

splitimes

September 2024

The Official Newsletter of the Utica Roadrunners



Tunnel to Towers Photos

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September
2024
Utica Roadrunners
Board of Directors



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Administration & Finance
Melissa Barlett

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Treasurer Travis Olivera

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Mason Hedeon	Frank Vellone
James Kuny	

Advertising

If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett • michelle@484design.com



Useful Links:

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

**TRACK
MEMBERSHIP**
**Only \$50
for a year!**



UR members receive
a discount for use
of the indoor track at
Accelerate on Judd Road
in Whitesboro

SIGN UP ONLINE

President's Message

by Andrew Rubino

“ Life's a game, but it's not fair
I break the rules, so I don't care
So I keep doin' my own thang
Walkin' tall against the rain
Victory's within the mile
Almost there, don't give up now
Only thing that's on my mind
Is who's gon' run this town tonight
Hey, hey, hey, hey
Who's gon' run this town tonight”

– RUN THIS TOWN - JAY-Z

The summer is quickly ending with autumn right around the corner. We are sending the summer of 2024 off right with the huge month of running August had for us. With fall upon us, we still have two major Club races coming up: **Falling Leaves on September 22** and **Skeleton Run October 13**. I hope to see you at both!

The month started off with **Trenton Fish and Game Run for Autism** directed by Rob Kapfer. This man really did it right, from a clearly marked and well-groomed course to an abundance of baked goods from Holland Farms. Together the Club helped raise over \$2,000 to support Kelberman's efforts.

Next up was **Peak 2 Brew**, a 138 mile two-day relay race through the Adirondacks ending at Saranac Brewery. It was awesome seeing so many Club members out there running with their various teams, braving the rain, and celebrating at the Biergarten. Thank you to Jason Croniser and his P2B crew for keeping this amazing event going.

On Friday August 16th, a group of 15 Utica Roadrunners took on the rolling hills of the **Woodsmen's 10k in Boonville**. Special congrats go to Eric Kasper, Mary Ann Lasher, Peter Madden and Laura George for each placing in their division. Well done everybody! Thank you to our friends at the Towpath Trekkers for hosting the event.

Last up was **Tunnel to Towers CNY**. The rain held off through the entire race and award ceremony. This year's race honored fallen law enforcement officers, Onondaga County Sheriff's Office Deputy Lt. Michael Hoosock and Syracuse Police Officer Michael Jensen, who were killed in a shooting in April. So many emotions run wild during this event, but there is always an overwhelming feeling of gratitude for those who serve and give so much to their country and communities. Phil Trzcinski and Alejandro Gonzalez and their team put in countless hours of work to raise money for the Stephen Siller Foundation and to keep this event growing each year.

With the coming of fall, also comes a call for candidates for the **Utica Roadrunners board**. If you want to be more involved in the running community at a higher level and want to be a part of growing and evolving our Club, please consider submitting your intent. More information is included in this newsletter.

Please keep sending in your pictures and stories and running them miles. We are looking for members to write articles, do interviews, or generally help out with the newsletter. If you have any ideas we'd love to hear it!

Enjoy the journey! Andrew
arubino13@gmail.com

RRCA Updates (May-August 2024)



Here are a few interesting updates from the Road Runners Club of America:

In May and June, the RRCA elected and appointed a number of new and returning Board Members, including Micki Sander Jauquet, the Eastern Regional Director, who oversees that area that includes Utica. Micki was also elected the RRCA Vice president. You can read more about these board members from the May and June announcements.

RRCA is Excited to Announce Olympian Dakotah Lindwurm as the Keynote Speaker for the 67th RRCA Convention, held April 24-27th in Minneapolis, MN. *UR can reimburse some expenses for a member who wants to attend this convention!

From the Education Center: Free session on Managing Volunteers from 20 to 2000+ People and Trail Running Tips

They announced the 2025 National Championship Event Series with races around the country. There's even an article about our very own Boilermaker as the PRRO Circuit opener this year!

The Utica Roadrunners are an RRCA member club and our insurance is paid through the RRCA. This means that we comply with their governing policies, Safe Group Run and Event Guidelines, and Race Director Code of Ethics.

Cliff's Keeps Us Going to the Races!

The winners of our Cliff's Local Market Club Cup Gift Card for the Sundae Run. Cliff's keeps UR going!

Congratulations to **Virginia Truax** for scoring the most points for UR in the Club Cup and **Laura George** for representing the Club.



Upcoming Race



SIGN UP NOW

Sunday, September 22, 2024
Kid's Kilometer Fun Run 8:15am start
5K and 14K 9:00am start

The fall classic is back! This year we are running 50 years strong.

Join us in downtown Utica at the State Office Building for the 5k or the scenic switchbacks 14k. We have a kid's run too! We are proud to announce that the 14K has been selected as a 2024 RRCA Eastern Region Championship Event. In addition to those sweet shirts, finishers will receive a special 50th Anniversary medal. Post-race party and awards ceremony will be held at DoubleTree by Hilton Utica. There will be awards for overall winners and age group winners for the 5k and 14k. If you are interested in being a volunteer or a sponsor, please send us a message.

The first packet pick up is Saturday, 9/21 from 10am-4pm at the Sneaker Store. Stop on by for some great deals on shoes, apparel, and other runner goodies! KIDS RUN PACKETS ARE ONLY PICKED UP ON RACE MORNING.

The second packet pick up is Sunday, 9/22 beginning at 7am at DoubleTree by Hilton Utica (**NOT** the Delta Hotels by Marriott). You can also register at the DoubleTree the day of the race until 8:30am. Kids Race Runners can pick up their bib and shirt at 7am on **SUNDAY ONLY**.



Riggie Run & Walk

**Sunday,
October 13**
SUNY Poly Campus







DIVISIONS INCLUDE

5k Run, 5k Wheelchair Race, 2-Mile Walk, 1-Mile Kids Run.

5K participants can register for the **Riggie Challenge** in which they will be required to eat one bowl of riggies at the halfway point of the race.

The **Riggiefest** will commence at the conclusion of the Run & Walk and will showcase local restaurants' versions of this famous Utica dish.

For more information, visit: www.SitrinRiggieRunWalk.com

— Presented by —



ADIRONDACK BANK

Bank Local



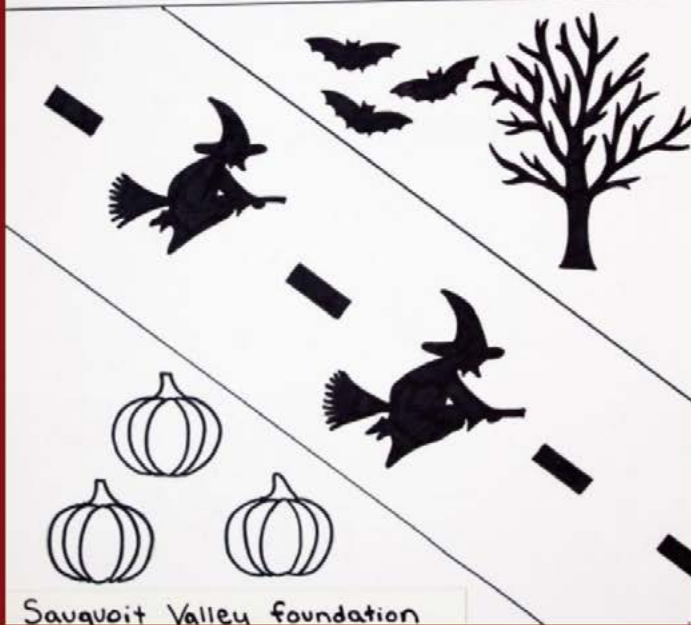

SITRIN MILITARY PROGRAM

All proceeds will benefit the Sitrin Foundation to support the Military Program.

WITCH WAY IS THE 5K?

OCTOBER 6 2024

KIDS and 5K RUN



**FREE T-SHIRT WITH REGISTRATION
THROUGH SEPTEMBER 20, 2024
AWARDS TO TOP FINISHERS**

**5K RACE
KIDS RUN
VIRTUAL RUN**



SIGN UP NOW



RunSignup.com

Proceeds support the Sauquoit Valley Foundation, which aims to address the educational and community needs in the Sauquoit Valley



**SAUQUOIT
SV VALLEY
F FOUNDATION**
*helping our
community grow*
2601 ONEIDA STREET, SAUQUOIT, NY 13456

Upcoming Race



SKELETON RUN
October 2024
Deerfield, N.Y.
UTICA ROADRUNNERS

SIGN UP NOW

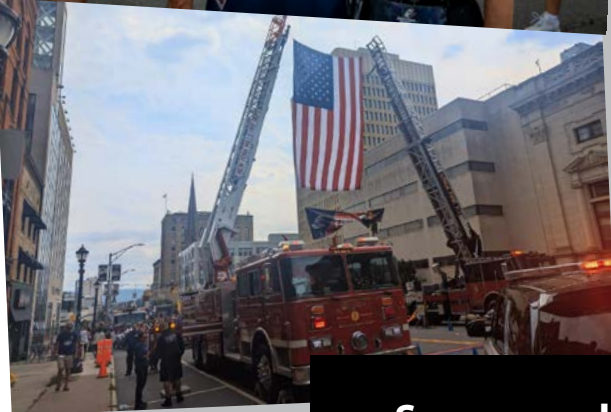
**Sunday,
October 13, 2024**

**5K • Community 1.5 Mile Run
Kids Quarter Mile Run**

**Deerfield Town Park
Wilderness Trails
6329 Walker Road in Deerfield
Costumes (run safe)
encouraged!**



Tunnel to Towers



[See more photos here on Facebook >>](#)



Seventh annual
CONNOR'S WAY 5 MILE
Scenic Walk • Memorial Run
Hinckley, New York
September 15, 2024




7th Annual ~ September 15, 2024

Virtual Option ~ September 15 – 21, 2024

Register at ConnorsWay.com (click on RunSignUp)

Free T-Shirt with Registration through August 29, 2024

Food Trucks & Live Music

Awards to Top Runners

Proceeds Fund Scholarships for Area Youth

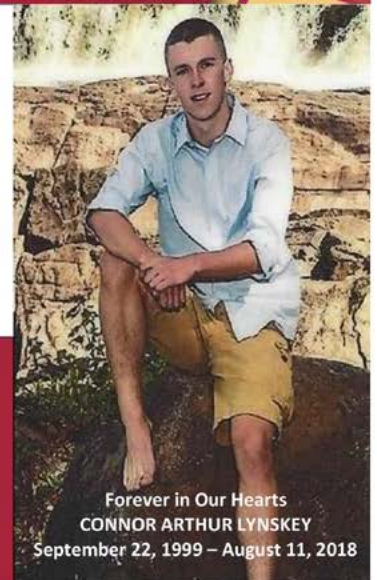
Sponsorships Available through August 29, 2024

For more information go to

WWW.CONNORSWAY.COM

WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL

SIGN UP NOW



BROOKFIELD CLASSIC
 Brown Road West Edmeston NY
 BROOKFIELD, NY • **50K, 15K, 5K**

September 14
8:30am

SIGN UP NOW

For \$10 off the 15k – use code **Utica**
 For \$10 off the 50k – use code **Utica50k**
(There is no code for the 5k)

UR Travel Groups are Forming!

Explore new races and areas of the Mohawk Valley and beyond..
 AND connect with fellow runners!

Meet at a location.
Carpool from there!

Contact **Andrew Hartnett**
 at ahartnet25@gmail.com
 for more information about
 upcoming races or
 suggestions for races.



Female Standings as of 8/18/24

0-14		Ashley Mancini	8	Elizabeth Preuss	6
Dylan Joslin	48	Julie Law	8	Donna Morreall	5
Amelia Lohr	12	Ashley Law	8		
Emery Thibodeaux	10	Amanda Mondrick-Robertello	8	55-59	
		Deidre McNamara	8	Mary Ann Lasher	60
15-19		Casey Freed	4	Lisa Seigle	17
Kate Bauer	12	Chelsi Thibodeaux	3	Marlene Angelini	12
Abigail Northrup	12			Sharon Wise	10
Elizabeth Friot	10	40-44		Stephanie Flack	8
Maya Padmanabhan	8	Melissa Barlett	46		
		Sue Brumm	36	60-64	
20-24		Jennifer Stefka	31	Laura George	66
Bianca Durso	12	Andrea Carney	24	Sue Tucker	49
Alicia Wehrenberg	10	Rebecca Bolton	23	Elizabeth Miller	48
		Crystal Overstreet	22	Linda Hudyncia	29
25-29		Sarah Jones	20	Felicia Burak	26
Kaitlyn Barlow	66	Lauren Culyer	18	Beth Talbot	24
Brooke Newton	42	Emily Mishalanie	17	Sheila Bishop	22
Emily Ward-Case	16	Anne Marie Latshaw	17	Jean Kosina	18
Emma Farkash	12	Sarah Gaasch	12	Myra Hubbell	10
Gabrielle Morreale	10	Mary Friot	8	Tina Sullivan	6
Stacey DiGiorgio	7	Margie Hammell	5	Karen Massarotti	6
				Aimee Devins	3
30-34		45-49		65-69	
Alison Shanley	54	Jerilyn Mashaw	42	Patrice Bogan	34
Julie Hall	49	Agnieszka Kwiatkowska	34	Sharon Stedman	30
Kelley Bogner	48	Erin Dibble	28	Sharon Scala	25
Yuliya Karpov	46	Danielle Bliss	24	Joan Kane	24
Lindsay Huckabone	29	Cheryl Burmaster	17	Linda Salerno	22
Jessica Cooley	13	Jennifer Toti	12	Diane VanPelt	12
Rebecca McCaw	12	Liz Casatelli	10	Debbie Brockway	12
Breanna Rand	10	Karen Randall	8	Karla Owens	10
Deana Butera	9	Michelle Anderson	7		
Melissa Quattrociocchi	7	Amy Creedon	6	70-74	
Maureen Bishop	6	Colleen Furmanski	5	Virginia Truax	72
Christine Connors	4	Nicole Davis	3	Susan Luley	60
		Michelle Truett	2	Wendy Kent	34
35-39		50-54		Dorothy Massinger	22
Amanda Mazza	72	Allison Miller	46	Katheryn Doran	15
Amanda Hartnett	57	Denise Thompson	24	Carolyn Mohr	14
Brittany Praznik	30	Christine McGlynn	22	Joanne Campbell	14
Caroline Pissolato	30	Karen Piccola	22		
Fallon Russo	28	Melissa Bauer	12	75+	
Michaline Snyder	18	Sarah Brown	8	Barbara Deangelo	12
Sarah Harrison	12	Megan Sterling	7	Maggie Peterson	12
Jessica Diestel	11				



Male Standings as of 8/18/24

0-14		Travis Thibodeaux	27	Scott Daskiewich	7
Maddox Joslin	56	John Parry	15	Carl Lee	5
Magnus Brumm	32	David Gillen	10		
Raymond Zoghby	24	Michael Carney	6	55-59	
Robert Lewis	20	William Horton II	5	Eric Kasper	70
Gabriel Thibodeaux	7	Christian Austin	4	Paul Humphrey	56
Easton Latshaw	6			Thomas Durso II	38
Grayson Dibble	5			John Seigle	24
		40-44		Carl Lee	14
15-19		Christopher Edick	72	Peter Angelini	10
Alejandro Roberts	24	Colt Brumm	64	Richard Crandall	7
Andres Roberts	22	Andrew Hartnett	60	Chris Northrup	5
Kole Owens	10	Derek Alexander	51		
		David Dietz	24	60-64	
20-24		Andrew Rubino	14	Jeff George	62
David Wynne	24	Daniel Eddy	13	Dave Putney	60
		Zachary Wasielewski	7	Tom McGlynn	25
25-29		Travis Olivera	5	Bill Kosina	23
Patrick Fitzgerald	64			Gordie Felt	20
Ryan Fitzgerald	39	45-49		Frank Vellone	20
James Withers	24	Tom Joslin	60	Donald Lynskey	8
Erik Winberg	10	Ryan Maine	52	Christopher Devins	7
Kory Lewandrowski	8	Steve Fairbrother	42	John Friedel III	5
David Wynne	6	Joe Mashaw	36	Leroy Hodge	4
Welby Kalapurackal	5	Gregg Chrysler	35	George Baron	2
Mason Hedeon	4	Robert Kapfer	30	Harry Bascom	1
		Ernie Marcello	25		
30-34		Hisham Zoghby	14	65-69	
James Kuny	70	Gino Olivato	13	Dan Stedman	56
Travis Belanger	41	Frederick Latus III	10	Robert Longo	36
Tommy Carlson	36	James Peters	6	Tim Kane	22
Justin Bogner	31	Albert Pope	6	Gary Burak	20
Paul Brockett	24	David Freed	4	Kevin Shanley	16
Roberto Leandry	16	Brian Connery	2		
Matthew Krush	13	Mahesh Padmanabhan	1	70-74	
John McCaw	10	Mike Hammell	0	Gary LaShure	72
Anthony Cicchella	7			Gene Allen	44
David Gomez	4	50-54		Tom Bick	40
		Peter Madden	58	William Abel	7
35-39		Jim Latshaw	55		
Michael Daly	56	Phil Trzcinski	30	75+	
Ryan Stevener	46	Ross Berntson	20	Bill Luley	58
John Martin	28	Robert Bauer	12	John Kieffer	24
		Glen Andrew Roberts	11		

Member Accomplishments

A big congratulations to our very own Colt Brumm, who had the incredible opportunity to run the Marathon Pour Tous during the Paris Olympic Games!

What an unforgettable experience. If you see Colt, be sure to congratulate him on absolutely crushing the run!



UR Members at the Trenton Fish & Game Club Autism Trail Run



UR Members at the Woodsmen's 10K



Looking for New 2025 Board Members



If you enjoy all of the runs, trainings, races, social events, and more that the Utica Roadrunners offers - consider being a part of the planning process by joining the Board of Directors!

The Board meets in person on the 2nd Monday of each month and oversees the club's activities and finances. Board terms begin with the December meeting in 2024 and run for 2 years.

If you want to know more about being on the Board, feel free to contact and chat with any of the Board members or officers. If you are interested in running for one of the 6 spots (of 12 total) up for election this year, please send a short bio to **Melissa Barlett** at docbarlett@gmail.com by September 20.

We need volunteers like YOU to keep all of our activities going and to make this club the best it can be!

Group Runs

Looking for some friends to train with for our upcoming Falling Leaves 14K or other races? There are still group runs happening weekly! You can drop in at the following times/places and will likely find people to run with; distances may vary.

Saturday Mornings, 8:30am

FORTE Strength and Fitness

50 Genesee Street, New Hartford (Locations may change!)

Email Erik Winberg or check in with the [URR Boilermaker Training Program Facebook group](#) for current information

Wednesday Nights, 6:00pm

Parkway Rec Center, upper parking lot

Check in with folks at the [Utica Roadrunners Wednesday Night Development Runs Facebook group](#) for more info.

Do you have a regular group run that you want to let people know about?

Email Melissa Barlett and we can consider adding you to the list!



THE COMPETITION IS HEATING UP!



HELP US TO WIN THE CUP THIS YEAR!

The top scores for URR at the Sundae Run were:

Eric Kasper	44:07:00	71.57
Pete Madden	44:23:00	67.51
Elizabeth Miller	60:45:00	65.83
MaryAnn Lasher	56:39:00	63.77
Dan Stedman	54:58:00	62.49
331.17		

Additional Roadrunners participating

Jeri George, Jeff George, Laura George, Ryan Maine,
Andrew Hartnett, Derek Alexander, Jame Kuny,
Amanda Hartnett, Julie Hall, Melissa Barlett, James Latshaw

<i>Standing</i>		<i>Event Points</i>	<i>Season to Date</i>
Kuyahoor Kickers	372.04	6	20
Roman Runners	368.59	5	21
Route 20 Roadies	368.03	4	17
Utica Roadrunners	352.33	3	14
Toe Path Trekkers	267.24	2	7
MV Hill Striders	254.66	1	5

Next and Final Cup Race: Falling Leaves



WE KEEP YOU GOING.

**Clifford Fuel gas cards will go to
a random participant/top scorer
for the remaining races**

Historical Results

2015 – Kuyahoor Kickers
2016 – Utica Roadrunners
2017 – Utica Roadrunners
2018 – Kuyahoor Kickers
2019 – Kuyahoor Kickers
2020 – COVID -19 won
2021 – Roman Runners
2022 – Roman Runners
2023 – Kuyahoor Kickers

See You at Happy Hour!

Join us!
**Club
Happy
Hour**

Friday, September 20

**6:00pm at Grow Brewing Company
2 Campion Road, New Hartford, NY
Drink tokens handed out at 6:00pm**



NEW! Race Captains

Hello everyone -

We are informing Club members of an exciting opportunity for our competitive runners and runners seeking to achieve half marathon, marathon, or ultramarathon goals this fall. The Club is doing this by partnering with races and other running clubs to help you get there by offering exclusive discounts for interested UR members. Each race will be captained by a UR member who will be the main point of contact. They will be able to answer questions specific to the race and provide the information about the discount. If you are interested, but are unsure if you are able to commit, please still let them know you are interested as some spots are limited and some discounts are time sensitive to get the best deal.

Here are the races we are working with:

Brookfield Classic

September 14, 2024

Captained by Travis Olivera

travis.l.olivera@gmail.com

[Learn more about the race](#)

Wineglass Marathon

October 6, 2024

Captained by Travis Olivera

travis.l.olivera@gmail.com

[Learn more about the race](#)

Mohawk Hudson River Marathon

October 13, 2024

Captained by Chris Edick

Chrisedick32@gmail.com

[Learn more about the race](#)

We are asking if you would like to take advantage of this offer is show up, run wearing UR gear, and crush the miles. We would also love it if you shared your experience via SpliTimes or social media. Don't have UR gear? Let the captain know and we can help to get you hooked up. If you would like to captain a race or have any general questions, please email Andrew Rubino at arubino13@gmail.com.

Member Article

My Running Knowledge

by Donna Morreall



A couple months ago, I realized that this year was my tenth anniversary of running. My younger sister and I always wanted to run the Boilermaker growing up. We decided 2014 was our year to try. We were in the back of the race, there was a group of fun Canadian women who were singing “O Canada”, and we were running so slow that speed walkers passed us when we were on Valley View Road. I thought this race was going to be a one and done thing. However, a few months later, I found myself signing up for more races. This year, I have been working towards getting a red jacket. So, I thought writing an article about what I learned about running would be a fun way to celebrate my ten years.

Some Suggestions for Comfortable Running

Let’s face it. Running is tough on your body. Here are some things that have made me feel more comfortable. Get properly fitted sneakers from a running store and running performance socks. I am allergic to nylon. If anyone else is, I found out that Smartwool socks only have nylon inside and only the wool touches your skin. Drinking sports drinks while running will give me stomach cramps, so I eat something like Powerade Sport Beans. About a year and a half ago, I started taking a strength training and mobility class for runners and it has been a game changer for me. We also do activities like throwing medicine balls, pulling sleds, and flipping tires. These activities are hard, but fun, and often a good way to get frustrations out after a long workday.

I am still a slower runner, but it has helped a lot with my gait, and I just feel stronger.

Don’t Be Afraid to Come in Last

Through some difficult races and practice runs, I conquered some things I was nervous about, and found out that I am stronger than I thought I was. “Don’t be afraid to come in last” is a quote from my running friend Kristin referring to the Patriot’s Race 10K which we ran during Covid. Like most races at that time, there weren’t many participants. There was a nice woman from an apartment complex near the race who started chatting with us at a water stop. Towards the end of the race, we realized that we were going to be the last people to cross the finish line. At first, I was mortified, but then realized that it wasn’t so bad. It was great to be back out running races again.

Kristin and I also conquered running through a snowstorm at this year’s Lake Effect Quarter Marathon. We were dodging puddles and ice, and it snowed through the entire race. We wore lots of layers and warmed ourselves up with hot chocolate and coffee. I have run through multiple races and training runs through rainstorms and hot, humid weather. All these things, I didn’t think I was able to do before I started running. —————>



Summer Sizzle



My Favorite Races

As a slower runner, I discovered that the races I enjoy the most are the ones with the biggest crowd participation. Even when you are in the back of the pack, people will cheer for you so much it makes you feel like an elite runner. Here are my top three races for crowd participation. The Boilermaker, because people line up in the streets to cheer and they will stay for the slower runners. My mom waits for me at Utica University. Since I am not in it for speed, I stop to say “hi” which is an extra treat. This year’s race, I was handed 1 popsicle and 3 ice pops which helped with the heat.

The Disney Races in Disney World are often hot, but they don’t hand out popsicles. They do have crowds in the parks cheering, a gospel choir towards the end, and character stops. You can stand in line and take pictures with Disney characters.

The last race I am going to mention is the “Everyone Can Play” 5K run/walk put on by the Utica University Physical Therapy Society. The race consists of three laps around Sherrill Brook Park. It reminded me of a big adaptive gym class. It is a small race, but it has so much heart, and lots of cheering from the PT students. I had just finished my second lap around the course when the crowd saw the winner approaching the finish line. There was so much cheering that it startled me. They had the best snacks too!

“Good Luck and Have Fun”

The most important thing that I learned about running is how it brings people together. Whether it is a friendly wave from a runner, volunteering at a running event, or going to a Utica Roadrunners’ social event, running is the bond that unites us. I am going to end my article with what my dad, who has passed, used to tell me before a race “Good luck and have fun.”



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

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

Advertise with us!

Our monthly newsletter is emailed to over 900 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 (2,700+ 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)

- ☐ October 2024
- ☐ November 2024
- ☐ December 2024

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

☐ Yes ☐ No

Total included: \$ _____