

splitimes

February 2020

The Official Newsletter of the Utica Roadrunners



Boilermaker Training Program Starts Saturday! Details on page 9

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February
2020
Utica Roadrunners
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If you would like to advertise in Splitimes, please contact: Michelle Truett 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 Truett • michelle@484design.com

Useful Links:

Utica Roadrunners Facebook Page

People Who Run For Fun Facebook Page

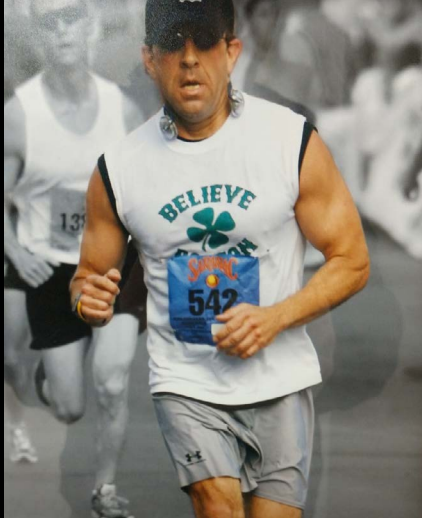
Utica Roadrunners Wednesday Night Development Runs Club Handbook

**12 of our young runners
kicking off our inaugural
New Year's Day Run!**



President's Message

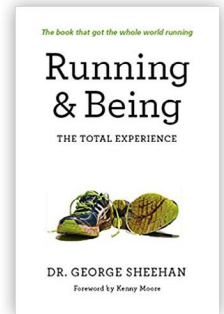
by Jim Mott



"If you don't have a challenge, find one."

-GEORGE SHEEHAN

My intention each month is to quote one of my favorite and most influential runners. This month is Dr. George Sheehan. George was a voice for runners when there were few out there. He was such an inspiration to my running when I started in the 1990s. If you're looking for a great read, check out [*Running and Being: The Total Experience*](#). It literally changed my life. His quote is focused on not just accepting challenges, but seeking them out. We have a great challenge for you and your search is over – more on that in a bit!



Only a month has gone by but so much to report! We kicked off the New Year in style with our **First Annual New Year's Day Membership Run** at Accelerate Sports and it was a huge success! Special thanks to Race Director Bill Callahan for putting everything together and making it such an enjoyable event. There was a kids' run held on the indoor track and a 5k held outside. We had nothing but favorable comments and had a great turnout. It is an event we plan on continuing in the future.

On Saturday, February 1 we begin our **Boilermaker Training Program** at Accelerate Sports. The training program is once again led by Cole and Tracy Perkins and we expect to have a lot of runners ready to get started on their journey to run in the Greatest 15k in the country! Speaking of the Boilermaker, The Sneaker Store will once again be a weekly presence at the Development Runs and they will bring their pacers back to help every level runner achieve their goal. We are also excited to announce that The Mad Mile will be added to our Grand Prix. The **Grand Prix** now will have 13 races and the Mad Mile may very well determine the winner! So get ready in March to start the St. Patrick's Day Parade in style. The Mad Mile will also be a part of our **Triple Threat Age Graded Challenge** as the best male and female who run The Mad Mile, Marcy 5k, and Living History 5k will be awarded a special award. Thanks to Tim Kane for putting this new and exciting event together!

I am also happy to report that the traditional **Thursday Night Runs at The Fitness Mill** are back! Actually, they never left and with the help of some of our most dedicated runners, we are going to bring the runs back to their former glory! A new agreement has been made with Fitness Mill owner Alex Carbone and all Utica Roadrunners members are welcome at the Fitness Mill on Thursday nights. Runners can meet at 5:30pm inside and then depart at 5:45pm for a run of two miles or more. They can keep it flat or take on Heartbreak Hill! There is no cost and runners of all abilities are welcome. Runners will also be able to use the shower facilities after. Want to use the



facilities of The Fitness Mill every day? They are offering our club a Corporate Membership of \$100. We hope to see many of you there!

Now onto the Challenge! I direct a marathon challenge at the school I teach at and I am no stranger to accepting challenges. This year we are bringing back our **Four Race Challenge!** The challenge is to run all four of our feature races at the low price of \$100. The offer is only good until April 5 and registration is open now. You get an entry into the Save Our Switchbacks, Summer Sizzle, Falling Leaves, and Skeleton Run. You get all the great race swag of each race and you also get a great Four Race Challenge T-shirt and a one-of-a-kind medal. The medal is given to you after you finish the Save Our Switchbacks. To complete the medal you must finish each of our other three races. At each race, you will receive the "Magic Magnet" that will make you feel like one of the Avengers when you're done!

We are excited about having a presence again at the **Heart Run & Walk Expo** in March and a special thank you to Rocco Fernald for setting that up. We have so many things happening for 2020 and our Board could not be more excited. A goal of mine is to find a race to run every month. My marathons have become 5ks, but at least I'm still out there! Keep those New Year's Resolutions that you made and long may you run.

I look forward to talking with you and seeing you out there on the roads.

Jim



Letter from the Editor

by Michelle Truett

Do you work anything out in your head while you're running? Do you think about your grocery list or your lingering to do list at work? Or does your mind just go blank and that's what you love about it?

Amy and I talked each other through FAFSAs, graduation parties and getting our boys to college all last year. We talk about how we're doing without them at home this year. We talk about our 20-year careers, working in the arts and what the next chapter is (or IF there's a next chapter). We run by houses where we frequented "way back when" and the things that went on behind those walls... which will stay behind those walls. And we talk about good old Ruby Tuesday where we first met each other over 20 years ago and of course about running, which brought us together for good.

Admire our insane schedules, we all can do double duty when we run and use it as time to connect, reflect and work it all out. What do you talk about when you run? I'd love to hear about it or have you write about it: michelle@484design.com.

Take Action!

Join the Roadrunners
or renew your
membership online today!



JOIN OR RENEW

Join us!



Friday, February 7, 2020 • 6:00pm
Griffin's Pub (Downtown Utica
next to Bank of Utica)

Save the Date for our first
race of the season!

THE TED PETRILLO
SOS 7.5K
SAVE OUR SWITCHBACKS

4/26/20

Roadrunners Annual Awards Banquet

Saturday, February 8th
6-10pm

Harts Hill Inn
135 Clinton St., Whitesboro
\$25 per person

BUY YOUR TICKET

DEADLINE FOR TICKETS: FEBRUARY 1ST

Buffet • Awards • Door Prizes
Entertainment by DJ Ryan Misencik
Wear your read jacket to be entered
into a special drawing

Questions? Contact Jen Bachelder at
(315) 796-3545 or jmbachelder@gmail.com

Learn about this year's awesome raffles by visiting
[our Facebook page](#)



Are you up for the challenge?!

UTICA ROADRUNNERS 4 RACE CHALLENGE



Registration is now open for our 4 Race Challenge.

DEADLINE: APRIL 5

The 4 races in the series will be as follows:

April 26 - Save Our Switchbacks

June 21 - Summer Sizzle

September 27 - Falling Leaves

October 11 - Skeleton Run

REGISTER NOW



Member Accomplishments



CONGRATULATIONS

to Ashley Mancini, Lorrie
and Steve Tibbits and Karen
and Ray Scanio who ran the
Dopey Challenge at
Walt Disney World!

6 medals, 4 races, 4 days.
48.6 miles total.
5k, 10k, half and full!.



Coming up...

grand prix 2020

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. At the end of the season, the points are tallied up and the top three runners in each age group are presented awards at the club's annual awards banquet. [LEARN MORE](#)

Introducing the 2020 Utica Roadrunners Grand Prix Races 2020

3/14/20	St. Patricks Day Mad Mile	1 Mile	Saturday
3/29/20	Fort to Fort 10K Run	10K	Sunday
4/26/20	UR Save our Switchbacks	7.5K	Sunday
5/2/20	MVCC Ted Moore Run	5K	Saturday
5/17/20	Erie Canal Half	1/2 Marathon	Sunday
6/7/20	Marcy 5K	5K	Sunday
6/21/20	UR Summer Sizzle	5 Mile	Sunday
7/12/20	Boilermaker	15K	Sunday
7/25/20	Honor America Days 5K Parade Run	5K	Saturday
8/21/20	Woodsmen's Field Days 10K Run	10K	Friday
9/12/20	Living History & Erie Canal 5K	5K	Saturday
9/27/20	UR Falling Leaves 14K	14K	Sunday
10/11/20	UR Skeleton Run	5K	Sunday



America's Greatest Heart Run & Walk is on Saturday, March 7, 2020.

Please consider joining or donating to the Utica Roadrunners Team this year. Whether you plan to walk or run you can help us meet our team goal and help fight Heart Disease. Or donate to our team - our goal is \$1,500

The following events are available:
3 & 5 Mile Walk or 3, 5, 10 & 18 Mile Run

[**JOIN OR DONATE**](#)



FROM DAY ONE...

2020 BOILERMAKER TRAINING PROGRAM



UTICA ROADRUNNERS



**Starts Saturday, February 1st, 7:30am
at the Accelerate Sports Complex**

5241 Judd Rd, Whitesboro, NY 13492

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After the first seven weeks at The Accelerate Sports Complex, we move the runs outdoors and follow predetermined routes that give you a solid base and then increase mileage each week to get to 9.3 miles. Many of the routes follow the actual Boilermaker route so you can get familiarized with it.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from February 1st right up to the Boilermaker July 12th. You will get a schedule on the first day to know the routes ahead of time and to get suggested training for during the week.

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. We guarantee you will find some lifelong friends by joining!

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. You'll get local running news throughout the year and other benefits. Sign up right on our website:

<http://uticaroadrunners.org/membership/join/>

QUESTIONS?

Give coordinator **Cole Perkins** a call at (315) 813.1070 or email him at cptrainer320@hotmail.com. He's got you covered.

Member Spotlight



He's Only
Just
Begun

Meet Joey
Santini



As soon as you meet him, you know that accent has a great story behind it and you *have* to ask where he's from. Even though he's lived here for years, Joey Santini will never shed his proud South Bronx roots.

Joey grew up in NYC in a large Puerto Rican/Italian family with three sisters and three brothers. He was a self-proclaimed geek and just a "normal kid" in high school. He was class president and his love for engineering led him to Lehman College to study computer science. He works now at Indium Corporation as an engineering technician, handling process improvement at their manufacturing facility. Joey has three kids –ages 21, 25 and 27 and four grandchildren.

His running career started just three years ago. He never ran when he was younger claiming that "if you were running in the South Bronx, you were running FROM someone!" He actually smoked for just over 20 years and when he stopped he was looking for something new. Scott Neary, a Roadrunner who also works at Indium, told him all about the club and that was that. Joey likes trying new things and gave it a shot. He was addicted.





AND THIS LIST GOES ON,
AGAIN AND AGAIN
BUT THESE ARE THE PEOPLE
THAT WE CALL FRIENDS
- WHODINI, "FRIENDS", 1984



In the beginning, it was difficult and he was logging some slower miles, but he kept going. He jumped right in with the group and became accountable to a new bunch of friends. His first Boilermaker 15K in 2018 was "frickin' awesome!" - the 14,000 participant race was his first formal race EVER and the runners and crowds were amazing. He had never seen so many people come together "and the after party oh my God!" After he reached that finish line he knew then that he WAS a runner.

Fourteen minute miles shaved down to 10 minute miles and he's done some sub 9 minute miles as well in the mix. He PRed in the Boilermaker in 2019, coming in seven minutes under the year before. He ran with Indium in the corporate cup and they won. He puts the work in, but he also gives a lot of credit to the Roadrunners and the people involved. The support and positivity he gets from everyone motivates him and he laughs thinking about how he's never met a runner that's not nice.

This year, he's ready to tackle a half marathon, but is still debating which one. When Joey says he's going to do something, he does it and we're looking forward to following his journey to the half. He's going to take part in the 4 Race Challenge and as always, hit up the Development Runs and Boilermaker Training Program. He enjoys volunteering and will balance that with the local races.

One day, he'd like to run the NYC Marathon and bring it full circle. He went home to visit his parents in the Bronx not too long ago and took a run through his old stomping grounds for the first time - going past his old elementary school, by the Bronx Zoo, the Botanical Gardens and into Little Italy - seeing his neighborhood in a way only running could show it to him was nostalgic and moving. He also truly knows he's a runner now because he brings his gear wherever he goes just in case he wants to grab a run, like he did back home and recently in Niagara Falls!

When he's not running, you can find Joey skydiving or kayaking - he really enjoys being on the water. He also just received his certification for tax preparation and will be volunteering with United Way. He likes the Yankees and the Giants and he loves reading about history (especially WWII) and Stephen King novels. If you see him running with headphones on, chances are he's got some old school 80s music going, including some good hip hop and rap because as ya know... the South Bronx is where it all started.

Thursday Night Runs at the



One of the great traditions of the Utica Roadrunners is the Thursday Night Run held at The Fitness Mill! Back in the 1990s, the run brought dozens of runners each and every week. Over the years, the numbers have diminished and we are excited to try to bring them back to their former glory.

Every Thursday night, Utica Roadrunners are welcome to come to The Fitness Mill at 5:30pm. They can check in and get ready to run at 5:45pm for a run of two or more miles. Runners of all abilities are welcome and they may keep the course flat or go tackle the likes of Heartbreak Hill to get ready for The Heart Run & Walk.

Once the runners are done, they are welcome to reconvene at The Fitness Mill, take a shower, and plot out the rest of the night's events. For those who want to enjoy the use of the facilities of The Fitness Mill each and every day, they are offering a wonderful deal for a yearly Corporate Club membership of only \$100!

Come join the fun and start training for all those great Utica Roadrunner races in 2020!



Member Article

The Red Jacket

by Danielle Fite



A list of things I like (in addition to lists) in no particular order: goals, organizing, deals, dreaming, & achieving.



I am an active member of the Utica Roadrunners. In 2015 (the year I was married) I roped my then fiancé into joining the club and convinced him to run the Boilermaker 15K. He resigned after his one big race but I kept on running! As a URR member, if you volunteer with the club

(earning points based on a system) AND run 1,000 miles in a calendar year you are awarded a red jacket.

I WANTED THAT JACKET.

I knew 2016 was my year! And it was...but not for running. After running 150 miles that January I found out we were expecting our daughter and decided to defer my goal. 2017 came and went. Then in early 2018 we found out our family was growing again. We welcomed our son on November 1st. I decided to defer no more- 2019 WAS MY YEAR!

So I made a plan and January 1st I ran...I ran everyday (with the exception of Tuesday, February 12th). I ran in the morning before everyone was awake; at night after everyone went to bed; after bath time; anytime Grandma wanted to visit the kids. I did it whether there was rain or shine, whether I had a full night's sleep or cat naps throughout the night.

Throughout this year two major things stick with me:

1.) Something completely overwhelming (Running 1,000 miles while working full time, juggling a potty training toddler, nursing baby & maintaining a home life in 365 days) can be achieved by breaking it down to manageable pieces (JUST 3 miles a day).

2.) Your support system really, really matters.

These are lessons that I find apply to most every situation I encounter both personally and professionally and checking another thing off my list empowers me to find the next 'red jacket'.

Danielle Fite is a mom of two born and raised in Utica, NY. She works in the financial industry at Morgan Stanley. She finds her peace in running and has been doing so since 2009. She has been a Roadrunner member since 2015.

Member Article

by Gary Burak



If you're like me, you've probably already planned your race calendar for the year. For those of you 35 years of age by July 20th, you have a once or maybe twice in a lifetime opportunity coming up.

Between July 19th and August 1st, the World Masters Athletics (WMA) will be hosting their 2020 Outdoor Championships in Toronto. For an encore performance, they will be hosting their Indoor Championships between April 6-12, 2021 in Edmonton, Canada. And now for the best part – there are NO qualifying standards. Of course there are a few rules you need to follow to enter, and I will get to them soon.

With words like indoor, outdoor and athletics you probably figured out that the WMA is the world's governing body for masters track and field. I know I'm writing this to a bunch of Roadrunners, but stay with me.

The WMA consists of both Stadia and Non-Stadia events. Stadia events take place in a stadium, Non-Stadia events take place outside a stadium, like an 8K or 6K Cross Country for those over 70. Run across the rolling hills of Centennial Park on July 20th. They will be returning to Centennial Park on July 26th, this time to do 2 and 2/3 loops along fairly flat Centennial Boulevard. In Olympic tradition, wrapping up the games will be the Beaches Half Marathon on August 1st. This two-loop course starts at Ashbridges Bay Park, then runs along the Martin Goodman Trail, into and thru Tommy Thompson Park, then back. I can personally attest the tallest hill in Tommy Thompson Park are the speed bumps!

Both the Cross Country and half marathon have both individual and team competitions. To register you must be a member of your national affiliate, which for us is USA Track & Field. You can join at adirondack.usatf.org. You'll need to verify your age so be sure to get them a copy of your driver's license. The next site you'll need is usatfmasters.org. On the drop down menu, look for the WMA World and Regional Championship bar. Click on and open the information document where you'll find everything you need to know to register and compete. There is also information on hotels and uniforms. (You need to run in an approved uniform to complete. There's one of those rules I mentioned!)

By hitting the 2020 WMA Outdoor World Championship link you will be taken to the event web site. Here you will find info on registering, travel to Canada and the extra events they have planned for the athletes. They have been planning this for over a year and I promise they will be putting on some great social events going on throughout the games. How do I know? I did the 2019 NCCWA (North, Central America and Caribbean Masters Athletics) Outdoor Championships last July. For four days we raced at the same venues, stayed in the same hotels, and took the same mass transit system. So feel free to reach out to me with questions by email at gfburak@roadrunner.com or give me a call or text at 315-292-3517.

Toronto is a city of almost 3 million people and the events and venues are spread all over the city, some more than almost two hours apart by mass transit. They are expecting between 7,000-9,000 athletes over the 13 days of the events and hopefully you be joining me in being one of them.

H.S. ATHLETE Q&A

Nolan Stone

School: Central Valley Academy

Grade: 12

When did you begin running? I first began running in 8th grade for modified XC.

What inspired you to start? My modified cross country coach Mr. Farber not only inspired me to run, but signed me up for cross country because he thought I could become a good runner.

What distances do you compete in? During Cross Country season every race we compete in is a 5k but during track season I compete in any event from 600 meters and up.

What have been your biggest accomplishments so far?

This past cross country season being my last, making it to the state Championship and running below 16 minutes is a huge accomplishment for me.

What does the future hold with you and running?

In the immediate future this indoor track season is coming to an end soon and I am hoping to make it to the state championship in the winter as well. This spring will be my first time doing outdoor track and I am looking forward to it. As for college I hope whichever college I attend will have the opportunity for me to keep running for them. Running is something I will continue for the rest of my life.

Do you do any other sports aside from track? Aside from running, I love to golf as well.

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

I have received a Mohawk Valley All Star Award and Tri Valley league first team all star for XC this past fall and have broken school records in track for the 600 and 1600 meter races.

What is your favorite food to eat after a meet/race? Right after my race I love to have an apple. It seems no apple can compare to one eaten right after a race.

Do you have any pets? Yes, this summer my family got two labrador puppies. Their names are Chance and Cali, they are so much fun. They have endless amounts of energy being puppies.

When you're NOT running, what can we find you doing in your spare time? In my spare time you can find me doing something fun with my dogs, involved with other school clubs, or working.

What other activities are you involved with at school?

At my school I am very involved in NJROTC which has provided amazing opportunities for me. I am on the Model UN Club having gone to our schools first conference this year.

What movie could you watch over and over again? The movie Step Brothers never seems to get old for me.

What is your running mantra? "fast and smooth". Every race whenever I would pass my coach he would always be yelling those words, so over time whenever a race or run got tough, I think of that.



Where will running take you in 2020?

by Terry Dwyer



It has pretty much become cliché—a few weeks into the New Year and all those solemn resolutions are either already broken or teetering on the edge. Most people resignedly accept the fate of their short-lived goals and continue into the year with the revised resolution to stick to next year's resolution. For runners though, the year ahead is something special. It is the start of a list of new races to enter, new training goals to be met, and some familiar terrain to be run. My 2020 started with this last goal in mind—with my laptop ready and the early entry application completed, at the stroke of midnight I kissed my wife and then immediately hit the 'send' button to register us both for the Boilermaker. Is there a better way to begin 2020?

The Boilermaker is one of many races we have scheduled for this year. We are excited for the training and travel ahead of us on our race calendar, but all the planning had me thinking about where running has taken me over the years and where it takes each of us. We all run for different reasons and the stories I read of other runners are often compelling and inspiring. No matter what brought us to the sport, regardless of our level of competition, we are all bonded in the very primal

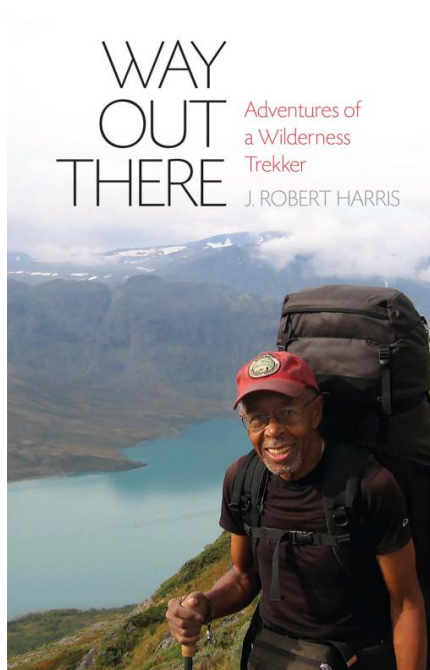
act of putting one foot in front of the other toward chasing down a goal. For some it may be to run a tenth marathon or to run in another country, for others it may be to medal in their age group, hit a PR, or run their first 5k. Whatever the goal, whatever the motivation, our running takes us places, both physically and metaphysically. We are often better after a run—even a dreaded 20-mile marathon training run when our legs ache, our bodies are depleted, and we just want something to eat. Running improves our lives, our "being", in so many ways. Sure, there are the health benefits. Running for me is a great stress reliever. But there are also the other perks of being a runner, such as finding a connection with someone else who runs and making a new friend, getting involved in the community through a running club like UR, and, of course, having so many race T-shirts that you now have four large T-shirt quilts to recover under after a cold winter's run.

To be able to run and enjoy the outdoors and the camaraderie of other runners, even those you might not know, is a blessing. As you make your way through 2020 consider where your running has taken you, where it will lead you, and enjoy the thrill of the road ahead.

GUEST SPEAKER J. ROBERT HARRIS

ABOUT

Join us in this presentation by J. Robert Harris, author of *Way Out There*, as he speaks on his backpacking adventures, mostly solo and unsupported, around the world.



WHEN

Wednesday,
March 4, 2020
7:00PM

WHERE

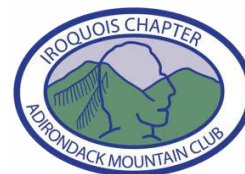
Mohawk Valley
Community College,
Schafer Theater
1101 Sherman Dr
Utica, NY 13501

DETAILS

This event is free
and open to the
public.

SPONSORS

Adirondack
Mountain Club,
Iroquois Chapter



Rest and Recovery: Ideas for R&R

by Mike Winkler



So, you're training. You're running. You're doing workouts. You're racing. You're maybe feeling beat up? You're saying to yourself, "My body can't move fast every day?" More than likely, the answer is, "No, you can't move fast every day!" But guess what? Resting and Recovering are just as important, and maybe more important than your workouts and races.

What if you were able to enjoy days off, but still get some movement, and take all nature has to offer into your beautiful being? This article is all about going for a walk!

Utica, and Upstate New York in general, offer some amazing public spaces to meander. From the downtown areas, to the solitude of local trails and mountains, you can recover your legs on those days off, and still maintain a great level of fitness.

I love walking from our home in Utica up into the Valley View Golf Course, The Switchbacks, The Utica Zoo, and the wonderful streets of East Utica! I've seen other runners on Strava and Garmin venturing into Sherrillbrook Park's trails, the Rayhill Trail, and the gorgeous hills of Newport, NY. There are numerous canal trails extending the entire length of our region. A short drive to the Charles E. Baker Forest located near Hubbardsville, boasts scenic horse trails with fantastic climbs perfect for walking.

Keeping the legs moving ever so slightly on your off days is a great way to maintain your momentum, without beating your body up. We all want to run faster, and we'd be wise to remember speed must come in balance with rest and recovery.

So, go on out and enjoy a walk and breathe it all in at a much slower pace every so often. Your body deserves it!

Mike lives in Utica with his wife Sarah and 4 kitties: Klaus, Pepper, Sprout, and Junie. Aside from running, Mike enjoys playing guitar, and cooking. He teaches special education, aiming to keep youth active both mentally, and physically.

splitimes



UTICA ROADRUNNERS

Our monthly newsletter is emailed to close to 600 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 (1,800+ likes)

Splitimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

Please email Splitimes editor Michelle Truett at michelle@484design.com to reserve your space today or fill out information below and mail this form to us. Ads can be submitted to Michelle as PDFs or JPEGs (no Word or Publisher docs please!) and all ads are in full color.

Payment: Mail to: Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504. Ads will not run without payment.



Race name: _____

Contact name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Month(s) you would like your ad to run (\$25 per month)

- ☐ March 2020
- ☐ April 2020
- ☐ May 2020

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

☐ Yes ☐ No

Total included: \$ _____