

splitimes

February 2022

The Official Newsletter of the Utica Roadrunners

"IT'S ONLY COLD IF YOU'RE STANDING STILL..."

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February
2022
Utica Roadrunners
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If you would like to advertise in SplitTimes, 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](#)

SAVE THE DATE!



**ANNUAL AWARDS
BANQUET**

Saturday, March 26, 2022

Club Monarch

6:00-10:00 PM

PLUS...

**Keep an eye out for more
information on our
Boilermaker Training Program**

President's Message

by Jim Mott

"Winter is a season of recovery and preparation."

- PAUL THEROUX

Runners:

What a cold and frigid way to start 2022! Outdoor miles have been tough miles with the sub zero temperatures unless you have been lucky enough to escape the cold for some warm weather running like our Melissa Barlett who recently did the Disney Dopey Challenge in Florida by doing a 5k, 10k, Half Marathon, and Full Marathon one day after the other! Congrats on an amazing achievement!

The Utica Roadrunners have been preparing for some big things coming soon. Our own Sybil Johnson is holding a Race Directors Meeting February 2nd at Saranac. This traditional meeting gives race directors from multiple clubs and running communities the opportunity to share the dates and information for the upcoming running year. From that meeting we will determine which races will be included in our Grand Prix and announce it in our March edition of the newsletter. We do know that our first race will be the Mad Mile sponsored by our good friends at The Sneaker Store. The Mad Mile will kick off the traditional St. Patrick's Day Parade in downtown Utica. The Mad Mile is set to go on Saturday, March 12th and registration is open!

As for other races you ask? How about our UR 6 Pack? Take part in our virtual events which are The Scavenger Hunt and FIVE after FIVE! Add on our core races which are the SOS, Summer Sizzle, Falling Leaves, and Skeleton Run and you can't go wrong by buying the bundle now! Registration for SOS and Sizzle are currently open but the only way to register for Falling Leaves and Skeleton is through the bundle! We also are supporting a new run on April 30th in which registration and course details will be revealed soon!

Stay tuned for information on the Boilermaker Training Program and other great deals and offers held by our friends at Accelerate Sports, Studio 55, and The Fitness Mill. If you are looking for local races in February there is the Lake Effect Half Marathon and Quarter Marathon on February 12th and the next day is the Couch Potato 5k held in Liverpool. Registration for both events is still open.

2022 is going to be a great year and things will be warming up soon!

I look forward to seeing everyone on the roads and at the races!

Jim



Note from the editor by Michelle Truett



Hey, running friends!

We have a great year ahead of us! I wanted to jump in here and remind you that we'd LOVE to hear from you and share your accomplishments and stories. Here are two things we'll be featuring each month in SplitTimes:

1) Member Accomplishments

Our membership is always busy and doing great things. If you run a race, accomplish a great running feat or just have a great photo to share, please send it along to me at michelle@484design.com. I try to keep a close eye out for accomplishments on social media (with the help of Jen Bachelder!) but we know not everyone is on there.

2) Member Spotlight Articles

We're going to get back to writing an article each month on our members and I'm looking for some interviewees! We Zoom for about an hour, I write it up, you send me a handful of your favorite photos, you read the first draft to be sure it's all good and then we share it out in the newsletter. Drop me a line if you know someone that would be great to be featured!

Knowing what races our members are taking part in is so inspirational and the articles take a deep dive to help us get to know each other better outside of running!

Hope to hear from and talk to you soon! // Michelle



Register for the UR SIX PACK CHALLENGE

Registration is now open and will remain open until April 15, 2022.

We have made our Four Race Challenge bigger and better at the same insane low prices! Each event has new swag and you will also receive the commemorative Six Pack Shirt with your registration.

The Six Pack- \$140 • The Five Pack-\$125 • The Four Pack-\$100

REGISTER NOW

**DUE
FEB. 17TH**



**2021 AWARD
NOMINATIONS**

**NOMINATE YOUR
FAVORITE
ROADRUNNERS
TODAY!**

We need your help! We will be giving out some awards for both volunteer service as well as running merit at our upcoming Annual Awards Banquet on March 26th.

It was so great to have live racing back in 2021 and we know that our members have accomplished some amazing things! We want to celebrate those accomplishments. Please take a moment to read through the list below and nominate anyone you feel may be deserving of any of these awards. It is helpful when providing your nomination if you write a couple sentences as to why you think the nominee is deserving. It is also nice to be able to read the words written by their peers on the day of the banquet. (Of course we would ask your permission before doing so, this can also be done discreetly.)

All submissions will be due on February 17, 2022 so the awards committee has ample time to make final selections prior to the banquet. Please email your nominations to Jen Bachelder, at jmbachelder@gmail.com or Andrew Rubino, at arubino13@gmail.com by the 17th for consideration.

Distinguished Service Award

Established in 1987 in honor of Bob (Coach) Carlson, to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing and running events, social events and helping to run the Club.



Volunteer of the Year

Awarded to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.

Inspiration Award

Awarded to the Utica Roadrunner whose upbeat attitude and dedication to using his or her talents has had a positive influence on other runners throughout the year.

Utica Roadrunner Hall of Fame Award

Awarded to the individual who has excelled for many years in the sport of running and has distinguished himself or herself through racing achievements and/or support of the running community.

Training/Volunteer of the Year Award

Awarded to recognize an individual with the most enthusiasm, time and support to new members of the running world.

Upcoming Event



New UR Walking Chevron Expands 1,000 Mile Program

Proposed by longtime UR members Dan and Sharon Stedman, the Board of Directors recently approved the addition of a walking Chevron – an important addition to the annual goals for our walk/running community. The walking program criteria is:

- 1) Maintain the current runner chevron mileage requirement, i.e., 1,000 running miles earns the member a red chevron.
- 2) Offer a blue chevron to those members who run/walk or walk only a distance of 1,000 miles.
- 3) Allow members to earn both chevrons if they separately run and walk the 1,000 mile distance.
- 4) All members would be eligible to earn a red jacket with either a red or blue chevron as long as all other jacket criteria are met.

2022 CNY Running Clubs Cup



**HELP US TO
WIN THE CUP
THIS YEAR!**

The CNY Cup is a friendly competition between the local running clubs. Participating Clubs are the Utica Roadrunners, Kuyahoora Kickers, Mohawk Valley Hill Striders, Rock City Runners, Roman Runners, and Toe Path Trekkers.

In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the five other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. The Cup is open to all of our members. The best five results by each club's members in a race will be compared to the other clubs and points awarded on a descending basis, with six points to the best, five to second, and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year.

In 2021, for the first time ever, the Cup was won by the Roman Runners with the Utica Roadrunners finishing second.

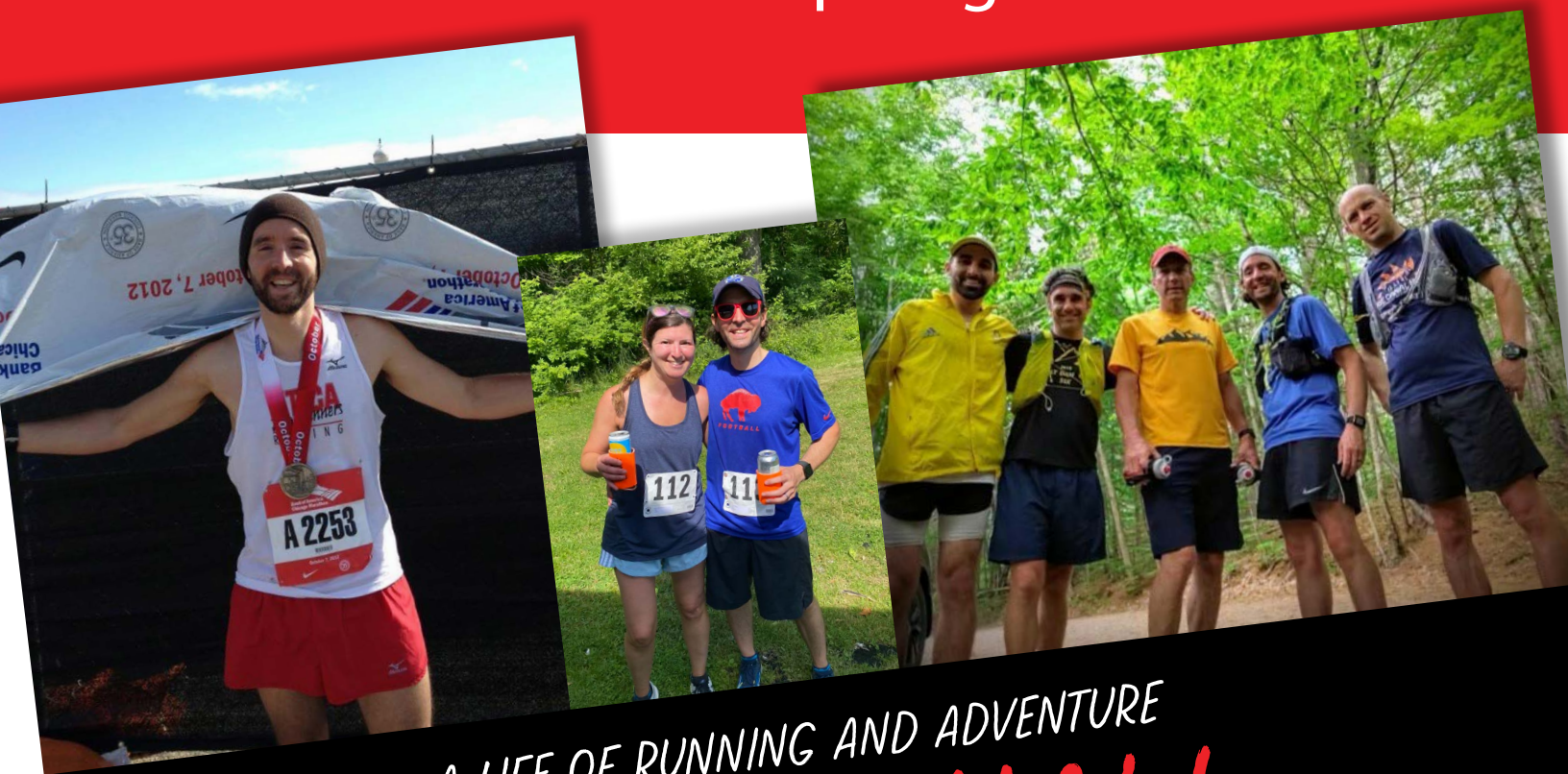
The 2022 Schedule

Fort to Fort 10K - April 3 • Towpath Trail Run 10K - May 7
Patriot's Run 10K - June 12 • Little Falls Freedom Run 10K - August 13
Woodsmen's 10K - August 19 • Falling Leaves 14K - September 25

(obviously everything is subject to change and additional races may be added)

What do you need to do? To be eligible to represent the club, you have to be a member by April 1st and you have to tell Tim Kane (trkane59@gmail.com) that you are representing URR. The reason we need to do this is that there are some people who belong to multiple clubs. It is also helpful to put your name on the sign-in board that is at each race.

Member Spotlight



A LIFE OF RUNNING AND ADVENTURE JOE MASHAW

**Talking to Joe, even over Zoom,
you get this douse of energy and positivity.
As he shares stories about his adventures, travel and running friends it's
like you're running right there alongside him. We're excited to share a bit
about Joe – a longtime Roadrunner and multi-marathoner – with you.**

Joe is originally from Gouverneur, NY in St. Lawrence County. He attended Albany College of Pharmacy, where he met his wife Jeri. After spending seven years post-college living and working in Maine, they moved to the Utica area, where Jeri grew up. They are currently both pharmacists – Joe at Walgreens in Oneida and Jeri at Rite Aid in Rome and they live in Marcy with their dog, Boozy.

Joe was a football player from about seventh through tenth grade when the focus on winning, intensity and pressure overtook his love for the sport. He's competitive, but not to the over-the-top level that football was heading. He had some friends from spring track who were running cross country in the fall and he joined them for his junior and senior years. That became his first tight-knit running crew. That group of friends used to run together all the time, sometimes stashing fishing gear and then doing a run to the place they hid it to fish and swim before running back.

Member Spotlight (Cont.)

In college, he and a couple friends attempted to run through an affiliation his school had with Union College, but the 30+ minutes of city traffic getting to their campus to run and then heading back through the same traffic wasn't worth it. Running never left him entirely, though. It was always there to keep him in shape and help with stress relief.

When he lived in Maine, there wasn't much of a running scene, so every run he did for six years was solo. When they moved here in 2008, he found another tight-knit running crew. He joined the Roadrunners in 2009 and at our annual membership meeting at Saranac he met Jim Fiore who had a Saturday run group he invited him to. He met Paul Humphrey through those. Then he found out about a group that ran from Planet Fitness that Rich Cohen organized and he started catching runs with them. Josh Kuelling was a part of that crew, too, and the more Joe ran with them, the better and better he became, just naturally.

He likes a good half marathon because you can really go all out if you have the speed and "if the wheels fall off" you can make it through, unlike a full. His favorite distance by far is the marathon. He ran his first full his junior year of college and didn't run a second for another ten years. He's now run about ten of them.

He likes to do a variety of races to keep things fresh, have new things to see and new experiences. He and Jeri love to travel and tie in a vacation to a race. When they started seeing the term "RUNcation" being used all over the place, they're like, "hey wait - we *invented* that!" On one hand, the two of them are perfectly fine

being homebodies, but on the other hand they do love a good RUNcation. Joe has run marathons in Portland, Boston and Chicago and ran Big Sur in California. Jeri would sometimes run a 5K if they had that as part of the running weekend offerings and then they would have a great time for the week enjoying the area, taking in the sites and many times hitting up a craft

brewery or a major sporting event. (Shout out to Jeri who ran three half marathons of her own in 2021!)



Ever since 2000, he has run every Boilermaker, no matter if he wasn't in the best of shape or was cruising along to his 57:57 PR. His marathon PR is an impressive 2:48:31 at Boston, the year of the bombing, which will always leave him with mixed emotions. He's done Peak to Brew races a couple times and is slated to do their Catskills event this year.

Fellow Roadrunner Tom Joslin lives only two miles from Joe and they frequently run together with Paul Humphrey, Dave Putney and Dan Pierson. That is his current tight-knit running crew, who has turned him onto some crazy challenges and ultra runs. This year, he's got a marathon in Charlotte, NC on the docket and is very excited for his first 50-mile trail run in Ithaca in June.

During COVID with few in-person race options available, this group got creative and made up their own challenges. He admits that half the time they're running, they're talking about what they're going to do for the NEXT run. Out of those talks come things like "Silly Week" where they begin with running five miles on Monday and add five miles per day every day after that, leading easily to a 100+ mile week.



Member Spotlight (Cont.)



Joe is a pretty humble, chill, low key kinda guy who isn't overly competitive nor does he need a lot of accolades (but we did enjoy giving him the UR Ed Bruni, Sr. Inspiration Award last summer!) He likes to keep things simple. He consistently runs 2,000+ miles per year, but doesn't always turn in his miles. If you run with him, you might find yourself in his phone as "Paul Run" or "Josh Run". The only form of social media you'll catch up with him on is Strava. He's got his crew on a traditional email list for long run details. He got on Twitter for a bit to mainly keep up with beers and bands, but it was just "a lot". Now he has Jeri follow some things he likes on her Facebook page where he can check it, and that works just fine. He's an "insane beer guy" and an avid live music fan, with indie and classic rock on the top of his list of favorite genres, along with 90s alternative. (Pearl Jam is his Zepplin and he's seen them live countless times).

The common thread that running has had for Joe from high school into his 40s is the socialization and "the crews." He still has four high school friends who still love to get together, he has a core group of college buddies and now his group of weekly running friends. They all share this common thing, remain tight and remain there for each other, whether it's just on a run a week or whether it's through a friendship that has spanned decades.

We're so happy to have Joe as part of our club and look forward to keeping up with his adventures and epic runs.

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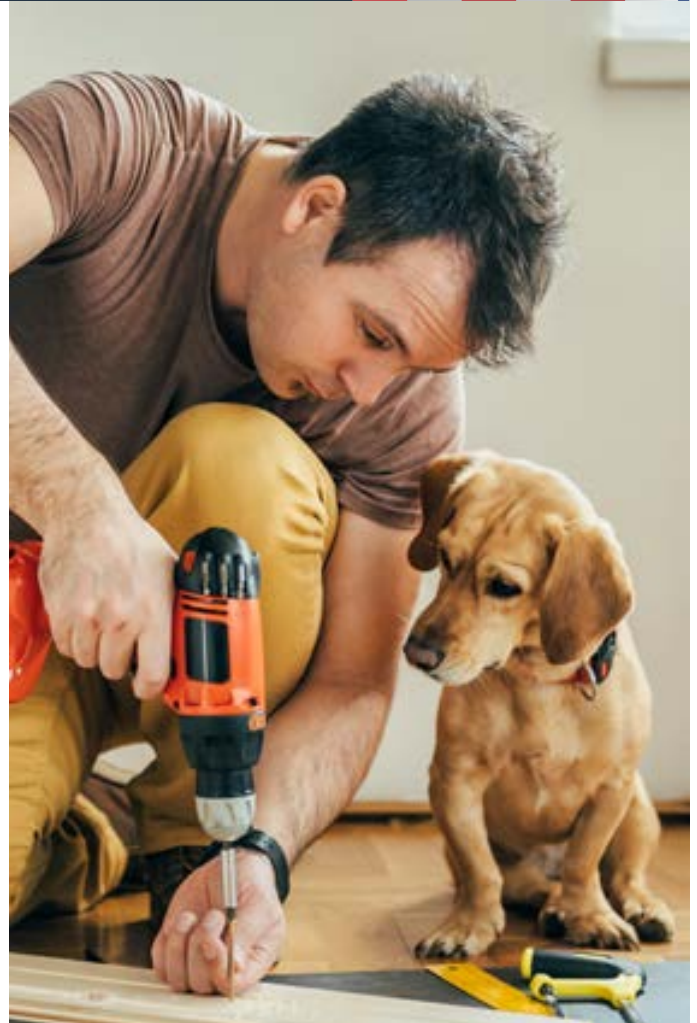
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Banking products are provided by Berkshire Bank: Member FDIC. Equal Housing Lender. Berkshire Bank is a Massachusetts chartered bank. PowerLine is available for qualifying customers for lines \$5,000 to \$50,000. To apply, you must be 18 years of age or older and agree to provide additional personal information, if requested, such as tax returns and financial statements and have a FICO score of 680 or higher with a maximum total debt ratio of 40%. Subject to credit approval. Line of credit requires a Berkshire Bank checking account. The maximum line amount allowed is 15% of the verified annual income; credit line not to exceed \$50,000. All accounts are subject to annual review.

*Annual Percentage Rate (APR) is a variable rate and based on the Index plus a margin of 4.99% and requires a FICO Score of 700 or higher. The Index is the Prime Rate as found in the Money Rates section of The Wall Street Journal and is floating during the life of the loan. APR is variable and may increase after consummation. The APR will never go below 4.00% and will never exceed 18.00%. PowerLine has a term of 20 years; 10-year draw period with interest only monthly payments followed by a 10-year principal and interest repayment period or 10 years.

Rev. 01/22

Upcoming Lecture



Lecture: "Run Against Racism," with the Utica Roadrunners Diversity, Equity, and Inclusion Committee

**Tuesday, February 7, 2022
4:30pm - 5:30pm • Free
Alumni College Center - Room 116**

Created in 2020 and inspired by the murder of Ahmaud Arbery, folks were invited to walk or run all or parts of an 8.5-mile route. Along the route, participants learned about different places, people and events that celebrate the rich history and contributions of Utica's black community through temporary historic signage. They also will talk about the importance of diversity in the running community and how events like the "Run Against Racism" can help. After the talk, the signs will be available to view.



Member Accomplishments



**Melissa Barlett headed to sunny Florida
and ran the Dopey Challenge – a 5K, 10K, a half marathon
and a full marathon – in four consecutive days!**

President's Picks

by Jim Mott

Runners:

As January has now come and gone, we are looking ahead to 2022 with great excitement and anticipation. As a competitive runner for many years, I am a goal setter. Last year was a bit different as there was so much uncertainty going into the year, I was hesitant on what races would look like and what goals might be unrealistic. Looking back on 2021, I started out of the gate running a number of races and some half marathons. I finished the spring and headed into the summer by running my 53rd marathon on my school track at CVA with good friends Andrew Rubino and Jen Bachelder. Summer offered its challenges and unfortunately I let some outside influences end my 29 year streak at the 15k Boilermaker this fall. Injuries followed and 2021 ended with a winter fizzle.

I am now energized and have refocused myself on hitting some goals for 2022. The best way for me to reach the goals is by putting them out there. First off, I will be back this July at The Boilermaker for my 30th 15k. I have rededicated myself to a proper diet and I have planned running numerous races this spring leading up to a late spring marathon and a return to my marathon at CVA in June in which my daughter, Bailee, plans on running as she is a senior this year in high school. Add to that a trail 50k and perhaps a 50 miler in the fall and that will make 2022 a year that I can look back and be proud of. Injury prevention and proper training are obviously essential for me to be successful. I would love to hear your goals, so that is my request for next month.



Please share your 2022 goals with us to publish and post in the March edition of our newsletter!

By sharing your goals we can own them and support one another the way only a club like UR can!

My two picks for this month are related to the theme of goals. The first pick is the trailer for a Netflix documentary called **14 Peaks** in which Nepali mountaineer Nimsdai Purja embarks on a seemingly impossible quest to summit all 14 of the world's 8,000-meter peaks in seven months. Many of us as runners also walk and hike to mix it up. This documentary certainly features the mindset that anything is possible. [WATCH NOW](#)

The second pick is a video from one of my favorite YouTubers, **The Ginger Runner**. Ethan Newberry is The Ginger Runner and he talks directly about 2022 goals and owns them for all of us to hear. [WATCH NOW](#)

We all have goals. Set yours, share them, and go get them!

Jim



FREE

**GROUP FITNESS CLASSES
PT CONSULTS & STRETCHING**

**STRENGTH
TRAINING FOR
RUNNERS**

SUNDAY, FEBRUARY 20TH
9:30 - NOON

UR
UTICA ROADRUNNERS

STUDIO 55
ELITE GROUP FITNESS

9:45 - 10:45am

Bootcamp with Brittany Praznik -
cardio, weights, abs

11am-12pm ReVolt Strength with
Dan Patterson - strength training

Free Stretch sessions with our
flexibility coaches

Julie Randall, Doctorate of Physical
Therapy will be on site for free
consults. She is an avid runner who
loves working with other runners and
triathletes helping them to continue
to participate in their sport.

Special guest Kevin Collins will
also be onsite!

- 1st American Finisher,
1996 Boston Marathon
 - US Masters runner up in
Boilermaker 2013
 - 1st American Finisher, 2003
World Marathon Championships
- Personal Bests - Marathon - 2:15:32/
Half Marathon - 1:04:49*

UR Member Benefits

Carbone Athletics at
the fitness mill

**\$99 12-month
membership**

includes all fitness classes as well!

[JOIN NOW](#)



**15% off Accelerate
Memberships**

**\$50 Annual Track
Membership**

5241 Judd Road, Whitesboro
www.accelerate-sports.com

2022 UR Races



Individual registration opening soon!

(But you can add this as part of your 2022 UR 6-Pack registration NOW!)

The Third Annual Scavenger Hunt begins April 1st and runs through the entire month of April!

Bigger and better than ever, we will have prizes and incentives for our runners each day! The UR Police are ready to hit the streets and keep our runners honest!

Some of the proceeds will be going to local Hospice providers that help families in time of great need.

A promotional graphic for the Switchbacks 7.5K race. It features a stylized mountain landscape with green trees and a blue sky. The text 'SAVE OUR THE TED PETRILLO SWITCHBACKS 7.5K' is prominently displayed. Below the text is a brown t-shirt and a glass, both featuring the race logo. The date 'April 16, 2022' is at the bottom.

SAVE OUR THE TED PETRILLO SWITCHBACKS 7.5K

April 16, 2022

Individual Race Registration is Now Open!

SIGN UP FOR SOS

[Or sign up as part of a 2022 race bundle](#)

2022 UR Races



**JUNE 19TH,
UTICA NEW YORK**

2022

**Summer
UR SIZZLE 5**

**5 MILE
ROAD
RACE**

Our traditional 5 mile event at Proctor Park and the Masonic Care Community on Father's Day. Check out the swag – a hot Summer Sizzle tank, headband *and* shades to keep you looking cool!

SIGN UP TODAY

[Or sign up as part of a 2022 race bundle](#)



**FIVE
after
FIVE**

May 6 - 20, 2022

Back by popular demand – The Third Annual FIVE after FIVE Challenge! For 15 days we challenge you to go 5k or 5 miles each and every day. The event is sponsored by Saranac and we will have a great Fiesta at the Brewery to celebrate once we're done! We will also be bringing back the Badass Challenge – Run 5k or 5 miles every 5 hours for 55 hours!

SIGN UP TODAY

[Or sign up as part of a 2022 race bundle](#)

2022 UR Races



Register for one or both as part of our Six Pack Bundle!
(Individual race registration opens soon)

INCLUDE THESE IN YOUR 6-PACK REGISTRATION TODAY



Upcoming Blood Drive



Please give
blood.

American Red Cross

Blood Drive **Accelerate Sports**

Sports Court
5241 Judd Road - Whitesboro

Friday, February 25, 2022
11:00 a.m. to 3:30 p.m.

Sponsored by Utica Roadrunners

Please call 1-800-Redcross or go to www.redcrossblood.org and use sponsor code:
UticaRR to schedule your appointment!

Ask about Power Red Cells if you are O-, O+, A- or B-

Warm hearts, great gifts! As our thanks for coming to give Feb. 1-28, we'll send you a \$10 Amazon.com Gift Card via email, thanks to our partners at Amazon! Terms apply. Visit rcblood.org/together.



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an appointment.

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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)

☐ March 2022

☐ April 2022

☐ May 2022

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

☐ Yes ☐ No

Total included: \$ _____