
F	50-59	Reedy, Anil							9	8		17
F	50-59	Bocko, Constance				10						10
F	50-59	Kappes, Donna								10		10
F	50-59	Fiorentino, Maria		9								9
F	50-59	Reedy, Anil								9		9
F	50-59	Moore, Carol			8							8
F	50-59	Mannava, Uma					8					8
F	50-59	Tommell, Eileen								7		7
F	50-59	Leahy, Mary								5		5
F	60<	Lucas, Micky	10				10					20
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"



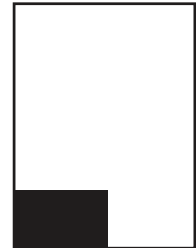
HALF PAGE-H
7.5" X 5"



HALF PAGE - V
3.5" X 10"



QUARTER PAGE
3.5" X 5"



BUSINESS CARD
3.5" X 2.5"

PER ISSUE ADVERTISING RATES

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

Mechanical Requirements:

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@gmail.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 Mea Parsons at mbarsons@twcnv.rr.com or (315) 337-7452.