



TUNA News is the official newsletter of The Utah Nordic Alliance (TUNA), a non-profit organization which supports Nordic skiing in all its forms. TUNA News is published six times a year. It is mailed to the members of The Utah Nordic Alliance and Nordic groups in the Intermountain region. Additional copies are distributed to touring centers, retail outlets and coffee shops in Park City, the Cottonwood Canyons and the greater Salt Lake area.

SUBMISSIONS

Please send articles and photos to:
jen.santoro@utahnordic.org
 Jen Santoro - Editor
 443-864-6600 (text)

SUBMISSION GUIDELINES

Please prepare materials according to these guidelines. We will proofread all submissions and edit for accuracy. Photos may be cropped and will be printed greyscale.

1. All materials must be provided as digital files.
2. High resolution jpg or gif files are preferable photo formats.
3. Please name your photo files with the caption (we will fix punctuation).
4. Articles must be submitted in one of the following formats: MS Word, Google Doc, Email text, Raw Text.
5. Articles should be approx. 500 words. Longer pieces may be split across two issues.
6. Photos may be submitted via Google Drive, Dropbox, WeTransfer, Email (may be too large).

Submissions should be tied to Nordic skiing, but can include other types of skiing, adventures, hiking, cycling, training, nutrition, editorials. All articles subject to approval by the

AUTHOR BIO

If this is your first submission, please provide the following:

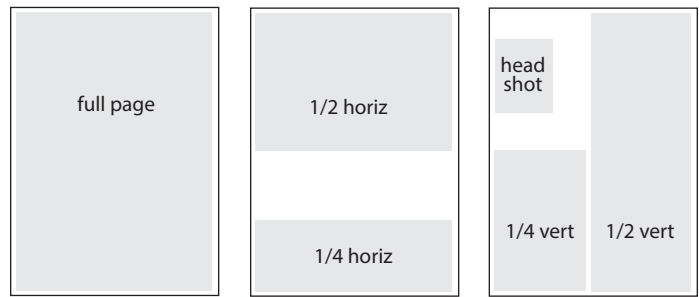
Headshot (see above for specs) - It can be a phone photo or selfie

Short bio - introduce yourself to your readers, and let them know your connection to the ski community



The Utah Nordic Alliance P.O. Box 9008 / Salt Lake City, UT 84109-0008 / www.utahnordic.org

APPROX. PHOTO SIZES



Size	Dimensions (w x h)	Approximate Pixels
Full page	7.5" x 9.5"	2850 x 2250
1/2 page vert	3.625" x 9.5"	1087 x 2850
1/2 page horiz	7.5" x 4.75"	2250 x 1500
1/4 page vert	3.625" x 4.75"	1087 x 1500
1/4 page horiz	7.5" x 2.75"	2250 x 825
Head Shot	1.5" x 2"	450 x 600

* Photos that are too small will appear blurry or may not be used.

2023 - 2024 PRINT DEADLINES

ISSUE	DISTRIBUTION	ARTICLE AND PHOTOS DUE
FALL	OCT 15	SEPT 10
2	DEC 15	NOV 10
3	JAN 15	DEC 10
4	FEB 15	JAN 10
5	MAR 15	FEB 10
SPRING	APR 15	MAR 10

* Spring may run late. Please contact Jen if your article is going to be late.