



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

Volume XLXIV

Syracuse Chargers Track Club

July 2017

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Who's Who in the Syracuse Chargers Track Club

Board of Directors

President:

Mickey Piscitelli
315-638-9662
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Treasurer:

Taylor Wendler
Twndler5000@yahoo.com

Vice President:

Mark Driscoll
315-449-9615
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Secretary:

Roger Hahn
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Program Coordinators

Membership

Coordinator:
Bob Hiemenz
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Charger Challenge:

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Chargers Records:

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Special Olympics:

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Scholarships:

John View
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Masters (Men):

Greg Tuttle
315-430-9409
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Merchandise:

Karen Spera

Masters (Women):

Mickey Piscitelli
315-638-9662
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Every One Can Run Program

Greg Tuttle
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tuttlegreg@hotmail.com

Awards Banquet:

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Sunday Walkers:

Greg Tuttle
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Oneida Shores Fun Runs:

Greg Broton
gbroton@nscsd.org

Indoor Meets/Practices:

Mark Driscoll
315-449-9615
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Summer Runs: OPEN**Volunteers: OPEN**

The Syracuse Chargers Track Club (SCTC) is dedicated to the development of all aspects of athletics in Central New York. This includes support for youth development programs and the encouragement of individuals of all ages and abilities to participate in local, regional, national and international track & field, long distance running and walking events. Membership in the SCTC is open to all who share the goals of the organization.



SCTC is a non-profit, tax-exempt 501(c)(3) organization and a member of **USA Track & Field**. To become an individual

member and SCTC representative of USATF, go to www.USATF.org. **The Charger Club member # is 04-0092.**

SCTC is also a member of the **Road Runners Club of America [RRCA]**. See page 4 for additional information.



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Trivia – Greg Tuttle, USATF Level 1 Certified Coach
Dr J on Running – Kamal Jabbour, PhD

The Chargers Newsletter is published monthly and delivered to members and subscribers via non-profit post. It's available via email (contact Bob Hiemenz) and it is posted on the club website: www.syracusechargers.org. Members and subscribers must inform the membership coordinator of any address changes (temporary or permanent) by email. Newsletter subscriptions for non-members are \$20 per year. **The deadline for newsletter content is the 20th of each month.**

At Large Charger Board Members:

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Norm Deep, nddeep2@ccs.edu
Marie Christopher, mchrisbb11@gmail.com

Open Coordinator (Women):

OPEN

Open Coordinator (Men):

OPEN

2017 Events Calendar

July 2017 [<i>August newsletter deadline – August 20</i>]		
4	Tues	Cazenovia July 4th Footraces & Dan Sutton Memorial Run, Cazenovia, NY [http://www.caz4thrun.org/]
6	Thurs	Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
13	Thurs	All Comers Summer Track & Field Meets, Syracuse University [registration begins @5:20pm; events begin @ 6pm **see entry form in this issue] Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
15	Sat	Buffalo Track & Field Classic @ J.B. Wiley Stadium; Buffalo NY Deadline To Register: July 8. Contact George R. Lewis, III @ (716) 491-6743 or via email bmw2kcrv97@roadrunner.com or George.Lewis@nationalgrid.com
20	Thurs	Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
27	Thurs	All Comers Summer Track & Field Meets, Syracuse University [registration begins @5:20pm; events begin @ 6pm **see entry form in this issue] Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
August 2017 [<i>September newsletter deadline – August 20</i>]		
3	Thurs	Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
10	Thurs	All Comers Summer Track & Field Meets, Syracuse University [registration begins @5:20pm; events begin @ 6pm **see entry form in this issue] 41 st Annual Tromptown Runs, DeRuyter, NY, [http://www.tromptownrun.com/] Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
12	Sat	USA 1-Hour Race Walk Championships, Milwaukee, WI [www.usatf.org]
17	Thurs	Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
19	Sat	Willow Bay 5K Run & Fitness Walk for Women, East Shore Path, Onondaga Lake Park, Syracuse, NY
24	Thurs	Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
31	Thurs	Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.
September 2017 [<i>October newsletter deadline – September 20</i>]		
10	Sun	USA 40K Race Walk Championships, Owego, NY [contact Dave Talcott at dwtalcott@gmail.com]
23-24	Sat-Sun	Not Just a Walk in the Park 24-hour Centurion Walk and USAFT Niagara 100K Run Championships, Owego, NY. Contact Erin Taylor-Talcott at oboebassoon@yahoo.com
October 2017		
1	Sun	Syracuse Festival of Races, Coyne Stadium, Syracuse University [http://www.festivalofraces.com/]
8	Sun	USA 30K Race Walk Championships, Hauppauge, NY [www.usatf.org]
20	Fri	<i>November newsletter deadline</i>
November 2017		
20	Mon	<i>December newsletter deadline</i>
December 2017		
19	Sat	Last Chance Trail Run & Pancake Breakfast, Highland Forest, Fabius, NY
20	Sun	<i>January 2018 newsletter deadline</i>
Bold – SCTC Event		



On a quite warm morning, **Marissa Navarra**, 12, won the **Girl's Mile Fun Run** with a time of 6:32. **Nicholas Ludwig**, also 12, won the **Boy's Mile Fun Run** years' time of 5:58. He was the only boy to run a sub-six-minute mile. In the **Chris Taddeo Memorial 5K**, **Adam Pacheck**, 25, ran 15:57 to take the win for the fourth consecutive year. Adam traveled from his home in Ithaca to compete in this event. Many of the top finishers are athletes who were teammates of Chris Taddeo at the University of Rochester and some travelled quite a distance to honor his memory. **Abbie Sullivan**, 21, from Canandaigua, was the **women's 5K champion** in a time of 20:36. The **Men's 10K** title was captured by **Chris Rauli** in 35:55, while **Amanda Hatfield** won the **women's 10K**. Her time of 42:23 ranked her not only as the female champion but also as 5th overall.

38th Annual Spera's Swamp Rat Runs – The Results
THE 38th ANNUAL SPERA'S SWAMP RAT RUNS in Brewerton, NY June 17, 2017
Results by Leone Timing & Results Services www.leonetiming.com

(MOSTLY) BOYS ONE MILE FUN RUN						(MOSTLY) GIRLS ONE MILE FUN RUN					
PLACE	NAME	AGE	SEX	TIME	RESIDENCE	PLACE	NAME	AGE	SEX	TIME	RESIDENCE
1	Nicholas Ludwig	12		5:58	Cicero	1	Marissa Navarra	12	F	6:32	Syracuse
2	Kyle Rice	13	M	6:00	Syracuse	2	Gabby Putman	10	F	6:35	Cicero
3	Cameron Witz	13	M	6:11	Clay	3	McKenna Slate	12	F	6:36	Syracuse
4	Josh Kubala	13	M	6:28	Cicero	4	Kate Capone	13	F	6:51	Clay
5	Brayden Shannon	12	M	6:31	Cicero	5	Emily Colagiovanni	13	F	6:59	Cicero
6	Cy Liberman	11	M	6:31	Cicero	6	Sophia Manning	12	F	7:04	N. Syracuse
7	Sam Werts	10	M	6:38	Cicero	7	Allison Moran	9	F	7:16	Cicero
8	Landon Rumble	10	M	6:43	Clay	8	Meira Liberman	12	F	7:18	Cicero
9	Riley Rumble	13	M	6:48	Clay	9	Angelina Cosentino	12	F	7:23	Cicero
10	Cullen Lillis	13	M	6:48	Cicero	10	Julia Cumber	12	F	7:28	Cicero
11	Andrew Benedict	10	M	6:53	Cicero	11	Ella Lawrence	11	F	7:40	Cicero
12	Michael Pfautz, Jr.	10	M	6:54	Clay	12	Brayden Schultz	12	F	7:40	Cicero
13	Edward Puma	7	M	6:56	Cicero	13	Sydney Altobello	11	F	7:44	Cicero
14	Jakob Purdy	9	M	6:57	Cicero	14	Nicole Conklin	9	F	7:49	Cicero
15	Dante Kimpland	12	M	6:57	Cicero	15	Meghan Cumber	9	F	7:51	Cicero
16	Garrett Thompson	9	M	6:59	Brewerton	16	Ellrose Hanlon	13	F	7:52	Manlius
17	Dominic Pauline	8	M	7:02	Cicero	17	Aubrey Coyle	9	F	7:52	Cicero
18	Max Rappaport	13	M	7:03	San Francisco	18	Abby Bustin	14	F	7:54	Clay
19	Ryan Hill	13	M	7:06	Cicero	19	Taylor O'Brien	10	F	7:56	Cicero
20	Jack Putman	7	M	7:07	Cicero	20	Rachael Cahill	13	F	7:56	Manlius
21	Max Lachut	11	M	7:07	Cicero	21	Katy Harbold	9	F	7:58	Cicero
22	Connor Bednarski	9	M	7:08	Cicero	22	Elisa White	11	F	7:59	Clay
23	Logan Michaels	11	M	7:09	E. Syracuse	23	Tabby Coombs	10	F	7:59	Cicero
24	Corey Durham	20	M	7:09	Central Square	24	Linsey Dietter	9	F	8:02	Cicero
25	Logan Bucher	12	M	7:10	Syracuse	25	Cameryn Hartley	9	F	8:04	Cicero
26	Tyler Pauline	8	M	7:12	Cicero	26	Adrianna Calabria	9	F	8:05	Cicero
27	Seaver Schultz	15	M	7:20	Cicero	27	Riley Abernethy	8	F	8:05	Cicero
28	Phillip Greer	9	M	7:24	Cicero	28	Nicole O'Neill	13	F	8:07	N.Syracuse
29	Carter Vivacqua	8	M	7:25	Cicero	29	Emma Gasque	12	F	8:10	Cicero
30	Walker Sherwood	10	M	7:25	Clay	30	Callie Bednarski	8	F	8:12	Cicero
31	Brandon Keil	8	M	7:28	Cicero	31	Emma Murnane	9	F	8:13	Cicero
32	Jesse Conklin	11	M	7:29	Cicero	32	Zoie Whelan	9	F	8:23	Cicero
33	Zayne Kimpland	9	M	7:29	Cicero	33	Delayna Humphrey	10		8:25	Brewerton
34	Christian Aiello	10	M	7:31	Cicero	34	Gabrielle Arcuri	11	F	8:26	Syracuse
35	Sean Moran	13	M	7:32	Cicero	35	Katelyn Stewart	9	F	8:27	Clay
						36	Isabella Secor	8	F	8:29	Cicero

36 Matthew Secor	11 M	7:33	Cicero	37 Rachel Ganser	10 F	8:30	W. Monroe
37 Ethan Altobello	8 M	7:33	Cicero	38 Gabrielle Potter	9 F	8:30	Cicero
38 Ryan Trainor	9 M	7:34	Cicero	39 Lauryn Czajkowski	8 F	8:32	Cicero
39 William Atkinson III	20 M	7:34	C. Square	40 Julianna Edwards	7 F	8:33	Cicero
40 Jeremy Palmer	8 M	7:36	N. Syracuse	41 Nathan Brown	27 M	8:35	Cicero
41 Jayce Eischen	9 M	7:36	Cicero	42 Allison Navarra	9 F	8:35	Syracuse
42 Drew Kippen	9 M	7:38	Bridgeport	43 Lindsey Kubala	11 F	8:39	Cicero
43 Lucas Crystal	11 M	7:40	Cicero	44 Avery Webb	11 F	8:41	N. Syracuse
44 Ashton Murdock	12 M	7:46	Clay	45 Anna Myers	11 F	8:42	Clay
45 Brandon Lowe	10 M	7:48	Cicero	46 Avery Rumble	7 F	8:42	Clay
46 Francesco Alagna	9 M	7:48	Syracuse	47 Gabriella Cosentino	7 F	8:44	Cicero
47 Joshua Benedict	6 M	7:48	Cicero	48 Grace Bergman	10 F	8:47	Cicero
48 Kevin Gunnip	7 M	7:49	Bridgeport	49 Anna Eells	8 F	8:48	Clay
49 Evan Bold	9 M	7:56	Cicero	50 Annie Capone	9 F	8:49	Clay
50 Michael Sellin	11 M	7:57	Cicero	51 Camryn Humphrey	14	8:52	Brewerton
51 Jacob Crystal	13 M	7:59	Cicero	52 Lauren Capone	11 F	8:55	Clay
52 Anthony Bouziden	12 M	8:00	Cicero	53 Laura Potter	31 F	8:56	Cicero
53 Andrew Steele	10 M	8:00	Cicero	54 Emmy Rumble	7 F	9:06	Clay
54 Leland Martin	9 M	8:03	Central Square	55 Shea Ellsworth	8 F	9:07	Cicero
55 Kobe Rupp	13 M	8:03	Liverpool	56 Jillian Howell	10 F	9:09	Cicero
56 Tommy Koons	9 M	8:05	Cicero	57 Amina Abourouaine	8 F	9:10	Cicero
57 Derek Eells	10 M	8:06	Clay	58 Aria Puma	7 F	9:11	Cicero
58 Aiden Witz	6 M	8:06	Clay	59 Annabella Calabria	14 F	9:12	Cicero
59 Levi Martin	7 M	8:07	Central Square	60 Jolie Barnello	14 F	9:15	Cicero
60 Brigg Liberman	8 M	8:07	Cicero	61 Brenna Murphy	10 F	9:16	Central Square
61 William Atkinson II	44 M	8:12	C. Square	62 Meadow Werts	8 F	9:18	Cicero
62 Wesley Coyle	6 M	8:15	Cicero	63 Grace Schmid	8 F	9:19	Cicero
63 Kiptyn Rupp	6 M	8:15	Liverpool	64 Stephen Barnello	58 M	9:19	Cicero
64 Luke Bullock	11 M	8:19	Cicero	65 Mallory Coyle	6 F	9:20	Cicero
65 William Andrews, Jr.	11	8:21	Pennellville	66 Abigail Calabria	12 F	9:22	Cicero
66 Hannon Shutts	6 M	8:22	Syracuse	67 Rosalie Carter	11 F	9:23	Cicero
67 Alex Abourouaine	11 M	8:23	Cicero	68 Megan Gesser	8 F	9:24	Brewerton
68 Aiden Micale	6 M	8:25	Cicero	69 Brenna Lillis	8 F	9:27	Cicero
69 Donovan Chaney	9 M	8:28	Cicero	70 Kate Gucciardi	10 F	9:28	Cicero
70 Logan Young	8 M	8:30	Cicero	71 Unity Hall	7 F	9:28	Cicero
71 William Andrews, Sr.	44	8:30	Pennellville	72 Olivia Chairmonte	9 F	9:29	Cicero
72 Tanner Kempney	9 M	8:34	Clay	73 Lizzy Harbold	12 F	9:30	Cicero
73 Bryce Egan	9 M	8:35	Cicero	74 Mia Recchie	12 F	9:30	Cicero
74 Colin Daley	10 M	8:35	Cicero	75 Payton Whelan	7 F	9:31	Cicero
75 Jackson Flemming	7 M	8:39	Cicero	76 Abigail Woods	12 F	9:35	Cicero
76 Tanner Gwilt	7 M	8:42	Cicero	77 Kendall Rumble	9 F	9:41	Clay
77 Jack Moran	7 M	8:43	Cicero	78 Delaney Compeau	6 F	9:44	Cicero
78 Christian Bush	7 M	8:48	Central Square	79 Jessica Barnes	6 F	9:44	Clay
79 Kimball Coffey	9 M	8:52	Cicero	80 Raegen Webb	13 F	9:50	N. Syracuse
80 Aiden Hanas	10 M	8:53	Clay	81 Leah Benedict	8 F	9:52	Cicero
81 Jaden Gunnip	9 M	8:56	Bridgeport	82 Hadley Devries	11 F	9:54	N. Syracuse
82 Lucas Aiello	8 M	8:58	Cicero	83 Cheyeene Hall	10 F	9:56	Cicero
83 Tyler Mierek	9 M	8:59	Cicero	84 Abigail Bouziden	10 F	9:58	Cicero
84 Robert Martin	36 M	8:59	Central Square	85 Paige Pangaro	10 F	10:02	Cicero
85 Michael Mierek	40 M	8:59	Cicero	86 Gianna Ranieri	11 F	10:05	Cicero
86 Kasten Schultz	12 M	9:00	Cicero	87 Sarah Mathews	8 F	10:05	Cicero
87 Aiden Domanico	6 M	9:02	Cicero	88 Josie Lachut	10 F	10:06	Cicero
88 Drew Domanico	8 M	9:04	Cicero	89 Kennedy Jones	6 F	10:09	Cicero
89 Max Klasen	8 M	9:08	Cicero	90 Evalee Palmiter	6 F	10:10	Brewerton
90 Nicholas Kelly	7 M	9:16	Cicero	91 Emily Cavanaugh	12	10:10	Syracuse
91 Dylan Fournier	9 M	9:16	Cicero	92 Maya Ranieri	6 F	10:17	Cicero
92 Kevin Loughlin	7 M	9:21	Cicero	93 Katherine Bouziden	7 F	10:18	Cicero
93 Sean Loughlin	9 M	9:21	Cicero	94 Savannah Bold	11 F	10:20	Cicero

94 Edward Cahill	8 M	9:22	Clay	95 Lyra Stegmaier	7 F	10:24	Clay
95 Max Standish	9 M	9:22	Cicero	96 Haylee Pangaro	6 F	10:26	Cicero
96 Jonathan Woods	10 M	9:25	Cicero	97 Emily Peterman	7 F	10:26	Cicero
97 Kyle Evans	7 M	9:28	Cicero	98 Dave Pangaro	38 M	10:27	Cicero
98 Kaden Kocher	8 M	9:30	Clay	99 Leah Walker	7 F	10:29	Clay
99 Braiden Armelino	8 M	9:33	Cicero	100 Anna Laface	45 F	10:31	Liverpool
100 Mason Devereaux	8 M	9:36	Clay	101 Carmela Laface	8 F	10:31	Liverpool
101 Joseph Anderson	7 M	9:38	Cicero	102 Emma Warren	8 F	10:31	Cicero
102 Leonardo Alexander	7 M	9:38	Cicero	103 Angelina Saunders	7 F	10:33	Central Square
103 Caden Mazzoli	7 M	9:39	Cicero	104 Isabella Mingolelli	8 F	10:33	Cicero
104 Andrew Dolson	9 M	9:39	Cicero	105 Rebecah Coffey	7 F	10:34	Cicero
105 Stephen Gwilt	43 M	9:40	Cicero	106 Makenna Koehler	8 F	10:37	Cicero
106 Gavin Lowe	8 M	9:40	Cicero	107 Jenny Antonello	44 F	10:37	Cicero
107 Ben Ballagh	6 M	9:42	Central Square	108 Marny Antonello	9 F	10:38	Cicero
108 Colin Demarest	11 M	9:43	Clay	109 Sarah Peterman	37 F	10:38	Cicero
109 Michael Podolak	35 M	9:43	Cicero	110 Rebecca Gesser	42	10:40	Brewerton
110 Hunter Podolak	10 M	9:43	Cicero	111 Cassidy Payrot	10 F	10:43	Cicero
111 Noah Seitz	8 M	9:45	Clay	112 Megan Klering	7	10:46	Brewerton
112 Sean Scoggins	9 M	9:47	Clay	113 Charlotte Lowe	6 F	10:49	Cicero
113 Duane Gordon	46 M	9:47	Cicero	114 Chloe Flemming	7 F	10:50	Cicero
114 Tr Gordon	8 M	9:47	Cicero	115 Catherine Krukowski	8	10:50	Cicero
115 Parker Caracci	6 M	9:50	Bridgeport	116 Megan Balunas	9 F	10:53	Cicero
116 Ethan Meives	10 M	9:52	N. Syracuse	117 Giada Marzullo	5 F	10:53	Cicero
117 Samuel Waterman	8 M	9:53	Clay	118 Valerie Flemming	40 F	10:57	Cicero
118 Liam Waterman	10 M	9:54	Clay	119 Olivia Flemming	10 F	10:57	Cicero
119 Nicholas Smith	17 M	9:54	Cicero	120 Ashley Palamar	15 F	10:57	Clay
120 Elias Downing	7 M	9:54	Syracuse	121 Gerald Palamar	50 M	10:58	Clay
121 Ronald Miller	61 M	9:57	Syracuse	122 Megan Darby	8 F	10:58	Cicero
122 Ellen Miller	19 F	9:58	Ogdensburg	123 Lillian Hotaling	10 F	11:06	Clay
123 Mason Miller	5 M	9:58	Cicero	124 Zoe Ireland	10 F	11:07	Cicero
124 Sebastian Sant	10 M	9:58	Cicero	125 Alaina Schermerhorn	7	11:08	Syracuse
125 Neal Champion	62 M	9:59	W. Monroe	126 Frankie Marzullo	6 F	11:08	Cicero
126 Grady Ellsworth	6 M	10:01	Cicero	127 Kinley Maloney	5 F	11:10	Clay
127 Max Bondy	10 M	10:04	Cicero	128 Eliza Liberman	6 F	11:10	Cicero
128 Jaxson Chmura	9 M	10:06	Clay	129 Molly Gucciardi	8 F	11:13	Cicero
129 Elijah McCarthy	6 M	10:06	Cicero	130 Devin Turrell	20 M	11:16	Cicero
130 Anthony Armelino	34	10:06	Cicero	131 Grace Turrell	9 F	11:16	Cicero
131 Jimmy Ruggieri	14	10:07	Syracuse	132 Maria Mathews	44 F	11:17	Cicero
132 Joseph Bach	32 M	10:07	Cicero	133 Hailey Armelino	9 F	11:20	Cicero
133 Logan Bach	7 M	10:07	Cicero	134 Megan Meives	10 F	11:29	N.Syracuse
134 Aaron Skiff	7 M	10:08	Brewerton	135 Marsha Lighton	29 F	11:29	Syracuse
135 Parker Bryant	6 M	10:12	Cicero	136 Adrianna Loveless	10	11:30	Syracuse
136 Becky Jones	36 F	10:13	Brewerton	137 Grace Cahill	8 F	11:35	Clay
137 Mason Jones	6 M	10:14	Brewerton	138 Melissa Pangaro	39 F	11:36	Cicero
138 Matthew Bollman	9 M	10:20	Cicero	139 Kamryn Heath	10 F	11:37	Clay
139 Melissa Bollman	38 F	10:21	Cicero	140 Elliana Ballagh	9 F	11:37	Central Square
140 Joseph Bambino	39 M	10:26	Cicero	141 Lauren Sisk	7 F	11:37	Clay
141 Carter Bambino	6 M	10:26	Cicero	142 Cailin Lillis	8 F	11:38	Cicero
142 Logan Christopher	6 M	10:26	Cicero	143 Jessica Ballagh	43 F	11:38	Central Square
143 David Christopher	42 M	10:27	Cicero	144 Jillian Bambino	8 F	11:38	Cicero
144 Lucas Krukowski	11 M	10:27	Cicero	145 Karli Rupp	12 F	11:39	Liverpool
145 Jordan Hnatiw	12 M	10:31	Clay	146 Adam Hildreth	30 M	11:42	Clay
146 Jeff Ballagh	45 M	10:38	Central Square	147 Keira Blackmer	8 F	11:42	Clay
147 Connor Bovaird	7 M	10:39	Cicero	148 Melanie Dolson	7 F	11:43	Cicero
148 Caleb Greco	8 M	10:40	Clay	149 Lauren Cavanaugh	11 F	11:44	Syracuse
149 Shane Bovaird	9 M	10:41	Cicero	150 Kaiya Palmiter	9 F	11:49	Brewerton
150 Jackson Vivacqua	6 M	10:46	Cicero	151 Lily Skiff	4 F	11:59	Brewerton
151 Jay Balunas	41 M	10:52	Cicero	152 Mia Huynh	11 F	12:00	Cicero

152 Elias Vandreason 8 M 10:56 Syracuse
 153 Joseph Massett 10 M 10:58 Cicero
 154 Jonathan Longwell 13 M 11:01 Clay
 155 Trenton Gallup 11 M 11:02 Cicero
 156 Orion Smith 9 M 11:03 Liverpool
 157 Steve Vandreason 51 M 11:04 N. Syracuse
 158 Barbara Early 43 F 11:05 Pennellville
 159 Jacob Ludden 9 M 11:06 Cicero
 160 Todd Cosgrove 47 M 11:06 Cicero
 161 Ian Cosgrove 8 M 11:06 Cicero
 162 Kellan Sherwood 6 M 11:07 Clay
 163 Charlie Cook 7 M 11:11 Cicero
 164 Ryan Heath 12 M 11:15 Clay
 165 Braedon Kellogg 6 M 11:22 Syracuse
 166 Andrew Braciszewski 10 M 11:24 L'pool
 167 Max Haskell 12 M 11:32 Cicero
 168 Jeffrey Arnold 8 M 11:32 Kirkville
 169 Payton Corless 9 F 11:40 Bridgeport
 170 Wyatt Fleming 7 M 11:41 Cicero
 171 Rhyder Kellogg 5 M 11:47 Syracuse
 172 Ian Mueller 10 M 11:49 N. Syracuse
 173 Dominic Klein 5 M 11:50 Cicero
 174 Valerie Flemming 40 F 11:50 Cicero
 175 Dean Yerdon 20 M 11:53 W. Monroe
 176 Jerry Palamar 13 M 11:59 Clay
 177 Gerald Palamar 50 M 12:00 Clay
 178 Aaron Walker 4 M 12:04 Clay
 179 Sammy Beeman 7 M 12:05 San Francisco
 180 Luca Green 3 M 12:15 Clay
 181 John Capellini 32 M 12:16 Liverpool
 182 Nicoli Capellini 3 M 12:16 Liverpool
 183 Jace Bovaird 12 M 12:18 Cicero
 184 Colton Chaney 7 M 12:23 Cicero
 185 Alexander Balunas 13 M 12:25 Cicero
 186 Nathan Thayer 7 M 12:25 Bridgeport
 187 Christopher Reeve 6 M 12:26 Cicero
 188 Brian Reeve 34 M 12:27 Cicero
 189 Eric Walradth 35 M 12:27 Syracuse
 190 Jace Walradth 6 M 12:28 Syracuse
 191 Lincoln Miller 4 M 12:39 Cicero
 192 John Egan 43 M 12:41 Cicero
 193 Ronnie Miller 35 M 12:46 Cicero
 194 Lucas Klein 7 M 12:51 Cicero
 195 Jennifer Klein 41 F 12:52 Cicero
 196 Maria Yakowec 35 F 13:01 Bridgeport
 197 Joe Santoro 39 M 13:24 Cicero
 198 Jaxon Santoro 6 M 13:25 Cicero
 199 Scott Yerdon 47 M 13:29 W. Monroe
 200 Gabrielle Yerdon 47 F 13:29 W. Monroe
 201 Alex Pfautz 7 M 13:45 Clay
 202 Owen Klei 8 M 13:54 Bridgeport
 203 Mason Christopher 6 M 13:55 Cicero
 204 Megan Christopher 38 F 13:55 Cicero
 205 Casey Mierek 8 M 14:04 Cicero
 206 Danny Braciszewski 8 M 15:14 L'pool
 207 Joshua Harris 8 M 16:55 Cicero
 208 Megan Walradth 33 F 17:13 Syracuse
 209 Steven Duke 5 M 18:24 Cicero

153 Xuan Huynh 42 M 12:00 Cicero
 154 Natalie Carter 9 F 12:01 Cicero
 155 Delanie Green 6 F 12:19 Clay
 156 Mia Jones 9 F 12:21 Brewerton
 157 Becky Jones 36 F 12:21 Brewerton
 158 Delaney Delpriore 5 F 12:22 N. Syracuse
 159 Miabella Gates 8 F 12:23 Cicero
 160 Ryan Reichard 36 F 12:26 Clay
 161 Makenna Bradish 7 F 12:26 Clay
 162 Zoe Flemming 9 F 12:28 Cicero
 163 Rylee Fralix 8 F 12:28 Cicero
 164 Casey Potratz 9 F 12:28 Cicero
 165 Erika Berry 9 F 12:28 Cicero
 166 Trinity Drozd 15 F 12:39 Cicero
 167 Julia Romano 9 F 12:51 Dewitt
 168 Mark Romano 45 M 12:52 Dewitt
 169 Shannon Loughlin 11 F 12:55 Cicero
 170 Zoey Anderson 6 F 12:57 Cicero
 171 Giavanna Squires 7 F 12:57 Cicero
 172 Tammy Lytle 9 F 13:06 Central Square
 173 Victoria Krukowski 45 F 13:23 Cicero
 174 Malia Sewell 10 F 13:24 Clay
 175 Raiah Delooze 9 F 13:31 Bridgeport
 176 Jennifer Atkinson 23 F 13:32 Central Square
 177 Victoria Atkinson 22 F 13:34 Central Square
 178 Aria Vandreason 11 F 13:36 Syracuse
 179 Josalyn Massett 10 F 13:38 Cicero
 180 Cadence Bleser 6 F 13:51 Cicero
 181 Jillian Keating 7 F 13:54 Clay
 182 Lacey Howell 7 F 14:01 Cicero
 183 Elizabeth Trudell 6 F 14:05 Cicero
 184 Kristin Howell 40 F 14:10 Cicero
 185 Isabella Lance 8 F 14:17 Cicero
 186 Hailey Dembowski 12 F 15:17 Syracuse
 187 Harley Denis 13 F 15:20 Clay
 188 Chloe Barber 7 F 15:31 Liverpool
 189 Madison Stevens 4 F 15:33 Central Square
 190 Lucille Shutts 4 F 16:39 Syracuse
 191 Audrey Palladino 26 F 17:48 Englishtown
 192 Kate Ireland 42 F 18:06 Cicero
 193 Monica Ireland 5 F 18:06 Cicero
 194 Barbara Butterfield 69 F 18:13 Kirkville
 195 Ainsley Hill 6 F 18:16 Cicero



SWAMP RAT 5K RACE PLACE NAME AGE TIME PACE AGE GRP & SEX RES ST PLACE IN AGE GRP	SWAMP RAT 10K RACE PLACE NAME AGE TIME PACE AGE GRP & SEX RES ST PLACE IN AGE GRP
<p>1 Adam Pacheck 25 15:57 5:09 1 M25-29 M#1 Ithaca 2 Chris Stogsdill 26 16:45 5:24 2 M25-29 M# 2 Syr 3 H. Phinney 20 16:51 5:26 1 M20-24 M# 3 C'raugus 4 J. Cyganik 24 16:57 5:28 2 M20-24 M# 4 Brighton MA 5 Abshir Yarrow 19 17:06 5:31 1 M15-19 M# 5 Syr. 6 AJ Beers 20 17:14 5:33 3 M20-24 M# 6 C'Square 7 B. Thomson 28 17:57 5:47 3 M25-29 M# 7 Silver Spring MD 8 Jeremy Hassett 23 18:03 5:49 4 M20-24 M# 8 Newark 9 John Perperian 17 18:04 5:49 2 M15-19 M# 9 B'ton 10 J.. Tricarico 18 18:08 5:51 3 M15-19 M# 10 Syr 11 C. Baumgartner 28 18:12 5:52 4 M25-29 M#11 Wash DC 12 Ethan Pacheck 23 18:33 5:59 5 M20-24 M# 12 Syr 13 Rj Davis 13 18:45 6:03 1 M01-14 M# 13 Cicero 14 A. Pane 21 18:50 6:04 6 M20-24 M# 14 Rochester 15 Leo Orsini 19 18:56 6:06 4 M15-19 M# 15 Mendon 16 J. Koeppe 15 19:16 6:12 5 M15-19 M# 16 B'port 17 M. Hanlon 15 19:25 6:15 6 M15-19 M# 17 Manlius 18 J.Molinari 36 19:55 6:25 1 M35-39 M# 18 Oswego 19 Jacob Howe 18 20:05 6:28 7 M15-19 M# 19 Brewerton 20 Loren Davies 49 20:14 6:31 1 M45-49 M# 20 L'pool 21 Grant Allen 43 20:23 6:34 1 M40-44 M# 21 Syr 22 Abbie Sullivan 21 20:36 6:38 1 F20-24 F# 1 Canandaigua 23 B. Stevens 15 20:38 6:39 8 M15-19 M# 22 C'Square 24 Kyle O'Laughlin 28 20:47 6:42 5 M25-29 M# 23 Syr 25 P. Cianfrocca 53 21:03 6:47 1 M50-54 M# 24 Camillus 26 Kate Putman 12 21:07 6:48 1 F01-14 F# 2 Cicero 27 E. Romano 14 21:14 6:50 2 M01-14 M# 25 Dewitt 28 W. Rogers 15 21:26 6:54 9 M15-19 M# 26 C'Square 29 David Laris 54 21:37 6:58 2 M50-54 M# 27 Clay 30 Jake Nobles 15 21:50 7:02 10 M15-19 M# 28 Clay 31 Matt Furetletti 16 21:52 7:03 11 M15-19 M# 29 Clay 32 Kangbo Li 16 21:53 7:03 12 M15-19 M# 30 J'ville 33 B. Kiesinger 17 21:56 7:04 13 M15-19 M# 31 Hastings 34 D. Fortino 15 21:56 7:04 14 M15-19 M# 32 W.Monroe 35 Mike Navarra 42 21:58 7:04 2 M40-44 M# 33 Syr 36 E. Breitbeck 14 22:05 7:07 3 M01-14 M# 34 Cicero 37 C. Stoddard 26 22:06 7:07 1 F25-29 F# 3 L'pool 38 A. Williams 27 22:12 7:09 6 M25-29 M# 35 L'pool 39 Allen Wells 17 22:13 7:10 15 M15-19 M# 36 Clay 40 A. Fleisher 26 22:23 7:13 7 M25-29 M# 37 S- Spring MD 41 G. Hartnett 27 22:23 7:13 8 M25-29 M#38 Braintree MA 42 J. Fingerman 44 22:28 7:14 3 M40-44 M# 39 L'pool 43 D. Hill 18 22:53 7:22 16 M15-19 M# 40 Calcium 44 S. Schwalm 27 22:59 7:24 9 M25-29 M# 41 C'Square 45 Tim Beshers 15 23:00 7:25 17 M15-19 M# 42 Syr</p>	<p>1 Chris Rauli 29 35:55 5:47 1 M25-29 M# 1 Manlius 2 Nicholas Berg 15 38:51 6:16 1 M15-19 M# 2 Minoa 3 Sam Barber 17 40:16 6:29 2 M15-19 M# 3 N. Syracuse 4 Ryan Homeyer 22 41:06 6:37 1 M20-24 M# 4 Camillus 5 Amanda Hatfield 37 42:23 6:50 1 F35-39 F# 1 Oneida 6 Robert Haas 57 42:56 6:55 1 M55-59 M# 5 Red Creek 7 Kenneth Liddiard 46 43:36 7:01 1 M45-49 M# 6 Turin 8 John Perperian 17 43:52 7:04 3 M15-19 M# 7 Brewerton 9 Grant Allen 43 44:23 7:09 1 M40-44 M# 8 Syracuse 10 William Drapeau 49 44:46 7:13 2 M45-49 M# 9 Glenville 11 Josh Molinari 36 45:04 7:16 1 M35-39 M# 10 Oswego 12 Katie Laris 23 45:46 7:22 1 F20-24 F# 2 Clay 13 Joshua Koeppe 15 45:52 7:23 4 M15-19 M# 11 B'port 14 Stacy Wanamaker 49 45:56 7:24 1 F45-49 F# 3 F'ville 15 Abbie Leavitt 16 46:34 7:30 1 F15-19 F# 4 F'ville 16 Chris Loughlin 39 46:53 7:33 2 M35-39 M# 12 Cicero 17 Michael Sanders 16 46:59 7:34 5 M15-19 M# 13 E. Syr 18 Kara Rusch 49 47:06 7:35 2 F45-49 F# 5 Hamilton 19 Kelly Jordan 24 47:26 7:38 2 F20-24 F# 6 Rochester 20 Paul Gellert 49 47:27 7:39 3 M45-49 M# 14 Liverpool 21 Danielle Clark 36 48:21 7:47 2 F35-39 F# 7 W. Monroe 22 J. Rappaport 53 48:46 7:51 1 F50-54 F# 8 S'cisco CA 23 Ric Bond 59 49:05 7:54 2 M55-59 M# 15 Liverpool 24 Jenna Phillips 43 49:29 7:58 1 F40-44 F# 9 B'ville 25 Jason Fingerman 44 49:43 8:00 2 M40-44 M# 16 L'pool 26 Barb Wells 45 49:53 8:02 3 F45-49 F# 10 Syracuse 27 Mark Chwalek 32 50:38 8:09 1 M30-34 M# 17 Phoenix 28 Kevin Rollins 35 51:01 8:13 3 M35-39 M# 18 Canastota 29 Wayne Leavitt 52 51:18 8:16 1 M50-54 M# 19 F'ville 30 James Cox 56 51:29 8:18 3 M55-59 M# 20 L'pool 31 Joshua Martin 29 52:18 8:25 2 M25-29 M# 21 B- Bay 32 Mia Blatt 20 52:37 8:29 3 F20-24 F# 11 F'ville 33 Bob Kunnath 54 53:50 8:40 2 M50-54 M# 22 L'pool 34 Erin Talcott 39 53:57 8:41 3 F35-39 F# 12 Owego 35 Ellen Miller 19 54:03 8:42 2 F15-19 F# 13 Ogdensburg 36 Roy Thomas 54 54:16 8:44 3 M50-54 M# 23 F'ville 37 David Laris 54 54:33 8:47 4 M50-54 M# 24 Clay 38 Renee Affinati 36 54:45 8:49 4 F35-39 F# 14 W. Monroe 39 Steven Blatt 60 54:52 8:50 1 M60-64 M# 25 F'ville 40 Alan Brown 60 54:58 8:51 2 M60-64 M# 26 Manlius 41 Teresa Grant 44 55:04 8:52 2 F40-44 F# 15 S'ctady 42 Ryan Reichard 36 55:26 8:56 5 F35-39 F# 16 Clay 43 Linda Owens 59 56:28 9:06 1 F55-59 F# 17 L'pool 44 Jessica Woodard 28 57:02 9:11 1 F25-29 F# 18 P'ville 45 Deborah Patterson 48 57:03 9:11 4 F45-49 F# 19 Parish 46 Mary Bearkland 50 57:06 9:12 2 F50-54 F# 20 N. Syr 47 Michele Scardetta 50 57:17 9:14 3 F50-54 F# 21 Syr 48 Amber Shumway 35 58:29 9:25 6 F35-39 F# 22 Oswego 49 Daniel Kanaley 69 58:42 9:27 1 M65-69 M# 27 N. Syr 50 David Takach 63 58:53 9:29 3 M60-64 M# 28 Marcellus 51 Sophia Monica 11 59:05 9:31 1 F01-14 F# 23 C. Square 52 Katie Reilly 29 1:00:23 9:43 2 F25-29 F# 24 Oswego 53 Chris. Koeppe 41 1:00:45 9:47 3 M40-44 M# 29 B'port</p>

46 K.Stegmaier 40 23:01 7:25 4 M40-44 M# 43 Clay
47 Barb Wells 45 23:05 7:26 1 F45-49 F# 4 Syr
48 Jacob Searle 15 23:06 7:27 18 M15-19 M# 44 Clay
49 Paul Doody 57 23:07 7:27 1 M55-59 M# 45 B'ville
50 M. Pestle 53 23:12 7:28 3 M50-54 M# 46 L'pool
51 N. Taddeo 28 23:24 7:32 10 M25-29 M# 47 NYNY
52 D. Schulz 22 23:26 7:33 7 M20-24 M# 48
C'Square
53 Evan Nobles 13 23:26 7:33 4 M01-14 M# 49 Clay
54 H. Reichard 13 23:27 7:33 2 F01-14 F# 5 Cicero
55 S. Vandreason 51 23:27 7:33 4 M50-54 M# 50 N. Syr
56 S. Spreter 34 23:31 7:35 1 M30-34 M# 51 B'ville
57 A. Murdock 12 23:46 7:39 5 M01-14 M# 52 Clay
58 R. Burbank 59 23:49 7:40 2 M55-59 M# 53 Canastota
59 Jason Myers 41 23:51 7:41 5 M40-44 M# 54 Clay
60 Sean Hayden 45 23:51 7:41 2 M45-49 M# 55 B'ton
61 Sheri Hansen 46 23:59 7:43 2 F45-49 F# 6 B'ton
62 Trey Martin 24 24:01 7:44 8 M20-24 M# 56 Syr
63 P. VanGeet 51 24:03 7:45 5 M50-54 M# 57 Fulton
64 R. Scott 52 24:04 7:45 6 M50-54 M# 58 Cicero
65 Alex Nobles 15 24:05 7:45 19 M15-19 M# 59 Clay
66 Erin Putman 41 24:08 7:46 1 F40-44 F# 7 Cicero
67 R. Affinati 36 24:12 7:48 1 F35-39 F# 8 W. Monroe
68 D. Patterson 48 24:13 7:48 3 F45-49 F# 9 Parish
69 David Traub 55 24:42 7:57 3 M55-59 M# 60 Cicero
70 Kelly Sherwood 42 24:42 7:57 2 F40-44 F# 10 Clay
71 Nathan Bustin 9 24:44 7:58 6 M01-14 M# 61 Clay
72 G. Mullin 27 24:52 8:00 11 M25-29 M# 62 W'town
73 Brian Traub 21 24:52 8:01 9 M20-24 M# 63 Cicero
74 C. Mingolelli 41 24:55 8:01 6 M40-44 M# 64 Cicero
75 J. Antonello 44 25:02 8:04 3 F40-44 F#11 Cicero
76 M. Bearklan 21 25:05 8:05 10 M20-24 M# 65 N. Syr
77 K. Gambino 29 25:06 8:05 2 F25-29 F# 12 Oswego
78 C. Celentan 38 25:15 8:08 2 M35-39 M# 66 C'Square
79 L.B.Pestle 53 25:19 8:09 1 F50-54 F# 13 L'pool
80 Erin Talcott 39 25:21 8:10 2 F35-39 F# 14 Owego
81 M. Gloska 18 25:21 8:10 1 F15-19 F# 15 C'Square
82 Josh Kubala 13 25:36 8:15 7 M01-14 M# 67 Cicero
83 L. Winschel 20 25:37 8:15 2 F20-24 F# 16 Erie PA
84 D. Fico 14 25:42 8:17 8 M01-14 M# 68 L'pool
85 Olivia Brown 14 25:47 8:18 3 F01-14 F# 17 Cicero
86 John Scott 69 25:47 8:18 1 M65-69 M# 69 B'sville
87 C. Delaney 41 25:50 8:19 7 M40-44 M# 70 E.Syr
88 A. Fico 10 25:57 8:21 9 M01-14 M# 71 C'Square
89 A. Molinari 36 26:01 8:23 3 F35-39 F# 18 Oswego
90 Joseph Bach 32 26:02 8:23 2 M30-34 M# 72 Cicero
91 Payton Bach 9 26:02 8:23 4 F01-14 F# 19 Cicero
92 C. Green 36 26:13 8:27 3 M35-39 M# 73 Syr
93 W. Hansen 49 26:24 8:30 3 M45-49 M# 74 B'ton
94 Kate Moran 40 26:24 8:30 4 F40-44 F# 20 Cicero
95 Sharon Kelly 47 26:27 8:31 4 F45-49 F# 21 F'ville
96 Kevin Kelly 66 26:27 8:31 2 M65-69 M# 75 F'ville
97 K. Schulz 54 26:44 8:36 7 M50-54 M# 76 C'Square
98 J. Bradish 32 26:59 8:41 3 M30-34 M# 77 Clay
99 E. Colagiovanni 13 27:03 8:43 5 F01-14 F# 22 Cicero
100 C. Koeppe 41 27:04 8:43 8 M40-44 M# 78 B'port
101 M. Myers 40 27:17 8:47 5 F40-44 F# 23 Clay
102 P. Wiseth 18 27:23 8:49 20 M15-19 M# 79 C'Square

54 Kylie Black 30 1:01:11 9:51 1 F30-34 F# 25 Syracuse
55 Bill Byrne 68 1:01:17 9:52 2 M65-69 M# 30 J'ville
56 Jeffrey Bidwell 43 1:01:32 9:55 4 M40-44 M# 31 B'ville
57 Bridget Festa 26 1:01:39 9:56 3 F25-29 F# 26 Manlius NY
58 Kristy Altobello 39 1:02:45 10:06 7 F35-39 F# 27 Cicero
59 Ken Cigler 61 1:02:51 10:07 4 M60-64 M# 32 C'nango
60 Sarah Ackerley 26 1:02:56 10:08 4 F25-29 F# 28 Camillus
61 David Neuser 50 1:03:09 10:10 5 M50-54 M# 33 Cicero
62 Samantha Neuser 22 1:03:10 10:10 4 F20-24 F# 29 Cicero
63 Annie Wojcik 31 1:03:20 10:12 2 F30-34 F# 30 L'pool
64 Kathleen Festa 54 1:03:28 10:13 4 F50-54 F# 31 Syr
65 Kevin Karoglanian 34 1:03:43 10:16 2 M30-34 M# 34 Syr
66 Renee Marchant 48 1:03:58 10:18 5 F45-49 F# 32 Cicero
67 Scott Irving 55 1:04:33 10:24 4 M55-59 M# 35 Syr
68 Jessica Kalahar 21 1:04:48 10:26 5 F20-24 F# 33 L'pool
69 Michael Trimm 46 1:04:55 10:27 4 M45-49 M# 36 Syr
70 Christian Sisack 49 1:04:58 10:28 5 M45-49 M# 37 Syr
71 Erica Buckland 34 1:05:23 10:32 3 F30-34 F# 34 Phoenix
72 Molly Karpenko 41 1:05:28 10:33 3 F40-44 F# 35 J'ville
73 Laurie Ucher 51 1:05:41 10:35 5 F50-54 F# 36 Syr
74 Fritzie Korthas 36 1:06:37 10:44 8 F35-39 F# 37 Syr
75 Lars Ohlsen 19 1:06:55 10:46 6 M15-19 M# 38 Erieville
76 J. Wisniewski 28 1:06:55 10:47 5 F25-29 F# 38 Hastings
77 Janet Ohlsen 60 1:07:01 10:48 1 F60-64 F# 39 Erieville
78 Marisue Cigler 60 1:07:03 10:48 2 F60-64 F# 40 C'nango
79 Heather Frawley 40 1:07:13 10:50 4 F40-44 F# 41 Clay
80 Kelly Scalzo 57 1:07:27 10:52 2 F55-59 F# 42 F'ville
81 Matthew Roche 30 1:08:27 11:01 3 M30-34 M# 39 Syr
82 Katrina Phinney 31 1:08:33 11:02 4 F30-34 F# 43 B'ton
83 Loren Davies 49 1:08:38 11:03 6 M45-49 M# 40 L'pool
84 Shannon Davies 48 1:09:48 11:14 6 F45-49 F# 44 L'pool
85 Jeffrey Justice 36 1:09:48 11:14 4 M35-39 M# 41 Syr
86 Robert Buckland 45 1:09:53 11:15 7 M45-49 M# 42 Rome
87 Mark Constanza 49 1:09:56 11:16 8 M45-49 M# 43 Oswego
88 Taylor Gluck 24 1:10:12 11:18 6 F20-24 F# 45 East Syr
89 Kathleen Jackson 27 1:10:14 11:19 6 F25-29 F# 46 Syr
90 T. Speight 48 1:10:36 11:22 7 F45-49 F# 47 B'ville
91 Debbi Waxenfeld 42 1:11:36 11:32 5 F40-44 F# 48 B'port
92 Mary E. Kalahar 48 1:11:47 11:34 8 F45-49 F# 49 L'pool
93 Ina Poro 30 1:13:25 11:49 5 F30-34 F# 50 Syr
94 K. Stevens 25 1:13:37 11:51 7 F25-29 F# 51 C'Square
95 Lanette Liddiard 46 1:13:55 11:54 9 F45-49 F# 52 Turin
96 Kris Fischer 48 1:14:05 11:56 10 F45-49 F# 53 L'pool
97 Jessica LaBarge 41 1:14:45 12:02 6 F40-44 F# 54 L'pool
98 Sheree Galek 33 1:14:54 12:04 6 F30-34 F# 55 Cicero
99 Tom Palmer 38 1:14:54 12:04 5 M35-39 M# 44 Syr
100 Diane Travers 60 1:15:28 12:09 3 F60-64 F# 56 B'port
101 Connie Ryan 51 1:15:53 12:13 6 F50-54 F# 57 Oswego
102 Lianne Loguidice 43 1:17:05 12:25 7 F40-44 F# 58 B'ville
103 Thomas Knittel 63 1:17:09 12:25 5 M60-64 M# 45 Cicero
104 Kris Jenne 56 1:17:38 12:30 3 F55-59 F# 59 Mattydale
105 Rene Gabriel 51 1:18:04 12:34 7 F50-54 F# 60 Syr
106 Connie Covert 44 1:18:04 12:34 8 F40-44 F# 61 PennYan
107 Cynthia Taylor 50 1:18:10 12:35 8 F50-54 F# 62 Manlius
108 Richard Sargent 75 1:18:48 12:41 1 M75-79 M# 46 Syr
109 Carol Hill 41 1:19:07 12:44 9 F40-44 F# 63 Sy
110 John Costello 56 1:20:10 12:55 5 M55-59 M# 47 Cicero
111 Doris Bessasparis 50 1:22:47 13:20 9 F50-54 F# 64 B'ton

103 Jeffrey Justice 36 27:26 8:50 4 M35-39 M#80 Syr
 104 A. Bullock 14 27:27 8:51 10 M01-14 M# 81 Cicero
 105 Andy Piron 41 27:29 8:51 9 M40-44 M# 82 Cicero
 106 L. Lappin 32 27:35 8:53 1 F30-34 F# 24 B'ton
 107 G. Julian 14 27:45 8:56 11 M01-14 M# 83 Cicero
 108 D. Bottorff 53 27:45 8:56 8 M50-54 M# 84 Cicero
 109 Emma Osier 12 27:50 8:58 6 F01-14 F# 25 Cicero
 110 Greg Buckley 16 27:58 9:01 21 M15-19 M# 85 Clay
 111 Amy Furletti 44 28:00 9:01 6 F40-44 F# 26 Clay
 112 S. Collins 45 28:00 9:01 5 F45-49 F# 27 E. Syr
 113 M. Karpenko 43 28:06 9:03 10 M40-44 M#86 J'ville
 114 S. Saunders 12 28:07 9:03 12 M01-14 M#87 C'Square
 115 Cameron Sisk 10 28:09 9:04 7 F01-14 F# 28 Clay
 116 S. Gloska 18 28:13 9:05 2 F15-19 F# 29 C'Square
 117 Savannah Kuhr 15 28:14 9:06 3 F15-19 F# 30 Clay
 118 Bella Julian 11 28:16 9:06 8 F01-14 F# 31 Cicero
 119 J. Clarke 13 28:19 9:07 13 M01-14 M# 88 C'Square
 120 D. Mullen 59 28:19 9:07 4 M55-59 M# 89 F'ville
 121 Christine Sisk 39 28:21 9:08 4 F35-39 F# 32 Clay
 122 C. Talbott 24 28:26 9:09 11 M20-24 M# 90 B'ville
 123 K. Doody 24 28:26 9:10 3 F20-24 F# 33 B'ville
 124 S. Muller 22 28:28 9:10 12 M20-24 M# 91 Cicero
 125 M. Pitonzo 22 28:28 9:10 4 F20-24 F# 34 Cicero
 126 T. Wiseth 46 28:35 9:12 4 M45-49 M# 92 C'Square
 127 L. Westcott 58 28:36 9:13 5 M55-59 M# 93 WMonroe
 128 Dan Mack 39 28:37 9:13 5 M35-39 M# 94 Pulaski
 129 Avery Mack 11 28:37 9:13 9 F01-14 F# 35 Pulaski
 130 K. Earley 33 28:37 9:13 2 F30-34 F# 36 L'pool
 131 Malerie Belles 17 28:47 9:16 4 F15-19 F# 37 Clay
 132 M. Webb 62 28:48 9:16 1 F60-64 F# 38 C'Square
 133 W. Spreter 68 28:54 9:18 3 M65-69 M# 95 B'ville
 134 T. Davies 21 29:05 9:22 13 M20-24 M#96 L'pool
 135 C. Walker 9 29:08 9:23 14 M01-14 M#97 Clay
 136 Kristin Walker 36 29:09 9:23 5 F35-39 F# 39 Clay
 137 M. Smith 56 29:12 9:24 6 M55-59 M# 98 M'ville
 138 D. Dubois 11 29:19 9:27 10 F01-14 F# 40 S'port
 139 T. Schulz 60 29:21 9:27 1 M60-64 M#99 C'Square
 140 W.Nash 61 29:29 9:30 2 M60-64 M#100 Norwich
 141 Amy Farsaci 44 29:35 9:32 7 F40-44 F# 41 L'pool
 142 Z. Bergman 13 29:37 9:32 15 M01-14 M#101 Cicero
 143 R. Olsen 39 29:39 9:33 6 F35-39 F# 42 Hannibal
 144 E. Bielass 50 29:41 9:34 2 F50-54 F# 43 Brewerton
 145 Bryn Myers 13 29:46 9:35 11 F01-14 F# 44 Clay
 146 A. Taddeo 61 29:54 9:38 3 M60-64 M#102 Clay
 147 E. Fortino 12 30:01 9:40 12 F01-14 F# 45 W.Monroe
 148 J. Bambino 39 30:02 9:40 6 M35-39 M#103 Cicero
 149 D. Ruffolo 59 30:02 9:40 1 F55-59 F# 46 Hastings
 150 K. Stevens 25 30:11 9:43 3 F25-29 F#47 C'Square
 151 S. Bambino 35 30:21 9:47 7 F35-39 F# 48 Cicero
 152 Jack Bubb 74 30:38 9:52 1 M70-74 M#104 B'ville
 153 S. Lappin 34 30:45 9:54 4 M30-34 M# 105 B'ton
 154 N. Mingolelli 10 30:49 9:55 16 M01-14 M#106 Cicero
 155 Ji Reichard 41 30:58 9:58 8 F40-44 F# 49 Cicero
 156 R. Geiger 36 30:58 9:58 7 M35-39 M# 107 B'ville
 157 D. Johnson 54 31:16 10:04 9 M50-54 M# 108 B'ton
 158 S. Johnson 28 31:17 10:04 12 M25-29 M#109 Oswego

112 Mary Costigan 41 1:23:00 13:22 10 F40-44 F# 65 L'pool
 113 Robert Stuenzi 62 1:34:59 15:18 6 M60-64 M# 48 Cicero



New & Renewed Charger Members

NEW MEMBERS

Dominic Centonze
 Michelle Dexter
 Mackenzie Heise
 Meljanie Heise
 Morgan Heise
 Peter Heise
 Stephen Hydorn

MEMBER RENEWALS

James G. Cox
 Otis Dowdell
 Karen Fekete
 Malcolm Fekete
 Ron Gay
 Aiden Griffin
 Byron Griffin
 Dominic Griffin
 Latoya Griffin
 Danny Mann
 Julia Mann
 Karen Mann
 Sophia Mann
 David Mirabito
 Robert Nicholson
 Mark C. Peters
 Tomlinson Rauscher

159 S. Soscia 55 31:17 10:05 2 F55-59 F# 50 L'pool
 160 C. Soscia 57 31:17 10:05 7 M55-59 M# 110 L'pool
 161 K. Elsbey 38 31:22 10:06 8 F35-39 F# 51 Camillus
 162 M. Yakowec 35 31:47 10:14 9 F35-39 F# 52 B'port
 163 N. Bryant 54 31:47 10:14 3 F50-54 F# 53 Mattydale
 164 C. Bowman 34 31:53 10:16 5 M30-34 M#111 N. Syr
 165 L. Emmi 24 31:56 10:17 5 F20-24 F# 54 Cicero
 166 N. Dennison 55 31:58 10:18 8 M55-59 M#112 Parish
 167 N. Ornoski 9 32:01 10:19 17 M01-14 M#113 Cicero
 168 R. Rieth 70 32:01 10:19 2 M70-74 M#114 N. Syr
 169 C. Bonville 56 32:06 10:20 3 F55-59 F# 55 W'ville
 170 M. Fralix 45 32:07 10:21 5 M45-49 M# 115 Cicero
 171 X. Huynh 42 32:17 10:24 11 M40-44 M#116 Cicero
 172 T. Dobrovech 49 32:17 10:24 6 F45-49 F# 56 Syr
 173 E. Kincaid 14 32:20 10:25 13 F01-14 F# 57 W.
 Monroe
 174 S. MacMaster 42 32:22 10:25 12 M40-44 M# 117 Syr
 175 Brian Osgood 51 32:24 10:26 10 M50-54 M#118 Syr
 176 Kris Fischer 48 32:34 10:29 7 F45-49 F#58 L'pool
 177 S. Davies 48 32:35 10:30 8 F45-49 F#59 L'pool
 178 T. Kennedy 38 32:36 10:30 10 F35-39 F#60 N. Syr
 179 R. Merkel 16 32:36 10:30 22 M15-19 M#119
 Constantia
 180 E. Merkel 23 32:36 10:30 6 F20-24 F#61 Constantia
 181 G. Lonergan 11 32:42 10:32 18 M01-14 M#120
 Cicero
 182 J. Muller 26 32:44 10:33 4 F25-29 F#62 L'pool
 183 C. Lonergan 46 32:45 10:33 9 F45-49 F# 63 Cicero
 184 S. Dattellas 30 32:46 10:33 3 F30-34 F#64 L'pool
 185 Katie Smith 30 32:46 10:33 4 F30-34 F#65 L'pool
 186 J. Sanders 14 32:49 10:34 14 F01-14 F#66 E. Syr
 187 A. Vanmarter 28 32:53 10:35 5 F25-29 F#67 L'pool
 188 A. Jacob 14 32:55 10:36 15 F01-14 F#68 Syr
 189 M. Jacob 42 32:55 10:36 13 M40-44 M#121 Syr
 190 Tom Palmer 38 32:57 10:37 8 M35-39 M# 122 Syr
 191 H. Schadt 34 32:59 10:37 5 F30-34 F# 69 L'Fayette
 192 Lydia Morris 10 33:00 10:38 16 F01-14 F# 70 Cicero
 193 N. Reeve 8 33:08 10:40 19 M01-14 M# 123 Cicero
 194 L. Wines 45 33:12 10:42 10 F45-49 F#71 Watertown
 195 D. Reeve 32 33:13 10:42 6 F30-34 F#72 Cicero
 196 D. MacCammon 45 33:14 10:42 11 F45-49 F#73
 L'pool
 197 John Owens 60 33:19 10:44 4 M60-64 M#124 L'pool
 198 T. Wroblewski 44 33:21 10:44 9 F40-44 F# 74 L'pool
 199 Lori Dotterer 57 33:24 10:45 4 F55-59 F# 75 J'ville
 200 S. Saunders 10 33:25 10:46 17 F01-14 F#76 C'Square
 201 H. Lawless 14 33:30 10:47 18 F01-14 F#77 Cicero
 202 Aidan Blaylock 16 33:30 10:47 5 F15-19 F# 78 Syr
 203 E. Shallcross 13 33:34 10:49 20 M01-14 M#125 Clay
 204 W. Merriam 10 33:37 10:50 21 M01-14 M#126
 Manlius
 205 S. Merriam 42 33:41 10:51 14 M40-44 M#127
 Manlius
 206 Rich Green 33 33:49 10:53 6 M30-34 M# 128 Clay
 207 K. Degilormo 20 33:49 10:53 7 F20-24 F# 79 Clay
 208 G. Racciatti 12 33:58 10:56 19 F01-14 F# 80
 L'Fayette
 209 Sophia Hatch 13 34:10 11:00 20 F01-14 F#81 Syr

The Syracuse Chargers Track Club Honors Solomon Lawrence with the 2017 Scholarship Award



Solomon just completed his senior year at the Syracuse Institute of Technology where he was the 2017 Class Valedictorian and All-Central New York middle-distance runner for the Eagles. He is an accomplished cross country and track athlete with personal bests of 50.37 (400 meters); 1:55.87 (800 meters); 4:31.50 (1,600 meters); 10:19.89 (3,200 meters). His volunteer activities include summer parks and recreation track programs, Chargers All-Comers meets and youth activities.

Solomon will attend Cornell University in the fall to study biology and run as a member of the Big Red Track Team. Congratulations to Solomon!

We will present the Chargers Scholarship to Solomon prior to the start of our first summer track meet on Thursday, July 13 at the Syracuse University Skytop Track.

210 C. Fields 29 34:16 11:02 6 F25-29 F#82 B'ton
 211 M. Palmer 35 34:17 11:03 9 M35-39 M#129 Cicero
 212 Kelly Zeigler 37 34:21 11:04 11 F35-39 F#83 Syr
 213 J. Young 45 34:28 11:06 12 F45-49 F#84 Cicero
 214 V. Flemming 40 34:47 11:12 10 F40-44 F#85
 Cicero
 215 E. Ornoski 42 34:48 11:12 11 F40-44 F# 86 Cicero
 216 P. Rieth 62 35:11 11:20 5 M60-64 M#130 Cicero
 217 M. Perski 41 35:14 11:21 12 F40-44 F#87 Syr
 218 N. Farsaci 13 35:28 11:25 22 M01-14 M#131 L'pool
 219 I. Laface 13 35:28 11:25 21 F01-14 F#88 L'pool
 220 M. Thome 33 35:40 11:29 7 F30-34 F# 89 Camillus
 221 D. Dominick 72 35:46 11:31 3 M70-74 M#132 Syr.
 222 Denise Johnson 40 36:09 11:39 13 F40-
 44 F# 90 Liverpool NY
 223 Nancy Burt 62 36:34 11:47 2 F60-64 F#91 B'ville
 224 Alexa Nye 14 36:36 11:47 22 F01-14 F#92 Moravia
 225 J. Nye 40 36:37 11:48 14 F40-44 F#93 Moravia
 226 T. Brown 14 36:42 11:49 23 F01-14 F#94 N. Syr
 227 G. Boehler 34 36:51 11:52 7 M30-34 M#133 Clay
 228 J. Burbank 53 36:55 11:53 4 F50-54 F#95 Canastota
 229 S. Borton 35 36:57 11:54 12 F35-39 F#96 B'ton
 230 K. Monteith 24 36:57 11:54 8 F20-24 F#97 Camillus
 231 B.e Blaisdell 14 37:12 11:59 24 F01-14 F# 98 B'ton
 232 M. Wentovich 9 37:23 12:02 25 F01-14 F#99 Cicero
 233 T. Boehler 34 37:23 12:02 8 F30-34 F#100 Clay
 234 M. Hooker 61 37:30 12:05 6 M60-64 M#134 Cicero
 235 J. Hooker 29 37:30 12:05 13 M25-29 M#135 B. Lake
 236 K. Gotsch 27 37:49 12:11 7 F25-29 F# 101 L'rpool
 237 Kelly Boda 27 37:50 12:11 8 F25-29 F#102 L'pool
 238 J. Depuy 30 37:53 12:12 9 F30-34 F#103 C'Square
 239 B. Wentovich 36 38:04 12:15 13 F35-39 F#104 Cicero
 240 R. Jutton 65 38:07 12:17 4 M65-69 M#136 Syr
 241 C. Palladino 60 38:16 12:19 3 F60-64 F#105
 E'town NJ
 242 J. Disinger 12 38:31 12:24 26 F01-14 F#106 Cicero
 243 R. Homeyer 63 38:36 12:26 7 M60-64 M#137
 Camillus
 244 K. Homeyer 58 38:36 12:26 5 F55-59 F#107
 Camillus
 245 L. Nair 23 38:58 12:33 9 F20-24 F#108 Syr
 246 E. Sutor 13 39:04 12:35 27 F01-14 F#109 Cicero
 247 L. Rybak 32 39:05 12:35 10 F30-34 F# 110 Syr
 248 Neal Champion 62 39:06 12:36 8 M60-64 M#138
 W. Monroe
 249 M Champion 58 39:11 12:37 6 F55-59 F#111 W.
 Monroe
 250 K. Fleming 24 39:12 12:37 10 F20-24 F#112 Cicero
 251 M. Miner 20 39:13 12:38 11 F20-24 F#113 Cape V
 252 S. Green 33 39:14 12:38 11 F30-34 F#114 Clay
 253 T. Sutor 45 39:21 12:40 13 F45-49 F#115 Cicero
 254 A. Moore 30 39:24 12:41 12 F30-34 F#116 Utica
 255 C. Hennigan 30 39:26 12:42 13 F30-34 F#117 Syr
 256 A. Goldstein 29 39:27 12:42 9 F25-29 F#118 Syr
 257 H. Roberts 13 39:31 12:43 28 F01-14 F#119 Cicer
 258 C. Peone 24 39:31 12:43 12 F20-24 F#120 Oswego
 259 G. Douglass 70 39:36 12:45 4 M70-74 M#139 Cicero
 260 M. Hilton 44 40:09 12:56 15 M40-44 M#140 C'Square

Pictures from the 2017 Special Olympics Picnic



261 G. Hilton 10 40:09 12:56 29 F01-14 F#121 C'Square
 262 S. Adamsen 29 40:22 13:00 10 F25-29 F#122 Cicero
 263 M. Huth 49 40:29 13:02 14 F45-49 F#123 Cicero
 264 T. Huth 55 40:29 13:02 9 M55-59 M# 141 Cicero
 265 M. Lyskawa 14 40:49 13:09 30 F01-14 F#124 Syr
 266 M. Miles 17 40:50 13:09 6 F15-19 F#125 Syr
 267 C. McArdell 56 40:53 13:10 7 F55-59 F#126 B'ville
 268 A. Steffy 26 40:54 13:10 11 F25-29 F#127 Cicero
 269 S. Martin 41 40:55 13:11 15 F40-44 F#128 Syr
 270 L. Hughes 46 41:01 13:13 15 F45-49 F#129 B'ton
 271 D. Schriever 46 41:01 13:13 16 F45-49 F#130 Cicer
 272 M. Braciszewski 41 41:19 13:18 16 M40-44 M#142
 L'pool
 273 H. Scheirer 32 41:36 13:24 14 F30-34 F#131 B'ton
 274 C. Hawa 35 41:37 13:24 14 F35-39 F#132 L'pool
 275 R. Fralix 8 41:49 13:28 31 F01-14 F#133 Cicero
 276 Z. Flemming 9 41:50 13:28 32 F01-14 F#134 Cicero
 277 C. Potratz 9 41:50 13:28 33 F01-14 F#135 Cicero
 278 L. Westcott 58 41:51 13:28 8 F55-59 F#136 W.
 Monroe
 279 M. Potratz 31 41:57 13:31 15 F30-34 F#137 Cicero
 280 L Ackerman 11 42:02 13:32 34 F01-14 F#138 B'ton
 281 E. Kernan 12 42:06 13:33 35 F01-14 F#139 B'ton
 282 R. Ackerman 52 42:11 13:35 11 M50-54 M#143
 B'ton
 283 M. Bunce 42 42:14 13:36 16 F40-44 F#140 W'port
 284 L. Farney 63 42:17 13:37 4 F60-64 F#141 B'ton
 285 M. Ackerman 49 42:22 13:39 17 F45-49 F#142
 B'ton
 286 S. Donzella 37 42:32 13:42 15 F35-39 F#143 Syr
 287 J. Minnick 63 42:41 13:45 9 M60-64 M#144 B'ville
 288 J. Lenweaver 14 43:00 13:51 36 F01-14 F#144 Clay
 289 J. Seeley 60 43:14 13:55 5 F60-64 F# 145 B'ville
 290 P. Leone 53 43:31 14:01 5 F50-54 F#146 Fulton
 291 J. Geiger 43 43:41 14:04 17 F40-44 F#147 B'ville
 292 K. Contello 63 43:46 14:05 6 F60-64 F#148 B'ville
 293 A. Proppe 66 43:51 14:07 1 F65-69 F#149 B'ville
 294 P. Plaza-Gioco 50 44:12 14:14 6 F50-54 F#150 Syr
 295 E. Chwalek 33 44:16 14:15 16 F30-34 F#151
 Phoenix
 296 P.Chwalek 63 44:17 14:16 10 M60-64 M#145
 Oswego
 297 C. Gorney 28 44:30 14:20 12 F25-29 F#152 Manlius
 298 S. Lappin 36 45:10 14:33 16 F35-39 F#153
 Canastota
 299 F. Nash 61 45:10 14:33 7 F60-64 F#154 Norwich
 300 I. Lenweaver 12 45:38 14:41 37 F01-14 F#155 Clay
 301 B. Blaisdell 47 47:37 15:20 6 M45-49 M#146 B'ton
 302 L. Lamirande 31 47:48 15:23 17 F30-34 F#156
 B'ville
 303 M. Lamirande 6 47:48 15:24 23 M01-14 M#147
 B'ville
 304 E. Fralix 42 47:50 15:24 18 F40-44 F#157 Cicero



More Pictures from the 2017 Spera's Swamp Rat Runs





All Comers Summer 2017 Track & Field Meets @ Syracuse University (Skytop Road facility)

Free Registration at the track for all from 5:20-5:50pm with first running event starting at 6pm

Meet #1 (Thursday 7/13/17)

400
3000
100

Long Jump
Triple Jump
Throws*

Meet #2 (Thursday 7/27/17)

800
200
1500
100

Long Jump
Triple Jump
Throws*

Meet #3 (Thursday 8/10/17)

800
400
200
1500

Long Jump
Triple Jump
Throws*

- * No javelin
- * Many (not all) Implements will be provided. Please bring your own age-group sanctioned implements "just in case".
- * All throwers will report at the start of the meet for us to assess a "Throws order of events".
- * We will try to accommodate all throws and all throwers within reason (you must have experience in terms of safety).
- * Throwers MUST assist in marking/measuring and recording in order to be allowed to throw.

Questions? mpiscitelli2@verizon.net



Name _____ Circle: **M** **F** Age today: _____

Birthdate _____

Address (Street) _____

City, State _____ Club/School _____

Phone # _____ Emergency # _____

Guardian's address (if different from above): _____

Waiver: In consideration of this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club Inc., Syracuse University, the Road Runners Club of America and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that medical support for these meets will be volunteers who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in these meets.

I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant: _____ Date: _____

_____ Date: _____

(Signature of parent or guardian for all participants age 17 or younger.)

Onondaga Lake Park Thursday Night Fun Runs

Conducted by the Syracuse Chargers Track Club

Onondaga Lake Park Liverpool, New York

Thursdays till August 31

Sign-in by 5:30pm

5:45pm 400 meter dash for kids

6:00pm 5k & 8K

It's NOT too late to join us!

Park at the Salt Museum parking lot

Use the restroom facilities near the Wegman's Playground

Jog to the start line in front of the Syracuse Yacht Club



Thursday Night Onondaga Lake Park Fun Runs

June 1, 2017

(Partly Cloudy, 62 degrees, Winds from the West at 16 mph)

8 Kilometers

Name	Time	Age
Paul Cianfrocca	38:35	53

5 Miles

Name	Time	Age
Jim Cox	41:55	56
Patti Ford	41:55	61



Thursday Night Onondaga Lake Park Fun Runs

June 8, 2017

(Mostly sunny, 76 degrees, 36% relative humidity, almost no wind)

2 Miles

Name	Time	Age
Paul Cianfrocca	13:16	53

5 Kilometers

Name	Time	Age
Kurt Stanton	28:59	67
Christian Stanton	32:49	13
Mia Falgiatano	33:39	14
Savannah Kuhr	33:39	15

5 Miles

Name	Time	Age
Jim Cox	42:48	56
Stan More	42:59	65



Thursday Night Onondaga Lake Park Fun Runs**June 15, 2017**

(Cloudy, 74 degrees, 78% relative humidity, winds ESE 10 mph)

2 Miles

Name	Time	Age
Paul Cianfrocca	13:26	53

5 Kilometers

Name	Time	Age
Kurt Stanton	29:01	67
Christian Stanton	33:43	13

4 Miles

Name	Time	Age
Jim Cox	33:58	56

**Thursday Night Onondaga Lake Park Fun Runs****June 22, 2017**

(Sunny, 75 degrees, 50% relative humidity, winds S 6 mph)

Kid's 400m Run

Name	Time	Age
Evangeline Parry	1:59.5	6
Eleanor Parry	3:09.5	9
Emma Burton	3:57.5	3

2 Miles

Name	Time	Age
Erin Tochelli	22:27	32
Eleanor Parry	36:17	9
Matthew Parry	36:17	37
Evangeline Parry	36:58	6

5 Kilometers

Name	Time	Age
Savannah Kuhr	26:23	15
Kurt Stanton	30:17	67
Christian Stanton	32:55	13
James Springall	33:45	11

8 Kilometers

Name	Time	Age
Paul Cianfrocca	36:28	53
Jennifer Campbell	50:24	56

"A good run is like a cup of coffee...
I'm much nicer after I've had one."



Add Three Years of Life

Sam Graceffo, MD

If you want to increase your chances of living longer, just keep on running. This is the bottom line from an article that appeared recently in *The New York Times*. Three years ago, a study at the Cooper Institute in Dallas found that running as little as five minutes per day was associated with prolonged life spans. The average was two hours of running per week.

Building on that study, scientists at Iowa State University expanded the research. They reviewed a huge volume of information and found that running decreased a person's risk of premature death by 40%. This is regardless of pace, mileage, smoking, drinking or a history of hypertension, or obesity. Other forms of exercise such as walking and cycling, even when performed at the same intensity as running, reduced mortality by only 12%.

The researchers concluded that one hour of running increases life span by an astounding seven hours. Put another way, running can add three years of life however much you run. But what if you run a lot more? Unfortunately, the max is three years, even for the high mileage group. They did report that unlike some other studies, one of which I reported in this column, very high mileage is not associated with premature death. The health benefits plateaued at four hours per week. Beyond that point, you are not doing it for health or longevity.

It is not clear why running is so much better than other cardio workouts. It does improve aerobic fitness very effectively and that is the best indicator of an individual's health. In addition, running seems to combat high blood pressure and extra body fat around the middle.

Study co-author Dr. Lee, a professor of kinesiology, published the results in the journal *Progress in Cardiovascular Disease*. He points out that the findings of this review are associational and do not prove direct cause and effect. Runners do tend to live a healthier lifestyle than non-runners and this also improves life span. But regardless, running appears to be the best way to increase life expectancy.



Pictured at left are a few of our Charger volunteers who worked at the 2017 JP Morgan Corporate Challenge T-shirt tent [Can you tell it was not a warm and sunny night?]: From left to right we have Russ Messineo, Mickey Piscitelli, Bill Scanlon, Pat Piscitelli, Gary Ketchum, Shirley Yablonski (on her cell), and Lew Cutler.

Other Charger volunteers [who avoided the camera]: Greg Tuttle, Nancy Smith, Terri Clark, Jim Corbett, Anne Corbett, Karen Spera, Ian Spera, Kristin Johnston, Megan Johnston, McKenna Johnston and Jonell Yablonski. Charger Russell Wood served as Volunteer Coordinator for the event.

THANK YOU!

Wrightsville Beach Marathon, NC, *The Old Man*

Kamal Jabbour, Ph.D.

Sunday 20 March 2011 -- The old man wore a shirt that read “*I can do all things through Him who gives me strength.*” His unshaven face sported a subtle smile that told of a long life of blessings. His eyes glistened in a peace that belied an inner turmoil. I met him at the start line of the Wrightsville Beach Marathon, and I wondered about his story.

The temperature reached 80 degrees the previous day, but Marathon morning started windy and cold. Runners huddled and shivered in anticipation of a start gun that we never heard. I started my stopwatch when I saw the masses flowing forward. I crossed the Start line a couple of minutes behind the leaders. The old man ran beside me. He shuffled his travel-laden legs in a flawless form, and moved effortlessly forward. His ever-so-subtle smile shone in the early light of a new dawn.

I reconnected with Bill Rodgers at the race expo. He remembered me as the librarian from Syracuse. He planned to run the half-marathon in the morning. I picked up my race number and chip, kept to myself my disappointment with the short-sleeve shirt, and bought a 26.2x8 bumper sticker. In the evening, I partook in the pre-race pasta dinner. The quality of the food was extraordinary. I savored spinach-strawberry salad, eggplant lasagna and chicken fettuccini Alfredo, and I topped it off with banana pudding. After I pinned my number to my shirt, I lined up my clothes for the morning and went to sleep.

I ran the first mile of the race to avoid the early stampede. I felt well, and revised tactically my race strategy. I decided to alternate running a mile with walking half-a-mile. I worried about my left hip – it hurt a lot the previous week. I rejoined the old man during my walks. Runners cheered on the verse on his shirt as they passed him. Some spectators called him “Doc” and urged him along. He acknowledged the cheers with a smile and royal hand wave.

I ran five miles in the first hour, a half-mile faster than planned. I drank water and Heed at every water stop. The course entered the Landfall gated seafront community at Mile 6. I ran on manicured lawns whenever possible to relieve my hip, to the horror of the homeowners. I reached 10 miles in 2 hours, and devoured a Harvest Powerbar and 200mg of Ibuprofen.

I felt good at the halfway point and dropped the old man, certain that I no longer needed him. I reached 15 miles in 3 hours, then 20 miles in 4 hours. I ate a second Powerbar and two more Ibuprofen tablets. I thanked a homeowner for setting up a water station, and discovered that he and I ran the same Marine Corps Marathon in 1997. I took my shoes off to empty them from collected gravel. When I put them back on, the cardboard collapsed inside the heel cup of my right shoe. The ceremonial dump in the trash had to wait another six miles.

The old man haunted me, and I wondered about him the entire race. I looked often over my shoulder to see if he was near. I passed several walkers in the waning miles. A painful cramp in my right calf prevented me from running after the half-a-mile walk to 24 miles. I rubbed vigorously the knotted muscle, and walked several minutes to loosen it. I resumed eventually my run, and crossed the Finish line in about 5 hours 15 minutes. I saw no sign of the old man.

I treated myself to a hot slice of pizza at the party tent, followed by a 30-minute massage that loosened my muscles, stretched my ligaments and dislocated my joints – or so it felt. After a long shower, an hour nap and a steak lunch, I drove to Wilmington airport for the late night return flight home. I wondered when I will see the old man again at some future Marathon Start line, or in the bathroom mirror some morning. Kansas - here we come

40th Annual
“Tromptown Runs”

www.tromptownrun.com

Thursday Evening - August 10, 2017

Fun Run starts at 5:15

Half-Marathon start 5:45

(H-M course closes at 8:15, 2 1/2 hrs. after start)

5 KM start: 6:00 p.m.

Held in Conjunction with DeRuyter Fireman's Fair

Sponsored by

Tioughnioga Fire Company, DeRuyter, N.Y.

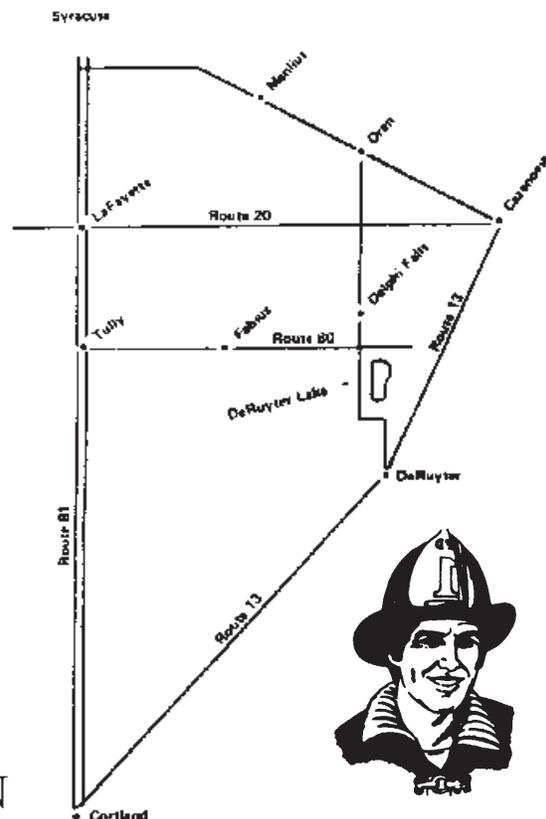
Online and hardcopy registration available at

www.TromptownRun.com

AFTER THE RUNS ENJOY THE FAIR

•FOOD •GAMES •RIDES •DRINKS •FUN

Please Visit Our Website At
www.tromptownrun.com



Tear Here

For registration and inquires mail to:

WIN SKEELE, Box 351, DeRuyter, New York 13052

Entry Fee: \$20.00 (Max. \$30 per Family Unit) until race day

Race day \$25.00 (Max. \$40 per Family Unit) - \$1.00 Fun Run

SHIRTS OPTIONAL: To guarantee shirt pre-register.

Additional cost: performance shirt \$17.00. Circle size below.

PATCH OPTIONAL: To guarantee patch preregister.

Additional cost \$5.00. Circle "patch" below.

**RETURN BEFORE
 AUGUST 8th**

**Make checks payable to:
 Tioughnioga Fire Dept.**

Only one person per entry,
 Please! You may duplicate
 this form.

Official Use Only

Entry _____

Shirt _____

Patch _____

Team _____

ENTRY FORM

Release: I know that running a road race is a potentially hazardous activity, I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waive and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release the Tioughnioga Fire Department, Town of DeRuyter, Village of DeRuyter, DeRuyter Central School, Town of Cuyler, Cortland County, Madison County, Onondaga County, Town of Fabius, Syracuse Track Club, race organizers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I also understand that in the event these races cannot be held as scheduled because of an act of God or circumstances beyond control, the race is not liable to refund entry fees.

Signature of runner _____ Age run day _____ Date of birth _____

Parents signature if under 18 _____

Print name _____ male _____ female _____ club _____

Address _____ City _____ Zip _____ Phone(____) _____

I will be running in: CIRCLE: Fun Run 5 km ½ marathon Email _____

OPTIONAL T-SHIRT: performance add \$17.00 and Circle size: S M L XL

OPTIONAL PATCH: Add \$5.00 and Circle "patch"

Family Combinations: If entering a family combination state which family combination _____, and

name of your team member _____ . **Family team entries must be submitted U.S. Mail.**



The Syracuse Chargers Track Club
 Presents the 24th Annual
Willow Bay 5K Run & Fitness
Walk for Women
 Saturday, August 19, 2017, 9:00 AM
 Willow Bay in Onondaga Lake Park,
 Liverpool, NY
SyracuseChargers.org/Willow



Course: Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near the Yacht Club; and finish at Willow Bay. To get to the start, enter the park via Long Branch Road.

Entry: Pre-register by mail (post-marked by August 11) for \$25, via www.RunSignUp.com or register on race morning for \$35 at Willow Bay between 7:30 and 8:45 am. ***Remember: No entry fee for women 65 years or older!!** Attractive long sleeve T-shirts distributed to the first 250 entrants. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 17, from 5:00 -7:00 pm. Packets will also be available on site on race morning.



Amenities: Bathrooms are available throughout the park. Refreshments will be provided for all runners and walkers following the race. Come dressed to run.

Awards: **Top 3 finishers** overall; top three teams in each family category: **Mother-Daughter, Sister-Sister, Grandmother-Granddaughter & Aunt-Niece**



Age-group awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65- 69, 70-74, 75-79, 80-84, 85 +. Overall and age group awards will not be duplicated.

There will be drawings for **door prizes** at the awards ceremony. You must be present to win!
Double Your Fun Challenge. If you double your finish time and it is less than your age on race day, you win a special prize!

Please make your check payable to: "Syracuse Chargers Track Club" and mail your check and entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027. Questions? 315 638-9662 or mpiscitelli2@verizon.net

***** Entry Form *****

Name _____ Age (on 8/19/17) _____ D.O.B. ____/____/____

Address _____ Phone (_____) _____ - _____

City _____ State _____ ZIP _____ E-Mail _____

Shirt Size: Small Medium Large X-Large (These are women's fit sizes! Sizes guaranteed if entry received by Aug 1)

Family Team Categories: (circle as many as apply and name your teammate(s); team members should complete individual applications and mail them in the same envelope)

Mother-Daughter _____ Sister-Sister _____ Aunt-Niece _____ Grandmother-Granddaughter _____

Willow Bay 5K Run & Fitness Walk Waiver

I know that running or walking is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running and walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and or the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and for anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Village of Liverpool, Town of Salina, Onondaga County, Onondaga Lake Park, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I understand that bicycles, skateboards, strollers, baby joggers, rollerblades, animals, iPods and MP3 players are not allowed in the race, and I will abide by this guideline.

Participant's Signature _____ Date _____

Parent's Signature if under 18 _____ Date _____



The Charger Challenge

The Charger Challenge is designed to provide guidance, incentive and long-term motivation to runners and walkers through awards and recognition. Runners and walkers of all ages, abilities and levels of experience are welcome to participate. Participants do not have to be Syracuse Chargers Track Club members. Three different challenges are available. Whether you exercise for enjoyment, weight loss/maintenance, social or competitive reasons, you are encouraged to take on

the Charger Challenge!

PROGRAM RULES AND AWARDS:

All Challenge Programs participants are required to fill out the application below and upon receipt, they are sent a log sheet for recording miles run/walked along with instructions and guidelines for new runners. The participant submits completed log sheets for each award level. Participants' achievements are also recognized in the Syracuse Chargers Track Club Newsletter.

THE CHARGER CHALLENGE

This program is designed for higher mileage walkers/runners or those seeking a longer term goal.

THE CHARGER 500 MILE CHALLENGE

The 500 Mile Challenge is aimed towards junior or senior participants, those new to a walking/running program, or those with physical limitations.

Entry Fee: - - - - \$5/person Non-Chargers, **FREE** for Chargers Club members - - - -

Awards: 500 miles T-Shirt
1000 miles Patch or Ribbon
2500 miles Long-Sleeve T-Shirt
5000 miles Trophy
10,000 miles Awards Banquet Plaque

Awards: 100 miles Ribbon
250 miles Patch
500 miles T-Shirt

Mileage: All actual mileage covered can be recorded

Mileage: Actual mileage up to 3 miles per day

THE FAMILY CHALLENGE

The Family Challenge allows family members combine their mileage towards a common goal!

Entry Fee: \$20 total for Non-Chargers members, includes immediate family members residing at the same address, **FREE** for Chargers Members. **Awards:** 5000 miles Family plaque and a T-shirt for each family member

CHARGER CHALLENGE APPLICATION FORM

Challenge Program Desired: **Charger Challenge** **Family Challenge** **500 Mile Challenge**

Name(s): _____ E-mail _____

Age(s) _____ Shirt Size(s): S M L XL

Address: _____

Telephone: _____ Charger Member? (Y) (N) Fee Enclosed \$ _____ 1/21/17

(Payable to Syracuse Chargers Track Club)

MEMBERSHIP WAIVER I know that running and volunteering to work in club races and other activities can be hazardous. I agree not to participate in Club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity.

I freely and voluntarily assume all risks associated with competing, volunteering, and all other activities in which the Club is involved. Such risks include, but are not limited to: falls, contact with other participants, the dangerous or negligent behavior of other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or other facilities, and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of you acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of other persons named in this waiver. I grant permission to use for legitimate purpose any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s) _____ **Date** _____

I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of the minor(s).

Parent's or Guardian's Signature if under 18 years _____ **Date** _____

Return To: Ed Polly, 102 Rosewell Meadow Dr., DeWitt, NY 13214 email: golfnrun@pollywood.org 315-256-6398

SYRACUSE CHARGERS TRACK CLUB, INC.

Chargers Membership Form

_____/_____/_____
 Name Sex Birth Date Occupation / Club Interest
 _____ (_____) _____ - _____
 Name Sex Birth Date Telephone Number

 Name Sex Birth Date Email Address

 Name Sex Birth Date

 Address

 City State ZIP

We need your help!
Please volunteer for:
 ___ Track Meets ___ Coaching
 ___ Road Races ___ Trail Runs
 ___ Special Olympics
 Other: _____
(Please select and circle one)

Membership Type	1 Year	2 Years	4 Years
Individual Membership	\$20	\$36	\$70
Family Membership (1 newsletter, 2+ people)	\$25	\$45	\$85
Individual Senior Citizen (65 years or older)	\$15	\$27	\$50
Individual Student (High School or younger)	\$15	\$27	

REV 1/19/17

Club T-shirts: Club T-shirts are available for: [\$13: SM___ MED___ LG___ XL___] [\$20: XXL___ XXXL___]
 [\$9: Youth SM___ MED___ LG___] *Please add \$3 per shirt for shipping.*

Additional Contribution: Help to ensure the Syracuse Chargers Track Club continues to deliver quality educational and developmental programs in Track & Field, Cross Country, Youth Development, Ultra & Trail Running and Road Running/Racing that is open to all. We appreciate your additional financial support!

Enclosed is my tax deductible contribution: \$10 ___ \$20 ___ \$30 ___ \$50 ___ \$100 ___ Other \$ _____

<u>Membership Status:</u>	<u>Receive Email Blasts?</u>	<u>Newsletter Delivery Method:</u>
___ New	___ Yes	___ US Mail (printed)
___ Renewal	___ No	___ Email (electronic)

Mail this form and check to: **Bob Hiemenz, Membership Coordinator**
Syracuse Chargers Track Club
P.O. Box 2354
Liverpool, NY 13089-2354

Please make check payable to:
Syracuse Chargers Track Club, Inc.

OR: Register online at: RunSignUp.com

MEMBERSHIP WAIVER: I know that participating and volunteering to work in club events can be hazardous. I agree not to participate in Club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity. I freely and voluntarily assume all risks, including but not limited to: falls, contact with other participants, dangerous or negligent behavior of other participants, the effects of weather, including high heat and/or humidity, the conditions of the road or other facilities, and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s) _____
Date

I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of the minor(s)

Parent's or Guardian's Signature if under 18 years of age _____
Date

Syracuse Chargers Track Club, Inc.
P.O. Box 2354
Liverpool, NY 13089-2354

**NON-PROFIT
ORG.
U.S. Postage
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Syracuse, NY
Permit No. 876**

SYRACUSE CHARGERS TRACK CLUB

Chargers Merchandise Order Form

View Merchandise at: www.SyracuseChargers.org

Name: _____

Address: _____

Email Address: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (S-M-L) Women (S-M-L)			\$22.00	
Uniform Shorts:				
Men's Split (S-M-L-XL)			\$20.00	
Women's 4 inch Seam (S-M-L)			\$20.00	
Women's Low Cut Shorts: (S-M-L)			\$22.00	
Men's Black Field Shorts: (S-M-L)			\$25.00	
T-Shirts, Short Sleeve – Ash Gray				
Youth: (S-M-L)			\$ 9.00	
Adult: (S-M-L-XL)			\$13.00	
Adult: (XXL-XXXL)			\$20.00	
T-Shirts, Long Sleeve – White				
Adult: (S-M-L-XL)			\$15.00	
Adult: (XXL)			\$25.00	
Sweatshirts with Hood – Ash Gray				
Youth: (L)			\$25.00	
Adult: (S-M-L)			\$30.00	
Adult: (XL-XXL)			\$37.00	
SALE! Crew Neck Sweatshirts				
Adult: (S-M-L-XL)			\$20.00	
Make checks payable to: Syracuse Chargers Track Club		# items	x \$3.00 =	\$
Mail to: SCTC // PO Box 2354 // Liverpool, NY 13089-2354			TOTAL	\$

Please note: Shipping is \$3 per item.

1/19/17