

# splitimes

May 2021

The Official Newsletter of the Utica Roadrunners



Phyllis Spohn-Bates 1955-2021

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May  
2021  
Utica Roadrunners  
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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



## Congratulations!

The Utica Roadrunners took home a first place Club Women trophy from the Fort to Fort 10K race last month.

Jen Bachelder	44:50
Jeannine Macera	47:30
Danielle Bliss	48:04
Andrea Carney	49:20
Jessica Arevalo	51:26
Amanda Mondrick-Robertello	51:26
Alyssa Fanelli	59:22

## Useful Links:

[Utica Roadrunners Facebook Page](#)  
[Club Handbook](#)





# President's Message

by Jim Mott



**“ I want to run, I want to hide  
I wanna tear down the walls  
that hold me inside.”**

– PAUL HEWSON

Hello Runners:

My message for this month begins with the very sad news about the loss of one of our dear family members-**Phyllis Spohn-Bates**. As most of you know, Phyllis had been in a battle with Acute Myeloid Leukemia (AML) since January. She lost her valiant struggle on April 22 at Strong Memorial Hospital in Rochester. This month's quote (lyrics from a U2 song) for me sums up my feelings about the loss of our friend. Running has always been my answer. Running has provided for me an outlet that no other activity can provide. Through running I have done things I never thought I was capable of. Through running I have seen places I otherwise would have never visited-some alone and others with many fellow runners. Through running I have had an opportunity to see cities up close and personal. Through running I have made lifelong friendships. Lastly, running has provided a platform to help raise money, awareness and opportunities to honor the ones we love. It angers me that Phyllis was taken away without the chance to give her the Red Jacket she earned. It angers me that she had so many goals left to accomplish as she was just getting started in her running career. Ultimately, we have to come to terms that it was her time and that no one is guaranteed a tomorrow. To honor Phyllis and all those we have lost, embrace today and the people we have in our lives now.

We chose to be #PhyllisStrong for our **Scavenger Hunt** and that is a battle cry we should always remember. The Scavenger Hunt was a huge success and it truly engaged our club as members went out to find the items released by the infamous UR PD. We had 164 participants and raised well over \$3,000. That money will be used by Phyllis' family however they feel is appropriate. A special thanks to our UR Police Force led by Captain Rebecca Aceto Purcell. The UR PD (Alex Gonzalez and Melissa Barlett) worked countless hours enforcing the law. Shirts were picked up at The Sneaker Store on April 30th and there were many prizes awarded over the course of the month long event.

Our **Boilermaker Training Program** has returned and under the leadership of Tim and Joan Kane, we have already had three great weeks of training for the October event! With three different programs there is something for runners of all levels! With finish the 5k, finish the 15k and improve your 15k/get your PR programs-you can pick your pace and chase whatever goal you are setting for yourself!

Also in our rearview, we had the wonderful opportunity to listen to legend **Kathrine Switzer** in our Virtual Speaker Series on Wednesday, April 28th. Her presentation was engaging and uplifting and we hope everyone that was able to participate felt the same. As the snow hopefully stops, spring will soon turn into summer and our calendar will be full for the remainder of 2021. We were happy to support the first ever **Run 4 Bee** which was a virtual event that had about 80 participants. Thank you to Willijah Dawson for her vision and we certainly can't wait until 2022 when this race goes LIVE!

This month, we have our **FIVE after FIVE Virtual Challenge**. It is not too late to sign up and get that great swag that will be available at Saranac during the first week in June. Participants will be eligible for many prizes as well. It is a great way to kick your training into high gear for our LIVE EVENTS! Other clubs have been holding LIVE events in a safe manner and many of our members



## PRESIDENT'S MESSAGE (CONT.)

have participated. That includes a great showing at The Fort to Fort Races held by The Roman Runners. Our ladies took home the crown for top club led by board members Jen Bachelder, Jeannine Macera, and Danielle Bliss. Great job ladies!

May also is traditionally the start of our **Development Runs** and it is with great pleasure that I can tell you they are back! We are still working on a start date of May 19th or 26th. The runs will look a bit different this year but the same challenging courses await you. We will not be able to close down the Parkway roads so we will be using the sidewalk as it leads to the golf course and South Woods. Runners will have an open start from 5pm-6:30pm. More details will be shared with you soon through our club email and social media. Thank you to Ashley Mancini on her work with the D Runs. She has been anxiously waiting to get them started since 2020!

Our LIVE races begin on June 20th with our **Summer Sizzle** at Proctor Park. This year the Summer Sizzle is a part of the USATF ADK Grand Prix bringing more notoriety to the race, our club, and community. The race is sponsored by Utica First Insurance and our good friends at the Masonic Care Community. MCC makes the race course what it is as they have been nice enough to let us use their facility again. There is still time to sign up for the Sizzle and still time to sign up for our Four Race Challenge.

What follows will be the second Annual **Run Against Racism** that is part of our wonderful DEI Committee that has had some RRCA regional recognition as of late. Thank you to Michelle Truett, Alex Gonzalez, Andrew Rubino, David Jones, and Melissa Barlett for their hard work. The rest of our LIVE events continue with **Save our Switchbacks** led by Sharon Scala on August 15th, **The Tunnel to Towers 5k** led by Phil Trycinski and Alex Gonzalez, **The Falling Leaves 5k and 14k** on September 26th led by Mike Brych and Sybil Johnson and finally our **Skeleton Run** back at Deerfield Town Park on October 17th led by Rick Gloo.

We hope to see many of you on May 22nd at our **Annual Banquet and Awards Celebration**. This year we are at The Whitestown Vets from 2-6 pm. Thank you so much to the committee for their hard work on the awards and securing a great location. We will be honoring Phyllis at the banquet and awarding her Red Jacket to her family that will be in attendance.

I am looking forward to seeing everyone Live and Direct and please stay #PhyllisStrong!

Jim

# Development Runs Are Back!

## Starting May 19th!

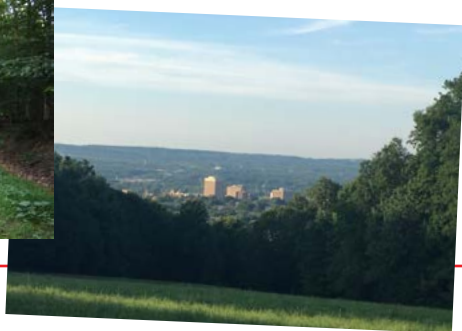
Three waves of 6pm, 6:15pm and 6:30pm

Clock will run beginning at 6 pm.

Registration numbers will be 2021 numbers that will be assigned on week one.

COVID restrictions are in place. No mask no run to start.  
Once socially distanced masks can come down.

More details to follow soon on UR social media!

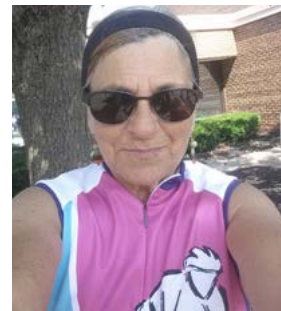




**Rest in Peace, Friend**



**Phyllis Spohn-Bates**



**September 27, 1955 - April 22, 2021**



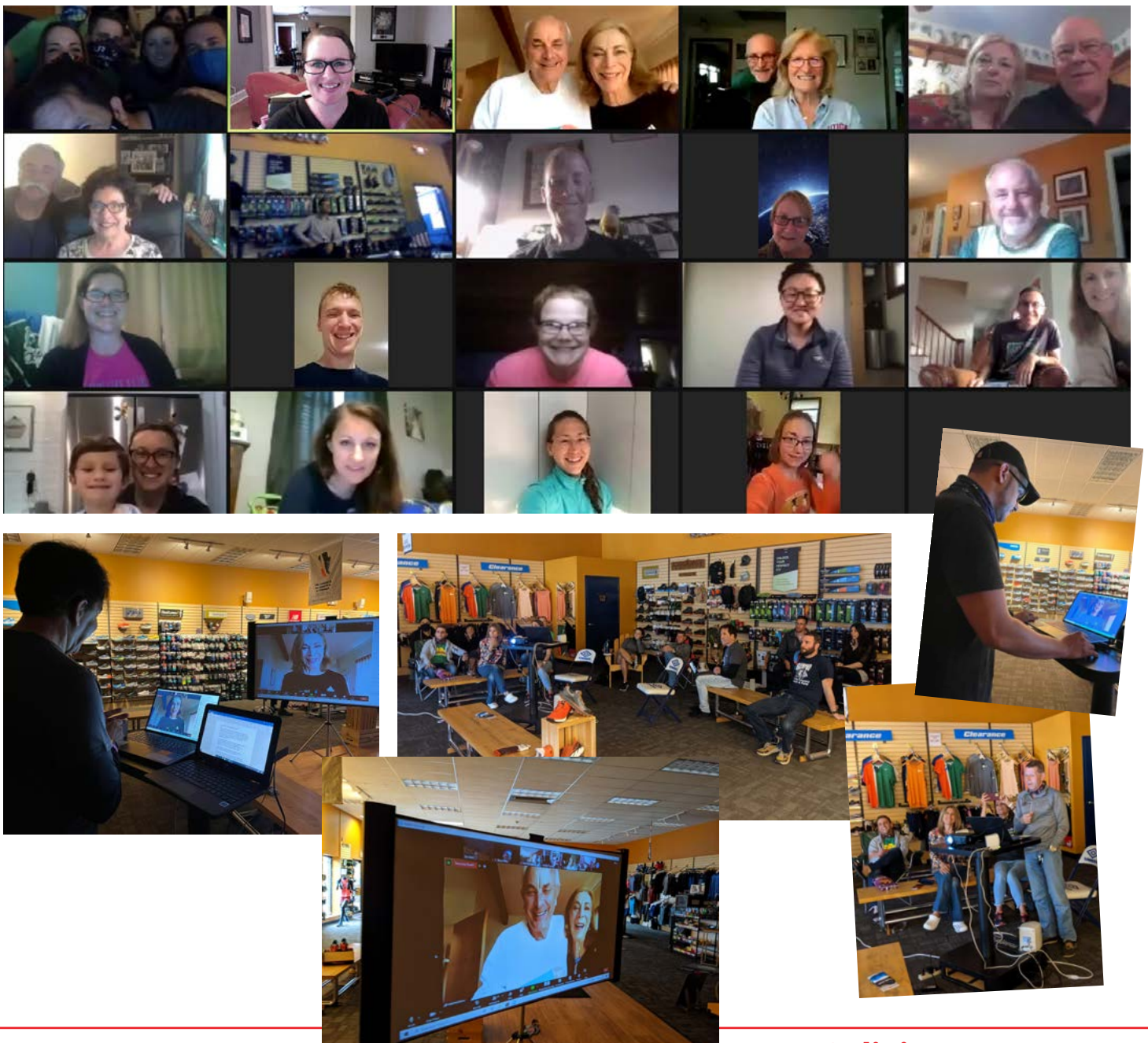


# Thank You!

## Kathrine Switzer

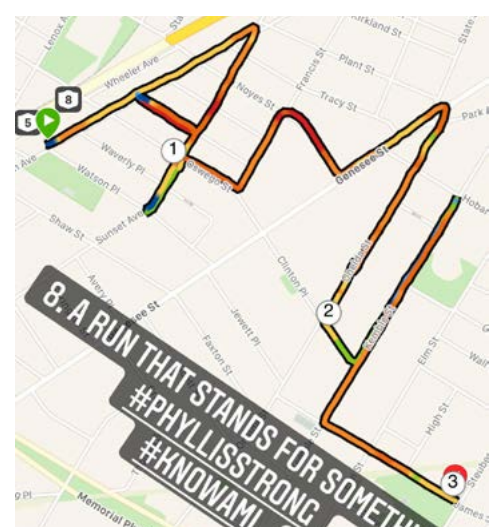
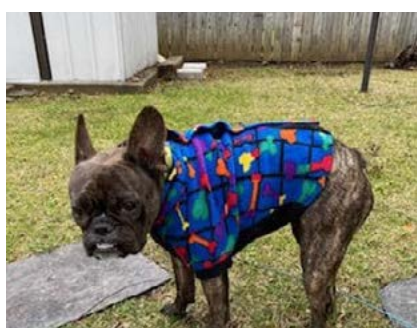
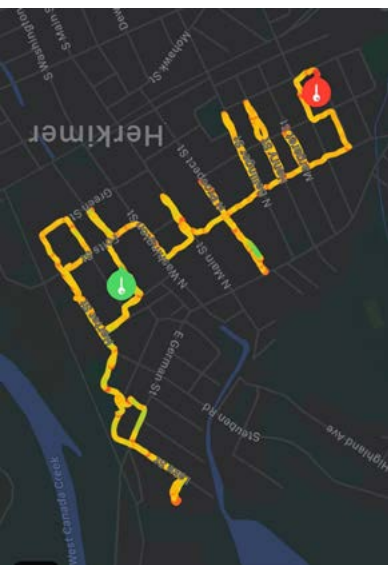
Members and guests had an amazing night on April 28th speaking with the legendary Kathrine Switzer, who joined us from New Zealand!

With her familiarity with New York, especially Syracuse and Utica, it was like talking with an old friend. We thank her for sharing her story and giving us great inspiration to run and to do great work.





# The April Virtual Scavenger Hunt





# The April Virtual Scavenger Hunt





# The Results!



## And the winners are...

Travis Belanger	6 pack & hat
Sandy Schafer Arcuri	\$25 giftcard
Christopher Edick	\$25 giftcard
Gary Burak	Beer of his choice
Al Massinger	\$25 giftcard
Linda Salerno	URR Care Package
Amanda Roach	URR Care Package
Tammy Lynn	URR Care Package
Michelle Kinsman	URR Care Package
Shannon Farrell	6 pack & hat
Jen Bachelder	6 pack & hat
Heather Monroe	6 pack & hat
Bob Joy	6 pack & hat
Ryan Misencik	\$25 Card
Jennifer Stefka	\$25 Card
Dorothy Massinger	6 pack & hat
Sue Luley	12 pack & hat
Sharon Scala	6 pack & hat
Karen Peterson	6 pack & hat



**164 People Registered**

(Up from 137 last year!)

**\$3,199 Raised**

## FUN FACTS

"Hunters" found and posted **over 2,000** items

Over **1,000** miles scored in outdoor activities

**15** people found the Boilermaker start line,  
but somehow **16** found the finish

We tracked over **2,500** found items

**14** people stopped to take a mid-run selfie,  
and **26** stopped to gaze at their own reflection

We found **29** pieces of street art

With **20** musical instruments, we could  
have had our own marching band

**23** people could have gotten a  
book out from a mini free library

**21** people could have made a wish at a wishing well

There were **13** lonely shoes, and **15** lonely socks!



# UR Membership Has Its Benefits!

The Utica Roadrunners, founded in 1975, is a running club that has a "place for every pace". The members are wonderful and the benefits are great. [Become a member today!](#)

## TRAINING OPPORTUNITIES & GUIDANCE

### Wednesday Development Runs

For over 30 years, we have held the "Dev Runs" on Wednesday nights at the Parkway which includes a kid's fun run, a 2-mile, a 5K and a 10K following a challenging route up the golf course and into the Switchbacks... guaranteed to get you "Boilermaker Ready!"

### Boilermaker Training Program

Led this year by RRCA Certified Running Coach, Tim Kane, this popular Saturday morning program will get you ready to finish OR improve on your 5K or 15K race. The weekly routes are laid out, plans are made to follow, and the club provides support for runners.

## LIVE UR RACES

We have been running these local favorites for years!

**Save Our Switchbacks**  
**Summer Sizzle 5-Miler**  
**Falling Leaves 5K and 14K**  
**Skeleton Run**

Plus we added the Run Against Racism, and the Tunnel to Towers 5K, which will be back in 2021

## CHALLENGE YOURSELF



Run 1,000 miles in one year and accumulate volunteer points and you get our coveted Red Jacket!

## EDUCATION & INSPIRATION



From fellow Roadrunners with great stories to the legendary Kathrine Switzer, our Speaker Series grew stronger during the pandemic and will continue with great programming to inspire our members!

## FRIENDLY COMPETITION



Get points for running local races and compete against UR members in your age group



A season-long, age-graded challenge against other CNY running clubs.

## CONNECTION

So many opportunities to meet new people and stay in the know with running

**Social Events**  
**Happy Hours**  
**Monthly Splitimes Newsletter**  
**Great Social Media**  
**Group Bus Trips**  
**Friendship & Camaraderie**  
**Natural mentorship**  
**and positive support**

## SAVINGS!



Our members receive a 10% discount on their gear at The Sneaker Store plus they have access to select members-only sales throughout the year. **Plus!** Enjoy race discounts exclusively for our members.

## GREAT LEADERSHIP



We have some of the hardest working people around involved in UR – from the board, committees, race directors, special program leaders, volunteers and more!

## CELEBRATION



Our Annual Awards Banquet and Ceremony celebrates member accomplishments from throughout the year, let's us kick back and enjoy one of the best events of the year!



# Member Accomplishments - Fort to Fort

**CORY BATTLES & TOM JOSLIN**



**JEFF GEORGE**



**DANIEL HICKEY**



**LAUREN MURPHY**



**JOANN CAMPBELL**

**MELANIE CRISINO**



**SHARON SCALA**



**LAURA GEORGE**



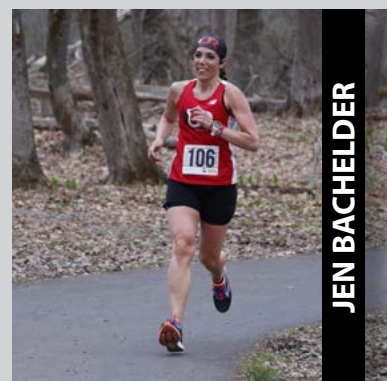
**CHRIS EDICK & JOE MASHAW**



**DOROTHY MASSINGER & JEN STEFKA**



**JEN BACHELDER**



**COLE & TRACEY PERKINS**



**TOM DURSO**



**ALEX GONZALEZ & ALYSSA FANELLI**





# Member Accomplishments - Fort to Fort







## Lentils: Quite Possibly the Perfect Food!



*by Jeannine Macera*

Lentils are one of the most tasty and nutritious plant-based proteins. The name “Lentil” comes from the Latin word for “lens,” which closely resembles the shape of these tiny legumes. Also known as “daal” or “pulses,” lentils come in a variety of types and colors, the most popular being brown, green, yellow and red. Each variation offers a slightly different taste, texture, and cooking time, but all varieties are nutrient-dense, inexpensive, and easy to cook.

Let’s take a look at the nutrition facts of these flavorful legumes. Just one cup of cooked lentils provides us with approximately 230 calories, 18 grams of protein, and 40 grams of carbs, making lentils the perfect post-run recovery meal! Lentils also provide us with over 60% of our daily fiber intake, and close to 90% of our daily recommended intake of folate. Furthermore, they’re a rich source of iron, potassium, magnesium, vitamin B6, and zinc. In addition, lentils are low in fat and cholesterol-free. They contain phytochemicals which are known to have a strong antioxidant and anti-inflammatory effect. Regular lentil consumption has been associated with lowering cholesterol levels, subsequently reducing the risk of heart disease. These gut-friendly powerhouses have also been linked to optimal digestive health, lowering blood pressure, and stabilizing blood sugar.

Lentils are mostly made into soups and stews, but they can also be used as a salad topper, a burrito stuffer, or even made into a plant-based burger. Preparation of lentils is easy - add 3 cups of water or vegetable broth to 1 cup of dry lentils. Then, season as desired and bring them to a boil; reduce the heat and simmer. Brown and green lentils cook for 30-40 minutes, while red and yellow cook for 20 minutes.

Making lentils a regular part of your diet will provide you with numerous health benefits. If health reasons alone are not enough to convince you, give this superfood a try and see for yourself how delectable these plant-based warriors are!

***Below are links to some easy, delicious lentil recipes.***

**[MUJADARA BOWLS WITH PARSLEY TAHINI SAUCE](#)**

**[ONE POT LENTIL BOLOGNESE](#)**

**[LENTIL SALAD](#)**

**[LENTIL MINISTRONE](#)**



# Member Accomplishments



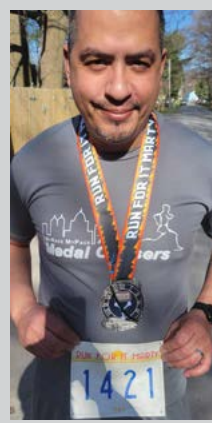
## Druthers Helderberg to Hudson Half & 5k

Ashley Mancini, Felicia Burak, Jeannine Macera and Jim Mott



## The Earth Day Half Marathon

Melissa Barlett, Jessica Ott and Karen Piccola



## Endless Mountains Half Marathon in PA

Jim Mott in honor of  
Phyllis Spohn-Bates

## Run For It Marty Race

Joey Santini, a mega  
Back to the Future Fan

## 17.75K Marine Corps Virtual Run

Wayne Murphy



# Member Accomplishments

## Roadrunners took part in the English's Ridge Rumble at Green Lakes tackling 20-30 miles each!

Jen Bachelder, Cole Perkins, Andrew Rubino, Amanda Mondrick-Robertello, Travis Belanger, Brittany Praznik, Ryan Misencik, Alex Gonzalez and Alyssa Fanelli





# CNY Running Clubs Cup

## WHAT IS IT?

The CNY Running Clubs Cup is a friendly competition between six of the running clubs from the Central New York area: the Utica Roadrunners, Roman Runners, Kuyahoora Kickers, Toe Path Trekkers, Rock City Runners and the Mohawk Valley Hill Striders.

## HOW DOES IT WORK?

Team members from each club will compete in a series of predetermined races held in the area throughout the year, beginning in the spring and ending in the fall. Typically, there is about one Cup race per month; members of each team are able to earn points at each of these races for their club, which are then tallied at the end of the season to determine the winner!

## BECOME A MEMBER OF THE TEAM

The Cup Team is open to all members of the Utica Roadrunners. To be a member of the Roadrunner's Cup Team, please send an email to Tim Kane at, [trkane59@gmail.com](mailto:trkane59@gmail.com). Please indicate if you ran the Fort to Fort Race in your e-mail. Additionally, you **MUST** have paid your dues to the club BY APRIL 10th, 2021! Now that Fort to Fort 10k, has taken place, we would like to finalize our roster.

## HOW IT IS SCORED

To score points for the UR Cup Team, the results of the top five performing team members will be compared to the other clubs top five. Points are then awarded to each of the six club's as follows: 5 points goes to the club with the highest cumulative score of those members, 4 to the club with the second highest, and so on.

## EVERYONE COUNTS!

The top 5 team members for one team who can earn points are not necessarily the first 5 to cross the finish line! All results are age-graded, which means that your race time will be compared to a calculated standard for your age and gender at that race distance. This allows all UR members to be competitive in this competition and earn points for us!



## Standings after Fort to Fort

Roman Runners	375.76	6
Utica Roadrunners	353.13	5
Toe Path Trekkers	331.10	4
Rock City Runners	310.56	3
Kuyahoora Kickers	219.05	2
Mohawk Valley Hill Striders	118.42	1

## Our scoring members at Fort to Fort

Congratulations to all who represented the club in the first race of the year.

Tom Joslin	M42	37:47:00	74.5
Jeannine Macera	F51	47:30:00	73.02
Jen Bachelder	F43	44:50:00	71.12
Chris Edick	M36	39:53:00	67.86
Dani Bliss	F43	48:04:00	66.63

**The next race** is the 33rd Annual Towpath Challenge on May 8th. This is a fast flat course in St Johnsville.



# Upcoming Virtual Event



**May 5 -  
May 20th  
2021**

**REGISTER NOW**

***Your Choose  
Your Challenge!***

- Run a 5k every day
- Run five miles every day
- Run a combination of both a 5k or 5 miles
- Run 50 miles from May 6-20
- Run 50k from May 6-20

**The Utica Roadrunners are bringing back the FIVE after FIVE challenge!**

**Has it already been a year?!**

**Are you ready to be motivated once again by our Fiesta Committee?**

We have great swag, lots of prizes to give away and many other new things to look forward to!



# Boilermaker Training Program

Still time to join!

Led by **Tim Kane, Joan Kane, Josh Belisle and Karen McDaniel**

RRCA Certified coaches who have dozens of Boilermaker finishes and hundreds of races completed.

**There will be 3 programs:**

**Finish 5K • Finish 15K • Run a Better 15K**

**Run your first race... or you BEST race! See you on Saturday mornings!**

**REGISTER NOW**

## Send Us Your Photos for the Banquet



**We know you took some awesome pictures in 2020!  
We want to add them to our slideshow which will be  
playing at the banquet.**

Maybe you ran your longest distance, had a memorable experience or just want to relive some of the fun you had while out there with friends (or solo) on the roads or trails. There is lots to celebrate, please share your photos with us!!

**Email photo to Rebecca by Tuesday, May 18th at [rebapurcell1321@yahoo.com](mailto:rebapurcell1321@yahoo.com)**



# Grand Prix Standings

The Grand Prix series of races is a friendly competition among all members in good standing as of one day prior to the first race of the series. Members are automatically eligible, and points are received per race order of finish in five-year age groups, with one's age as of October 31, 2021, determining age group for the season. The best 6 performances among the designated races will determine the standings for the awards, with a minimum of 3 races required to be eligible for an award.



## Men's Standings

As of 4/11/21

### 30-34

Travis Belanger 12

### 35-39

Joshua Belisle 12

Christopher Edick 10

Troy Williams 8

Alejandro Gonzalez 7

Cole Perkins 6

### 40-44

Mike Brych 12

Tom Joslin 10

Joe Mashaw 8

Steve Fairbrother 7

### 45-49

Ryan Misencik 12

Lee Sampson 10

### 50-54

Paul Humphrey 12

Daniel Pierson 10

### 55-59

Dave Putney 12

Jim Mott 10

Jeff George 8

Thomas Durso II 7

### 60-64

Gary Burak 12

Bill Kosina 10

Wayne Murphy 8

Harry Campbell Jr. 7

## Women's Standings

As of 4/11/21

### 30-34

Amanda Mondrick-Robertello 12

Amanda McElroy 10

Alyssa Fanelli 8

Carla Williams 7

### 35-39

Jennifer Donofrio 12

### 40-44

Jennifer Bachelder 12

Danielle Bliss 10

Andrea Carney 8

Jessica Arevalo 7

Jerilyn Mashaw 6

Jennifer Stefka 5

### 45-49

Tracy Perkins 12

Melanie Crisino 10

### 50-54

Jeannine Macera 12

Marylisa Nolan 10

### 55-59

Laura George 12

### 60-64

Sharon Scala 12

### 65-69

Carolyn Mohr 12

### 70+

Dorothy Massinger 12

## 2021 Grand Prix Races

Summer Sizzle - 6/20/21

Honor America Days - tdb\*

Save Our Switchbacks - 8/15/21

Woodsmen 10k - tbd\*

Tunnel to Towers, Utica - 8/22/21

Falling Leaves 14k - 9/26/21

Boilermaker 15k - 10/10/21

Skeleton Run - 10/17/21

Mad Mile - tbd\*

Erie Canal Half - tbd\*

## Scoring

- Best total for 6 races will be taken for your Grand Prix score.

1st place - 12 points

2nd place - 10 points

3rd place - 8 points

4th place - 7 points

5th place - 6 points

6th place - 5 points

7th place - 4 points

8th place - 3 points

9th place - 2 points

10th place - 1 point

11th place & higher - no points

# Summer Sizzle 5-Miler



**Our first live event of the year!**  
**June 20, 2021 • Proctor Park**

**REGISTER NOW**

We will be following all city, state, and federal guidelines to hold a safe race for all our participants. We will also be offering a Virtual and VirtuReal option for runners who would prefer to do the 5 mile distance on their own. In the event we are not able to hold our event, we will transfer all entrants into a Virtual category. There will be no refunds or deferrals into 2022. The Summer Sizzle has a long-standing tradition of being a family event. To celebrate Father's Day we will have multiple divisions for families to compete in for special awards and prizes.

## 2021 Student Scholarships

**Deadline to Apply:**  
**Friday, May 21, 2021**

### Do you know of any graduating high school seniors with a running background?

The Utica Roadrunners are pleased to announce that they will be continuing the tradition of awarding graduating seniors with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

The \$500 scholarships are a one-time award to be used for tuition, fees, or residential costs at an accredited college or university. Runners who have received a full ride scholarship are not eligible for these scholarships.

For more information and application, please go to <http://uticaroadrunners.org/about/scholarships/>



# Sleeves Up

**Join us in the UR #SleevesUp campaign and go for a run in another's vein. You will be supporting others in the community who are in desperate need of blood. Help make a difference by saving a life.**

AML leukemia is a type of cancer of the blood and bone marrow with excess immature white blood cells. AML progresses rapidly, with myeloid cells interfering with the production of normal white blood cells, red blood cells, and platelets. People with AML often receive antibiotics to prevent and treat infections and will need transfusions of red blood cells and platelets throughout chemotherapy.

Only 37% of the population is eligible to give blood with the need of every one in four people needing a blood transfusion at some point in their life.

Pledge your blood donation anytime between now and June 18th. [LEARN MORE](#) or see the list of local blood drives on the next page.

## President's Picks *by Jim Mott*



In a continued attempt to share some of my favorite running related books, films, and documentaries I have two films that I think many will enjoy.

The first is very inspirational and shows exactly how running can inspire, raise money and awareness. In the documentary **"200 Miles"**, ultramarathoner Eric Gelber attempts to run 33 laps around Central Park in NYC for a total of 200 miles. It is his third attempt as he is raising awareness and money for Multiple Myeloma Research. Imagine... 200 miles!

[WATCH THE TRAILER](#)

The second is a documentary called **"Running with Demons"** and it is the story of triathlete Todd Crandall, who faces his demons and drug addiction head on. He turns to the sport of triathlon to become a better man. [LEARN MORE](#)

If you happen to watch these or if you have suggestions I can include, please feel free to share your thoughts!

## Save The Date



## August 22, 2021



## Community Blood Drives

**Thurs 5/6** Crosspoint Church – 8 -1pm – 317 Oriskany Blvd – Whitesboro - **Sponsor Code - CROSSPOINT**

**Wed 5/12** First UMC of New Hartford 1 -5pm – 105 Genesee Street – New Hartford - **Sponsor Code NHUMC**

**Thurs 5/13** AAA Northeast – 12:30 – 5:30pm – 409 Court Street - Utica - **Sponsor Code - AAANE**

**Sat 5/15** Zion Lutheran – 9:30 – 2pm – 630 French Rd – New Hartford - **Sponsor Code - ZionLutheran**

**Mon 5/17** American Legion Post 229 – 1 – 5pm – 409 Herkimer Rd - Utica - **Sponsor Code - POST229**

**Wed 5/19** American Legion – 11 – 4pm – 7908 Route 69 – Oriskany - **Sponsor Code - OriskanyHS**

**Thurs 5/20** St. Peters Lutheran Church – 12 – 4:30pm – 4897 Old Oneida Rd – Verona - **Sponsor Code - StPetersVerona**

**Thurs 5/20** Remsen Fire Department – 1 – 6pm – 9623 Main Street - Oneida - **Sponsor Code - RFD**

**Fri 5/21** Rome YMCA – 11:30am – 5:30pm – 301 W Bloomfield Street – Rome - **Sponsor Code - 140thanniversary** - \$10 gift card via email, courtesy of Suburban Propane!

**Fri 5/28** Redeeming Love Church – 8 -12:30pm – 9011 State Rt 365 - Stittville - **Sponsor Code - LOVE**

1-800-RED CROSS | 1-800-733-2767 | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App

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# 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)

- ☐ June 2021
- ☐ July 2021
- ☐ August 2021

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

☐ Yes ☐ No

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