



Serving the Central New York  
Running Community since 1969

# CHARGERS NEWSLETTER

Volume XLXIII

Syracuse Chargers Track Club

June 2017

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## New & Renewed Charger Members

### NEW MEMBERS

Michael Cohen  
Eleanor Parry  
Evangeline Parry  
Deyor Smith

### MEMBER RENEWALS

Nicholas Brennan  
Matt Crough  
Steve Crough  
Paul Dunham  
Ellrose Hanlon  
Kevin Hanlon  
Lilly Hanlon  
Mark Hanlon  
W. Donald Hanlon  
Joan Koral  
Debra Mimaroglu

Hunter Mimaroglu  
Logan Mimaroglu  
Max Mimaroglu  
Sinan Mimaroglu  
David Parks  
Edward Polly  
Jim Schoonmaker  
Jessica L Weeks  
Madelyn Weeks  
Scott Weeks  
Tristin Weeks  
Mary White

## Who's Who in the Syracuse Chargers Track Club

### Board of Directors

**President:**

Mickey Piscitelli  
315-638-9662  
[mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net)

**Treasurer:**

Taylor Wendler  
[Twndler5000@yahoo.com](mailto:Twndler5000@yahoo.com)

**Vice President:**

Mark Driscoll  
315-449-9615  
[mdriscol@syr.edu](mailto:mdriscol@syr.edu)

**Secretary:**

Roger Hahn  
[rchahn@syr.edu](mailto:rchahn@syr.edu)

### Program Coordinators

**Membership**

**Coordinator:**  
Bob Hiemenz  
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**Charger Challenge:**

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**Webmaster:**

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**Youth Program:**

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**Chargers Records:**

Terry McConnell  
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Jasper Royal  
315-416-3811

**Scholastic Coach:**

Jim McCaul  
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**Special Olympics:**

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315-422-1037  
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**Scholarships:**

John View  
6129 Bay Hill Circle  
Jamesville, NY 13078

**Masters (Men):**

Greg Tuttle  
315-430-9409  
[tuttlegreg@hotmail.com](mailto:tuttlegreg@hotmail.com)

**Merchandise:**

Karen Spera

**Masters (Women):**

Mickey Piscitelli  
315-638-9662  
[mpiscitelli@verizon.net](mailto:mpiscitelli@verizon.net)

**Every One Can Run Program**

Greg Tuttle  
315-430-9409  
[tuttlegreg@hotmail.com](mailto:tuttlegreg@hotmail.com)

**Awards Banquet:**

Nancy Smith  
[nsmith123@twcny.rr.com](mailto:nsmith123@twcny.rr.com)

**Sunday Walkers:**

Greg Tuttle  
315-430-9409  
[tuttlegreg@hotmail.com](mailto:tuttlegreg@hotmail.com)

**Oneida Shores Fun Runs:**

Greg Broton  
[gbroton@nscsd.org](mailto:gbroton@nscsd.org)

**Indoor Meets/Practices:**

Mark Driscoll  
315-449-9615  
[mdriscol@syr.edu](mailto:mdriscol@syr.edu)

**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©(3) organization and a member of **USA Track & Field**. To become an individual

member and SCTC representative of USATF, go to [www.USATF.org](http://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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**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](http://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 20<sup>th</sup> of each month.**

### At Large Charger Board Members:

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### Open Coordinator (Women):

OPEN

### Open Coordinator (Men):

OPEN

## Events Calendar

<b>June 2017</b> [ <i>July newsletter deadline – June 20</i> ]		
<b>1</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K. [see page 12]</b>
4	Sun	USA 5K Race Walk Championships, 9am, Albany, NY [ <a href="http://www.usatf.org">www.usatf.org</a> ]
<b>8</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>15</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
17-18	Sat-Sun	2017 AAU Niagara T&F Championships, Nottingham HS, Syracuse, NY [ <a href="http://www.felderstadium.org">www.felderstadium.org</a> ]
<b>17</b>	<b>Sat</b>	<b>Swamp Rat Runs, Kid's 1 mile, 5K, and 10K events, Oneida Shores Park, Brewerton, NY [<a href="http://www.swampratrun.com/">http://www.swampratrun.com/</a>]</b>
18	Sun	Reviving a Classic River Run, Fulton, NY Kids' Fun Run, 5k Run/Walk, 8k Run [ <a href="http://www.fultonymca.com">www.fultonymca.com</a> ]
<b>22</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>29</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>July 2017</b> [ <i>August newsletter deadline – August 20</i> ]		
<b>4</b>	<b>Tues</b>	<b>Cazenovia July 4<sup>th</sup> Footraces &amp; Dan Sutton Memorial Run, Cazenovia, NY [<a href="http://www.caz4thrun.org/">http://www.caz4thrun.org/</a>]</b>
<b>6</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>13</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>20</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>27</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>August 2017</b> [ <i>September newsletter deadline – August 20</i> ]		
<b>3</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>10</b>	<b>Thurs</b>	41 <sup>st</sup> Annual Tromptown Runs, DeRuyter, NY, [ <a href="http://www.tromptownrun.com/">http://www.tromptownrun.com/</a> ] <b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
12	Sat	USA 1-Hour Race Walk Championships, Milwaukee, WI [ <a href="http://www.usatf.org">www.usatf.org</a> ]
<b>17</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>19</b>	<b>Sat</b>	<b>Willow Bay 5K Run &amp; Fitness Walk for Women, East Shore Path, Onondaga Lake Park, Syracuse, NY</b>
<b>24</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>31</b>	<b>Thurs</b>	<b>Onondaga Lake Park Fun Runs; Kids' 400M dash, 5k and 8K.</b>
<b>September 2017</b> [ <i>October newsletter deadline – September 20</i> ]		
10	Sun	USA 40K Race Walk Championships, Owego, NY [contact Dave Talcott at <a href="mailto:dwtalcott@gmail.com">dwtalcott@gmail.com</a> ]
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 <a href="mailto:oboebassoon@yahoo.com">oboebassoon@yahoo.com</a>
<b>October 2017</b>		
<b>1</b>	<b>Sun</b>	<b>Syracuse Festival of Races, Coyne Stadium, Syracuse University [<a href="http://www.festivalofraces.com/">http://www.festivalofraces.com/</a>]</b>
8	Sun	USA 30K Race Walk Championships, Hauppauge, NY [ <a href="http://www.usatf.org">www.usatf.org</a> ]
20	Fri	<i>November newsletter deadline</i>
<b>November 2017</b>		
20	Mon	<i>December newsletter deadline</i>
<b>December 2017</b>		
<b>19</b>	<b>Sat</b>	<b>Last Chance Trail Run &amp; Pancake Breakfast, Highland Forest, Fabius, NY</b>
20	Sun	<i>January 2018 newsletter deadline</i>
<b>Bold – SCTC Event</b>		

## Meet Mickie Jauquet, your NEW Road Runners Club of America RRCA New York State Representative



Mickie started running in 2010 and joined the Finger Lakes Running Club [FLRC] to participate in all that running community had to offer. She ‘started slow’ by volunteering at various races, then became a co-race director and finally stepped into the role of FLRC president, a position she’s held for 3 years. She looks forward to working with the Chargers in building community and creating awareness of the fun and benefits to running at all levels. Mickie’s 2017 GOAL is to help promote clubs and events by providing a regularly-published NYS rep newsletter and a more active NYRRCA Facebook page, and increasing the number of New York state championship events.

**MICKIE JAUQUET**

RRCA New York

103 Rachel Carson Way

Ithaca, NY 14850

[607-280-5189] NewYork@rrca.org

### Attention Dace Directors!

RRCA wants your event to become a New York State Championship Event! Since 1958, the RRCA has awarded championship events through a competitive bidding process at the National, Regional, and State level to RRCA member clubs and events to promote the sport of distance running. The goal of the RRCA Championship Event Series is to shine a spotlight on well-run events and to award top performing runners in the open, masters (40+), grand masters (50+), and senior grand masters (60+) categories for both men and women.

### Is Central New York a Runner Friendly Community?

OF COURSE! We have great people, businesses, local government and the greatest infrastructure that makes running easy and accessible. Check out the RRCA Runner Friendly Community Designation.

<http://www.rrca.org/our-programs-services/programs/runner-friendlycommunity>

The Deadlines for 2017 are June 30th and September 1st.

### Recent Chargers Age Group Records

*Terry McConnell, Ph.D.*

#### **Recent Chargers Age Group Record**

M40-44	300m IH	Ray Panek, Jr	50.8	6/18/2016
M65-69	300m IH	Ray Panek, Sr.	1:22.3	6/18/2016
M75-79	5k Road	Ray Kneer	22:43	4/29/2017

Three new records, all set by people named Ray. What are the chances of that?

How sharper than a serpent’s tooth: Ray Panek, Jr usurped his dad’s 52.4 record set back in 1993. Undeterred, Ray Sr. came back and set a new standard in the M65-69. We will have to wait and see if you can top that, Ray Jr.!! (Both records were set at a Felder meet at Nottingham High School.)

Ray Kneer set his record at the Vestal Coal House Spartan Run, paring exactly one minute from Nate White’s 1995 standard. He took 4<sup>th</sup> place overall. (Charlie Hackenheimer stills holds the 5K track best, with his venerable 22:16.4 from 1982.)

## **Brendan Jackson**

Brendan Jackson's untimely passing while participating in a team relay event shocked and saddened the entire CNY running community. Many have written about Brendan's contributions to the sport. I will add here that he still holds the Chargers M30-34 record for the 400M Dash, with a 51.2 recorded on 7/25/1993. Brendan ran the fastest one lap time on CBA track that day. The event was part of the USATF Masters East Championship, co-hosted by SCTC and the CNY Track Officials Association.

Between 1994 and 2008, Brendan completed 147 events in the SU Noontime running league. He still holds many of our league records.

### **Brendan Jackson's SU Noontime Running Records**

#### **Age**

<b>Group</b>	<b>Distance</b>	<b>Date</b>	<b>Time</b>
M35-39	100m	4/18/1996	12.10
M35-39	800m	3/6/1998	2:03.90
M35-39	200m	12/29/1998	24.40
M40-44	100m	4/21/2000	12.40
M45-49	400m	12/22/2004	55.80
M45-49	200m	12/28/2004	25.20
M45-49	800m	4/13/2007	2:11.90

See page 7 for more about Brendan Jackson.

## **The Mythical 2:00:00 Marathon**

The height of Mount Everest has a definite value, and, no matter what units of measurement quantify it, to have climbed Mt. Everest is to have achieved something of intrinsic and undeniable meaning. To be first to run a marathon faster than 2 hours is an achievement more in the spirit of having first reached 28,000 feet on a mountain. While undoubtedly impressive, you will probably not find that mark recorded anywhere in the mountaineering annals.

Two hours is somewhat defensible as a natural choice of time unit (it is one-twelfth the time it takes the Earth to spin on its axis,) but the marathon distance is the result of several blatant historical coincidences, one of them involving a woman's whim. Notwithstanding, the public is fascinated by a round figure, no matter how meaningless or arbitrary the units of measurement. The very arbitrariness of the marathon distance adds something to its charm, just as the distance of 7.1 miles acquired respectability as the original Falmouth Road Race distance, the distance that happens to separate a certain pub in Woods Hole from the Falmouth Heights beach.

Thus, the sporting world paid close attention when Eliud Kipchoge tried to run a marathon in less than 2 hours on May 6, 2017. The attempt, equal parts sporting event, lab experiment, and Nike commercial, failed spectacularly in 2:00:25, or by less than a second per mile. For comparison, the current world record is Dennis Kimetto's 2:02:57 from the 2014 Berlin Marathon. Kipchoge's effort is 3.4% faster than Kimetto's, but the proper basis for comparison should be what Kimetto *could* have run under similar conditions: a flat, closed course; a hand-picked field bent on cooperating fully; a starting time designed to take advantage of circadian rhythms; best practices in preparation and diet; and special "energy-return" shoes designed by Nike. We will never know.

There is no denying that Kipchoge's run was extremely impressive, but it probably raises more questions than it answers. For example, will it now be easier or harder for future runners to break 2 hours in legitimate races on record quality courses? If you find yourself falling behind the pace at halfway, do you take heart from the fact that it appears humanly possible to do slightly less than what will be needed under much better conditions?

Track and Field statisticians are no less fascinated by time “barriers” than are their road race counterparts. The following table lists some of the looming track distance running barriers, sorted in increasing order by the percentage improvement needed to reach the barrier.

Event	Record	Barrier	Needed	Name	Date
25000M (Women)	1:27:05.9	1:27:00	0.11%	Tegla Laroupe	9/21/2002
Marathon (Women)	2:15:25	2:15:00	0.31%	Paula Radcliffe	4/13/2003
15000M (Men)	41:13	41:00	0.53%	Leonard Komon	11/21/2010
3200 Relay (Men)	7:02.43	7:00	0.57%	Kenya	8/25/2006
3000M (Women)	8:06.11	8:00	1.26%	Junxia Wang	9/13/1993
5000M (Women)	14:11.15	14:00	1.31%	Tirunesh Dibaba	6/6/2008
30000M Walk (Men)	2:01:44.1	2:00:00	1.43%	Yohann Diniz	3/12/2011
3000M (Men)	7:20.67	7:00	4.70%	Daniel Komen	1/10/1996
Mile (Women)	4:12.56	4:00	4.97%	Svetlana Masterkova	8/23/1996
1000M (Men)	2:11.96	2:00	9.06%	Noah Ngeny	5/10/1999

For further background on the 2-hour marathon barrier, see Two Hours: the Quest to Run the Impossible Marathon, Ed Caesar, Simon and Shuster, New York, 2016. [Editor’s note: This book will soon be available in the Ed Stabler Syracuse Chargers National Distance Running Hall of Fame Collection at Syracuse University]

**Syracuse Chargers Records for Females Age 14-15 Years**

heptathlon	April Rushey	3994	6/15/1997
high jump	Meagan Turner	4ft 10in	7/14/2008
indoor pentathlon	April Rushey	2690	3/15/1997
1 mile	Kelly Murray	5:26.4	7/1/2002
10 miles	Kayla Nimmo	1:12:34	7/4/1998
1000m	Suzanne Verdoliva	3:14.0	2/4/1979
1000y	Tonya Heard	2:48.6	2/1/1976
100m	Antonika Owens	12.9	7/13/1994
100m HH	Jane O'Brien	16.3	6/21/1980
100y	Erica Hagenlocher	12.8	7/28/1973
100y	Sherry Winters	12.8	7/7/1978
10km road	Roberta Bain	38:35.0	3/18/1979
1500m	Colleen Eccles	4:56.4	3/15/1997
15km road	Beth Sierzant	1:01:15	4/2/1983
2 miles	Melanie Spera	12:47.5	8/3/2009
2000m	Kelly Murray	7:25.2	3/16/2003
200m	Ore Akinpelu	26.25	6/24/2012
220y	Joanne Atkinson	28.1	4/5/1978
2km steeple	Trina Bills	7:43.7	7/25/2008
3000m road	Katlyn McNamara	12:25	5/8/2008
3000m	Heidi Andrews	10:52.7	12/21/1986
300m	Kelly Kuss	47.0	1/24/1998
400m	Allison Stone	60.7	3/13/1999
400m IH	Beth Sierzant	1:07.9	8/18/1984
440y	Kristen Hagenlocher	64.0	1/17/1976
5 miles road	Marcy Rothenberg	35:28.0	3/18/1979
50m	Juliet Armstrong	7.2	2/22/1980
55m	Allison Stone	7.4	3/13/1999

**WE**   
**VOLUNTEERS**

Volunteers needed  
for the JP Chase  
Corporate  
Challenge, Tuesday,  
June 6. If you can  
help please contact  
Mickey Piscitelli  
[mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net)

### Syracuse Chargers Records for Females Age 14-15 Years [cont.]

55m HH	April Rushey	9.0	3/15/1997
5km road	Tonya Heard	18:57	8/8/1976
600m	Colleen Eccles	1:45.7	3/15/1997
600y	Kristen Hagenlocher	1:29.7	2/11/1976
880y	Kristen Hagenlocher	2:14.7	7/12/1975
8km road	Laura Feller	34:09.0	5/21/1995
discus	April Rushey	86-6	6/1/1997
hammer	April Rushey	73-1 1/2	6/1/1997
javelin	April Rushey	126-3 3/4	6/1/1997
long jump	Vicky Williams	16-6 1/2	7/13/1985
marathon	Wendy Pusch	3:30:23	5/18/1975
pole vault	Linda Hadfield	10ft 11in	7/26/2007
shot put 4kg	Shayna Santarelli-Hansen	37-6 3/4	6/23/2013
triple jump	Antonika Owens	35-10 1/2	7/17/1994
weight pentathlon	April Rushey	2295	6/1/1997
weight throw 20lb	April Rushey	29-2	6/1/1997

Running is a big question mark that's there each and every day. It asks you, "Are you going to be a wimp or are you going to be strong today?"

- Peter Maher

### Syracuse Chargers Records for Males Age 14-15 Years

high jump	Nick Wilson	6-0 3/4	7/9/2004
indoor pentathlon	Ray Panek	2916	3/10/1990
outdoor pentathlon	Ray Panek	1929	8/12/1989
1 mile	John Buckley	4:51.0	6/30/1973
1 mile walk	Bill Harvey	9:11.0	5/9/1982
10 miles	Chris Shepardson	57:06.0	7/4/1982
1000m	Connor Nugent	2:54.3	6/9/2008
100m	Joe Gibbons	11.3	6/18/1983
100y	Eugene Norman	10.4	7/1977
10km road	Dave Dobrzynski	34:25.0	7/8/1972
110m HH	Jackson Honis	16.9	7/20/2009
120y HH	Eugene Norman	15.8	7/1977
1500m	Brent Vinch	4:16.9	7/13/1985
15km road	Tom Perry	54:25.0	7/8/1984
2 miles	Rudy Muller	10:39.0	6/26/1976
2000m	Martin Nicholson	6:41.9	3/16/2002
200m	Joe Gibbons	23.2	7/13/1983
20km	Richard Stanley Jr.	1:17:39	8/2/1981
220y	Bob Druger	25.3	4/5/1978
25km road	Bob Schilly	1:40:41	11/11/1978
3000m road	Will Von Zagorski	9:59	4/25/1992
3000m	Brent Vinch	9:26.2	12/22/1984
300m	Jeff Mikell	38.7	1/8/1984
400m	Brendan Nugent	55.93	6/7/2007
400m IH	Nick Wilson	1:10.4	6/19/2004
40y	Bob Druger	5.1	3/18/1978
440y	Mark Heimberg	57.3	3/18/1978

### Brendan Jackson

Much has been written about Brendan's legacy as a father, husband, runner, coach, co-worker and friend. In addition to the Syracuse.com coverage, a heartfelt tribute appeared on the Runners' World website:

<http://www.runnersworld.com/obituary/syracuse-running-community-mourns-beloved-coach>

What more can be said? Few may recall that **Brendan Jackson was the 1994 recipient of the Charger's Award for Outstanding Volunteer Service** (with a full head of hair!). Perhaps one of the greatest tributes we can offer for Brendan's memory is the gift of *time*. Let's remember that in each of us there is an award-worthy volunteer.

Thank you, Brendan Jackson, and all the other volunteers who have made Central New York a great place to run!

**Syracuse Chargers Records for Males Age 14-15 Years [cont.]**

5 miles road	Eric Kimball	32:02.0	7/21/1984
50m	Jeff Mikell	6.0	2/5/1984
50m HH	Bill Lynch	7.9	3/14/1982
55m	Jamal Johnson	6.6	12/12/2004
55m HH	Ray Panek	8.6	3/4/1990
5km road	Andy Carling	15:42	9/3/1994
5km track	Chris Shepardson	16:01.0	8/13/1982
600m	Jeff Mikell	1:39.6	1/8/1984
60m	David Utter	9.13	2/6/2005
60m HH	Damian Panek	11.34	2/6/2016
70y HH	Shawn Pinkston	11.2	7/22/1979
800m	Brendan Nugent	2:06.2	6/13/2007
880y	Ray Tetrault	2:15.0	6/30/1973
8km road	Michael Godson	29:07.0	6/14/1984
decathlon	Chris Hilfinger	4145	7/25/1992
discus	Mike Donahue	148-4 1/2	6/29/1997
hammer 12lb	Bill Peintka	101-4 1/2	7/20/2002
hammer 16lb	Joe Gibbons	34-6 1/4	7/13/1983
javelin	Bill Pientka	159-1	8/2/2002
long jump	Brian Jackson	20-8	3/9/1986
marathon	Tom Paris	3:03:59	2/79
pole vault	Kris Yelverton	12ft	1/29/2001
shot put 12lb	Mike Donahue	44-10 3/4	12/20/1997
shot put 5kg	Mike Donahue	38-9 1/2	3/15/1997
triple jump	Brian Jackson	41-5 1/2	3/9/1986
weight throw 25lb	Bill Pientka	44-6	7/15/2002
weight throw 35lb	Mike Donahue	23-0	3/15/1997
weight pentathlon	Bill Pientka	3156	7/15/2002

*It is simply that we can all be good boys and wear our letter sweaters around and get our little degrees and find some nice girl to settle, you know, down with... take up what a friend of ours calls the hearty challenges of lawn care... Or we can blaze! Become legends in our own time, strike fear in the heart of mediocre talent everywhere! We can scald dogs, put records out of reach! Make the stands gasp as we blow into an unearthly kick from three hundred yards out! We can become God's own messengers delivering the dreaded scrolls! We can race dark Satan himself till he wheezes fiery cinders down the back straightaway... They'll speak our names in hushed tones, 'those guys are animals' they'll say! We can lay it on the line, bust a gut, show them a clean pair of heels. We can sprint the turn on a spring breeze and feel the winter leave our feet! We can, by God, let our demons loose and just wail on!*

- Once a Runner by John L. Parker

## 2017 Acquisitions for the Ed Stabler Syracuse Chargers National Distance Running Hall of Fame Library

In December 1997, the Board of Directors of the Syracuse Chargers Track Club (the Chargers) authorized the creation of a running library in honor of Ed Stabler, to consist of books of historical significance, biographies, literary works, training books, medical and nutrition books, and bound volumes of running periodicals. The Ed Stabler Running Library was established through the Chargers mission to promote running and fitness education, and a desire to preserve the rich heritage of running. This library was recognized as the first public running collection in the world, re-creating the history of running through the stories of people and places.

In the initial phase of collecting materials, the running library (the Collection) was housed at a private location. The initial holdings of the running library came from donations of more than 250 items, divided into six broad categories: biographies, history, literature, medical, training and multimedia. As of 2017, the collection consists of more than 1,000 items held in Bird Library, archives, Special Collections and in virtual storage. Items in the Collection are available to the public and most are accessible through Inter-Library Loan.

The mission of the Collection is to preserve the rich heritage of distance running through the stories of runners and races. The Collection features the world's largest public collection of biographies and publications of historical significance to distance running.

In 2016, the Syracuse Chargers Board of Directors approved an additional donation to the endowment, permitting the recurring acquisition of books and monographs. Additions to the collection are selected from a list provided by library staff to the SCTC board and trustees. Here are the selections for 2017:

<b>Author</b>	<b>Title</b>	<b>Publication year</b>
Galloway, Jeff	America's best trails: scenic, historic, amazing	2017
Derderian, Tom	Boston marathon: a year-by-year description of one of the world's premier running events	2017
Burfoot, Amby	First ladies of running: 22 inspiring profiles of the rebels, rule breakers, and visionaries who changed the sport forever	2016
Hamilton, Duncan	For the glory: the untold and inspiring story of Eric Liddell, hero of <i>Chariots of Fire</i>	2017
Cohen, Joel	How to lose a marathon: 26.2 illustrated steps to guaranteed failure	2017
Switzer, Kathrine	Marathon woman: running the race to revolutionize women's sports	2017
Demar, Clarence	Marathon: autobiography of Clarence Demar- America's grandfather of running	2016
Galloway, Jeff	Mental training for runners: no more excuses!	2016
Shorter, Frank	My marathon: reflections on a gold medal life.	2016
Foreman, Tom	My year of running dangerously: a dad, a daughter, and a ridiculous plan	2016
Craig, Marco	NYC marathon: do not cross.	2016
Wade, Becky	Run the world: my 3,500-mile journey through running cultures around the globe.	2016
Mok, Adrian	Runnerdotes: a collection of anecdotes from inspirational runners.	2017
Engle, Charlie	Running man: a memoir of ultra-endurance	2017
Posner, Kenneth A	Running the long path: a 350-mile journey of discovery in New York's Hudson Valley	2016
Ludwig, Scott	Running to extremes: the legendary athletes of ultrarunning	2016
Parnell, Martin	Running to the edge	2016
Grunenwald, Jill	Running with a police escort: tales from the back of the pack	2017
Huttenbach, Laura Lee	Running with Raven: the amazing story of one man, his passion, and the community he inspired.	2017
Miller, Jen A	Running: a love story: 10 years, 5 marathons, and 1 life-changing sport	2016
Spragg, Iain	Running's strangest tales: extraordinary but true tales from over five centuries of running.	2016
Caesar, Ed	Two hours: the quest to run the impossible marathon.	2016
Denniss, Tom	World at my feet: the extraordinary story of the record-breaking fastest run around the earth	2016

# Summer is Coming and the Eating is Easy

Maureen Fauler, MHA, RDN, CDN

With the warm weather fast approaching, our thoughts often turn to lighter, fresher meals. Research suggests eating fruits and vegetables is linked to a lower risk of many chronic diseases and may help protect against certain types of cancer. Whether fresh, frozen, canned or dried, fruits and vegetables are sources of nutrients we need. Since the nutrients in fruits and vegetables vary, it's important to eat a variety.

The *Dietary Guidelines for Americans* recommend filling half your plate with vegetables and fruit. Here are some tips on how you can add more produce to your meals: In central New York, the growing season for fruits and vegetables is rather short. Keeping frozen, canned and dried fruit and vegetables on hand, helps when fresh produce isn't in season.

Try new types of fruits and vegetables and try them in different ways. When it comes to sandwiches, experiment with veggie toppings such as raw cucumber, avocado slices or pickled carrots. Add flavor to breakfast by topping oatmeal, frozen waffles or cereal with berries or banana slices. Add fresh fruit to yogurt.

Whole fruit contains fiber and other nutrients without added sugar. When drinking juice, make sure it is 100-percent juice.

Grilling is a great way to add flavor to all types of food. Do it right with these grilling tips. Start by cleaning your grill. Scrub the grill with hot, soapy water. When you're ready to cook, allow the grill to heat up sufficiently to eliminate potential bacteria. Relying on color alone does not ensure the doneness of meat, poultry and fish. A food thermometer is the only way to ensure food has been cooked to a safe internal temperature.

Have extra plates and utensils available, because it's important to separate raw meat, poultry and seafood from cooked and ready-to-eat foods. The same rule of separation applies when marinating foods. Do not use the same brush to baste raw meat and cooked foods, as doing so can contaminate the cooked foods. Once you're equipped for a safe cookout, think beyond the traditional barbecue favorites with these healthy options.

Grill marinated Portobello mushrooms or turkey burgers. Ground turkey breast can be as lean as 99 percent fat-free. Add cilantro, shallots or chili sauce to spice things up. Remember to use a food thermometer to ensure ground turkey reaches 165°F.

Grill Vegetables such as red peppers, corn, eggplant, asparagus, cherry tomatoes, mushrooms or onions. Brush with olive oil and season with herbs and place on a hot grill until they are tender and brown.

For Dessert grill fruit kabobs, pineapple slices or peach halves on low heat until the fruit is hot and slightly golden for a tasty and nutritious dessert. Grill watermelon for 30 seconds on each side for a unique flavor.

Try this summer salad for a light and easy side dish:

## Summer Salad

### INGREDIENTS

1 large Yellow Squash  
1 large Zucchini  
3 Green Onions  
1 large Carrot  
1/2 Green Pepper  
2 large Tomatoes  
1/4 cup Olive Oil  
2 Tbsp. Vinegar  
Salt and pepper to taste

### DIRECTIONS

Dice yellow squash, zucchini, and green pepper.  
Chop tomatoes.  
Slice green onions.  
Shred carrot.  
In a large bowl, combine the vegetables.  
Add Oil and vinegar and toss vegetables.  
Chill at least 1 hour.  
Season with salt and pepper and serve.

## Myrtle Beach Marathon, SC, where the wall tumbled down

*Kamal Jabbour, Ph.D.*

Saturday 19 February 2011 -- I adopted a simple strategy for the Myrtle Beach Marathon: walk half-a-mile, run half-a-mile, and repeat until N=26 or calf=pain. This strategy allowed me to run for once in Marla's shoes. A full moon in a dark 45-degree sky, a national anthem complete with ramparts, and a civil war canon sent off 6,000 runners into downtown Myrtle Beach.

As I nursed my injury by walking the first half-a-mile, I suffered the added insult of being passed by two flight attendants who sit in the back of the plane during take-off, an amputee with a prosthetic leg, a first-round elimination on the biggest loser game show, the oldest living man in the Carolinas, a Mother Teresa look-alike – except smaller, and a devil impersonator complete with horns and fork. I traded lead with these characters for many miles.

I met the 5:30 pace group at the start. Our pacer, 30-year-old Holly from Michigan, went through the usual pre-run safety brief, advised us that there are toilets at each end of the course, and suggested going into the bushes when necessary. I followed her advice with an unexpected outcome.

Two miles into the Marathon, excessive hydration sent me behind a bush. As I relieved myself, a voice from the bush spoke to me. "Dr. Jabbour," he said, "you are the last person I expected to see here." "Who are you?" I asked. The short-haired fair young man answered: "I am Peter of Seymour Johnson. We are almost F-15 mission capable."

The sight of an ACE 2006 graduate with his pants down lifted my spirits the rest of the way. I laughed loud every time I thought of him, and left my fellow runners wondering about my frame of mind. Subsequent off-course excursions proved uneventful, albeit co-educational.

The temperature rose with the sun. I passed 10 miles in 2:06, 11 minutes faster than my 10-mile run on O'ahu a week ago. I felt good, except for a nagging pain in my left butt. I stuck a finger into the site of the pain. With nine fingers to spare and no sign of calf distress, I limped along. I passed 13.1 miles in 2:45 as the field thinned out with the loss of the half-marathoners.

I continued my walk-run-drink-pee routine like clockwork. I passed Holly on the run, and she passed me on the walk. Her 5:30 pace group dissipated gradually, and she ran alone the last few miles. My calf held up well, and my butt became numb from manipulation. Both big toes blistered symmetrically, ensuring that I maintained a straight posture. The temperature rose into the seventies. I felt good. I thought of Peter and laughed. I sprinted towards the chute and crossed the Finish in 5:32:18, for a chip time of 5:29:24.

With South Carolina behind me, 43 states remain ahead of me. A thorough analysis of the data dump from my Timex GPS confirmed that I ran the perfect Marathon. All my splits hovered around 12:45 minutes per mile. I did not cramp up, and I did not feel tired. For the first time ever, I did not hit the wall. North Carolina, here I come.

*If you start to feel good during an ultra, don't worry,  
you will get over it. - Gene Thibeault*

# Onondaga Lake Park Thursday Night Fun Runs

Conducted by the Syracuse Chargers Track Club

Liverpool, New York



It is the 'no fee' summer place to be!  
It's paved and it is flat!!

Join us at **Onondaga Lake Park**  
for 14 Thursdays of fun.  
**Thursdays, June 1 – August 31**

**Sign-in by 5:30pm**

5:45pm 400 meter dash for kids

6:00pm 5k & 8K

Our volunteer timer will announce your finish time

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

**You will be asked to sign a waiver** to cover your participation for the entire series. Since the asphalt trail on which you will be running will remain open to the public, you will be given a bib number to wear just so the other park users know that you are part of the event

[they may even grant you right of way!]

Families – bring your picnic dinner and enjoy the park after the run!

We hope to see you at the starting line adjacent to the Syracuse Yacht Club at Onondaga Lake Park on Thursday, June 1<sup>st</sup> and at as many of the summer Thursdays that you can attend!



Presents  
**The 38<sup>th</sup> Annual Swamp Rat Runs**  
 Saturday, June 17<sup>th</sup> 2017  
 Administered by the Syracuse Chargers Track Club

Swamp Rat Runs Entry Form

**Location:** Oneida Shores Park, Brewerton, New York; (Take Exit 31 off Rt. 81, then go left on Bartell Rd.)

For online registration and event details, please visit: <http://www.swampratrun.com>

To encourage online registration, we have eliminated all online processing fees! Save paper and a stamp!

<b>Times:</b>	<b>Girls Fun Run Mile</b>	<b>8:30 AM</b>
	<b>Boys Fun Run Mile</b>	<b>8:50 AM</b>
	<b>5K Chris A. Taddeo Memorial Run (USATF Certified)</b>	<b>9:10 AM</b>
	<b>10K Run (USATF Certified)</b>	<b>10:00 AM</b>



Scan this QR Code to register online

**\*\*Mail Pre-Registration Deadline is Monday, June 12<sup>th</sup> 2017\*\***

<b>Entry Fees:</b>	<b>5K/10K Pre-Entry</b>	<b>\$20.00</b>	<b>* Price includes T-shirt</b>
	<b>5K/10K Race Day Entry</b>	<b>\$25.00</b>	<b>* Price includes T-shirt if available</b>
	<b>Mile Fun Run Pre-Entry</b>	<b>\$12.00</b>	<b>* Price includes T-shirt</b>
	<b>Mile Fun Run Race Day Entry</b>	<b>\$15.00</b>	<b>* Price includes T-shirt if available</b>

**Awards:** Ribbons for all finishers in the Boys & Girls Fun Run Miles  
 5K & 10K: 1<sup>st</sup> Male & Female overall, Top Three 14 & Under, 15-19, 5-year age groups to 80+

ChronoTrack Timing for all races provided by Leone Timing ([www.leonetiming.com](http://www.leonetiming.com)) Packet pickup available on Friday, June 16<sup>th</sup> at Fleet Feet Sports Clay from 4:00 pm to 7:00 pm and on race morning starting at 7:15 am at the Oneida Shores Beach Pavilion

PSN/BIB			

**Entry Form**

Make checks payable to Syracuse Chargers Track Club and mail check and entry form to:  
 SCTC, PO Box 133, Bridgeport, NY 13030

<b>Last Name</b>	<b>First Name</b>	<b>Sex</b>	<b>Age as of 6/17/17</b>

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**E-mail** \_\_\_\_\_ **5K**  **10K**  **Mile Fun Run**

**YL** \_\_\_ **S** \_\_\_ **M** \_\_\_ **L** \_\_\_ **XL** \_\_\_ **T-Shirt Size**

**Release:** I know that running a road race is a potentially hazardous activity. I agree 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, but not limited to, falls, contact with other participants, the effects of the weather – including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated to me. Having read the waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, Inc., the Road Runners Club of America, Onondaga County Parks Department, Hess Express, and other sponsors, organizers or successors from all claims or liabilities of any kind arising out of my participation in this event.

**Failure to date and sign release will invalidate your entry. Parent or Guardian's signature necessary if under 18 years of age.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# 45th Annual Cazenovia July 4th Foot Races 2017



**Dan Sutton Memorial Race**  
**Administered by the Syracuse Chargers Track Club**  
**& the Cazenovia High School Cross Country and Volleyball Programs**

Entries Received by June 24 - \$25 **Online Registration Only:** June 25 - June 29 - \$30 June 30 - July 1 - \$35

To encourage online registration, we have eliminated all online processing fees! Mail-in registration deadline is June 24  
**For online registration please visit: <http://www.Caz4thRun.org>**

**Events:** 8:00 am 5k (3.1 mile) race USATF Certified  
 8:10 am 1 mile fun run USATF Certified  
 8:45 am 10 mile race around Cazenovia Lake USATF Certified  
**All Races start near Cazenovia High School @ 31 Emory Ave Caz 13035**



**Awards:** 5K age group awards (top three) for men and women in the 0-13, 14-19, and then 5 year age groups.  
 10-mile age group awards (top three) for men and women in the 0-19 and then five-year age groups.  
**Cazenovia Jewelry Half-Century Award** for first 50+ man & woman finisher in 5K & 10 M Races

**Facilities:** Facilities are limited, so please come dressed to run. Parking is also limited so arrive early and car pool!

**Packet Pick up:** **Monday, July 3** at Fleet Feet Sports-Dewitt from 3-6pm  
 On race morning at Cazenovia High School from 6:45 am - 8:45 am

**Results:** Timing & Results for 5K and 10 Mile races provided by Leone Timing  
**Questions:** E-mail [info@caz4thrun.org](mailto:info@caz4thrun.org)

**Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, any electronic headsets (except for hearing aid) present hazards to runners and are prohibited in the race. Any wheelchair participants and those with adaptive devices will start the 10 Mile Race prior to 8:45 am and will need to e-mail [info@caz4thrun.org](mailto:info@caz4thrun.org) to make proper arrangements.**



**The John Dermody Insurance Group**  
 315 569 -3434 & 607 756- 4440  
 5 Ledyard Avenue, Cazenovia, NY 13035  
 3660 The Park, Cortland, NY 13045  
 17 Zane Road, Binghamton, NY 13901



**Registration after June 24 Online only-- \$30 6/25-6/29, Shirt Not Guaranteed; \$35 6/30-7/1)**

Make checks payable to **Syracuse Chargers Track Club** and mail to: **PO Box 133 // Bridgeport, NY 13030**

<i>Last Name</i>	<i>First Name</i>	<i>Sex</i>	<i>Age as of 7/4/17</i>		
<i>Street Address</i>	<i>City</i>	<i>State</i>	<i>Zip</i>		

**E-mail:** \_\_\_\_\_

**T-Shirt Size**  
 YL    S    M    L    XL   

**Check Event:** 5K  10M  Mile Fun Run (Free or \$5 with T-Shirt)

**Participant Waiver for Race Registration**

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. 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. I understand that bicycles, skateboards, baby joggers, strollers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Town of Cazenovia, the Village of Cazenovia, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, 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 all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature if under 18 years: \_\_\_\_\_ Date: \_\_\_\_\_



**The Syracuse Chargers Track Club**  
 Presents the 24<sup>th</sup> 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](http://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](http://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](mailto: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)**

<b>Membership Type</b>	<b>1 Year</b>	<b>2 Years</b>	<b>4 Years</b>
Individual Membership	\$20	\$36	\$70
<b>Family Membership (1 newsletter, 2+ people)</b>	<b>\$25</b>	<b>\$45</b>	<b>\$85</b>
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 \$ \_\_\_\_

**Membership Status:**

\_\_\_\_ New  
 \_\_\_\_ Renewal

**Receive Email Blasts?**

\_\_\_\_ Yes  
 \_\_\_\_ No

**Newsletter Delivery Method:**

\_\_\_\_ US Mail (printed)  
 \_\_\_\_ 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](http://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*

**Fulton Family YMCA's  
2017 Kids Fun Run  
Sponsored by  
Sweet-Woods Memorial Co.**

715 West Broadway, Fulton, NY 13069

**Non-Competitive Race  
Ages 2-11**

**\*One Child Per Entry\***

**Make Checks Payable to the Fulton YMCA**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Birth date \_\_\_\_\_  
Month/Day/Year

Youth Shirt Sizes (circle one) XS S M L XL  
*T-shirts guaranteed for participants until May 31st*

Email: \_\_\_\_\_

Method of payment: CASH CHECK VISA

DICOVER MASTERCARD AMER. EXP. CCV \_\_\_\_\_

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

**PARTICIPATION WAIVER:** I know that running is a potentially hazardous activity. I should not enter the race 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 risk associated with running including but not limited to fall, contact with other participants, the effects of the road and traffic on 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 all sponsors, Fulton Family YMCA directors, officers, employees, agents representatives, volunteers and successors from all claims or liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on the waiver. I also hereby grant permission for the media to use my name and picture in any media or any account of this event without limitation and without obligation of anyone to compensate me further.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

PLEASE MAKE SURE YOUR REGISTRATION FORM IS FILLED OUT COMPLETELY OR WE WILL BE UNABLE TO PROCESS YOUR REGISTRATION.

**Reviving a Classic!**

**2017 River Run Revival**

**Features:**

- Face Painting
- Hula Hooping
- Ball Toss Games
- Bounce House Inflatable
- Donated by PJ's!
- Music Entertainment
- New Nearby park
- Balloon Artistry

**Bring your family for a morning of fun and fitness!**

**Thank You to Our Sponsors**



**FINANCIAL PARTNERS**  
OF UPSTATE NEW YORK

A member of the MassMutual Financial Group



**Special thanks to: The Fulton City Police Department, Fulton City Fire Department, City of Fulton Traffic Department, Parks & Recreation Department, Oswego County Sheriff's Department and all the volunteers who help make this event possible.**

**FULTON FAMILY YMCA  
715 WEST BROADWAY  
FULTON, NY 13069  
(315)598-9622  
WWW.FULTONYMCA.COM**



**Reviving a Classic!**

**River Run**

**Sunday, June 18th 2017**

**8K Run and 5K Run/Walk**

**START TIME: 8:30 am**



**2017 Kids' Fun Run**

**Starts at 8:00 am**

**Registration information can be found online at**

**www.fultonymca.com**

**Or at the Fulton Family YMCA**



# SUPPORT THE Y STRENGTHEN YOUR COMMUNITY

The Fulton Family YMCA is excited to present the 2017 River Run Revival! Participating in this event helps provide financial support for our community. In 2016 the Fulton Family YMCA awarded over \$68,000 in subsidized programs and memberships.

## Father's Day June 18, 2017 EVENTS

**Kids Fun Run:** This years event begins at 8:00am sharp. This Fun Run will offer race distances by age level, ages 5 and under, 6-8, and 9-11.

**5K walk/run:** This race begins promptly at 8:30am and is open to all ages. The race begins at the Softball Field Area on William Gillard Drive. This flat course travels into the city around Patrick Circle doubles back to the Softball Field on William Gillard Drive.

**8K River Run:** This race begins promptly at 8:30am at the Softball Field Area on William Gillard Drive and travels into S. Pollard Drive and down to Forest Ave, overlooking the scenic Oswego River. This course will include 2 significant hills. This race is open to all ages.

**Race Details:** The route will be prominently marked and volunteers will be placed at various points of each course with water stations. Maps will be included in all pre-registered packets. Parking available in the War Memorial parking lots.

**Race Shirts:** In order to be guaranteed a race shirt, registration **MUST** be received by Wednesday May 31st. Additional t-shirts can be purchased for \$ 10.00.

## REGISTRATION INFORMATION

- 8K Run \$25
- 5K Run/Walk \$25
- Student Rate (K-12) \$15
- Kids Fun Run \$5

## SAME DAY REGISTRATION

Begins on Sunday June 18th, registration opens at 7:00am at the Softball Field Area, on William Gillard Drive. The cost of same day registration is \$35.00, t-shirt is not guaranteed.

## ONLINE REGISTRATION

Visit our website [www.fultonymca.com](http://www.fultonymca.com) to register online and for complete race information.

## RACE PACKET PICK UP

For pre-registered runners only, race packet will be available Friday, June 16th 5:00am-7:00pm and Saturday, June 17th from 7:00am - 5:00pm in the Fulton Family YMCA lobby.

## AWARDS:

Top (3) overall male and female 8K runners  
Top (3) overall male and female 5K runners  
Top (3) overall 5k walkers  
Top (3) 8K runners & 5K runners/walkers for each age group male and female: 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## TIMING:

The event will be timed by Leone Timing. Results will be available online at [www.leonetiming.com](http://www.leonetiming.com).

# FULTON FAMILY YMCA'S 2017 RIVER RUN REVIVAL

Send check made payable to the Fulton Family YMCA  
715 West Broadway, Fulton, NY 13069

PLEASE PRINT LEGIBLY!

EVENT  8K RUN  5K RUN  5K WALK

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

EMERGENCY CONTACT PHONE: \_\_\_\_\_

BIRTHDATE (MM/DD/YYYY) \_\_\_\_\_ MALE  FEMALE

SHIRT SIZE : S  M  L  XL  XXL  (\$5 additional XXL)

SHIRT CUT (circle one): Mens Womens

T-shirts will be available to participants until May 31st

EMAIL: \_\_\_\_\_

Method of payment: CASH CHECK VISA

DISCOVER MASTERCARD AMER. EXP. CCV \_\_\_\_\_

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**PARTICIPATION WAIVER:** I know that running is a potentially hazardous activity. I should not enter the race 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 risk associated with running including but not limited to fall, contact with other participants, the effects of the road and traffic on 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, Fulton Family YMCA directors, volunteers, officers, employees, agents representatives and successors from all claims or liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on the waiver. I also hereby grant permission for the media to use my name and picture in any media or any account of this event without limitation and without obligation of anyone to compensate me further.

ENTRANT'S SIGNATURE \_\_\_\_\_

PARENT'S SIGNATURE IF UNDER 18 \_\_\_\_\_

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](http://www.SyracuseChargers.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

<b>Merchandise (circle both type and size)</b>	<b>Quantity</b>	<b>Size</b>	<b>Cost</b>	<b>Total</b>
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	
<b>Make checks payable to: Syracuse Chargers Track Club</b>		# items	x \$3.00 =	\$
<b>Mail to: SCTC // PO Box 2354 // Liverpool, NY 13089-2354</b>		<b>TOTAL</b>		<b>\$</b>

Please note: Shipping is \$3 per item.

1/19/17