



CHARGERS NEWSLETTER

Serving the Central New York
Running Community since 1969

Volume XLXI

Syracuse Chargers Track Club

April 2017

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The application deadline for Charger Scholarship is May 31!

[See page 18]



Who's Who in the Syracuse Chargers Track Club

Board of Directors

President:

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Treasurer:

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Merchandise:

Karen Spera

Masters (Women):

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Every One Can Run Program

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Awards Banquet:

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Oneida Shores Fun Runs:

Greg Broton
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Indoor Meets/Practices:

Mark Driscoll
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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. The club is a non-profit, tax-exempt 501©(3) organization; a member of USA Track & Field



and the Road Runners Club of America.



Membership in the SCTC is open to all who share the goals of

the organization. To become an individual member and Charger representative of USATF, go to www.USATF.org.

The Charger Club member # is 04-0092.

Newsletter Staff and Contributing Writers

Compiler/Editor - Marla Jabbour, catfoot@twcnny.rr.com

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Results & Records -- Terry McConnell, PhD

Physical Therapy -- Gabe Yankowitz, PT

Nutrition – Maureen Fauler, MHA, RD, CDN

Medicine & Health – Sam Graceffo, MD

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:

Pat Leone, pat@leonetiming.com

Terry McConnell, trmconn@syr.edu

Nancy Smith, nsmith123@twcnny.rr.com

Norm Deep, ndeep2@ccs.edu

Marie Christopher, mchrisbb11@gmail.com

Open Coordinator (Women):

OPEN

Open Coordinator (Men):

OPEN

Events Calendar

March 2017		
April 2017		
2	Sun	USA Pan-Am Race Walk Cup Trials 20K, Philadelphia, PA [www.usatf.org]
27-29	Thurs-Sat	2017 Penn Relays [http://www.thepennrelays.com/]
May 2017		
CANCELED this year		Highland Forest 1-2-3, 10-mile Trail Runs, Fabius, NY
31	Tues	DEADLINE for Charger Scholarship applications
June 2017		
4	Sun	USA 5K Race Walk Championships, 9am, Albany, NY [www.usatf.org]
17-18	Sat-Sun	2017 AAU Niagara T&F Championships, Nottingham HS, Syracuse, NY [www/felderstadium.org]
17	Sat	Swamp Rat Runs, Kid's 1 mile, 5K, and 10K events, Oneida Shores Park, Brewerton, NY [http://www.swampratrun.com/]
July 2017		
4	Tues	Cazenovia July 4th Footraces & Dan Sutton Memorial Run, Cazenovia, NY [http://www.caz4thrun.org/]
August 2017		
10	Thurs	41 st Annual Tromptown Runs, DeRuyter, NY, [http://www.tromptownrun.com/]
12	Sat	USA 1-Hour Race Walk Championships, Milwaukee, WI [www.usatf.org]
19	Sat	Willow Bay 5K Run & Fitness Walk for Women, East Shore Path, Onondaga Lake Park, Syracuse, NY
September 2017		
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]
November 2017		
December 2017		
19	Sat	Last Chance Trail Run & Pancake Breakfast, Highland Forest, Fabius, NY
Bold – SCTC Event		

High Five for John McEachen

John ran in the Finger Lakes Runners Club Indoor Track Meet, on Sunday, March 19th, in Barton Hall at Cornell University. He ran a 7.9 in the 60m, placing 19th out of 70 runners, and a 26.57 in the 200m, placing 23rd overall out of 94 competitors. Congrats to John! See all the results at

<http://fingerlakesrunners.org/race/indoor-track-meet-march-2017/>

February Indoor Youth Meet Results & Pictures

February 11, 2017 at Manley Field House, Syracuse University

Name	Age	Team	Finals	H#
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Boys 7&U 55 Meter Dash

1 Aiden Griffin	7	Syracuse Chargers	10.0	3
2 Jayden Howard	6	Syracuse Chargers	10.9	3
3 Caleb Jackson	7	Syracuse Chargers	11.6	3
4 Brandon Gunn, Jr.	5	Huntington	12.8	4
5 Zayden Gunn	4	Huntington	13.3	4
6 Dominic Griffin	3	Syracuse Chargers	16.4	4
7 Aidan Greiger	3	Syracuse Chargers	23.9	4

Girls 7&U 55 Meter Dash

1 Evangeline Parry	6	Westhill RC	11.9	
2 Grace Jackson	5	Syracuse Chargers	12.0	
3 Hope Jackson	5	Syracuse Chargers	14.3	

Boys 8-9 55 Meter Dash

1 Joshua Jackson	9	Syracuse Chargers	9.5	3
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Girls 8-9 55 Meter Dash

1 Eleanor Parry	9	Westhill RC	11.9	
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Boys 10-11 55 Meter Dash

1 Josiha Johnson	10	Syracuse Chargers	9.0	3
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Girls 10-11 55 Meter Dash

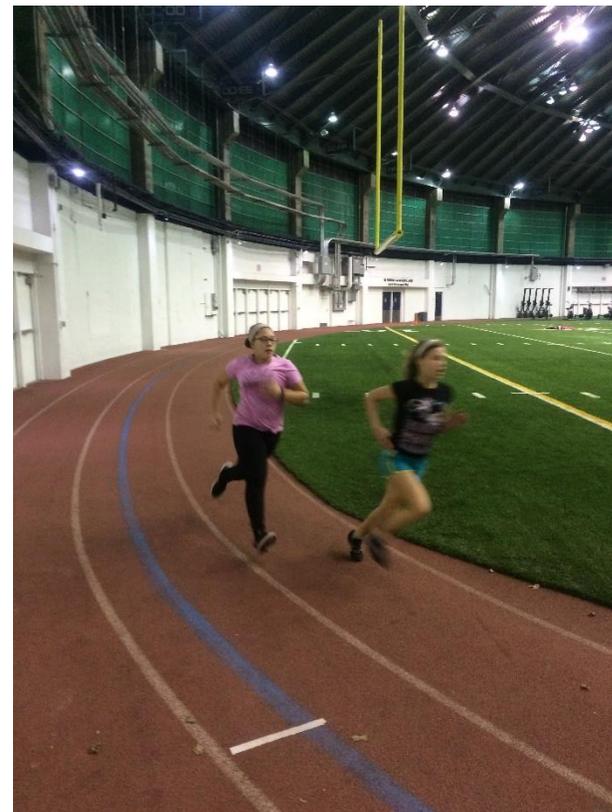
1 Madelynn Huff	11	Syracuse Chargers	9.9	2
2 Georgia Deep	10	Syracuse Chargers	10.0	2

Boys 12-13 55 Meter Dash

1 Mahmoud Mahmoud	12	SAS TC	9.1	3
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Girls 12-13 55 Meter Dash

1 Marissa Johnson	12	Syracuse Chargers	8.4	2
2 Ellie Jones	12	NAIG	8.9	1



Women 14-15 55 Meter Dash

1 Olivia Bigtree 14 NAIG 9.7

Boys 7&U 257 Meter Dash

1 Aiden Griffin	7	Syracuse Chargers	51.0	2
2 Jayden Howard	6	Syracuse Chargers	57.8	2
3 Caleb Jackson	7	Syracuse Chargers	1:06.2	2
4 Zayden Gunn	4	Huntington	1:14.2	2
5 Brandon Gunn, Jr.	5	Huntington	1:23.6	2

Girls 7&U 257 Meter Dash

1 Evangeline Parry	6	Westhill RC	1:01.0
2 Grace Jackson	5	Syracuse Chargers	1:42.7
3 Hope Jackson	5	Syracuse Chargers	1:53.3

Boys 8-9 257 Meter Dash

1 Joshua Jackson 9 Syracuse Chargers 45.5 2

Boys 10-11 257 Meter Dash

1 Josiha Johnson 10 Syracuse Chargers 47.6 2

Girls 10-11 257 Meter Dash

1 Madelynn Huff	11	Syracuse Chargers	45.5
2 Georgia Deep	10	Syracuse Chargers	53.8

Boys 12-13 257 Meter Dash

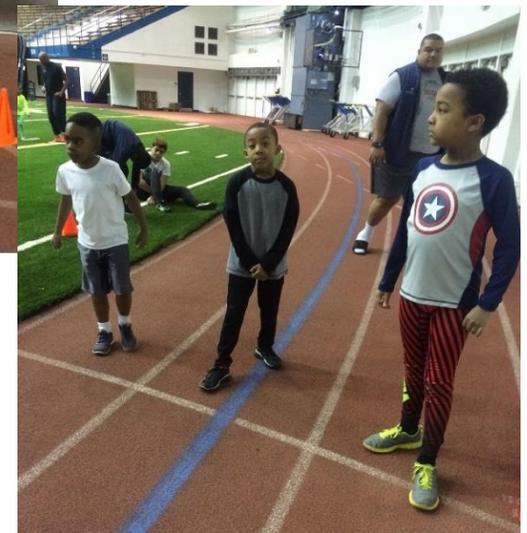
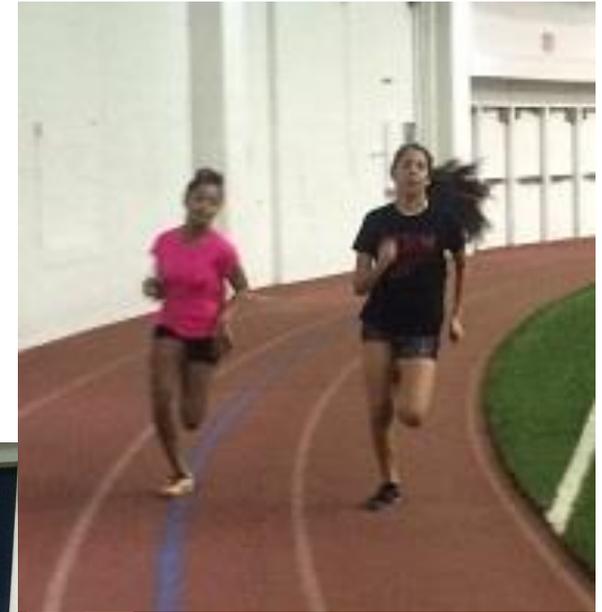
1 Mahmoud Mahmoud 12 SAS TC 47.5 2

Girls 12-13 257 Meter Dash

1 Ellie Jones	12	NAIG	45.0
2 Marissa Johnson	12	Syracuse Chargers	55.7

Women 14-15 257 Meter Dash

1 Olivia Bigtree 14 NAIG 48.2



Boys 7&U Turbo Javelin Throw

1 Aiden Griffin	7	Syracuse Chargers	37-00
2 Jayden Howard	6	Syracuse Chargers	29-01
3 Brandon Gunn, Jr.	5	Huntington	24-02
4 Caleb Jackson	7	Syracuse Chargers	23-01
5 Zayden Gunn	4	Huntington	17-07
6 Aidan Greiger	3	Syracuse Chargers	10-00
7 Dominic Griffin	3	Syracuse Chargers	5-02

Girls 7&U Turbo Javelin Throw

1 Evangeline Parry	6	Westhill RC	14-00
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Boys 8-9 Turbo Javelin Throw

1 Joshua Jackson	9	Syracuse Chargers	30-08
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Girls 8-9 Turbo Javelin Throw

1 Eleanor Parry	9	Westhill RC	25-04
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Boys 10-11 Turbo Javelin Throw

1 Josiha Johnson	10	Syracuse Chargers	73-02
2 Yousef Mahmoud	10	SAS TC	34-10

Girls 10-11 Turbo Javelin Throw

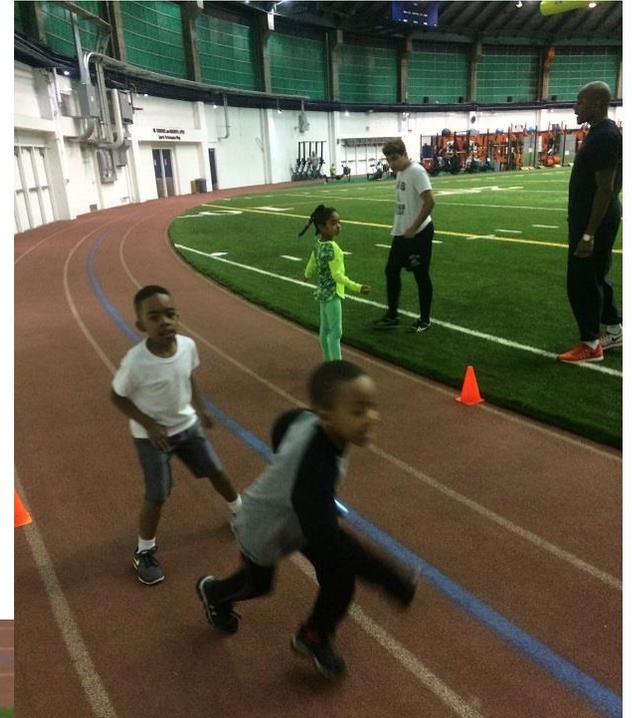
1 Georgia Deep	10	Syracuse Chargers	36-02
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Boys 12-13 Turbo Javelin Throw

1 Mahmoud Mahmoud	12	SAS TC	45-03
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Girls 12-13 Turbo Javelin Throw

1 Marissa Johnson	12	Syracuse Chargers	42-03
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Recent Chargers Age Group Records

Terry McConnell, Ph.D.

F12-13	Shot Put	Jenna Deep	28 ft. ½ in.	2/20/2017
F12-13	Weight Throw 16lb	Jenna Deep	21 ft. 2 ½ in.	12/28/2016
F12-13	Weight Throw 20lb	Jenna Deep	19 ft. 9 in.	2/25/2017
M10-11	High Jump	Augustine Panek	4 ft. 4 in.	2/12/2017

The good news for Chargers pre-teen record wannabes is that Jenna Deep had a birthday. Now officially a “tween”, she continues to set the pace in her new age group. Her 28+ effort at February’s Felder meet (OCC) landed more than 2 feet past the current club standard, established by Ann Fitzsimmons way back in 1977. Her two Weight Throw records are new. The 16lb record is from the December Chargers meet, and the 20lb record was set at the USATF Adirondack Indoor Championships (Utica College.)

Augustine Panek joined the 4-4 club for the M10-11 high jump while competing at the last indoor Chargers meet of the season. This height, which appears to be something of a “barrier” in his age group, was cleared 3 times previously: by Brent Vinch in 1983, by Jason Grosvenor (1986), and by Shawn Wilson (2003).

Syracuse Chargers Records for Females 7 and Under

high jump	Georgia Deep	2-10 1/2	7/9/2014
1 mile	Lilly Hanlon	7:42.6	1/10/2003
1000m	Lilly Hanlon	4:50.1	2/7/2003
100m	Jenna Lester	15.9	6/18/1996
100y	MaKayla Grobsmith	29.6	8/12/2015
10km road	Samantha Paris	69:04.0	5/4/1985
1500m	Lilly Hanlon	7:08.5	12/8/2002
200m	Rene Stackhouse	35.0	7/18/1979
220y	Amy Broton	41.0	2/12/1978
300m	Sarah Verdoliva	64.8	7/19/1995
400m	Avasa Campbell	1:26.0	2/7/1993
40y	Tiffany Collins	6.4	7/25/1979
440y	Amy Broton	1:39.0	date unk
500m	Stacy Hanmer	2:14.7	2/23/1985
50m	Jenna Lester	8.1	4/13/1996
55m	Avasa Campbell	8.2	2/7/1993
5km road	Nicole Boisey	25:24.0	9/16/1984
600m	Lilly Hanlon	2:34.7	12/8/2002
800m	Lilly Hanlon	3:23.6	12/27/2002
880y	Jenny Matson	3:37.0	2/12/1978
8km	Stacy Hanmer	51:42.0	6/1/1985
long jump	Jenna Lester	11ft	1/13/1996
shot put 2kg	Georgia Deep	11ft 1in	7/12/2014
triathlon	Jenna Deep	138 points	7/20/2012
turbo javelin	Georgia Deep	25-5	7/12/2014

Syracuse Chargers Records for Males 7 and Under

high jump	Zachary Meno	3ft 11in	1/12/1980
1 mile	Teshale Kelly	6:48.7	7/23/2013
1000m	Zachary Meno	4:50.5	1/13/1980
100m	Teshale Kelly	17.3	7/26/2013
100y	Aiden Griffin	17.1	8/12/2015
1500m	Zachary Meno	6:45.0	2/8/1981
200m	Keith Gissendanen	32.0	7/25/1978
200m	Keith Gissendanen	32.0	7/18/1979
220y	Erik Pederson	39.9	4/5/1978
3000m road	Teshale Kelly	13:32	5/15/2013
3000m	Teshale Kelly	13:13.3	6/11/2013
300m	Eric Phillips	54.6	1/9/1983
400m	Teshale Kelly	1:22.3	6/11/2013
40y	Jim Scott	6.8	1/28/1978
40y	Keith Gissendanen	6.8	7/25/1979
440y	James Scott	1:33.2	3/19/1979
500m	Eric Snook	2:02.5	2/23/1985
50m	Charles Askew	8.2	1/29/1978
55m	Da 'Vine Bennett	9.4	2/16/2013
5km road	Teshale Kelly	23:06	10/6/2013
600m	Eric Snook	2:32.0	2/2/1985
800m	Teshale Kelly	3:03.3	7/26/2013
880y	Dan Wright	3:25.4	2/15/1975
discus	James Muhammad	28-0	7/19/1981
long jump	Teshale Kelly	11ft 8in	12/15/2013
triathlon	Joseph Johnston	70 points	1/25/2015

How Slow Can You Go?

Sam Graceffo, MD

“The only thing I’m doing faster these days is getting slower.” That was said to me decades ago, when I was totally unconcerned about age-related slowdown. I was 50 at the time and had been running only 6 years. My race times were steadily improving, and it seemed like they would continue to do so for a long time. I had read that although runners reach their peak around 30, a new runner improves for the first five to ten years before the slowdown sets in. Since I was on my way up, aging wasn’t on my radar. The slowing down 70-year-old runner who made the statement was a jokester, so I didn’t think his remark deserved serious consideration or worry.

Now that I am 80, I have seen several decades of slowdown, and his words reverberate in my mind. It did seem to me that the slow down accelerated with each decade, but I wasn’t sure. To test it out I turned to the All American USATF Road running standards of excellence for men and women and did some number crunching. I chose this route, rather than record times, because the records can be erratic due to unusually good or poor performances in a particular year.

First I looked at 5K times for the whole sweep from age 40 to 80. The 20:59 for men became 33:34, an increase of 60%. For women, the 23:34 became 43:05 for an increase of 80%. The sparsity of times for women in the older age groups may account for this elevated figure. Switching up in distance to the marathon, I found the 40-year advance in age produced a 62% increase for men but an astounding 201% jump for women. Going all the way down to 100 meters revealed a somewhat diminished slowdown: 40% for men and 50% for females.

What I really wanted to explore was the changes occurring each decade after 40. Here I looked at only the 5K times for men. Between 40 and 50 there was an additional .8% tacked on. The next decade added .9%. Then the 60 to 70 saw a 1.1% slow down. 70 to 80 is even worse, with a 1.2% mark up in time. 80 to 90 ranks the highest with a 1.5% slow down.

So, the conclusion is inescapable: advancing age after 40 brings a slowdown in running times that accelerates with each decade. The figures indicate a slightly lower slowdown for the 100 meters than for the 5K and marathon. It also seems that the slowdown is greater for women than men. Continued training may delay the decline a bit, but it will happen no matter what we do. When you reach the older age categories, compare your performance to those your age and not to the runner you once were.

Famed Boston Marathon winner Clarence DeMar said, "Since I was 40 and definitely slipping, I have won 7 full marathons, got second 6 times and third 4 times.... I'm wondering what I can do after I'm fifty." Keep your dream alive.

April 2017 Trivia Questions

1. Who has run the most Marathons?
2. Who used running and jogging as a training technique in the 16th Century?
3. In what race do you run carrying a 10-pound block of ice?
4. What race is run in an average wind chill temperature of -20 C?
5. Running the second half of a race faster than the first half is called what?

[Trivia answers on page 14.]

Dr. J on Running: Rocket City Marathon, Huntsville, Alabama

Kamal Jabbour, Ph.D

Saturday 11 December 2010 -- Here I sat alone at Huntsville International Airport. First to check in and first to go through security, I had the entire terminal to myself. I ordered a small cappuccino, a banana and a ham-egg-cheese croissant. I settled down to document my sixth Marathon.

The pre-race pasta dinner brought a statistical surprise. I found myself eating at the same table as two other New Yorkers – David from Saratoga Springs and Peter from Brooklyn. Everyone at my table qualified for Marathon Maniacs, setting out to run every Marathon on the planet.

Staying at the race hotel provided distinct advantages. After dumping the awful Starbucks cappuccino in the sink, I made hotel room coffee, ate a cinnamon raisin bagel with a banana, and watched the movie "At First Sight". At 7:45am, when the organizers called the runners to the start line, I rolled out of bed, and walked the few feet to the start.

The weather forecast of cold, wind and snow did not materialize. It was sunny and 45 degrees at 8am. I wore a baby-blue New Balance long sleeve technical shirt, my favorite black shorts with a Powerbar in each pocket, mismatched blue and black dress socks in honor of Marla, my old faithful yellow New Balance 903, a red Nike headband, and a pair of white athletic socks to keep my hands warm. My Timex Ironman Global Trainer acted finicky at first, but found the satellites in time for the gun.

The decision to join the 4:30 pace group became obvious when I met the pacer. Jane, a 30-year old bubbly young woman, attracted a dozen hopefuls and pulled me along. I paid for my reckless abandon to "See Jane Run" three hours later. Jane crossed eventually the Finish line in 4:30:01. I did not.

We sang the national anthem, and took off at the sound of a gun. The wide staging area allowed us to cross the start line 50 seconds after the gun, much faster than Scranton and Manchester. I fooled around with 5+5 breathing the first half mile, then settled into 4+4 for the next 18 miles. I drank water and Powerade at every aid station, but skipped my minute walk every two miles to hang onto Jane.

The official race booklet mentioned 68 turns and 212 street intersections. The frequent turning allowed running the tangents and evened out the stress on my ITBs. My fortune ran out at Mile 9. The next five miles followed the right lane of a highway straight into the wind. I hopped onto the grass and sidewalk whenever possible, and twisted my ankle into a deep grassy hole. The ominous hill from Mile 14 to Mile 16 with a total elevation gain of 88 feet passed unnoticed. I must have been distracted. For all practical purposes, this was a flat course.

Many spectators carried boards with Biblical verses. Philippians 4:13 won in numbers "I can do all things through Christ who strengthens me." Less seriously, a shirt sported the question "Your pace or mine?"

I reached Mile 18 in 3:13, slower than Steamtown's 3:11 but faster than Manchester's 3:18. Jane must have been half-a-mile ahead at this point, and any illusion of 4:30 had dissipated. Yet, I felt good. I maintained 4+4 breathing, and I felt confident that I could walk the rest of the way in two hours if necessary. In retrospect, Mile 18 proved my fastest mile of the entire Marathon. Afterwards, I started walking a minute every few minutes to loosen cramps in my upper calves. My right knee became painful and stiff. My lower abdomen started cramping. My left butt tightened. Left toe number 4 started hurting.

I shuffled until Mile 22 alternating walking with running, yet I maintained a decent overall pace. The next three miles told a different story. I covered Miles 23 through 25 in 13, 14 and 15 minutes respectively. Yeah, yeah, I walked Mile 25, then I mustered the will to resume shuffling. I ran the final 1.2 mile at 11-minute pace, and crossed the Finish in 4:50:18 gun time, 4:49:29 chip time, my fastest Marathon since 1997. Completing three Marathons in 90 days qualified me as a Marathon Maniac.

An ice cream sandwich dipped in vegetable gumbo tasted good after the run, but it took a hearty sirloin steak with home fries to hit the spot. I soaked my sore body into the bathtub, and took a two-hour nap. I hung around the lobby with fellow warriors, then hit the sheets for an early flight home.

The words of Ray Charles haunt me. *The road leads back to you, oh Georgia. Just an old sweet song keeps Georgia on my mind.*

MEMBER RENEWALS

**New & Renewed
Charger Members**

NEW MEMBERS

Hannon M Shutts

Kevin Collins
Tim Collins
Gloria Colton
David Eamer
Heidi Kadick
Scott Kadick
David Leff
Fred Leff
Grace Leff
Laura Leff
Martin Leff

Sandy McGuane
Shaun McGuane
Luana Pesco Koplowitz
David Rider
Fritz (Fred) Schlereth
Win Skeelee
Ian Spera
Karen Spera
Mark Spera
Nicholas Spera

Stephen Suto
Jacob Wood
Paula Wood
Russell Wood
Abbey Yatsko
Christian Yatsko
Jacob Yatsko
Teresa Yatsko

Congratulations to the Winners of the 2016 Syracuse Chargers Track Club Athlete & Volunteer Awards Presented at the Annual Banquet, March 19, 2017

- President's Award -- **Bob Hiemenz**
Outstanding Service Award -- **Pat Piscitelli**
Volunteer Service Award -- **Lynette Hughes**
Corporate Friend of Running -- **Spera's Meat Market & Deli**
Arnie Briggs Good Guy Award -- **Bev Halderman**
Masters Men Track -- **Ed Cox**
Open Men Track -- **Solomon Lawrence**
Charlie Hackenheimer Award Mens Long Distance Running -- **David Rider**
Masters Women's Long Distance Running -- **Sue Gardinier**
Open/Masters Long Distance Running -- **Scott Weeks**
Female Field Events -- **Jenna Deep**
Masters Men Field Events -- **Chuck Yost**
Masters Women Mountain Ultra Trail -- **Luana Pesco Koplowitz**
Jerry Schulz Award Section III Girls Cross Country -- **Claire Walters**
Jerry Schulz Award Section III Boys Cross Country -- **Ty Brownlow and Stephen Schulz**



Claire Walters (in blue denim jacket) Jerry Schulz Award Section III Girls Cross Country, with family: Bob & Nina Walters, (parents, standing), Elizabeth, Joseph, Rebecca, Claire and Catherine.



Luana Pesco Koplowitz, Md, PhD, Winner of the Masters Women Mountain Ultra Trail Award

Jenna Deep (standing top left) Female Field Events Award Winner, with parents and sister, Georgia



Shawn and Sandy McGuane. Sandy is the daughter of Jerry Schulz

Stephen Schulz (center), Co-Winner of the Jerry Schulz Award Section III Boys Cross Country with family



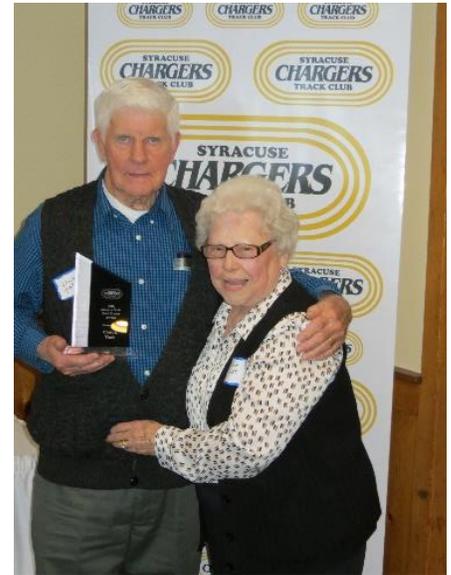


Damien, Julian & Michelle Brownlow, and Coach Andrew Dionne with Ty Brownlow, Co-Winner of the Jerry Schulz Award Section III Boys Cross Country

Joyce Yost with grandson, Jared Morales and friend



Chuck and Joyce Yost



Chuck Yost (left) Masters Men Field Events Award Winner, with Norm Deep (right)



Pat Piscitelli, (below, left) winner of the Outstanding Service Award, with Mickey Piscitelli and Nancy Smith





Mickey Piscitell (Syracuse Chargers Board President) with Bob Hiemenz, President's Award Winner



Roger and Estelle Hahn



Mark Driscoll, Chargers' Vice President, presenting the Award for Open/Masters Long Distance Running to Scott Weeks



Scott Weeks with daughter, Madlyn and son, Tristan

April 2017 Trivia Answers

1. Christian Hotta of Germany has run over 1,820 Marathons. **
2. Swordsmen.
3. The Brisbee, Arizona Ironman Ice Competition.
4. The Antarctica Ice Marathon.
5. Running a negative split.

** Editor's note: As of March 27, 2017, the record for most marathons completed is held by *Marathon Maniac Larry Macon, who has completed 1,867 marathons* (2-3 per weekend and going strong!)

A grateful running club thanks long-time board member Jim Alexander

We would like to take a moment SCTC Board member Jim Alexander. Jim served faithfully for 20+ years and did not seek re-election. His director-at-large seat on the Board has been filled by Marie Christopher. During Jim's years on the Board, he devoted his time, wisdom, and soul to our club. He made tough decisions based solely on what was best for our members and the greater Syracuse running community, not on politics or what was popular. He provided a steadfast commitment to increasing the number of and quality of running, walking, and track and field competitive opportunities for children and adults. We thank you, Jim, and wish you a happy retirement.

Swamp Rat Memories

As we approach the 38th running of the Swamp Rat Runs, we asked Charger Board Member, **Pat Leone**, to share some history of the race. [Watch out for dropping names!]

The **Town of Cicero Parks & Recreation Department** started the *Swamp Rat* in 1980 and since its inception it has always been run on the third Saturday in June. The first venue was Central Park on Rt 31 in Cicero where runners ran an out-and-back course on Ferguson Road. Eventually the race moved to Arrowhead Lodge at Oneida Shores and the courses started in the Arrowhead Lodge area and ran out-and-back on Beach Road, as they will be run this year. As the number of participants grew, the starting line was relocated to its current location on the beach side of Oneida Shores.

By the end of the 1980s, the Town of Cicero was no longer interested in producing the event and approached **Rick Nastasi**, long-time CNS cross country and track coach, to take over the race. He and **Tim Collins**, both Charger members, wanted to involve the club to manage the race and split the proceeds with the CNS cross country programs. In 1991, with the help of **Nate and Evelyn White**, Rick and Tim secured **Nice-N-Easy Grocery Shoppes** as title sponsor, with Rick as race director and Tim serving as assistant director. Around 2000, Pat Leone became assistant race director.

The races have been a great introduction into the detailed [and sometimes stressful] world of timing and scoring. The late **Ron Frasier**, a CNS track coach, was an early volunteer who helped with timing and producing results. In 1998, the Swamp Rat was the first event Pat Leone ever attempted to score (with **Randa Jabbour** teaching him that select times were necessary).

In 2000 we started timing the mile fun run. In subsequent years, a participation competition in the mile fun run started among the elementary schools in the North Syracuse and Central Square School Districts with a rotating trophy going to the school with the most entries. Longtime North Syracuse physical education teacher, **Tom Stimson**, played an integral part in growing the participation of the elementary school students. By 2003, participation in the mile fun run was so large we had to split it into two races with a (mostly) boys mile and a (mostly) girls mile.

Participation climbed in all of the race distances throughout the last two decades with a peak of 1,664 entrants in 2014. One year the 10K was cancelled due to intense heat and all entrants ran the 5K instead (thank you, Evelyn White, for making that call!)

The race was known as the **Nice-N-Easy Swamp Rat Runs** from 1991–2000 with the late **John MacDougall**, founder of Nice-N-Easy, serving as official starter each year. During those years, the event had an untimed mile fun run for kids, as well as the competitive 5K and 10K distances. In the year leading up to the 2001 race, Hess Express agreed to take over as title sponsor, hence from 2001-2014 the event was known as the **Hess Express Swamp Rat Runs**. In 2014, the 5k race was named in memory of **Chris Taddeo**, a former CNS runner, who participated in many Swamp Rat Races and Oneida Shores Fun Runs. After the 2014 race, **Speedway** purchased Hess Express and the Hess Express sponsorship of the event was discontinued. **Mark Spera** of **Spera's Markets** in Cicero signed on as title sponsor for 2015 and to the present day the event is known as the **Spera's Swamp Rat Runs**.

Be part of this year's Swamp Rat – see the entry form on the next page or better yet, register on-line!



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 of carelessness on the part 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 waive 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 Scholarship Application

The Syracuse Chargers Track Club, Inc. will award as many as three \$1,000 scholarship grants to SCTC members who have distinguished themselves through their: a) volunteer activities within our community (not limited to Chargers events); b) academic achievement; and c) commitment to personal fitness. All applicants should have a record of volunteer service to the athletic community. In order to qualify for consideration for one of these awards, an applicant must be a graduating high school senior, an SCTC member at the time the application is submitted, and the holder of at least a B average (80%) throughout high school. Anyone who wishes to be considered for one of these awards should provide the information requested below and submit this form along with the following:

1. A letter of recommendation written by an adult who has supervised, coordinated, or is otherwise familiar with your volunteer activities, particularly those that promote health and fitness.
2. A copy of your high school transcript.
3. A letter of recommendation from a teacher or your guidance counselor that focuses on your academic achievement and merits.
4. A **typed** essay of 300-400 words in which you discuss the importance of athletic participation and volunteerism for your own life and the lives of others.

This form and all supporting materials should be mailed together and be received by May 31.

Please mail this completed form and your other application materials to:

John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078

Name _____ Phone: _____

Address _____ E-mail: _____

_____ Date of birth _____

Your High School(s): _____

High School Average: _____ Class Ranking: _____ SAT/ACT Scores: _____

College/University that you are most likely to attend: _____

Volunteer activities on behalf of athletics (including but not limited to Chargers volunteering)

[Attach more pages if necessary]

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.

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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
PAID
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