

splitimes

April 2023

The Official Newsletter of the Utica Roadrunners



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April
2023
Utica Roadrunners
Board of Directors



President Andrew Rubino

Vice Presidents

Administration & Finance
Melissa Barlett

Activities and Events
Rebecca LaPorte

Secretary Greg Jerome

Treasurer Travis Olivera

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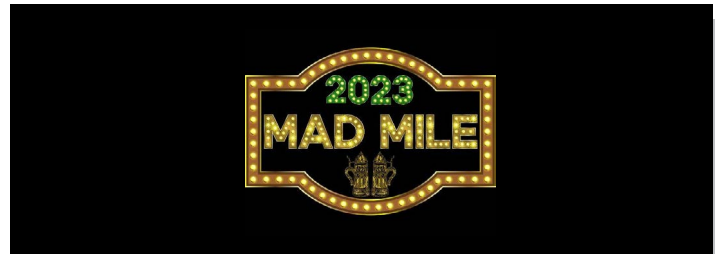
Jennifer Bachelder Phil Trzcinski
Mason Hedeon Erik Winberg

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

to UR members that participated
in the Mad Mile on March 11 –
the first race in the 2023 Grand Prix!



Useful Links:

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

"Start with doing what's necessary; then do what's possible; all of a sudden you are doing the impossible."

– FRANCIS OF ASSISI



Boilermaker Training Program is well underway. A few of us met at the parkway to get our weekday miles in and enjoy the nice day. The program has had huge participation so far this year with an average of 40+ people showing up each Saturday morning. Thank you Erik for your leadership and dedication to the program! [Sign up for all the updates](#), show up, and don't miss out.

The Awards Banquet at Club Monarch in Yorkville was a lot of fun. Thank you Jenna, Melissa and your squad for throwing a great party. Congratulations to everyone who was recognized and to everyone's accomplishments last year. Shout out to our karaoke heroes for singing fan favorites from the B52s to Taylor Swift and of course Disney show tunes!

Race season is officially here! Another successful running of the Mad Mile kicked off the Grand Prix with more friendly race day conditions than last year. Thank you to Josh, Morgan, and the crew from the Sneaker Store for hosting and all that you do for the running community. Fort to Fort kicked off the Club Cup hosted by the Roman Runners and race director Matt Moore. Congratulations to all the runners!

Save Our Switchbacks is the first Utica Roadrunners race of this year lead by race director Sharon Scala. The SOS also also a Grand Prix event. Funds help to support the maintenance of the Switchbacks, which are also used for the Development Runs held every Wednesday starting in May. Contact Rebecca at xcrunnerrkl@gmail.com if you would like to volunteer for SOS or help out the Club in any other way. Bring the kids to cheer the runners and stay later for the [Eggstravaganza at the Utica Zoo](#).

Five After Five is back! The Five After Five is a virtual running challenge where you run a 5k or 5 miles every day for 15 days with special challenges along the way. The Fiesta Committee is already at work planning the kickoff party scheduled at the Biergarten at Saranac Brewery on May 5th. If you already signed up for the Four Pack, you are automatically entered into the Five After Five. [If not, sign up here.](#)

The Utica Roadrunners are partnering with Saranac Brewery and their sister brewery Flying Bison Brewing Company to host **Urban Run Utica** on April 22nd. Run with the Boilermaker Training Program and then head over to the brewery for yoga, Brooks sneaker demo, and Utica Coffee. If you slept in for the training program or want to get another run in, a group run with various distances will be at 11am. Celebrate with Saranac beverage and food specials at noon!



President's Message (cont.)

April is Autism Awareness month. For those who are interested The Kelberman Center has their annual live walk on April 29th from 9am until noon at the Fitness Mill. Rob Kapfer, Skelton Run race director, is active in raising awareness about Autism and raise donations for programs and services. Rob and his family, Summer and Bryce, will be walking and manning the 50/50 raffle. [Click here for more information on the event.](#)

[Donations are greatly appreciated](#) and the money stays local and does good things for people in our community.

Rob is also the race director of the **[Trenton Fish and Game Club Awareness Run/Walk](#)**. The inaugural run last year was very successful and will continue this year on August 6th. If you are a trail runner, this one is for you!

Enjoy the Journey!

Andrew
arubino13@gmail.com

2023 Student Scholarships

Do you know an outstanding Student Athlete?

Nominate them for a \$500 UR scholarship

Deadline: Friday, May 31st

The Utica Roadrunners promotes family health and fitness through running. Each year, we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student-athletes in our community. We are pleased to announce that this tradition will continue in 2023 with the **Paul Ohlbaum and Howard Rubin Scholarships** to the outstanding male and female applicants.

Minimum qualifications the Scholarship Board will consider include the applicant's running achievements, academic achievements, and extracurricular activities. 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 this scholarship.

LEARN MORE

**Download the application,
Read over Eligibility Information
and Procedure Details**

Congratulations

to our 2022 Red Jacket Recipients



NEW 1,000 MILE CLUB JACKET

NEW EXTRA MILE CLUB JACKET

Jeannine Macera

Brittany Praznik

Travis Olivera

Jennifer Stefka



Congratulations

to our Award Winners

Roadrunner of the Year

Awarded to the Utica Roadrunner who has the most outstanding season of running in road races, on the basis of finishing, using times and awards.

Male

Open: Eric Kasper

**Grandmaster:
Steve Tibbits**

Female

Open:

Kathy Garbooshain

**Grandmaster:
Lorrie Tibbits**

Open - Male

2021 – Chris Edick

2019 – Dave Putney

2018 – Dan Stedman

2017 – Bill Callahan

2016 – Michael Polidori

2015 – Stephen Paddock

2014 – Tom Joslin

Grandmaster

2021 – Dave Putney

Open - Female

2021 – Dani Bliss

2019 – Sue Luley

2018 – Jen Bachelder

2017 – Laurie Hennessey

2016 – Cathleen Willy

2015 – Justnya Wilkenson

2014 – Mel Crisino

Grandmaster

2021 – Sue Luley



Hall of Fame Award

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

Dave Putney

2021 - Paul Ohlbaum

2020 - Dave Jones

2019 - Gary Burak

2018 - Bill Callahan

2017 - Jim Mott

2016 - Susan Luley

2014 - Dennis Johnson

2013 - Linda Turner

2012 - Dan Cohen

2011 - Paul Humphrey

2010 - Jason Pare

2009 - Ted Petrillo

2008 - Paul Humphrey

2007 - Jim Fiore

2006 - Christine Sisting

2005 - Kermit Cadrette

2004 - Janice Williams

2003 - Sybil Johnson

2002 - Dennis & Sybil Johnson



Most Improved Roadrunner

Awarded to the female and male Utica Roadrunner who has had the greatest improvement in times from the previous year(s) for a number of races over a variety of distances.

Female: Grace Saxe
Male: Travis Olivera

Female

2021 - Laura George

2019 - Cheryl Burmaster

Male

2021 - Travis Belanger

2019 - Mike Winkler

Congratulations

to our Award Winners



2022 President's Award

Don Lynskey and Jenna Stefka

- | | |
|--|------------------------------------|
| 2021 - Andrew Rubino
& Melissa Barlett | 2010 - Meg Parsons |
| 2020 - Rebecca Aceto
& Jennifer Bachelder | 2009 - Mike Brych |
| 2019 - Rick Gloo & Rocco Fernald | 2008 - Sybil Johnson |
| 2018 - Lisa Walchusky | 2007 - Mike Kessler & Meg Parsons |
| 2014 - Kermit Cadrette | 2006 - Jim Stasaitis |
| 2013 - Bob Vandenberg | 2005 - Meg Parsons & Sybil Johnson |
| 2012 - Jim Moragne | 2004 - Howard Rubin |
| 2011 - Paul D'Ambrosio | 2003 - Janice Williams |
| | 2002 - Bob Ingalls |

Distinguished Roadrunner Supporter Award

Awarded in appreciation and recognition of a corporation, group or individual whose support has made a significant contribution to Utica-area running.

Accelerate Sports Complex

- 2021 - FX Matt Brewery
- 2020 - Utica First
- 2019 - The Sneaker Store
- 2018 - The Boilermaker
- 2017 - McDonalds
- 2016 - Utica Fire Dept
- 2015 - City of Utica
- 2014 - The Sneaker Store
- 2013 - Utica Police Department
- 2012 - The Masonic Care Community
- 2011 - Mike Evke-Eversan
- 2010 - Chobani Yogurt
- 2009 - The Fitness Mill
- 2008 - NY Beef Council
- 2007 - The Sneaker Store
- 2006 - CJ Burth Service
- 2005 - HSBC
- 2004 - Utica Observer Dispatch
- 2003 - WOUR/Jerry Kraus
- 2002 - Larry Gilroy



Congratulations

to our Award Winners



Volunteer of the Year Award

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.

Melissa Barlett

2021 - Jennifer Stefka
2020 - Alejandro Gonzalez
2019 - Andrew Rubino
2018 - John Gilligan
2017 - Sharon Scala
2016 - Stephanie Stark
2015 - Mark Arcuri Sr
2014 - Doreen Camerona
2013 - William Dunham
2012 - The Arcuri Family
2011 - Dawn Ortlieb
2010 - Ray Brych
2009 - Mike Brych
2008 - Jim Stasaitis
2007 - Mike Kessler
2006 - Melissa Williams
2005 - Judy Marris
2004 - Maryann Vanderpool
2003 - Annette Bick
2002 - Charlene Coughlin

Robert H. "Coach" Carlson 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.

Andrew Rubino

2021 - Sharon Scala
2020 - Jim Mott
2019 - John Gilligan
2018 - Wayne Murphy
2017 - Bill Luley
2016 - Mike Kessler
2015 - Stephanie Stark
2014 - Mike Brych
2013 - Mike Kessler
2012 - Ted Lenio
2011 - Paula May
2010 - Jim Moragne
2009 - Jim Moragne
2008 - Melissa Williams
2007 - Mike Brych
2006 - Meg Parsons
2005 - Jim Stasaitis
2004 - Linda Turner
2003 - Mary MacEnroe
2002 - Janice Williams



Frank D'Allesandro Training Volunteer Award

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

Jennifer Stefka

2021 - Ashley Mancini
2020 - Andrew Rubino
2019 - Cole & Tracy Perkins
2018 - Nate Getman / Abbie Sutliff
2017 - Harry Campbell
2016 - Melanie Crisino
2015 - Melanie Crisino
2014 - Jerry Tylutki
2013 - Jeremy West
2012 - Jeremy West
2011 - Karen Casler / Nick Netti
2010 - Doreen Camerona
2009 - Dawn Ortlieb
2008 - Ray Brych
2007 - Kelly Ann Nugent
2006 - Linda Turner
2005 - Ken Muzzy
2004 - Mike Kessler

Congratulations

to our Award Winners



Peter Angelini

Ed Bruni, Sr. Inspiration Award

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

2021 - Jennifer Bachelder
2020 - Harry Campbell & Joe Mashaw
2019 - Sharon Stedman
2018 - Melanie Crisino
2017 - Karen Piccola
2016 - Michelle Truett & Wayne Murphy
2015 - Dorothy Massinger & Jim Mott
2014 - Rich D'Accurzio
2013 - MaryBeth Erlichman
2012 - Moe Lalonde

2011 - Dave Putney
2010 - Gary Burak
2009 - Kathy Fuller
2008 - Dave Putney
2007 - Kelly Ann Nugent
2006 - Mike Kessler
2005 - Jim Fiore
2004 - Meg Parsons
2003 - Don Baum
2002 - Paul Ohlbaum

The Phyllis Spohn-Bates "Grit" Award

Awarded in honor of Phyllis Spohn-Bates to the Utica Roadrunner who embodies all that Phyllis stood for. A love of running, community, our club and has a selfless give-back attitude. This person is a fighter and made of pure grit. This award is given in recognition of the motivation, encouragement and inspiration they have offered to others in the community.

2021: Dorothy Massinger
2020: Missy Scanlon

Congratulations

to our Award Winners

50,000 Roadrunner Miles!

Chuck Silverman

2022 Run Mileage Chevrons

1,000 Miles

Jessica Arevalo
Dani Bliss
Jeff George
Sue Luley
Grace Saxe
Lorrie Tibbits

1,100 Miles

Travis Belanger
Tom Durso
Steve Tibbits

1,200 Miles

Scott Ferguson
Jim Latshaw
Dave Saxe
Myron Thurston

1,300 Miles

Gary Burak
Chris Edick
Andrew Rubino
Dan Stedman

1,400 Miles

Melissa Barlett
Jeannine Macera

1,700 Miles

Travis Olivera

2,500 Miles

Dave Putney

2,600 Miles

Tom Joslin

2,700 Miles

Jessica Charles

3,200 Miles

ML Nolan

4,900 Miles

Brittany Praznik

6,100 Miles

Jen Toti

Golden Shoe Awards

Melissa Barlett
Dani Bliss
Debbie Brockway
Cheryl Burmaster
Tom Durso
Jeff George
Laura George
Sue Luley

Jeannine Macera
Dorothy Massinger
Ashley Mancini
Travis Olivera
Brittany Praznik
Andrew Rubino
Jenna Stefka

2022 Walk Mileage Chevrons

1000 Miles

Dorothy Massinger
Dan Stedman

1200 Miles

Felicia Burak
Sharon Stedman

1600 Miles

Kathy Joy
Robert Joy

Marathoners

Melissa Barlett
Jessica Charles
Tom Joslin
Jami Lyga
Jeannine Macera
Brittany Praznik
Dave Putney (3)
Dave Saxe
Dan Stedman
Myron Thurston
Lorrie Tibbits (2)
Steve Tibbits (2)
Jen Toti (6)

Ultra-Marathoners

Tom Joslin
*Cayuga Trails 50 miler &
Virgil Crest Ultra 50 miler*

Dave Putney
Cayuga Trails 50 miler

Missy Scanlon
Rock the Ridge 50 miler

Jen Toti
*14 Ultras ranging from
30 miles to 85 miles*

Triathloners

Grace Saxe
Delta Lake Sprint

Ralph Scanio
*Lake Placid Ironman &
Mont Tremblant Ironman*

Missy Scanlon
Delta Lake Sprint

Lorrie Tibbits
Delta Lake Sprint

Steve Tibbits
*Mont Tremblant Ironman &
Mussleman Ironman*

Five After Five in the Month of May



5K^{OR}5MI.

IT'S FIVE O'CLOCK SOMEWHERE
CINCO DE MAYO 2023

OVER 15 DAYS



Saturday, May 6th - Saturday, May 20th

Run/Walk 5k or 5 miles every day for all 15 days.

Run/Walk a total of 50k (31 miles) or 50 miles over the 15 day period.

Want to be a FIVE after FIVE Badass?! Run 5 miles or 5k every 5 hours for 55 hours!

REGISTER NOW

Friday, May 5th - Kick-off Party with a live 5k or 5 mile fun run/walk
that starts and finishes at the Saranac Brewery

Food and beverages will be available to all runners and participants - the first beverage is on us!

Cost is just \$20

If you sign up for [the UR 4-Race Challenge](#), get Five After Five for FREE!

Last Chance to Sign Up!

**SIGN UP BY
THIS THURSDAY,
APRIL 6TH!**



Help support the
South Woods Trails Project
while running "Half a Boilermaker"

A UR Grand Prix Event

Start and finish near the
Utica Parkway Ski Chalet

The long standing Utica
Roadrunners kick-off event.

Join Us for an Urban Run



Urban Run Event Saturday April 22, 2023 FX Matt Brewery

10am Yoga – Bloom Yoga

9:30am – Coffee from Utica Coffee

10am – Brooks Running Demo Day by The Sneaker Store

11am – Urban Run, 5 and 3 mile runs, all runners welcome

12pm – Post run/yoga-pint and food specials at the brewery

Upcoming Race



June 18, 2023 • 5 Mile Race • Kids Race

Presented By:



The Sizzle is back and it is hotter than ever! One of our classic races that returns to Proctor Park and our friends at the Masonic Care Community!
The Utica First Summer Sizzle enters its 35th year. Come celebrate Father's Day on June 18th

Divisions include:

Father/Son, Father/Daughter, Mother/Son, Mother/Daughter, and a Division for all Couples.

REGISTER NOW

Boilermaker Training Program is Underway!



Saturday Mornings
7:30am start
Accelerate Sports Complex
5241 Judd Road, Whitesboro

Time to get training! FREE to UR Members

Meet every Saturday as a group from now until the Boilermaker, utilizing different routes as the weather changes. Whether this is your first or your 21st Boilermaker, we have two levels of training designed to meet the needs of the entry level or the more experienced 5k and 15k runner: **Level 1** is designed for those who are first time runners **Level 2** is designed for returning runners and people who need a training plan to get through the finish line.

BECOME A UR MEMBER

RENEW MEMBERSHIP

SIGN UP FOR OUR BTP!

Travel Mug Winners!



From left to right: Dani Bliss, Tom Joslin, Gary Burak, Sue Luley and Bill Luley

Below are the names of the runners who participated in 3 or more Cup races last season.

The names in bold are the top 5 age-graded scores. Each of these runners received a travel mug at the banquet

Name	Races	Name	Races
Susan Luley	5	Gary Burak	3
Dani Bliss	5	John Seigle	3
James Kuny	4	Rob Bauer	3
Kathy Garbooshian	4	Bill Luley	3
Chris Edick	4	Tim Kane	3
Jessica Charles	3	Mike Hoover	3
Tom Joslin	3	Missy Scanlon	3
Allison Miller	3		

News and Events from the UR DEI Committee

If you have an interest in joining our Diversity, Equity and Inclusion Committee, please contact Melissa Barlett at docbarlett@gmail.com

**SAVE
THE DATE**
4th Annual, 2nd Live

UR RUN
UTICA ROADRUNNERS
AGAINST RACISM
CORNHILL RUN 2023
KEMBLE PARK > JOHNSON PARK



SATURDAY, JUNE 17

PART OF A MULTI-DAY JUNETEENTH CELEBRATION IN UTICA!

Get Ready for the 2023 Grand Prix!



LEARN MORE

About the Grand Prix

The Grand Prix series of races is a friendly competition among all UR 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, 2023, 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.

2023 Grand Prix Races

3/11/2023	Mad Mile	DONE!	1 Mile	Utica
4/2/2023	Fort to Fort	DONE!	10K	Rome
4/8/2023	Save Our Switchbacks	7.5K	Utica	
5/21/2023	Erie Canal Races	10 Mile	Marcy	
6/11/2023	Patriot Run	5K	Rome	
6/18/2023	Summer Sizzle	5 Mile	Utica	
7/9/2023	Boilermaker	15K	Utica	
7/16/2023	Sundae Run	5K	Richfield Springs	
8/18/2023	Woodsmen's Field Days	10K	Boonville	
8/20/23	Tunnel to Towers	5K	Utica	
9/24/2023	Falling Leaves	14K	Utica	
10/15/2023	Skeleton Run	5K	Deerfield	

Must complete at least 3 events to qualify for Grand Prix Awards
Highest 6 races to count towards your Grand Prix Awards

Results as of 3/11/2023
After the Mad Mile

FEMALE

0-14	Abigail Goldberg	12
15-19	Mia Mattia	12
25-29	Jessica Cooley	12
30-34	Meghan Wedgren	12
35-39	Sarah Harrison	12
	Fallon Russo	10
40-44	Jerilyn Mashaw	12
	Melissa Barlett	10
	Sue Brumm	8
	Jennifer Stefka	7
	Rachel Shenhav-Goldberg	6
45-49	Catherine Berryman	12
50-54	Kathy Garbooshian	12
55-59	Carolyn Humphrey	12
60-64	Felicia Burak	12
65-69	Debbie Brockway	12
70+	Susan Luley	12
	Dorothy Massinger	10

MALE

0-14	Magnus Brumm	12
20-24	Patrick Fitzgerald	12
30-34	Travis Belanger	12
	Tommy Carlson	10
35-39	Christopher Edick	12
	David Saxe	10
	Colt Brumm	8
	Andrew Rubino	7
40-44	Tom Joslin	12
	Joe Mashaw	10
	Travis Olivera	8
	Hanan Goldberg	7
45-49	Ryan Maine	12
	Steve Fairbrother	10
	James Peters	8
55-59	Kevin Tracy	12
	Thomas Durso II	10
65-69	Gary Burak	12
	Gary LaShure	10
70+	Bill Luley	12

Ready for the Challenge?!

The CNY Cup is a friendly competition between the local running clubs.

2023 CUP SCHEDULE

~~Fort to Fort 5K & 10K~~

~~Rome~~

~~April 2~~

Towpath Trail 5K & 10K

St. Johnsville

May 13

Patriot Run 5K & 10K

Rome

June 11

Sundae Run 5K & 10K

Richfield Springs

July 16

Woodsmen's Run 10K

Boonville

August 18

Falling Leaves 5K & 14K

Utica

September 24



Message from UR Club Cup Captain Tim Kane -

The 2023 Cup schedule is set! We are down to five Running Club teams this year: Utica Roadrunners, Roman Runners, Mohawk Valley Hill Striders, Kuyahoor Kickers, and Toe Path Trekkers. Syracuse Track Club and Rock City Runners will not be participating this year.

HOW IT WORKS:

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.

CHANGE FOR 2023

The major change this year is that either race at any event with two distances can count for team points. This change will allow all runners from every club to be able to contribute to their team without having to run the longer race and give 5K specialists the chance to contribute. No minimum number of runners for either race is required and any five runners can score. However, all 5K scores will be multiplied by a factor of 0.98 to even out the playing field.

HOW TO GET INVOLVED

To be eligible to represent the club, you have to be a member 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.

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 UR member Eric Winberg, 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,
Grateful for Graham 5K and the Tunnel to Towers 5K,

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)

☐ May 2023

☐ June 2023

☐ July 2023

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

☐ Yes ☐ No

Total included: \$ _____