

# splitimes

March 2021

The Official Newsletter of the Utica Roadrunners

## Meet Our Members



**Sign up now  
for the  
4 Race  
Challenge!**



*A new social media series also featured here in Splitimes!*

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### An Evening with KATHRINE SWITZER



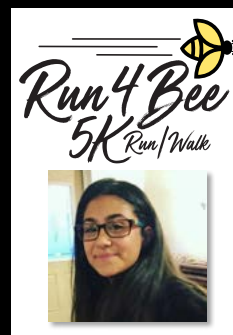
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March  
2021  
Utica Roadrunners  
Board of Directors



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## Advertising

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](#)  
[Club Handbook](#)



## Snowshoeing Excursion

**URR February snowshoe social**

Brave souls ventured out into the cold to snowshoe at the Great Swamp Conservancy on February 13th. Participants were led on a guided tour over the swamp, through the woods and next to a Great Blue Heron Rookery.





## President's Message by Jim Mott



**"All you need is the courage to believe in yourself and put one foot in front of the other."**

– KATHRINE SWITZER

Runners:

Spring is right around the corner! We are crossing our fingers and remain optimistic that better days are ahead of us and we can return to life as we once knew it about a year ago. We are planning for a big 2021 and this message will be used this month to inform you of our plans virtually and LIVE! This month's quote comes from someone you will have an opportunity to talk to directly. For more information-read on!

First off, I would like to announce that **Andrew Rubino** is stepping into the role of Vice President of Activities and Events. For those of you who know Andrew, he is an ideal fit for the job! He is LIVE and DIRECT and one of the most passionate and positive people I have ever met. He will bring that energy to his new role and I look forward to working with him! I would also like to announce that **Melissa Barlett** has stepped into the role of Secretary. Melissa is nothing but positive energy and her ideas, organization, and expertise will certainly benefit our Board and the club!

We are very excited to have opened registration for our **Four Race Challenge** and our **Second Annual Scavenger Hunt!** This year is a bit different as runners have the choice of a Four, Five or the Ultimate Six Pack! We are offering a \$100 deal that locks our runners in for their choice of four events in 2021. We have our four core races of the **Summer Sizzle**, the **Save Our Switchbacks**, **Falling Leaves** and **Skeleton Run**. We also have added options to register for our virtual events, The **April Scavenger Hunt** and **May FIVE after FIVE!** There is much more information in this newsletter.

**The Scavenger Hunt** is bigger and better than ever this year. We have new items to search for, newly appointed law enforcement for the UR PD, great shirts for the adults and kids, and a number of prizes! Please try to participate and donate! All money will go to a very worthy cause we have targeted that we will share soon! In May, the **FIVE after FIVE** returns with some new swag and the same challenges! This year the event is a perfect training kick off for LIVE events!

Running clubs across the country are trying to stage live races and we are paying attention and bringing information back to the City of Utica. I will be personally running a race in Buffalo and in Schenectady this month. I will be asking a lot of questions and applying what works to our race schedule. That starts with the **Summer Sizzle** on June 20th at Proctor Park! The event is the traditional 5 mile distance and it will be a part of the USATF ADK Grand Prix! The **Save Our Switchbacks** 7.5 k will be next as we have moved it to Sunday, August 15th. It will be in South Woods as usual. The **Falling Leaves 5k and 14k** returns to Utica using the traditional courses and it has been officially named the Boilermaker Kick-Off Event! We finish our live races with our **Skeleton Run 5k** trail race, We are hoping to return to Deerfield Town Park but we are ready to go back to Pumpkin Junction in Sauquoit if necessary. That race will be Sunday, October 17th and has been identified as an official Cool-Down event for the Boilermaker which is run the week before on October 10th!

### Other important items to note:

- Red Jackets and the 2020 banquet: We are working on the details and will announce our plan soon!



## PRESIDENT'S MESSAGE (CONT.)

- We are hoping to develop a list of Grand Prix races still. That will start with the Roman Runners Fort to Fort 5k/10k in April that has already sold out. This is something we will talk about more as a Board this month.
- We are excited to support a new virtual 5k called the Run 4 Bee that will be held in May. There are more details and a link to sign up in the newsletter. It is for a very worthy cause and there is hope to make this a live and annual event starting in 2022.
- Last year we were able to hold a 50 person LIVE event at Proctor Park that was the 9/11 Never Forget Run/Walk in November. We are hoping to hold a much larger event that will partner with the Tunnel to Towers Race and the Stephen Siller Foundation in New York City. More information coming soon!
- Development Run - We are working with the City of Utica and we are hopeful to bring them back as soon as May-we will likely have to make some changes to how they are run.

As you can see, we have a lot planned and we have big hopes to make 2021 a great year. I will leave you returning to this month's quote. We have been able to get running legend **Kathrine Switzer** for one night as she will speak on Wednesday, April 28th at 6pm through a Virtual platform. Kathrine Switzer is one of the most important runners and women in the world. Her story of breaking barriers and inspiring people all over the world is something to treasure and not to miss. We are working with The Sneaker Store to make this a special night. We will be opening up registration soon for people to take part and be able to listen and interact with Kathrine directly. The cost will be minimal and UR members will get a special discount! Stay tuned!

Stay safe and healthy and I look forward to seeing you at our events!

Jim



**Saturday, March 6  
at 10am  
Potato Hill Farm,  
Boonville**

**Join Roadrunners, friends  
and family for a fun  
snowshoe event!**

Family-friendly and free!

**RSVP** to Dani Bliss: [dbliss49@gmail.com](mailto:dbliss49@gmail.com)

Don't forget your mask!







## Letter from the Editor *by Michelle Truett* Black History Month Recap

February was quite a month! While the ice, snow and freezing temps didn't let up until the very last weekend, we still got out and got the miles in. Being Black History Month, we were able to get some great efforts and events in both through the club and personally.

On February 22nd, Alex and I had a wonderful opportunity to present the Run Against Racism to BNY Mellon's CNY IMPACT group. Christine Potocki, a Roadrunner member and Vice President · CNY Strategy · Operations at BNY Mellon, ran the run with us last summer and asked us to put a presentation together to share the ins and outs and impact of it with her team. There were participants from NYC and New Jersey, as well as many from CNY on the WebEx – a GREAT chance to talk about the unique VirtuReal event we put together. Thank you, Christine!

On February 23rd, a handful of us did a personal 2.23 mile run down James Street in Utica in memory of Ahmaud Arbery. It marked one year since his murder in Georgia. Thank you to new runner Joniqua Robinson for starting the run off with a few words and a moment of silence.

On February 25th, the club's Diversity, Equity and Inclusion Committee held a successful Black History Month event on Zoom in partnership with local youth organizations: Mohawk Valley Junior Frontiers, the Young Entrepreneurs Academy, the STEP Program at MVCC and Central Valley Academy. Twelve students joined us and each presented on a black athlete who had made significant strides in their field. We were all so impressed with the students and everyone learned a lot! I want to give a huge thank you to Jim Mott, Dave Jones, Alex Gonzalez, Melissa Barlett and Andrew Rubino for working hard to make this happen – I've been on too many committees to count, and THIS one steps up.

It's really powerful when you're able to marry things you love and watch them all work together – running, history, youth, racial justice and connection are very important to me. Thank you to everyone who participated and especially the club for supporting these efforts. I'm excited to help out next with the Run 4 Bee 5K (see page 11) as we support another cause – teen mental health and wellness and suicide prevention.

See you out there! – Michelle



# The 4 Race Challenge Registration is OPEN!



All Four Race Challenge participants get a **custom shirt** and a **one-of-a-kind medal** as well as getting all the great swag from each event they register for!

Get locked into races at their lowest rates and register for our LIVE events *before* they open up for their individual registration dates.  
**\$100 for 4 events of your choice, \$125 for five or all six for \$150**

**SIGN UP TODAY**

Those who deferred their 2020 registration, please check your email for a one time only code, which will cover the cost of your first four races and any processing fees. Also for those who purchased a Four Race Challenge hoodie - your order is still good and there is no need to order again.



**The April Virtual Scavenger Hunt**

April 1-30

**Individual Registration**  
**is now open**



**The FIVE after FIVE Virtual Challenge**

May 6-20

Individual Registration  
opens March 15

**The Summer Sizzle 5 Mile**

Sunday, June 20, 2021

Individual Registration

opens April 1

**Save Our Switchbacks 7.5k**

(Half a Boilermaker)

Sunday, August 15, 2021

**Falling Leaves 5k & 14k**

Sunday, September 26, 2021

**The Skeleton Run 5k**

Sunday, October 17, 2021

We, of course, will be taking all safety measures for all of our live events and will be offering virtual options for those who choose not to attend in person.

We also will be abiding by all city, state, and federal guidelines as they are told to us.



# A Special Roadrunners Evening with *Kathrine Switzer*



Wednesday April 28 • 6pm

**Registration will open soon!**

An iconic athlete, author, Emmy-award winning broadcaster and advocate for sports and social causes, Kathrine Switzer was the first woman to officially register and run the Boston Marathon in 1967. She was attacked in the race by an angry official who tried to rip off her bib number (#261) and throw her out of the race because she was a woman. She finished the 26.2 mile distance anyway and went on to win the 1974 New York City Marathon and to champion women in the sport globally, most notably leading the drive to make the women's marathon an official Olympic event in 1984. Now, 58% of all runners in the USA are women. To celebrate this social revolution, and to support another on active aging, Switzer ran the Boston Marathon again, at age 70, on the 50th anniversary of her iconic run, finishing only 24 minutes slower than she did when she was 20. This run launched her non-profit '261 Fearless' --named after that famous bib number--which empowers women globally through running. She has been honored widely for her achievements including being inducted into the USA National Women's Hall of Fame which recognized her for creating positive social change throughout her storied career.

# #MemberMonday #FeatureFriday

Every Monday and Friday on the UR Facebook page, we are featuring our members so you can get to know them better! We are also sharing the first month of them here in SpliTimes.



If you would like to be featured, please answer the questions below and email them, along with a picture, to [jmbachelder@gmail.com](mailto:jmbachelder@gmail.com).  
If you know someone who would be great to feature (but they may be shy!) please send their name and contact information to Jen.

Name:

Years Running:

Years as a UR Member:

Favorite thing about the club:

Favorite local race:

Favorite all-time race:

Favorite running movie/documentary:

Favorite song to run to:

What you are training for currently:

Favorite running mantra or quote:



# Meet Our Members

## Sara Hanna



**YEARS RUNNING:** She started running inconsistently in her mid 20s - consistently now for the last 14 years!

**YEARS AS A UR MEMBER:** she was a member in the 90s but then moved out of state. After returning to the area in 2011 she rejoined the club and has been a member since.

**FAVORITE THING ABOUT THE CLUB:** without a doubt it's the friendships she has made. She says they are the best, we agree!

**FAVORITE LOCAL RACE:** the Boilermaker 15k! Sara says it's a family holiday and she loves seeing so many family and friends come into town to run.

**FAVORITE ALL-TIME RACE:** in terms of personal accomplishment, Sara says, it is the Steamtown Marathon. She completed this in 2009 after she had moved back to the area. She trained for it alone and it's her 26.2 PR.

**FAVORITE RUNNING MOVIE:** Brittany Runs a Marathon.

**FAVORITE SONG TO RUN TO:** Dance music really gets her moving. She recently downloaded the Black Eyed Peas Translation Album.

**CURRENTLY TRAINING FOR:** She doesn't have any goal races in mind currently but does have a nice run-streak going. She can't wait to see how long she can keep it up!

**FAVORITE RUNNING MANTRA OR QUOTE:** "Get out there and do what you love." ~ Kara Goucher

## Ryan Maine



**YEARS RUNNING:** almost 13 years.

**YEARS AS A UR MEMBER:** Since 2019. What I really love about this club is making new friends, some of us are really close now, they also push me to be the best runner I can be.

**FAVORITE LOCAL RACE:** My favorite local race would have to be the best 15K in the country aka the Boilermaker 15k! The coming together of the city and just the atmosphere always gives me goose bumps.

**FAVORITE ALL-TIME RACE:** My favorite all time race would have to be the Chicago Marathon – it's an amazing city and flat and fast through 29 different neighborhoods.

**FAVORITE RUNNING MOVIE:** Unbroken, about Louie Zamperini who turns his life around and channels his energy with running by later qualifying for the 1936 Olympics.

**FAVORITE RUNNING MANTRA OR QUOTE:** would be "Keep Showing Up" @des\_linden .

**FAVORITE SONG TO RUN TO:** Anything by Dave Matthews and old school hip hop. It's funny I have my own DMB Playlist that gets me through running on the treadmill.

**CURRENTLY TRAINING FOR:** I'm not currently training for anything but I did sign up for the Napa Valley Marathon Virtual Perfect Pairing which involves five different distances, so I'm kind of working towards running another marathon next month.

# Upcoming Event



## A running conversation with **Dale Seaton**



***UR Members and Friends  
are Welcome to Join Us!***

**March 25, 2021  
7:00pm on Zoom  
FREE!**

Dale Seaton is a masters level triathlete and runner. If you have seen him around, you know his smile. His endeavor into triathlon was through the growth of master level swimming with seven state championships and competed in three national senior games (silver breaststroke, bronze triathlon). Prior to the pandemic, Dale was on course for setting several records. Dale is originally from Michigan and his love of competitive racing actually began with pro motorcycle racing. He trains hard throughout the year and enjoys sprint triathlete and fast short distance running events as his focus areas. Dale continues to be very competitive, and throughout the pandemic has transitioned to virtual racing online. Dale routinely volunteers and gives back to the community, primarily through the local United Way and Board of Greater Utica Girls softball league. Join us for an evening with Dale to understand his approach to training, mindset, and maintaining longevity and competitiveness over time.

**FREE  
REGISTRATION:**  
[URspeakersseriesseaton.eventbrite.com](https://www.eventbrite.com/ur-speakers-series-seaton)

*Zoom link will be  
sent to registered  
participants before event*



# Meet Our Members

## Amanda Mondrick-Robertello



**YEARS RUNNING:** 12

**YEARS AS A UR MEMBER:** I actually don't know an exact number! But, NOT ENOUGH! I think I joined in 2013 when I started running the development runs

**FAVORITE THING ABOUT THE CLUB:** definitely to camaraderie and sense of community. I've met some incredible people through the club who push me to be better. The friendships are absolutely the best part!

**FAVORITE LOCAL RACE:** Boilermaker 15k! It's like Christmas in July! The spectators are spectacular and the traditions that our family has around this race are so much fun.

**FAVORITE ALL-TIME RACE:** TCS NYC Marathon! This was one of the best days E.V.E.R. The crowd is electric and the whole experience was truly magical.

**FAVORITE RUNNING MOVIE:** Forrest Gump! Run, Forest, Run!

**FAVORITE SONG TO RUN TO:** TI - Bring 'Em Out. This song is a great pump up!

**CURRENTLY TRAINING FOR:** My first ultramarathon in April (50K) - the Ridge Rumble and then a 50 mile run in September - Rock the Ridge! Bring on the MILES!

**FAVORITE RUNNING MANTRA OR QUOTE:** You can do hard things.

## Jim Latshaw



Jim can be found running the streets of Clinton enjoying every step and taking lots of "#liveanddirect" footage along the way. He loves to bowl, sing, run hills and all things SNOW. He encourages and welcomes ANYONE to join his #SundaySermon and supports his run squad #allday. He is well known for his clever hashtags and countless running videos. He and wife Anne Marie, are expecting baby #2 any day now.

**YEARS RUNNING:** 12

**YEARS AS A UR MEMBER:** 8

**FAVORITE THING ABOUT THE CLUB:** All the lifelong friendships and constant encouragement we give each other. We all make each other better.

**FAVORITE LOCAL RACE:** Woodmen's 10K

**FAVORITE ALL-TIME RACE:** Syracuse Half for an annual one and Pittsburgh Marathon for a one time race.

**FAVORITE RUNNING MOVIE:** He says he can't say he's ever watched one, but he could easily rattle off several songs with "run" in the title that he loves to sing!

**FAVORITE SONG TO RUN TO:** Wait for it... he doesn't run to music

**CURRENTLY TRAINING FOR:** Lake Effect Half Marathon

**FAVORITE RUNNING MANTRA OR QUOTE:** Be a hill seeker. And of course... "ALL DAY!"

# Upcoming Virtual Race



**VIRTUAL, APRIL 24 - MAY 2, 2021**

*To raise awareness of social health and wellness in adolescents and young adults*

Choose a course of your liking near your home, a track, or your treadmill.

A VirtuReal course will be set up at the Utica Switchbacks with signs to make the event interactive as we raise awareness. A memorial will take place on **May 1st at 12pm** at the Utica Switchbacks in memory of Bianca and teens we have lost to suicide.

**SIGN UP TODAY**

And learn more about their teen video contest

## *Shirt Pick Up*

Each participant will receive a custom performance t-shirt available for pick up at the Sneaker Store on April 23, 2021 from 4-6pm

## *Post and Share*

Post results on social media, tagging Bee Rose Foundation and the organizers encourage you to share why you ran and why you support the cause.



**Bee Rose Foundation** was founded in memory of Bianca Rose Capri Palek, who was lost to suicide on May 15, 2017 at just 15 years old.

The foundation wants to assist all who have been impacted by mental health conditions such as teen suicide, anxiety, depression, bullying, and other social health factors. Their goal is to implement educational programs in our school systems and other markets that have a target/focus on youth mental health.

## *To Benefit*



*All race proceeds will help Bee Rose Foundation advance their mission, fund offerings, and provide funding for scholarships.*



# Meet Our Members

## Melissa Barlett



We thought this photo from the 2019 Old Forge Half perfectly capture her fun personality! Melissa was elected to the UR Board of Directors this year and her contributions to date have been significant. We look forward to this continued relationship with her.

**YEARS RUNNING:** 13

**YEARS AS A UR MEMBER:** About 4 - I accidentally "ran into" the Boilermaker Training Program because it meets at the Parkway Rec Center, which is right where I live, and at some point I figured out how to pay dues.

**FAVORITE THING ABOUT THE CLUB:** UR really means it when they say "a place for every pace" I have plenty of folks to hang with for slow, easy runs, and also some folks who push me to get moving once in a while!

**FAVORITE LOCAL RACE:** Erie Canal Half, the scenery is awesome, the timing is usually good weather-wise, and it is a fairly small, quiet run. It's also mostly flat and I consistently have gotten PRs on it.

**FAVORITE ALL-TIME RACE:** Disney Princess Half Marathon, so many awesome running ladies!

**FAVORITE RUNNING MOVIE:** Cool Runnings! It's not about running (even though the name is deceiving), but it is about doing your best as an underdog, which is my whole running thing.

**FAVORITE SONG TO RUN TO:** Born to Run (I mean, I'm a Jersey Girl, it's kind of a thing)

**CURRENTLY TRAINING FOR:** Everything! My next actual race is the Lake Effect Half at the end of March, then about a half marathon every month, and the Wineglass full marathon in October, but really, I'm training to run the Disney Dopey in 2022 - 4 days, 4 runs, 48.6 miles.

**FAVORITE RUNNING MANTRA OR QUOTE:** "Just Keep Swimming!" I'm all about Dory when I run, I'm not real fast, but if I can just keep at it, I can make it just about anywhere, after 31.1 miles from Utica to Rome in October - I believe it!

## Rebecca Aceto



This year Rebecca was elected to our Clubs Board of Directors. She has taken on the role of Membership Chair and has already made a big impact in some of the sub-committees she is involved in. We thank Rebecca for her continued support and commitment to the club.

**YEARS RUNNING:** 9

**FAVORITE THING ABOUT THE CLUB:** The support from other members!

**FAVORITE LOCAL RACE:** The Mad Mile - I'm Irish!

**FAVORITE ALL-TIME RACE:** Boilermaker - amazing support

**FAVORITE SONG TO RUN TO:** "Bodies" by Drowning Pool

**FAVORITE RUNNING MANTRA OR QUOTE:** When your body wants to stop, run with your heart!

# Meet Our Members

## Cole Perkins



Cole is an endurance junkie who recently (1/2/21) completed his longest run ever, 54 miles! Don't let that fool you though because he can bring the speed as well! He is an outdoor enthusiast who has only scratched the surface of his capability. We have enjoyed getting to know Cole over the few years as he has served the Club on the Board.

**YEARS RUNNING:** 10-ish. Skipped a couple in the middle.

**FAVORITE THING ABOUT THE CLUB:** The crazy friends I've made!

**FAVORITE LOCAL RACE:** Boilermaker

**FAVORITE ALL-TIME RACE:** Close, but I'm going to say the Meat Grinder Marathon

**FAVORITE SONG TO RUN TO:** Not sure but the one that happens to be on my playlist the most is Rock Steady by The Whispers

**CURRENTLY TRAINING FOR:** English's Ridge Rumble 50K, the Rock the Ridge 50 Miler

**FAVORITE RUNNING MANTRA OR QUOTE:** If anything it would be "Why Not?!" - usually it's the last thing I say before signing up for something I'm really not ready for.

## Member Benefits



**\$100**/YEAR  
MEMBERSHIP

Carbone Athletics at  
**fitness the mill**

587 Main St #202, New York Mills, NY 13417



**\$50**/YEAR  
TRACK  
MEMBERSHIP



5241 Judd Rd, Whitesboro, NY 13492





## What Are Our Daily Energy Needs?

by Jeannine Macera

As runners, it is important to match our energy consumption with our energy expenditure. In other words, we need to make sure that we consume enough calories to support our active lifestyles. Insufficient calorie consumption will limit necessary macronutrients, vitamins, and minerals. This will lead to fatigue, and our energy for training and competition will likely decline.

### Calculating our Energy Needs

There are several ways of determining our daily energy needs. The most accurate measures are only available in research or hospital settings, such as a Whole Body Calorimeter. Since these methods are neither practical nor available to the general public, we can instead use simple formulas to approximate our overall energy requirements. One method is shown in the chart below, and it's calculated using our resting energy expenditure and our activity level. Keep in mind that this formula is just an estimate, but it will give us a range of how many calories we should consume daily.

Let's look at an example of Nick, a 47 year old male who weighs 140 pounds. Nick is running an average of 70 miles per week. Based on the chart below, the calculation of REE (Resting Energy Expenditure) for a 47 year-old male is:

**(11.6 x body weight in kg) + 879.**

- 1) Since 2.2lbs = 1kg, we would first convert Nick's weight to kg. (140lb/2.2 = 63.6kg)
- 2) Determine Nick's REE: (11.6 x 63.6kg) + 879 = 1,616.8 calories
- 3) Multiply Nick's REE by the activity factor of 1.6-2.4:  
1616.8 x (1.6-2.4) = 2,587 - 3,880 calories per day

Notice that Nick's range (2587 - 3880 calories) is large. Nick should use this range to adjust his daily calories based on the intensity of his daily activity. For example, on light or resting days, he should consume approximately 2500-2800 calories. On high mileage or intense workout days, his intake should be approximately 3600-3900 calories.

*\*(Activity factor of 1.6 - 2.4 will cover most recreational and competitive athletes, but for those ultra-endurance athletes burning 5000-6000 cal/day, activity factor would be higher, therefore more calories should be consumed).*

Resting energy expenditure (REE) calculations and activity factors		
Gender and age (years)	Equation (BW in kilograms)	Activity factor
Males, 10 to 18 years old	REE = (17.5 x BW) + 651	1.6-2.4
Males, 19 to 30 years old	REE = (15.3 x BW) + 679	1.6-2.4
Males, 31 to 60 years old	REE = (11.6 x BW) + 879	1.6-2.4
Females, 10 to 18 years old	REE = (12.2 x BW) + 749	1.6-2.4
Females, 19 to 30 years old	REE = (14.7 x BW) + 496	1.6-2.4
Females, 31 to 60 years old	REE = (8.7 x BW) + 829	1.6-2.4
Data from World Health Organization. Energy and Protein Requirements. Report of a Joint FAO/WHO/UNU Expert Consultation. Technical Report Series 724. Geneva, Switzerland: World Health Organization; 1985.		

Our best sources of nutrient dense foods are whole foods: healthy, unprocessed and unrefined foods such as fruits, vegetables, whole grains, legumes, seeds, and nuts. On the next page is a sample menu of adequate calorie consumption for Nick.

This begs the question: Do the specific macros (carbs, proteins, fats) and their time of ingestion affect our performance? The short answer is yes, and we'll cover this next time.



# UR Health & Wellness Series (cont.)

## Sample Menu

Light activity day, 2640 calories	Heavy activity day, 3605 calories
<p><u>Breakfast</u></p> <p>¾ C oatmeal 225cal  12oz unsweetened almond milk 200cal  ½ C blueberries 40cal  ¼ C walnuts 180cal  ¼ C raisins 120cal  <b>765 calories</b></p> <hr/> <p><u>Lunch</u></p> <p>Protein smoothie:  8oz oat milk 130 cal  1 banana 100cal  1C frozen pineapple 80cal  1C kale 30cal  3 Tbsp chia seeds 150cal  <b>490 calories</b></p> <hr/> <p><u>Snack</u></p> <p>2 slices whole grain toast 190cal  2 Tbsp peanut butter 190cal  1 Tbsp flaxseed 35cal  <b>415 calories</b></p> <hr/> <p><u>Dinner</u></p> <p>Whole Wheat Southwestern Pasta:  2 C whole grain pasta 200cal  2 Tbsp olive oil 240cal  ½ C tomatoes, onions 30cal  ½ C corn 70cal  ½ avocado 130cal  ½ C black beans 100cal  <b>770 calories</b></p> <hr/> <p><u>Snack</u></p> <p>2 C fresh fruit salad 200cal  <b>200 calories</b></p>	<p><u>Breakfast</u></p> <p>Avocado toast:  2 slices whole grain bread 190cal,  ½ Avocado 130cal and 1 C mixed berries 80cal  <b>400 calories</b></p> <hr/> <p><u>Lunch</u></p> <p>Chocolate Power Smoothie:  1 C oat milk 100cal  3 Tbsp cacao 60cal  2 medjool dates 130cal  1 Tbsp peanut butter 95cal  2 frozen bananas 200cal  ½ C oats 150cal  1 Tbsp flaxseed 35cal  <b>770 calories</b></p> <hr/> <p><u>Snack</u></p> <p>½ C hummus 200cal  6 whole grain crackers 240cal  2 C fresh fruit salad 200cal  <b>640 calories</b></p> <hr/> <p><u>Dinner</u></p> <p>Lentil sweet potato burritos:  2 C lentils 460cal  2 whole wheat wraps 400cal  1 sweet potato 100cal  ½ C salsa 30cal  4 Tbsp guacamole 175cal  Kale salad:  1 C kale with tomato and onion 50cal  2 Tbsp olive oil/balsamic dressing 200cal  2 Tbsp pumpkin seeds 80cal  <b>1495 calories</b></p> <hr/> <p><u>Snack</u></p> <p>3 homemade oatmeal raisin cookies, 300cal  <b>300 calories</b></p>



# splitimes



UTICA ROADRUNNERS

Our monthly newsletter is emailed to over 700 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](mailto:michelle@484design.com) to reserve your space today or fill out information below and mail this form to us. Ads can be submitted to Michelle as PDFs or JPEGs (no Word or Publisher docs please!) and all ads are in full color.

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



Race name: \_\_\_\_\_

Contact name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

☐ April 2021

☐ May 2021

☐ June 2021

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

☐ Yes ☐ No

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