

splitimes

february 2015

The Official Newsletter of the Utica Roadrunners



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February
2015
Utica Roadrunners
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**"LIKE" US
ON facebook!**

<https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>

Beer and Chili Run Newport, NY February 7

The Beer and Chili is an annual run starting in Newport where, naturally, beer and chili are available at the end. The 5k and 10k courses go through the village of Newport with a challenging hill as part of the 10k course. All proceeds from the race go to local food pantries and other charitable organizations.

Sign up now >>

Advertising

If you would like to advertise in Splitimes, please contact:
Sybil Johnson email: densyb@roadrunner.com
or call (315) 733-6216.

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!). See last page of this newsletter for advertising rates.

Editor: Michelle Truett
michelle@484design.com





President's Message

Spit, saliva, mouth moisture – whatever you call it, if your mouth has too little of it as you are running and exercising, you are more susceptible to higher levels of dental decay. Hmmm, the recent reports on TV, online, and in the newspaper caught my attention. Supposedly, with all of our mouth breathing as we move forward faster, our teeth suffer. We are at a higher chance of tooth decay because our mouth needs spit to keep decay away. Personally, I have always been a gum chewer just for the mouth moisture reason. When I ran regularly, I carried water and chewed gum. I prefer a sugarless, two stick wad to chew. So, heck, I should have 28 beautiful teeth, right? Keeping my mouth moist did not work for me. I have caps on 16 teeth and veneers on 4. I always thought my teeth issues were because of heredity. Oh well. I will continue to chew gum as I exercise. I like a moist mouth whether I am walking, jogging, spinning, or skiing.

Here is another gross thought about our heads. Living in this area, many of us are negatively impacted by sinus issues – evidenced by all the gross snorting and spitting that happens as we exercise. I call this phenomenon the Mohawk Valley Drip. You know - that flow down the back of your throat that can be a year 'round malady. I have found that 600mg. of Mucinex DM on a daily basis, year around, helps. I get mine at BJ's. It is the best deal, but the 1200 mg. tablets have to be cut in half. That works for Dennis & me – a half tab every morning for each of us. If you try the whole 1200 mg. tablet you may need to drink a whole bunch of liquids. Of course I need a disclaimer here, so please do not take any medications without discussing this with your doctor.

Let me know if there are any other running related issues that I should review to make your running experience more comfortable. I will decide whether any questions need an email rather than a SplitTimes discussion! No fair sending gross inappropriate questions!

Please come to the Utica Roadrunners annual **Awards Banquet** on February 28th. Melanie Crisino is planning an event that will be even better than last year! Everyone's mileage and race accomplishments will be celebrated. The food and drinks will be very good, but the company will be great!

On to the regular SplitTimes stuff....February is a quiet month for races, but there is the ever popular **Beer and Chili Run** on the 7th in Newport. At first, Dennis and I thought the Kuyahoora Kickers would not have the run because of the venue issue. It seems that there were questions about the Masonic Temple being large enough to accommodate the crowd. Also, we have not heard from the organizers about using the Club clock, so we figured the race was off. **NOT SO**, we recently found out. So, don your warm clothes – especially windbreakers for your most precious parts. The Beer & Chili is always lots of work and fun. See you there!

As for the rest of the month, there is only one other event on the Club calendar. There is a Snowshoe Classic on McCauley Mountain in Old Forge on February 14th. I would think there would be an advantage to having those smaller running snowshoes. Maybe not. I will not be at this event. My snowshoes would negatively impact my ability to remain upright if I try to run with them on my feet! Those of you who are more coordinated should try.

Speaking of the Race Calendar, for a few years now, the Utica Roadrunners Club has held a Race Directors meeting at the Brewery early in the year. The purpose is to give area clubs and organizations a chance to see the schedule and check out the competition for race dates early in the year. There are always races that we can count on to be in the same timeframe. Like, the Beer & Chili is always on the first Saturday in February, the Boilermaker is always the second Sunday in July, and Falling Leaves is always the fourth Sunday in September. Often, newer events change their race dates from year to year. They are always hoping for a bigger field and hence more

continued —→

money. Anyway, this meeting gives event directors a chance to share info about their dates and their concerns - vendors, courses, insurance, PR, and more. This year the Race Directors have to enter the information about their events on the UR website themselves. Jerry Tylutki and I used to do the entry work. It took forever. Anyway, so far out of 100+ directors, there are only 15 events on the calendar for 2015. Hmmm, Dennis did not enter the Summer Sizzle information either. I hope more is on the calendar by the time we meet on the 2nd of February!

At the beginning of March, on the 7th, the **Heart Run** will be held at Utica College. The Club will have a booth at the Health Expo on Friday, and there will be a Club team. When you register, please remember to fill in the Team Category information on the Registration Form for the run/walk. The Team is the Utica Roadrunners and the Category is Organizations and Clubs. A minimum amount of \$30 in pledges is required at registration. Times have changed from when the Club set records for money raised. Many of you have your employers and favorite groups to support, but if not, consider the Roadrunners. Thanks.

And, a last note about Club memories - **The Marathon Records** is a scrapbook kept by Ed Buckley for a long, long time. Since Ed has passed on to Runners Heaven, the records have been somewhat overlooked. Mary Ann Vanderpool and I have condensed all of the pages from the first, yellowing, book to a newer, alphabetically sorted binder. From now on, marathon records will probably use a new binder. I am sure that there are many, many of you who have never sent in your marathon conquests. You do not have to set time records; you just need to send in your record of marathons completed, the dates and your time. Some members send the marathon name and date and that is fine. Pictures are nice too, so send one of yourself with your information. I think we should rename the binder to reflect all of the Ultra Marathons and Triathlons that many of you are completing. The album will be available for viewing at the Heart Run Club booth.

As you train for the Heart Run...
BE CAREFUL OUT THERE!



Boilermaker Training Runs

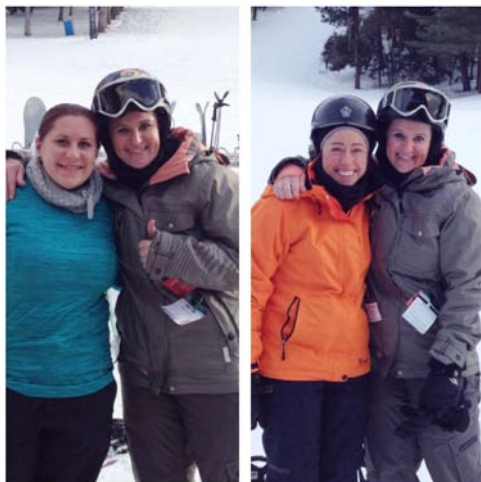


HERE WE GO!

**The first Boilermaker Training Run
will be held at the Fitness Mill at 7:30am
on Saturday, February 7th.**

Letter from the Editor

When runners become boarders



Kari Puleo (a 1st time 1/2 marathoner in 2014) and Kelly Ann Nugent from New Hartford H.S. who whipped down the mountain after a 20+ year snowboarding hiatus!)

I must admit... I've been on the slopes WAY more than out running this winter. My running mojo will be kicking back in soon, but I wanted to share a particularly awesome snowboarding outing with you... to show you what runners are capable of on a mountain!

A few weeks ago, runners Kari Puleo and Kelly Ann Nugent joined me at Woods Valley. It was Kari's first time (although she HAS skied) and it was Kelly Ann's first time out since she was in high school! You don't realize the strength, balance, quasi-yoga posing and determination you need to snowboard. These ladies' running backgrounds undoubtedly contributed to their awesomeness on the slopes in many ways. Kari got down the hill multiple times without falling (a popular first day goal) - because she's in shape, any falls she did have during the day she was able to pop right back up and "skating" with the board was a breeze. Kelly Ann picked it back up like a champion and was carving out some tight turns like she was 17 again - she's amazing. It was really a joy to hang with these ladies and get two more women on boards. There's so few of us "30 somethings" out shredding.

In running, snowboarding or whatever else I can, I so enjoy introducing people to new sports and opportunities.

If you're a runner and want to try out snowboarding to get some super fun cross training in, look me up!

Michelle

Michelle Lewis - Run Run Run (Official Music Video)

This beautiful song and tear-inducing music video was suggested to us by Dorothy Massinger (see her story on page 8!)

Take a few minutes and check it out. You'll want to get out for a run right away.



[Watch the video now >>](#)

Local tattoos

The tattoo article in our January SplitTimes spurred a couple Roadrunners members to share THEIR ink. Check them out!

Tom Joslin



"I got the tattoo July 8, 2011 just 3 days before the 2011 Boilermaker. My goal was to break 1 hour for the very first time. And, on my 16th time running of the Utica Boilermaker, with my calf aching from the new tattoo, I ran 59:52 to squeak in under my goal. I have to believe it helped :-)"

Scott Ferguson



"I got this tattoo 3-4 years ago – the grim reaper with sneakers and to soften his look, yes, those are rabbit ears! I like the that people don't expect this guy that mostly wears suits has tattoos that are only visible when I run or workout. The look on some people's faces or when someone says I didn't know you had tattoos is really fun."

SIGN UP!

Hello fellow runners!

The Utica Roadrunners will be hosting a booth at this year's annual heart run and walk "Heart Expo" on Friday, March 6th.

Volunteers will be needed at the booth between the hours of 9:00am and 9:00pm. We are looking for volunteers to sit at the booth and represent the club in two hour shifts. Shifts are as listed below:

9:00-11:00	3:00-5:00
11:00-1:00	5:00-7:00
1:00-3:00	7:00-9:00

We are looking for two people at each shift. Your help with this would be greatly appreciated. Please reply to this e-mail if you are available for the aforementioned time slots.

Sincerely,
Sandy Arcuri
and Anne Marie Latshaw
Utica Roadrunner Volunteers Coordinators

sarcuri3@roadrunner.com
axdzieko@yahoo.com

Juliet Hull

School: New Hartford High School

Grade: 11

When did you begin running?

I began running track in 7th grade, but picked up cross country in 8th grade.

What inspired you to start?

Both of my parents are cross country and track coaches, so I've been around it a lot. While watching others run and race, it just made me want to try it and I ended up falling in love with it.

What distance(s) do you compete in?

During cross country I compete in the 5k distance and during track season I compete in the 3000m run, 1500m run, and the 4x800.

What have been your biggest accomplishments so far?

This year during cross country, as a junior, I qualified and ran at the state championships and came in 49th. One recent goal that I accomplished was in indoor track, I wanted to break 11 minutes in the 3000m run and after many attempts, I finally broke it and finished in 10:56 today.

What does the future hold with you and running?

By the end of outdoor track my senior year, I would like to have run a 4:45 1500m. I would also like to run an 18:50 5k in cross country next season as a senior. I definitely plan on running in college and after college. In college, I hope to improve my times from high school. Running will always be a part of my everyday routine.

Do you do any other sports?

In 7th grade I played soccer, but at the moment I only do cross country and track.

Have you received any special awards/recognitions or broke any school records?

I was voted MVP in cross country this past season as a junior. The New Hartford team won the high school award for the Boilermaker challenge in the 5k. In 2011, I won the fastest modified girls runner at the 69th EJ Hermann Invitational.

What gear can you not live without?

I cannot live without my Nike sweatpants.,

What is your favorite food/drink to have after meet or race?

I love to eat a burger after I run! I usually can't eat a lot before I run, so I'm always starving after I race and a burger fills me right up! Plus, It contains a lot of iron!

When you're NOT running, what can we find you doing in your spare time?

Hanging out with my friends and family, watching movies, or doing homework!

What movie could you watch over and over again?

The Long Green Line

Do you have any pets?

I have a cat named Little Red. He acts like a dog and likes to play fetch!

What is your running mantra?

I always tell myself to "Breathe" during the race. I also make myself think I like hills so when I go up them, they aren't that bad.



*Please join us for the
Utica Roadrunners
Annual Awards Banquet*



Saturday, February 28, 2015 at 6pm
Daniele's @ Valley View Memorial Pkwy

There will be an Italian style buffet
2 hours of open bar
(1 hour prior to program & 1 hour after)

Entertainment * Awards * Fun
A cash bar will be available after 9pm

"It's supposed to be hard. If it wasn't hard, everyone would do it.
The hard...is what makes it great!"
Tom Hanks in A League of Their Own

Please RSVP by sending
\$20 per person by Feb. 20th to:

Melanie Crisino
10 N Richfield Street,
Mohawk, NY 13407

Check payable to: Utica Roadrunners

Any questions, please contact Melanie at 866-2708 or email mcrisino@yahoo.com

MEMBER SPOTLIGHT

Dorothy Massinger

***Never ran before age 50.
Now you can't catch her!***



Dorothy and her husband Al have been Boilermaker volunteers at the water station in the golf course since 1989. While handing out water to runners, she always saw people “towards the back” that inspired her. They weren’t the fastest... but they were relatable and working really hard to finish. They made her start thinking, “hey... maybe I can do this!”

When she was 50, she decided to make her move. Having NO running experience, she mustered up the courage to go to a Boilermaker Training run – she had read about it in an article that Joe Kelly wrote. At the training run, she met Frank D’Alessandro and asked him if he thought she could work her way up to the Boilermaker. He didn’t answer right away. He watched her run that day and then afterward approached her and told her, “Yeah... you can do this.” And she was on her way.

She completed that first Boilermaker when she was 50, and then made a vow to herself to run every one of them until she was 60. A decade later, she turned 60, ran her 8th Boilermaker, and ran it alongside her two sons and two daughter-in-laws. That was one of her most emotional and memorable races ever and she enjoyed it with those she loves.

Dorothy wasn’t done. She started half marathons and then increased her goals to running a marathon. She finished the 2013 Empire State Marathon and then in 2014, she tackled the Philadelphia Marathon, which was special to her because her husband grew up there. She “got serious” in Philly, didn’t walk through water stations and finished in an impressive 4:49. When asked about training and the process of getting to the marathon level, she laughs a bit at a particular memory - one run in Herkimer resulted in being a little off mileage at the end, and she remembers doing multiple figure eights around Bassett Health Center and Folts Homes to get to 20 miles. “You never forget your 20 milers!” she shares. Definitely not when you’re doing figure eights for more than an hour to the finish!



Since starting to run at 50, Dorothy has become quite the inspiration for other runners. There’s a group at work that she runs with at lunch and a group in Herkimer on Wednesday nights - some younger, some older - and she enjoys running with them and how they push each other and make running fun. With many races under her belt now, she’s “one of the big dogs now”!

We also got a chance to talk with a family friend of Dorothy’s - Lexie, who is a 6th grader. She shares that Dorothy is “a great person to run with... she doesn’t let you

Dorothy’s two sons Tim and TJ, her daughter-in-law Mary, Dorothy, and her daughter-in-law Lauren.



walk! She teaches you to start out slow and to sprint and give it your all at the end." Dorothy is helping Lexie reach HER goals of running a 5K in less than 30 minutes, and she's well on her way. Paying it forward and inspiring others is very important to Dorothy.

Dorothy can't forget to thank her husband, who like clockwork meets her every 2-3 miles along her race routes. He knew she had it in her to start running and achieve these major goals. His consistent, loving support means so much to her.

When asked why she enjoys being a Utica Roadrunner member, she shares a few things. One is the SplitTimes newsletter (editor note: *thank you!*). Another is the Boilermaker training program - it's a great way to get the support and progression you need, especially for your first race. The training runs were instrumental in getting her a solid start. She also enjoys the great local races that UR puts on, the Wednesday Developmental Runs and meeting so many great people. Board member Jim Moragne's weekly emails are a plus, too. "You make instant friends!" she shares. She enjoys running with other people during training. "You get to know someone really well spending a lot of miles with them."



The 2014 Seneca 7 "Valley Misfits"

So what does 2015 have in store for Dorothy? For starters, she's more than 90 miles into her 1,000 mile goal. (Brush off a red jacket for her!) You may also see her do the Philly marathon again.

Looking beyond 2015 she's still exploring. "The world is open to you when you run. You talk about goals with people, learn about other races and unique experiences and always find something to get you excited."

And her 70th birthday? "My 70th will be *special* - a destination marathon!"

Dorothy – best of luck this year in all your goals – you are a true inspiration to other up-and-coming runners AND runners who have

ARTICLE HERE



MOVIE TIME!

"McFarland USA" COMING OUT ON FEBRUARY 20

Inspired by the 1987 true story, "McFarland, USA" follows novice runners from McFarland, an economically challenged town in California's farm-rich Central Valley, as they give their all to build a cross-country team under the direction of Coach Jim White (Kevin Costner), a newcomer to their predominantly Latino high school.

[Watch the trailer >>](#)

The Casual Runner: Words on Running for the Rest of Us

by Rob Trotta

A Tale of Two Trainings



As I finish up this article, the outside temperature is seemingly near absolute zero with air so dry your blood evaporates. In essence, it's way too cold to do anything except move from my house to the car, to say nothing about training outside for a half-marathon. Nobody reading this will doubt the value of running outside versus running indoors, but lately the less-than-ideal winter temperatures and road conditions have precluded any intense training on the roads (especially in my neighborhood where the roads seem to have a perpetual icy glaze on them).

So for the time being I've had to resort to alternative training—the ever-reliable treadmill. It's certainly not the end of the world; it beats whining about the weather while being sedentary. I use the treadmill in my parents' basement which is literally a ninety-second drive from work. I

change into my running clothes and head downstairs to prepare for the day's run. First I have to be sure the treadmill is positioned properly. Since the ceiling is low I have to situate the machine so that my head bounces in between two floor joists as I'm running. Next, I try to simulate running outdoors by placing an oscillating fan in front of me that makes it feel like there's wind on my face. And the best part—the one item that makes time fly and keeps me from remembering that I'm only a treadmill—is a TV in my line of sight. I usually start by watching a program on the Science Channel and finish off with part of a *South Park* episode. The digital readouts on the treadmill's screen keeps me occupied as well, although I try not to look down too much to see how far I've run.

Nevertheless, it's interesting to note the dichotomy of training indoors versus the real deal. First, some of the obvious disadvantages: **1)** Very simply, you're indoors. The scenery never changes. This plays with your mind because it often feels like you're not making much progress unlike being outside where the environment is gliding past you every second. **2)** It's hard to simulate changes in terrain and elevation. Yes, it's true that many treadmills can angle up to simulate hills, but if I do that then my head will be squashed into the basement's ceiling. **3)** I usually run between four and five miles on the treadmill, so as soon as I step off my inner ear is totally confused and my "sea legs" kick in making it feel like the stationary floor is still moving. I sometimes even have to steady myself against nearby fixtures for the first few seconds until equilibrium settles and I can walk normally. Even then it still takes several minutes before my mind and body acknowledge the fact that I'm not on the treadmill anymore.

But there are advantages, too. **1)** You can run whenever you want no matter what it's doing outside. The treadmill by its very nature should prevent any excuses not to run (and we all know by now how good I am at coming up with excuses not to run). **2)** While the scenery may be static, having a TV in front of you isn't a bad alternative. **3)** The digital screen is good for tracking time and distances (I do not yet have one of those fancy GPS watches). **4)** You're running. What other advantage do you need?



Puttin' in the miles indoors...

2015 Dues

The Dues Window for 2015 Has Opened

Dear Roadrunners Member,

The Dues for 2015 are due by January 1, 2015. From this point forward, pay your dues and you're good through the end of 2015 (really February 28, 2016 since we don't suspend member privileges until the end of the first quarter of any year).

Dues are the same as last year: **\$20** for an individual, **\$25** a couple, **\$30** for a family up to four and **\$2** each for family members 5, 6, 7, etc.

You can pay via the club web site using Paypal or print the club renewal form from the same location (or from page ____ of this newsletter) and mail it in with a check.

If you have any questions feel free to email (sdpaddock@aol.com) or call 315-857-0281

Thanks

Dave and Sue Paddock

Renew NOW! >>

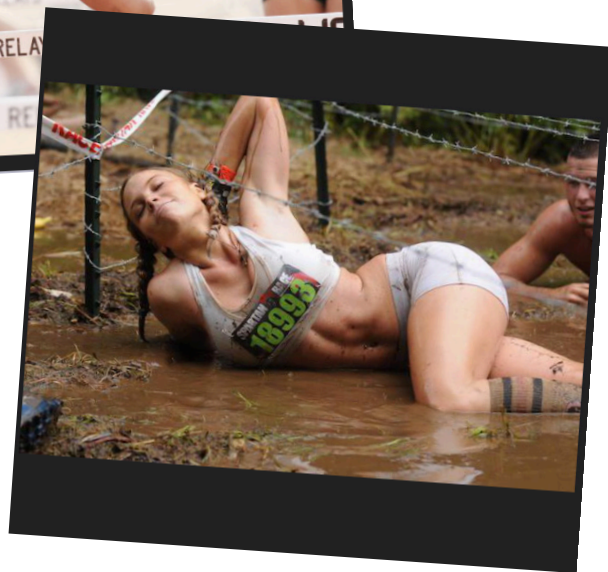


Awesome Stuff

23 Ridiculously Photogenic Moments

There's some great shots in here. Some are runners caught in poses that are various and hilarious... other photos may be smiling animal selfies. Indulge...

[Check them out >>](#)



UTICA ROADRUNNERS 2015 MEMBERSHIP APPLICATION/RENEWAL



Who We Are

The goal of the Utica Roadrunners is to promote health and fitness through running programs. Many members participate in other sports as well as our various club social activities. We are actively seeking to expand our membership and activities to further promote the sport of running in our community. We are a diverse group of people who enjoy running. We run on roads, trails, and on the track. We run in races, for training, and for fun. We run monthly, weekly and daily. We run from one to over 100 miles per week. Our mile paces range from five to fifteen minutes. We range in age from one to ninety. Our membership includes a variety of people, from teachers and students to technicians and tradesmen. **Club Benefits** You will receive SPLITIMES, our club newsletter full of articles on club news, injuries, nutrition, profiles and events. A race calendar listing local and national races is also included. First time members get a club t-shirt with the Utica Roadrunners logo. A popular club benefit is the goal inspiring distinctive red jacket that you may receive after your first calendar year with 1,000 miles and/or some volunteer activity. Members get a discounted entry fee into club races and free entry in the Development Runs.

2015 Membership Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

Mailing Address: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____ T-shirt Size (new members) ____ (mens' sizes S, M, L, XL, XXL)

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____ T-shirt Size (new members) ____ (mens' sizes S, M, L, XL, XXL)

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____ T-shirt Size (new members) ____ (mens' sizes S, M, L, XL, XXL)

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____ T-shirt Size (new members) ____ (mens' sizes S, M, L, XL, XXL)

Annual dues are \$10 for a student under 20, \$20 for an individual, \$25 for two people sharing the same address and \$30 for a family of 3 or 4 sharing the same address. For new families only, there's an additional fee of \$2 for each family member after 4 members. Use second form for additional family members.

Mail the completed form and check to: Utica Roadrunners, P. O. Box 4141, Utica, NY 13504.

Club Membership Application Waiver (application will not be accepted without signatures of all persons on this form, or that of their parent/guardian if under 18 years of age)

I agree that I am a member of the Utica Roadrunners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. By signing this waiver, I agree to follow the club's member code of conduct as well. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Utica Roadrunners, the city of Utica, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

First Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Second Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Third Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Fourth Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Questions? Please email Dave Paddock at sdpaddock@aol.com or call him at
(315) 867-0281.

Social Group Runs/Useful Links

Wednesday Night Parkway Developmental Runs

Our Wednesday night Development Runs are a popular gathering for runners of all abilities who want to train with a group. There are several distances and kids' runs offered as well as finish chutes, water stations and a timing clock. The 5K run heads through a golf course along a tree lined road while the 10K heads into wooded trails also known as the "Switchbacks." The course is rolling hills and beautifully scenic. The Parkway runs continue for 20 weeks throughout the summer months and are located on Memorial Parkway & Elm Streets in Utica, NY. Runners must sign a waiver their first time and registration each week is \$1.00 for individuals, \$2.50 for families, and free to Utica Roadrunners members. For more information on our Parkway Development Runs, go to: <http://www.train2run15k.com/DEVRUN/DevRun.html>



Thursday Night Social Runs

The Thursday night social runs continue, starting from The Fitness Mill at 5:45 PM. 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.

Down in the Valley

Mondays at 5:30 p.m. at the GPO Credit Union in Ilion

Wednesdays at 5:15 p.m. at 622 North Main St. in Herkimer

Saturdays at 8:00 a.m. at the Little Falls YMCA.

For more information, email Jim Moragne at jmoragn1@twcny.rr.com.

Parkway Rec Center

Saturdays at 7:30 a.m.

A mixed group with all speeds and abilities welcome. Meets inside the rec center

SUNY IT

The Speterz Running Group meets in "Lot A" on Wednesdays at 6:00 p.m. and Sundays at 8:00 a.m.

Send questions to Peter Angelini at handmsdad@aol.com or Dan Aubert at danaubert79@yahoo.com.

Dan can be called at 939-4572.

Useful Links:

Utica Roadrunners FB Page: <https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>

People Who Run For Fun FB Page: <https://www.facebook.com/groups/89667583324/?fref=ts>

Utica Roadrunners Wednesday Night Development Runs: <https://www.facebook.com/groups/102503856458013/?fref=ts>

Club Handbook: <https://www.uticaroadrunners.org/documents/UticaRoadrunners2013ClubHandbook.pdf>



Promoting Competitive Fitness and Recreational Running

Our monthly e-publication reaches over 500 readers in member households throughout central New York with news about club activities and community events, training tips, member profiles, local race results and 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 (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

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.

If you would like to advertise in SplitTimes, please contact:

Sybil Johnson email: densyb@roadrunner.com or call (315) 733-6216.