

splitimes

October 2021

The Official Newsletter of the Utica Roadrunners



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October
2021
Utica Roadrunners
Board of Directors



President Jim Mott

Vice President

Administration & Finance

Sharon Scala

Activities and Events

Andrew Rubino

Secretary Melissa Barlett

Treasurer Jen Bachelder

Board Members

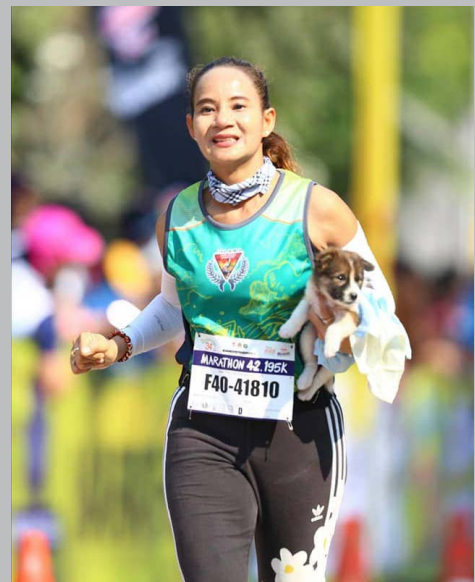
Rebecca Aceto	Alejandro Gonzalez
Danielle Bliss	Rick Gloo
Rocco Fernald	Tim Kane
	Jeannine Macera

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



Khemjira Klongsanun, a runner from Thailand, spotted a stray puppy at mile 7 of a marathon and she ended up carrying him all the way to the finish line!

READ MORE

Useful Links:

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



President's Message

by Jim Mott

"The way you think about pain is the way your life will be."

– KIPCHOGE



After a busy August, September finished with a flurry as we had a perfect morning for the Falling Leaves 14k and 5k races. Looking back, it is hard to believe how far we have come in such a short amount of time. From capped numbers to staggered starts, it is so good to be able to hold our live races like they once were! A special thank you to race director Mike Brych and his whole crew including Sybil Johnson and the numerous volunteers that helped make the event a huge success!

As we hit October, that means the Boilermaker for 2021. It will be a different look for this great Utica tradition for sure. We have had great success in our preparations as our Development Runs and Boilermaker Training Program gave our members plenty of time to prepare and train for the 5k or 15k. October also means the return of our Skeleton Run to Deerfield Town Park. The 5k trail race will be held on Sunday, October 17th under the direction of Rick Gloo. The shirt looks great as usual and registration is still open! It is the last piece of our Four Race Challenge. Those who have not picked up their Four Race Challenge shirt and medal can do so at our packet pick-up and on race day.

We are also preparing for our Safety Run that will be directed by Sharon Scala at the Parkway and our traditional Run 2 End World Hunger on Thanksgiving Day that will be directed by Rocco Fernald. We will have virtual options available but the plan is to return to our Thursday morning run.

It has been an amazing year and we are not done yet! As we look ahead to the end of 2021, we are also looking ahead on how to make 2022 even better. With that, we need you! In November we will be holding our Board of Directors election. We are looking for members that are interested in being involved with the day to day operation of the club. New board members bring energy and new ideas. Please consider running and turn your bio in.

Good luck to all the Boilermaker runners and I look forward to seeing you all out there on the roads!

Jim



CNY Running Clubs Cup

Roadrunners finished the season in 2nd place! Congratulations to the Roman Runners for being crowned the 2021 CNY Running Clubs Cup Champion!

Standings after Falling Leaves:

	FALLING LEAVES		OVERALL
Utica Roadrunners	358.64	6	26
Roman Runners	356.30	5	33
Kuyahoorra Kickers	342.51	4	22
MV Hill Striders	283.09	3	15
Rock City Runners	68.42	2	14
Tow Path Trekkers	63.91	1	7

Our scoring members at Falling Leaves:

Congratulations to the top 5 age graded runners that converted scores:

Susan Luley	f68	1:22:16	75.16
Paul Humphrey	m54	0:59:45	73.92
Ryan Misencik	m47	0:58:35	71.01
Tom Joslin	m42	0:56:48	70.31
Dan Stedman	m63	1:10:19	68.24

TOTAL: 358.64

**THURSDAY
NIGHT RUNS
ARE BACK!**

Thursday Night Group Runs, one of our club's longest standing traditions are back!

- Accelerate Sports, 5241 Judd Rd, Whitesboro
- Meet at 5:30 pm and begin running at 5:45 pm
- Runners of all abilities are encouraged to join
- UR members can look for Tom Bick or Wendy Bowers for more information

Upcoming Race



JOIN US !

THE BURN RUN

Supporting The Burn Foundation of Central NY

NOVEMBER 7, 2021
5K, 10K, KIDS RUN

East Syracuse Fire Department #2

Visit TheBurnRun.org For More Info

Grand Prix Standings

2021 Remaining Grand Prix Races

Boilermaker 15k – 10/10/21, Skeleton Run – 10/17/21, Mad Mile – tbd*



Men's Standings

As of 9/26/21

0-14		
Brody Edkins	12	Brian Connery 8
25-29		
Mason Hedeon	36	Jeff Moulton 8
30-34		
Travis Belanger	62	50-54
Ryan Stevener	44	Paul Humphrey 46
James Kuny	38	Richard Crandall 40
Michael Shue	17	Daniel Pierson 22
35-39		
Christopher Edick	70	Eric Casper 22
Nick Grimmer	45	Kevin Tracy 20
Troy Williams	28	Ross Berntson 12
Andrew Rubino	24	Glen Andrew Roberts 8
Michael Daly	24	Joey Santini 8
Joshua Belisle	16	Peter Angelini 7
Alejandro Gonzalez	13	55-59
Cole Perkins	13	Dave Putney 60
Travis Richards	13	Thomas Durso II 45
Mike Winkler	8	Jeff George 42
David Saxe	6	John Seigle 30
Michael Carney	4	Scott Shatraw 12
Jonathan Mizgala	3	Jim Mott 10
40-44		
Steve Fairbrother	37	Mike Ambrose 8
Tom Joslin	34	Scott Neary 7
Joe Mashaw	22	60-64
Myron Thurston III	20	Gary Burak 32
Mike Brych	12	Wayne Murphy 28
Ryan Maine	10	Tim Kane 24
45-49		
Lee Sampson	40	Gary Roback 20
Ryan Misencik	36	Dan Stedman 12
Jim Latshaw	33	Bill Kosina 10
Robert Bauer	24	Joe Campbell 10
Nate Getman	12	Christopher Devins 8
Philip Trzcinski	10	Harry Campbell Jr. 7
70+		
		65-69
		Gary LaShure 36
		Gene Allen 28
		James Siepiola 10
		70+
		Bill Luley 44
		Tom Bick 24

Women's Standings

As of 9/26/21

15-18		Tracy Parmeter-Perkins 39
Emily Misencik	12	Allison Miller 24
Kate Bauer	12	Tiffany Brown 22
25-29		Kristin Campbell 16
Rebecca Laporte	36	Donna Morreall 14
Tesia Galliher	10	Lindi Quackenbush 10
30-34		Melissa Williams 10
Amanda Mondrick-		Karen Piccola 6
Robertello	32	50-54
Amanda McElroy	29	Marylisa Nolan 25
Gwen Murphy	22	Karen Scanio 24
Sarah Harrison	22	Jeannine Macera 24
Alyssa Fanelli	18	Melissa Scanlon 10
Carla Williams	15	Kathleen Novak 10
Abbie Sutliff	12	Lisa Seigle 8
Katt Del Rossi	6	Shannon Farrell 7
35-39		Lisa Walchusky 6
Melissa Barlett	34	55-59
Jennifer D'Onofrio	32	Laura George 58
Alexandra Battista	24	Beth Talbot 18
Ashley Pace	17	Lesia Roback 16
Erin Brown	12	Ingrid Otto 12
Brittani Ritzel	8	Annemarie Ambrose 12
40-44		Felicia Burak 8
Danielle Bliss	64	Karen McDaniel 7
Jennifer Bachelder	58	60-64
Jessica Arevalo	39	Sue Tucker 36
Jerilyn Mashaw	30	Sharon Scala 31
Cheryl Burmaster	20	Christine Potocki 30
Andrea Carney	15	Linda Salerno 10
Melissa McAuslan	15	Debbie Brockway 8
Jennifer Steffa	11	Aimee Devins 7
Melanie Francis	10	65-69
Anne Marie Latshaw	7	Susan Luley 48
Sara DeStefanis	6	Carolyn Mohr 20
Andrea O'Brien	6	Virginia Truax 10
Losay Jones	6	Katheryn Doran 10
Carrie Moulton	4	Joanne Campbell 7
Margaret Hammell	3	70+
45-49		Dorothy Massinger 36
Melanie Crisino	47	

Upcoming Race



Sunday, October 17, 2021

The Skeleton Run returns to the
Deerfield Town Park Wilderness trails
Costumes (run safe) encouraged!

Traditional 5K (3.1 mile)
Community Run (1.5 mile)
Kids' Quarter Mile Run (3-12 year olds)

SIGN UP NOW

Sponsors:



KNIFEHAND

Board of Directors Election Ballot – 2022

Election Meeting Monday November 8th 6:30 -8:30 at the Boilermaker Office

To all members of the Utica Roadrunners: here are brief biographies of each candidate for the Club's Board of Directors. Please take the time to read each one and then vote for each person you would like to see serve on the board of directors. There is also space for you to write-in the name(s) of another member(s) if you so choose.

Danielle Bliss

Hello! My name is Danielle Bliss aka Dani. I am a Pre-k teacher and mother of 2 active sons (Ian-11 and Orion-14) ...running continues to keep me sane! Though I have fond memories of racing classmates on the playground in elementary school, my running journey really began in May of 2015 when a coworker asked me to join her at a development run. I joined the Road Runners in 2016 and the board in November of 2020. I have enjoyed learning the details of how our club works and serving on the board of directors. I hope to remain on the board in 2022 and continue to work with fellow board members to offer athletic and family friendly social events. This year I helped coordinate group runs, What the Truck in Utica, disc golf, snowshoe events, live music, and mini golf. I hope to add more events such as Fire Pit Fridays, hiking, and brunch run/walks. I am currently serving as the secretary of the G.E. Ski Club so more snowshoe, country skiing, and downhill snowboarding/skiing events will be offered this winter. I am also looking for your ideas so don't hesitate to reach out! I am grateful for the friendships and support I have gained through the URR and would love to continue to give back! Thank you for your time and consideration.

Jennifer Stefka

My name is Jennifer Stefka, you all know me as Jenna or Jenn. My full-time job is being an auditor and my part time job is volunteering and meeting new people. I have been engaged with The Ride for Missing Children for 5 years as a volunteer and a Shepard. I just rode my bike to the headquarters of The National Center of Missing and Exploited Children in VA to raise awareness. I started running with a few members on Wednesdays in 2020 and met some amazing people. I joined Utica Roadrunners in March of 2021 because of all the talk of the Red Jacket and running 1000 miles in a year seemed pretty cool. Phyllis was my inspiration. I was an avid runner in high school and did the 55-meter hurdles. I have run many 5K's, the boilermaker and this year ran my first 1/2 marathon. I am a critical thinker, always looking to make things better and easier, giving back to the community and meeting new people.

Board of Directors Election Ballot – 2022

Jennifer Bachelder

My name is Jennifer Bachelder, I have enjoyed serving the club for the last 4 years and I wish to continue for another term. Currently, I am finishing up my first year as Treasurer, this is a new role to me, and I have come to really enjoy it. I am also responsible for our social media. I have been on the scholarship committee the last three years and the banquet committee the last two years. I helped with two of our virtual events as well, Push URself & Five after Five. I spent two years as membership chair and have enjoyed planning fun events such as the "It's a Wonderful Bus Trip" in the past. We hope to get back to some events like that in the future.

My husband and I reside in New Hartford and have 3 children, nine and under. I have been running on and off for 10 years, but consistently since 2016 when I joined the club. As a stay-at-home mom, running has been my outlet, my "me time" and my social time with friends. Running has taught me that if you can believe it, you can achieve it. I continue to challenge myself by going after new goals and I look forward to where the next couple of years will take me. Since joining the club I have been abundantly blessed by the many friendships it has afforded me. The support among the runners in this community is astounding and I feel honored to be a part of something so great. Nothing makes me happier than seeing people accomplish big things. The last couple of years have challenged us all but the board held together and came up with some great fresh ideas to enhance our club and keep running/walking communities united and healthy even though sometimes we had to be distant. I am proud to be a part of this team, we aren't done yet! I am running for a seat on the board so I can continue to give back to the organization that has been so great to me. Thank you for your consideration.

Sharon Scala

Hi. My name is Sharon Scala and I'd like to be considered for re-election to the Utica Roadrunners Board of Directors. I've been on the board for four years and have served as the secretary and vice president. I am founder and co-director for the Marcy 5k, and this year took over as race director of Save Our Switchbacks. I started with the Boilermaker Training Program a few years ago. After completing my first year, I came back each year to volunteer. I've volunteered at the Development Runs for several years also. It's a great way to help others and I've made so many great friends. You can also find me at many of our club races. Thank you for your time and consideration.

Phil Trzcinski

My name is Phil Trzcinski. I have been a Fire Lieutenant and paramedic with the Utica Fire Department for 21 years and a long time Utica Roadrunner member. I recently took the role of club equipment manager, am a race director for the Tunnel to Towers Utica 5k Run / Walk, and Boilermaker Committee member coordinating the Police & Fire Competition. For the past 22 years, I have been an active runner and participate in several local races annually. I would appreciate your consideration in voting for me as a new member of the board of directors. Thank you for your time.

2022 Board of Directors Election Ballot

We currently have 6 seats that will be open on the board of directors for the 2022 term. These 5 people will automatically fill 5 of the 6 seats unless we receive write-in votes that override any of them. Please submit your votes and any write-ins for the election. Thank you.

_____ Danielle Bliss

_____ Sharon Scala

_____ Phil Trzcinski

_____ Jenn Stefka

_____ Jennifer Bachelder

Write-In(s) _____

Cast your ballot in advance in one of three ways:

Print it (just this page) and mail it to Utica Roadrunners, P.O. Box 4141, Utica, NY 13504 (making sure your return address is on the outside of the envelope). Ballots sent by mail must be received in the post office box by early afternoon of November 9th.

OR

Print it (just this page) and bring it with you to the annual club business meeting at the Boilermaker Office Building on November 8th starting at 6:30 p.m.

OR

Ballots will also be available at the meeting so you can cast your ballot upon arrival.

Every member is invited to attend our annual business meeting. We have food and drinks for all.

Member Accomplishments



**Members ran the Old Forge races:
Clockwise from top left:
Melanie Crisino, Karen Piccola,
Jim Latshaw, Melissa Barlett,
Scott Neary and Scott Thompson**



**Rebecca Purcell, Phil Trzcinski
Alex Gonzalez and Dave Saxe
ran the Tunnel to Towers in NYC.**

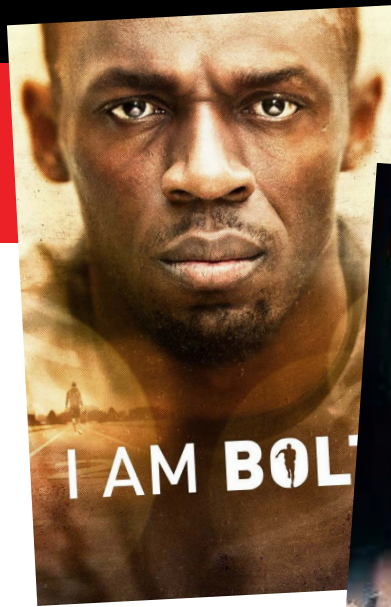
Sharon Scala hit 1,000 miles for the year!

President's Picks

by Jim Mott

For this month, I have two documentaries for my President's picks. They feature two of the greatest runners of all-time and our time. They also feature the two extremes of running-sprint and distance.

The first documentary is called **I Am Bolt**. It gives a look at what it takes to be a champion. Usain Bolt is arguably the greatest track runner of all-time. His accomplishments and records speak for themselves. What we as an audience take for granted is the training and sacrifice that goes on behind the scenes.



The second documentary is called **Kipchoge -The Last Milestone**. Eliud Kipchoge is arguably the greatest marathoner of all-time. He has won nearly everything there is to win in the sport and at that distance. As he continued to set new records for the marathon, he made us wonder if someone could actually break the two hour barrier. This documentary shows us how science and technology have advanced to a point where Kipchoge states, "no human is limited". It is truly amazing to see how many people behind the scenes were responsible for making this feat a reality as he ran 26.2 miles in less than two hours.

Call For Participation

By George Searles

It's Boilermaker morning and I'm in my corral, ready to rock, with months of hard training behind me and high hopes for a fast time I'll be proud of.

But right before the starter's cannon goes off I look down and suddenly realize I'm wearing—Oh, no!—a shiny pair of black, wing-tipped dress shoes! WTH!?! Of course, this is only a dream—a really BAD dream—and I awake in state of high anxiety.

Have you ever had a running nightmare like this, a crazy one in which everything goes wrong, all your subconscious fears and insecurities given full expression?

If so, you're in luck, because now you can compete for 1st place in the Roadrunners Slumber Run! Just send your story to SplitTimes by the Dec. 1 deadline, so the judges can pick winners (one male, one female) in plenty of time before the awards banquet.

Now get busy. Hit the hay! As Shakespeare's Hamlet says, "to sleep, perchance to dream." (No fair just making stuff up!)



Member Accomplishments



Jenna Stefka, Joanne Campbell, Caroline Mohr, Dorothy Massinger, Philip Edkins and Julie Buehner at the Patriot Run



Rich Crandall, Tom Durso, Melanie Crisino, Laura and Jeff George and Dani Bliss, a.k.a. "The Hot Tub Club" Peak 2 Brew Team



Dorothy Massinger, Losay Jones, Al Massinger and Joanne Campbell at Connor's Way 5 Mile Race

Joanne Willcox placed 2nd in her age group at the Faxon Law New Haven 20K



Joe Mashaw, Tom Joslin, Dave Saxe and John Gilligan ran the Meat Grinder Marathon and Jessica Arevalo and Brittany Praznik tackled the half. Congratulations to Tom for his first place finish and Joe for coming in second place!



46th Annual Falling Leaves Race



46th Annual Falling Leaves Race

Photos by Sybil Johnson



46th Annual Falling Leaves Race

Photos by Sybil Johnson



Squash Goals

by Jeannine Macera



Welcome to fall! Less humidity. Cooler temps. Beautiful foliage. The smell of leaves, and the crunching sounds beneath our feet as we run. Another highlight of the season: Fall foods! Whether it's apples, pumpkin, sweet potatoes, cranberries, pomegranates, or various kinds of squash, all of these foods are delicious and nutrient dense. They are also a great source of fiber, vitamins, and minerals; and are loaded with antioxidants, which are known for cancer fighting properties. In addition, some of these foods are rich in beta-carotene, the antioxidant responsible for their bright orange color. Beta-carotene is associated with vision and skin health, and plays a critical role in maintaining healthy organs like the heart, lungs, and kidneys.

These foods are so versatile and can be used for snacking, smoothies, soups, salads, burritos, and pies. Carb up on pumpkin pancakes and sweet potato burritos! Swap out the refined pies and sweets for healthy, nutrient filled treats. Enjoy a refreshing post-run pumpkin smoothie, or warm up with some butternut squash soup after a cool rainy run. Check out some of my favorite recipes. Most are quick and easy to make. Happy Fall!

Recipes



[Vegan Pumpkin Pie Smoothie](#)



[Butternut Squash Soup](#)



[Crunchy Buckwheat Granola](#)



[Butternut Squash Risotto](#)



[Pumpkin Cranberry Cookies](#)



[Vegan Pumpkin Pie](#)



[Sweet Potato and Black Bean Burritos](#)



[Vegan Pumpkin Oatmeal Pancakes](#)

Rock the Ridge



Cole Perkins, Andrew Rubino and Jen Bachelder rocked the Rock the Ridge 50-mile challenge at the Mohonk Preserve. Wayne Murphy was there volunteering and supporting! Stay tuned for next month's SpliTimes to hear more about their adventure.

The Trials and Tribulations of Marathon Training: A Family Story

by Terry Dwyer



This month my youngest daughter will run her third Boston Marathon. As in the past, she will be running based on a training plan I wrote for her. Her last marathon was at Chicago in 2019 and she ran a personal best 2:55. It was a race she ran to near perfection. We had set a race goal of 2:54-56. Naturally, her

finishing time left us both ecstatic. She was nearly flawless in her pacing. Strategically, she ran a smart race by going out slower and reeling in those who spent their energy in the first half. This included some sub-elite runners who started earlier than her and who by mile 20 were done. It was a significant gain of ground and time on a set of runners who were off from the pack of regular marathoners like the proverbial rabbit racing the hare. And this is where the moral of this story leads.

Throughout her Chicago training my daughter encountered a few days where she did not run due to work constraints or physical issues. Added to that were the bad training runs. We talked about it over the phone or via email and my repeated encouragement to her was that I would rather she feel a little undertrained than overtrained. I told her to have faith and trust the workouts. To provide some perspective, she was not new to either the marathon or running. Nor was she a runner I had to coax through a training session. This was a young woman who ran at a top 20 Division I cross-country program and a top 10 Division III cross-country program. She had been training as a distance runner since she was in 7th grade. But as a competitive athlete she felt she had to be doing more.

Now to the present. Our recent calls and emails are going over the same ground from two years before. Except this time, she began her marathon training after several weeks off due to a leg injury that was preceded by a general pandemic induced malaise toward training. Last week, in a call to my wife, she said she has had it with her training. Maybe she won't even run the marathon. The latter was a fleeting expression of exasperation. She will run Boston. Her taper weeks are here. The bounce will come back and by the time she steps to the starting line she will be ready for the journey through the suburbs of Boston until she makes the turn onto Boylston Street for the final stretch.

Why have I told you all this? Because this is what marathon training does to us. It makes us tired, and it makes us doubt, and it makes us crazy as we train and wait for the day to come. I relived the conversations I had in 2019 with my daughter. I know she is fine and will run well. I see her training logs and have confidence in the way she has executed the plan. But it is easy for me. I am not the runner in training. I have the objectivity she can't find. I know how it is because I have been there with my own marathon training in the past. In fact, we all have been there whether it is a marathon, the Boilermaker, or a local 5k. We sometimes need another person looking over our shoulder and telling us everything will be fine. But most of all, we need to trust the work we've put in and make sure we get to the starting line healthy and ready to run.

Terry is a RRCA certified distance running coach, USATF Level I coach, and Lydiard Level 1 & 2 coach

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 2022

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, lets us kick back and enjoy one of the best events of the year!

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 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)

☐ November 2021

☐ December 2021

☐ January 2022

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

☐ Yes ☐ No

Total included: \$ _____