



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

Volume XLX

Syracuse Chargers Track Club

March 2017

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Who's Who in the Syracuse Chargers Track Club

Board of Directors

President:

Mickey Piscitelli
315-638-9662
mpiscitelli@verizon.net

Vice President:

Mark Driscoll
315-449-9615
mdriscol@syr.edu

Treasurer:

Taylor Wendler
Twndler5000@yahoo.com

Secretary:

Roger Hahn
rchahn@syr.edu

Program Coordinators

Membership**Coordinator:**

Bob Hiemenz
bobhiem@twcnny.rr.com

Webmaster:

Chris Raulli
Craulli@gmail.com

Chargers Records:

Terry McConnell
trmconn@syr.edu

Scholastic Coach:

Jim McCaul
315-342-1123
Jmmcaul6@twcnny.rr.com

Scholarships:

John View
6129 Bay Hill Circle
Jamesville, NY 13078

Merchandise:

Karen Spera

Every One Can Run Program

Greg Tuttle
315-430-9409
tuttlegreg@hotmail.com

Sunday Walkers:

Greg Tuttle
315-430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices:

Mark Driscoll
315-449-9615
mdriscol@syr.edu

Charger Challenge:

Ed Polly
315-256-6398
golfmun@pollywood.org

Youth Program:

Mark Driscoll
315-449-9615
mdriscol@syr.edu
Jasper Royal
315-416-3811

Special Olympics:

Peter Rhodes
315-422-1037
Per56@aol.com

Masters (Men):

Greg Tuttle
315-430-9409
tuttlegreg@hotmail.com

Masters (Women):

Mickey Piscitelli
315-638-9662
mpiscitelli@verizon.net

Awards Banquet:

Nancy Smith
Msmith123@twcnny.rr.com

Oneida Shores Fun Runs:

Greg Broton
gbroton@nscsd.org

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

Subscriptions - Bob Hiemenz, bobhiem@twcnny.rr.com

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		
11	Sat	Charger Indoor Youth Track Meet, 8-10am, Manley Field House, Syracuse University
12	Sun	Charger Indoor Practice, 6-8pm, Manley Fieldhouse, Syracuse University
19	Sun	Chargers Awards Banquet & Annual Meeting, 3-6pm, Pascale's Catering at Drumlins, 800 Nottingham Rd. Charger Indoor Practice, 6-8pm, Manley Fieldhouse, Syracuse University
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]
6	Tues	41st JP Morgan Corporate Challenge, Onondaga Lake Parkway, Syracuse, NY
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	41st 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		

Volunteers!



Volunteers Needed

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

~Author Unknown

It doesn't matter if you have been a Charger member for many years or for just a few months, we encourage you – or non-running members of your family -- to actively participate in the club by volunteering at events, or chairing one of the Charger committees. We currently have vacancies for chairs of the following committees:

- Volunteer Coordinator
- Summer Fun Runs
- Open Men's Team Coordinator
- Open Women's Team Coordinator

We also encourage friends, family and {sigh} injured runners to volunteer at events as a way to be involved in family-friendly and community-building functions. Aren't sure how you can help? Contact a race director or Charger President, Mickey Piscitelli [mpiscitelli2@verizon.net]. We appreciate your help!!!!

Highland Forest 1.2.3 Trail Runs Cancelled for 2017



Following months of debate, plenty of mind-numbing pain and threats of steroid injections, Race Director Mark Driscoll determined it would be best to cancel the race **ONLY** for 2016. We wish Mark a speedy recovery from hip surgery. He regrets the stress this cancellation might bring to the die-hard trail runners who look forward each year to the long drive, life-threatening trail conditions, unpredictable weather, rambling instructions and always, always exhaustion -- but it could not be avoided. **NOBODY GETS SOUP THIS YEAR!**

Welcome to **Karen Spera**, who is our Merchandise Coordinator for Chargers running apparel. You've seen the singlets and shirts proudly worn by members of our club and by members of our competitive teams – they're always *looking good!* (See the pics on the following pages if you want to see samples) Order your Chargers gear now, in time for summer races. The order form is on the address page.

All-Comers Meet Results

Pictures from the January 22, 2017 Chargers All-Comers Meet



< Coach Jasper Royal gives long jump instructions to youth participants

At the line for the 55 meter dash.>



Checking out the competition for other 5, 6 & 7 year olds in the 55 meter dash >



< Action at the co-ed 55 meter dash



< 800 meter start



< 200 meter heat



< 200 meter heat



< Norm Deep measures the throws.



< Heating up the 200 meters

Mary DaSilva (lane 3) and Bob Nicholson (lane 2) prepare for the 200 meter race >



< Ed Cox (foreground) awaits the start of the 200 meter race

Pictures from the February 12, 2017 Chargers All-Comers Meet



at the start of the 55 meter

Flying high with a long jump >



In position for the long jump >



< Getting ready for the 1500 meter race



Shirley Hill advises athletes for the long jump

Zach Karmen >



We are tooooooo cute! >



Syracuse Chargers All-Comers Meet #2 ** Track

Event Results

SRC Arena, January 22, 2017

Licensed to Leone Timing and Results Services

Compiled Results Per Event

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Finals H#</u>	
Mixed 55 Meter Dash				
1 Lloyd Smalling	M20	OCC	6.89	6
2 Damoy Allen	M15	Unattached	7.03	6
3 Peter Sigona	M23	Unattached	7.08	6
4 Stephen Hydorn	M17	CV-Sp. TC	7.13	6
5 John McEachen	M46	Syr. Chargers	7.71	8
6 Caleb Bergh	M13	Syr. Chargers	8.14	6
7 Anna Demer	W16	Unattached	8.22	7
8 Justus Holden-Betts	W15	Unattached	8.47	7
9 Elizabeth Fawwaz	W16	Unattached	8.51	7
10 Madelynn Huff	W11	Syr. Chargers	8.64	7
11 Alaura Cushman	W15	Marcellus	8.85	7
12 Mahmoud Mahmoud	M12	SAS TC	9.23	5
13 Trista Holden-Betts	W43	Unattached	9.38	8
14 Joshua Jackson	M9	Mott Road TC	9.40	3
15 Samir Salaam Jennings-Bey	M8	SWCC	9.42	3
16 Aleksei Panek	M8	Syr. Chargers	9.59	3
17 Leah Carpenter	W15	Unattached	9.72	5 9.715
18 Desmonique Leonard	W10	Magistics TC	9.72	2 9.717
19 Chloe Montgomery	W10	SAS TC	9.87	2
20 Mary DaSilva	W70	Syr. Chargers	10.13	8
21 Bob Nicholson	M69	Syr. Chargers	10.14	8
22 Ed Cox	M89	Syr. Chargers	10.36	8
23 Grace O'Neill	W10	SAS TC	10.47	1
24 Naomi Garcia	W11	SAS TC	10.62	2 10.613
25 Thomas Jones, Jr.	M10	SAS TC	10.62	5 10.620
26 Elijah Bailey	M5	Syr. Chargers	10.65	4
27 Yousef Mahmoud	M10	SAS TC	10.67	5

28 Jayden Howard	M6	Syr. Chargers	10.71	4
29 Caleb Jackson	M7	Mott Road TC	10.89	4
30 Mackenzie McCarthy	W11	Syr. Chargers	10.99	5
31 Hannon Shutts	M6	Unattached	11.10	4
32 Naomi Bergh	W7	Syr. Chargers	11.24	1
33 Abram Bergh	M5	Syr. Chargers	11.45	3
34 Ayva Wicks	W7	Syr. Chargers	11.62	1
35 Hannah McDonald	W10	Syr. Chargers	12.18	2
36 Claire Lavelle	W6	Fleet Feet RC	13.10	1
37 Emily Turner	W4	Unattached	13.84	1

Mixed 200 Meter Dash

1 Damoy Allen	M15	Unattached	24.61	6
2 Peter Sigona	M23	Unattached	25.11	10
3 Phil Panebianco	M32	Fleet Feet RC	27.24	10
4 John McEachen	M46	Syr. Chargers	27.49	8
5 Ethan Mosure	M16	Unattached	27.99	6
6 Dave Cook	M33	Unattached	28.49	8
7 Anna Demer	W16	Unattached	28.94	7
8 Mike Wicks	M31	Syr. Chargers	29.14	8
9 Caleb Bergh	M13	Syr. Chargers	30.24	6
10 Bob Holden-Betts	M42	Unattached	30.64	9
11 Mike Lavelle	M35	Fleet Feet RC	31.02	8
12 Elizabeth Fawwaz	W16	Unattached	31.03	7
13 Alaura Cushman	W15	Unattached	32.35	6
14 Isiah Barr	M13	Solvay Middle TC	33.03	5
15 Madelynn Huff	W11	Syr. Chargers	33.18	5
16 Solomon Holden-Betts	M11	Unattached	33.35	4
17 Augustine Panek	M11	Syr. Chargers	34.34	4
18 Aleksei Panek	M8	Syr. Chargers	35.52	2
19 Samir Salaam Jennings-Bey	M8	SWCC	35.59	2
20 Vivian Holden-Betts	W13	Unattached	36.03	7
21 Mahmoud Mahmoud	M12	SAS TC	36.31	4
22 Desmonique Leonard	W10	Magistics TC	36.49	3
23 Bob Nicholson	M69	Syr. Chargers	36.57	9
24 Chloe Montgomery	W10	SAS TC	38.33	3
25 Mary DaSilva	W70	Syr. Chargers	38.91	9

26 Tyler McCarthy	M13 Solvay Middle TC	39.18	5
27 Georgia Deep	W10 Syr. Chargers	40.96	3
28 Grace O'Neill	W10 SAS TC	41.37	3
29 Yousef Mahmoud	M10 SAS TC	41.62	4
30 Joshua Jackson	M9 Mott Road TC	41.88	2
31 Naomi Garcia	W11 SAS TC	41.89	5
32 Ed Cox	M89 Syr. Chargers	42.74	9
33 Hannon Shutts	M6 Unattached	43.40	1
34 Jayden Howard	M6 Syr. Chargers	43.42	1
35 Mackenzie McCarthy	W11 Syr. Chargers	44.20	5
36 Elijah Bailey	M5 Syr. Chargers	44.21	1
37 Ayva Wicks	W7 Syr. Chargers	46.39	2
38 Thomas Jones, Jr,	M10 SAS TC	46.57	4
39 Hannah McDonald	W10 Syr. Chargers	51.01	3
40 Naomi Bergh	W7 Syr. Chargers	51.11	2
41 Abram Bergh	M5 Syr. Chargers	51.12	1
42 Cindy Daly	W58 Syr. Chargers	52.44	7
43 Claire Lavelle	W6 Fleet Feet RC	53.17	1

Mixed 800 Meter Run

1 Chris Stogsdill	M26 Fleet Feet RC	1:59.31	3
2 Phil Panebianco	M32 Fleet Feet RC	2:05.68	3
3 Dave Cook	M33 Unattached	2:11.33	3
4 Matthew Stempel	M17 Unattached	2:15.22	2
5 Ethan Mosure	M16 Unattached	2:19.07	2
6 John McEachen	M46 Syr. Chargers	2:24.09	3
7 Mike Lavelle	M35 Fleet Feet RC	2:36.30	3
8 Michele Maciejewski	W29 STC	2:38.35	3
9 Mike Wicks	M31 Syr. Chargers	2:39.33	3
10 Justus Holden-Betts	W15 Unattached	2:39.94	2
11 Tom Daly	M62 Syr. Chargers	3:00.96	2
12 Leah Carpenter	W15 Unattached	3:01.20	2
13 Isiah Barr	M13 Solvay Middle TC	3:15.14	1
14 Tyler McCarthy	M13 Solvay Middle TC	3:17.77	1
15 Laura Henry	W30 Fleet Feet RC	3:29.68	3
16 Chloe Montgomery	W10 SAS TC	3:46.00	1
17 Yousef Mahmoud	M10 SAS TC	4:00.56	1

18 Naomi Garcia	W11 SAS TC	4:05.34	1
19 Grace O'Neill	W10 SAS TC	4:10.47	1
20 Thomas Jones, Jr,	M10 SAS TC	4:21.09	1
21 Cindy Daly	W58 Syr. Chargers	4:34.26	2
22 Mahmoud Mahmoud	M12 SAS TC	4:45.43	1
23 Hannah McDonald	W10 Syr. Chargers	4:54.12	1

Mixed 1500 Meter Run

1 Chris Stogsdill	M26 Fleet Feet RC	4:11.54
2 Dave Cook	M33 Unattached	4:27.82
3 Michele Maciejewski	W29 STC	5:22.06
4 Sebastian Panek	M13 Syr. Chargers	5:49.78
5 Laura Henry	W30 Fleet Feet RC	6:49.29
6 Bob Nicholson	M69 Syr. Chargers	7:16.81

Mixed 55 Meter Hurdles

1 Augustine Panek	M11 Syr. Chargers	11.92
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Results by Age Group Within Each Event

Boys 7&U 55 Meter Dash

1 Elijah Bailey	5 Syr. Chargers	10.65	4
2 Jayden Howard	6 Syr. Chargers	10.71	4
3 Caleb Jackson	7 Mott Road TC	10.89	4
4 Hannon Shutts	6 Unattached	11.10	4
5 Abram Bergh	5 Syr. Chargers	11.45	3

Girls 7&U 55 Meter Dash

1 Naomi Bergh	7 Syr. Chargers	11.24
2 Ayva Wicks	7 Syr. Chargers	11.62
3 Claire Lavelle	6 Fleet Feet RC	13.10
4 Emily Turner	4 Unattached	13.84

Boys 8-9 55 Meter Dash

1 Joshua Jackson	9 Mott Road TC	9.40	3
2 Samir Salaam Jennings-Bey	8 SWCC	9.42	3
3 Aleksei Panek	8 Syr. Chargers	9.59	3

Boys 10-11 55 Meter Dash

1 Thomas Jones, Jr,	10 SAS TC	10.62	5	10.620
2 Yousef Mahmoud	10 SAS TC	10.67	5	

Girls 10-11 55 Meter Dash

1 Madelynn Huff	11 Syr. Chargers	8.64	7	
2 Desmonique Leonard	10 Magistics TC	9.72	2	9.717
3 Chloe Montgomery	10 SAS TC	9.87	2	
4 Grace O'Neill	10 SAS TC	10.47	1	
5 Naomi Garcia	11 SAS TC	10.62	2	10.613
6 Mackenzie McCarthy	11 Syr. Chargers	10.99	5	
7 Hannah McDonald	10 Syr. Chargers	12.18	2	

Boys 12-13 55 Meter Dash

1 Caleb Bergh	13 Syr. Chargers	8.14	6
2 Mahmoud Mahmoud	12 SAS TC	9.23	5

Men 14-15 55 Meter Dash

1 Damoy Allen	15 Unattached	7.03	6
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Women 14-15 55 Meter Dash

1 Justus Holden-Betts	15 Unattached	8.47	7	
2 Alaura Cushman	15 Marcellus	8.85	7	
3 Leah Carpenter	15 Unattached	9.72	5	9.715

Men 16-17 55 Meter Dash

1 Stephen Hydorn	17 CV-Sp. TC	7.13	6
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Women 16-17 55 Meter Dash

1 Anna Demer	16 Unattached	8.22	7
2 Elizabeth Fawwaz	16 Unattached	8.51	7

Men 20-24 55 Meter Dash

1 Lloyd Smalling	20 OCC	6.89	6
2 Peter Sigona	23 Unattached	7.08	6

Women 40-44 55 Meter Dash

1 Trista Holden-Betts	43 Unattached	9.38	8
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Men 45-49 55 Meter Dash

1 John McEachen	46 Syr. Chargers	7.71	8
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Men 65-69 55 Meter Dash

1 Bob Nicholson	69 Syr. Chargers	10.14	8
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Women 70-74 55 Meter Dash

1 Mary DaSilva	70 Syr. Chargers	10.13	8
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Men 80+ 55 Meter Dash

1 Ed Cox	89 Syr. Chargers	10.36	8
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Boys 7&U 200 Meter Dash

1 Hannon Shutts	6 Unattached	43.40
2 Jayden Howard	6 Syr. Chargers	43.42
3 Elijah Bailey	5 Syr. Chargers	44.21
4 Abram Bergh	5 Syr. Chargers	51.12

Girls 7&U 200 Meter Dash

1 Ayva Wicks	7 Syr. Chargers	46.39	2
2 Naomi Bergh	7 Syr. Chargers	51.11	2
3 Claire Lavelle	6 Fleet Feet RC	53.17	1

Boys 8-9 200 Meter Dash

1 Aleksei Panek	8 Syr. Chargers	35.52	2
2 Samir Salaam Jennings-Bey	8 SWCC	35.59	2
3 Joshua Jackson	9 Mott Road TC	41.88	2

Boys 10-11 200 Meter Dash

1 Solomon Holden-Betts	11 Unattached	33.35	4
2 Augustine Panek	11 Syr. Chargers	34.34	4
3 Yousef Mahmoud	10 SAS TC	41.62	4
4 Thomas Jones, Jr,	10 SAS TC	46.57	4

Girls 10-11 200 Meter Dash

1 Madelynn Huff	11 Syr. Chargers	33.18	5
2 Desmonique Leonard	10 Magistics TC	36.49	3
3 Chloe Montgomery	10 SAS TC	38.33	3
4 Georgia Deep	10 Syr. Chargers	40.96	3
5 Grace O'Neill	10 SAS TC	41.37	3
6 Naomi Garcia	11 SAS TC	41.89	5
7 Mackenzie McCarthy	11 Syr. Chargers	44.20	5
8 Hannah McDonald	10 Syr. Chargers	51.01	3

Boys 12-13 200 Meter Dash

1 Caleb Bergh	13 Syr. Chargers	30.24	6
2 Isiah Barr	13 Solvay Middle TC	33.03	5
3 Mahmoud Mahmoud	12 SAS TC	36.31	4
4 Tyler McCarthy	13 Solvay Middle TC	39.18	5

Girls 12-13 200 Meter Dash

1 Vivian Holden-Betts	13 Unattached	36.03	7
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Men 14-15 200 Meter Dash

1 Damoy Allen	15 Unattached	24.61	6
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Women 14-15 200 Meter Dash

1 Alaura Cushman	15 Unattached	32.35	6
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Men 16-17 200 Meter Dash

1 Ethan Mosure	16 Unattached	27.99	6
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Women 16-17 200 Meter Dash

1 Anna Demer	16 Unattached	28.94	7
2 Elizabeth Fawwaz	16 Unattached	31.03	7

Men 20-24 200 Meter Dash

1 Peter Sigona	23 Unattached	25.11	10
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Men 30-34 200 Meter Dash

1 Phil Panebianco	32 Fleet Feet RC	27.24	10
2 Dave Cook	33 Unattached	28.49	8
3 Mike Wicks	31 Syr. Chargers	29.14	8

Men 35-39 200 Meter Dash

1 Mike Lavelle	35 Fleet Feet RC	31.02	8
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Men 40-44 200 Meter Dash

1 Bob Holden-Betts	42 Unattached	30.64	9
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Men 45-49 200 Meter Dash

1 John McEachen	46 Syr. Chargers	27.49	8
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Women 55-59 200 Meter Dash

1 Cindy Daly	58 Syr. Chargers	52.44	7
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Men 65-69 200 Meter Dash

1 Bob Nicholson	69 Syr. Chargers	36.57	9
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Women 70-74 200 Meter Dash

1 Mary DaSilva	70 Syr. Chargers	38.91	9
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Men 80+ 200 Meter Dash

1 Ed Cox	89 Syr. Chargers	42.74	9
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Girls 10-11 800 Meter Run

1 Chloe Montgomery	10 SAS TC	3:46.00
2 Naomi Garcia	11 SAS TC	4:05.34
3 Grace O'Neill	10 SAS TC	4:10.47
4 Hannah McDonald	10 Syr. Chargers	4:54.12

Boys 10-11 800 Meter Run

1 Yousef Mahmoud	10 SAS TC	4:00.56
2 Thomas Jones, Jr,	10 SAS TC	4:21.09

Boys 12-13 800 Meter Run

1 Isiah Barr	13 Solvay Middle TC	3:15.14
2 Tyler McCarthy	13 Solvay Middle TC	3:17.77
3 Mahmoud Mahmoud	12 SAS TC	4:45.43

Women 14-15 800 Meter Run

1 Justus Holden-Betts	15 Unattached	2:39.94	2
2 Leah Carpenter	15 Unattached	3:01.20	2

Men 16-17 800 Meter Run

1 Matthew Stempel	17 Unattached	2:15.22	2
2 Ethan Mosure	16 Unattached	2:19.07	2

Women 25-29 800 Meter Run

1 Michele Maciejewski	29 STC	2:38.35	3
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Men 25-29 800 Meter Run

1 Chris Stogsdill	26 Fleet Feet RC	1:59.31	3
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Men 30-34 800 Meter Run

1 Phil Panebianco	32 Fleet Feet RC	2:05.68	3
2 Dave Cook	33 Unattached	2:11.33	3
3 Mike Wicks	31 Syr. Chargers	2:39.33	3

Women 30-34 800 Meter Run

1 Laura Henry	30 Fleet Feet RC	3:29.68	3
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Men 35-39 800 Meter Run

1 Mike Lavelle	35 Fleet Feet RC	2:36.30	3
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Men 45-49 800 Meter Run

1 John McEachen	46 Syr. Chargers	2:24.09	3
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Women 55-59 800 Meter Run

1 Cindy Daly	58 Syr. Chargers	4:34.26	2
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Men 60-64 800 Meter Run

1 Tom Daly	62 Syr. Chargers	3:00.96	2
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Boys 12-13 1500 Meter Run

1 Sebastian Panek	13 Syr. Chargers	5:49.78
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Men 25-29 1500 Meter Run

1 Chris Stogsdill	26 Fleet Feet RC	4:11.54
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Women 25-29 1500 Meter Run

1 Michele Maciejewski	29 STC	5:22.06
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Men 30-34 1500 Meter Run

1 Dave Cook	33 Unattached	4:27.82
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Women 30-34 1500 Meter Run

1 Laura Henry	30 Fleet Feet RC	6:49.29
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Men 65-69 1500 Meter Run

1 Bob Nicholson	69 Syr. Chargers	7:16.81
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Boys 10-11 55 Meter Hurdles

1 Augustine Panek	11 Syr. Chargers	11.92
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**Thank you to Leone Timing, for providing results for
Chargers' All-Comers Meets, and to
ALL VOLUNTEERS. We couldn't do these events
without you!**

Syracuse Chargers All-Comers Meet #2 ** Field Event Results

SRC Arena, January 22, 2017

“**Bold**” = Syracuse Charger

“*****” = Tied a Syracuse Chargers Age-Group Record! (Augustine Panek: HJ)!

Shot Put:

F 10-11 Georgia Deep (6Lb.) 10	Syracuse Chargers	12’ 2.25
F 12-13 Jenna Deep (6Lb.) 12	Syracuse Chargers	24’ 11.25
F 14-15 Justus Holden-Betts 15	Unattached	20’ 7.50
F 14-15 Leah Carpenter (4kg) 15	Unattached	14’ 1.50
F 16-17 Elizabeth Fawwaz (4kg) 16	Unattached	22’ 10”
F 18-19 S.Santarelli-Hansen (4kg) 19	Syracuse Chargers	39’ 3.75
F 20-24 Tangela Hightower (4kg) 20	Unattached	28’ 2.25
F 45-49 Marcia Palamar (6Lb.) 48	Fleet Feet	20’ 0.50
F 50-54 Tana Pusey 53	Fleet Feet	17’ 10”
M 12-13 Mahmoud Mahmoud (4kg) 12	SAS	19’ 2.75
M 16-17 William Alberry (12Lb.) 17	Unattached	41’ 1.25
M 16-17 Stephen Hydorn (12Lb.) 17	Unattached	34’ 1”
M 16-17 Matthew Strepel(12Lb.) 17	Unattached	23’ 10.50
M 18-19 Sean Raymond (16Lb.) 18	Unattached	25’ 0”
M 18-19 Peter Holden-Betts 18	Unattached	21’ 10”
M 20-24 Peter Sigona 23	Unattached	28’ 10.50
M 25-29 Brennan Schwab (16Lb.) 27	Unattached	33’ 10”
M 30-34 Dave Cook (16Lb.) 33	Unattached	22’ 1.50
M 60-64 Tom Daly (12Lb.) 62	Syracuse Chargers	23’ 1.75

Weight Throw:

F 12-13 Jenna Deep (16Lbs.) 12	Syracuse Chargers	20’ 7”
F 18-19 S.Santarelli-Hansen (20Lb.) 19	Syracuse Chargers	36’ 6.25
F 20-24 Tangela Hightower (20Lb.) 20	unattached	25’ 6.50
F 40-44 Trista Holden-Betts (20Lb.) 43	Unattached	19’ 11.50

M 18-19 Peter Holden-Betts (35Lb.) 18	Unattached	15’ 1.75
M 25-29 Brennan Schwab (35Lb.) 27	Unattached	26’ 8”

Triple Jump:

F 10-11 Madelyn Huff 11	Syracuse Chargers	25’ 2”
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High Jump:

F 10-11 Georgia Deep 10	Syracuse Chargers	3’ 0”
F 12-13 Jenna Deep 12	Syracuse Chargers	3’ 4”
F 14-15 Justus Holden-Betts 15	Unattached	4’ 4”
F 16-17 Anna Demer 16	Unattached	3’ 8”
F 16-17 Elizabeth Fawwaz 16	Unattached	4’ 4”
M*10-11 Augustine Panek 11	Syracuse Chargers	4’ 4”
M 18-19 Sean Raymond 18	Unattached	6’ 0”
M 60-64 Tom Daly 62	Syracuse Chargers	4’ 6”

Long Jump:

F 7 & U Naomi Bergh 7	Syracuse Chargers	7’ 0”
F 7 & U Emily Turner 4	Unattached	5’ 10”
F 7 & U Ava Wicks 7	Syracuse Chargers	5’ 8”
F 10-11 Madelyn Huff 11	Syracuse Chargers	14’ 2”
F 10-11 Mackenzie McCarthy 11	Syracuse Chargers	7’ 0”
F 12-13 Vivian Holden-Betts 13	Unattached	11’ 10”
F 15-16 Elizabeth Fawwaz 16	Unattached	13’ 7”
F 15-16 Justus Holden-Betts 15	Unattached	13’ 2”
F 15-16 Anna Demer 16	Unattached	10’ 8”
F 15-16 Leah Carpenter 15	Unattached	9’ 0”
M 7 & U Hannon Shutts 6	Unattached	8’ 10”
M 7 & U Jayden Howard 6	Syracuse Chargers	6’ 11”
M 7 & U Elijah Bailey 5	Syracuse Chargers	6’ 8”
M 7 & U Abram Bergh 5	Syracuse Chargers	6’ 1”
M 8-9 Aleckeci Panek 8	Syracuse Chargers	11’ 4”
M 8-9 Samir SJ-Bey 8	SWCC	10’ 10”
M 10-11 Solomon Holden-Betts 11	Unattached	13’ 0”
M 10-11 Thomas Jones 10	Unattached	9’ 0”
M 10-11 Augustine Panek 11	Syracuse Chargers	9’ 0”
M 10-11 Yousef Mahamoud 10	Unattached	7’ 6”

M 12-13 Isaiah Barr	13	Unattached	12' 8"
M 12-13 Caleb Bergh	13	Syracuse Chargers	11'11"
M 12-13 Tyler McCarthy	13	Unattached	11' 4"
M 16-17 Stephen Hydorn	17	Unattached	20' 6.50
M 16-17 Matthew Stempel	17	Unattached	15' 0"
M 18-19 Sean Raymond	18	Unattached	19' 3.75
M 20-24 Peter Sigona	23	Unattached	19' 5"
M 40-44 Bob Holden-Betts	42	Unattached	14' 0"
M 55-59 James Peterson	55	Magistics Track Club	11'6"

Syracuse Chargers All-Comers Meet #3 ** Track Event Results

SRC Arena, February 12, 2017 ** Compiled Results Per Event

Mixed 55 Meter Dash

1 Peter Sigona	M23 Unatt	6.96	8
2 Stephen Hydo	M17 CV-Sp. TC	7.04	7
3 Damoy Allen	M15 Unattached	7.17	7
4 Alex DeVine	M19 315 Elite TC	7.17	8
5 Peter Gonzalez	M19 315 Elite TC	7.44	8
6 Bob Holden-Betts	M42 Unattached	8.11	9
7 Anyas Goeman	M14 NAIG	8.40	7
8 Peter Holden-Betts	M18 Unattached	8.50	7
9 Harvey Teres	M67 Noontime Runners	8.93	9
10 Solomon Holden-Betts	M11 Unattached	8.94	6
11 Trista Holden-Betts	W43 Unattached	9.16	9
12 Joshua Jackson	M9 Mott Road TC	9.16	5
13 Vivian Holden-Betts	W13 Unattached	9.23	6
14 Tyler McCarthy	M13 Solvay Middle TC	9.30	6
15 Aleksei Panek	M8 Syr. Chargers	9.49	4
16 Leondra Mayo	W10 SAS TC	9.66	5
17 Aiden Griffin	M7 Syr. Chargers	9.79	4
18 Mary DaSilva	W70 Syr. Chargers	9.94	9
19 Mia Williams	W10 SAS TC	10.24	5
20 Jayden Howard	M6 Syr. Chargers	10.31	3
21 Yousef Mahmoud	M10 SAS TC	10.62	5

22 Mackenzie McCarthy	W11 Syr. Chargers	10.79	6
23 Caleb Jackson	M7 Mott Road TC	10.83	4
24 Hannon Shutts	M6 Unattached	10.87	3
25 Elijah Bailey	M5 Syr. Chargers	10.89	3
26 Ayva Wicks	W7 Syr. Chargers	11.35	4
27 Lukiyo Goeman	W6 SAS TC	12.22	3
28 Grace Jackson	W5 Syr. Chargers	12.33	2
29 Hannah McDonald	W10 Syr. Chargers	12.77	5
30 MaKayla Grobsmith	W5 Syr. Chargers	13.72	2
31 Kamryn Leon	W4 Lyncourt Free Sc	13.80	1
32 Hope Jackson	W5 Syr. Chargers	13.84	2
33 Emily Turner	W4 Unattached	14.36	1
34 Kelise Leon	W5 Lyncourt Free Sc	15.48	2
35 Aidan Grieger	M3 Syr. Chargers	32.73	1

Mixed 200 Meter Dash

1 Alex DeVine	M19 315 Elite TC	24.91	6
2 Peter Sigona	M23 Unattached	25.28	7
3 Peter Gonzalez	M19 315 Elite TC	25.48	6
4 Sean Satchwell	M19 315 Elite TC	26.12	7
5 Michael Dee	M25 Syr. Chargers	26.93	7
6 Damoy Allen	M15 Unattached	27.23	4
7 Dave Cook	M33 Unattached	28.19	7
8 Bob Holden-Betts	M42 Unattached	29.75	8
9 Anyas Goeman	M14 NAIG	29.76	4
10 Keegan Hemlock	M15 Big Picture High	31.52	4
11 Justus Holden-Betts	W15 Unattached	31.54	2
12 Eileen Reinhardt	W17 Unattached	32.97	5
13 Harvey Teres	M67 Noontime Runners	33.08	8
14 Solomon Holden-Betts	M11 Unattached	33.63	3
15 Tom Daly	M62 Syr. Chargers	34.03	8
16 Trista Holden-Betts	W43 Unattached	34.18	5
17 Augustine Panek	M11 Syr. Chargers	34.91	3
18 Aleksei Panek	M8 Syr. Chargers	35.38	3
19 Mahmoud Mahmoud	M12 SAS TC	35.64	4
20 Joshua Jackson	M9 Mott Road TC	36.25	3
21 Tyler McCarthy	M13 Solvay Middle TC	36.72	4

22 Chloe Montgomery	W10 SAS TC	37.30	2
23 Mary Bushallow	W45 Auburn	37.81	5
24 Aiden Griffin	M7 Syr. Chargers	38.32	1
25 Mary DaSilva	W70 Syr. Chargers	39.17	5
26 Georgia Deep	W10 Syr. Chargers	39.27	2
27 Leondra Mayo	W10 SAS TC	39.41	2
28 Yousef Mahmoud	M10 SAS TC	40.85	3
29 Mackenzie McCarthy	W11 Syr. Chargers	41.97	2
30 Jayden Howard	M6 Syr. Chargers	42.16	1
31 Mia Williams	W10 SAS TC	42.32	2
32 Hannon Shutts	M6 Unattached	42.41	1
33 Caleb Jackson	M7 Mott Road TC	44.47	1
34 Elijah Bailey	M5 Syr. Chargers	45.75	1
35 Ayva Wicks	W7 Syr. Chargers	47.41	2
36 Hannah McDonald	W10 Syr. Chargers	49.80	2
37 Cindy Daly	W58 Syr. Chargers	51.79	5
38 Grace Jackson	W5 Syr. Chargers	53.56	1
39 Lukiyo Goeman	W6 SAS TC	54.29	1
40 MaKayla Grobsmith	W5 Syr. Chargers	59.76	1
41 Kamryn Leon	W4 Lyncourt Free Sc	1:00.53	1
42 Hope Jackson	W5 Syr. Chargers	1:08.17	1
43 Kelise Leon	W5 Lyncourt Free Sc	1:10.23	1
-- Stephen Hydorn	M17 CV-Sp. TC	DNF	6

Mixed 800 Meter Run

1 Dave Cook	M33 Unattached	2:09.53	1
2 Sean Satchwell	M19 315 Elite TC	2:11.87	1
3 Michael Dee	M25 Syr. Chargers	2:12.01	1
4 Sascha Scott	W41 STC	2:13.34	1
5 Peter Sigona	M23 Unattached	2:24.00	1
6 Leo Kolshorn	M43 Gtr. Phila TC	2:34.22	1
7 Eileen Reinhardt	W17 Unattached	2:40.18	1
8 Mary Bushallow	W45 Auburn	2:59.19	2
9 Tom Daly	M62 Syr. Chargers	3:00.75	2
10 Chloe Montgomery	W10 SAS TC	3:31.06	2
11 Zach Karmen	M65 Unattached	3:41.57	2
12 Leondra Mayo	W10 SAS TC	3:54.95	2

13 Yousef Mahmoud	M10 SAS TC	4:01.75	2
14 Mia Williams	W10 SAS TC	4:02.90	2
15 Ayva Wicks	W7 Syr. Chargers	4:16.10	2
16 Cindy Daly	W58 Syr. Chargers	4:29.60	2
17 Mahmoud Mahmoud	M12 SAS TC	4:36.91	2
18 Hannah McDonald	W10 Syr. Chargers	5:34.52	2

Mixed 1500 Meter Run

1 Dave Cook	M33 Unattached	4:18.04	
2 Michael Dee	M25 Syr. Chargers	4:27.81	
3 Sascha Scott	W41 STC	4:33.43	
4 Leo Kolshorn	M43 Gtr. Phila TC	5:02.87	
5 Devyn Pryor	W24 Syr. Chargers	5:19.00	
6 Mary Bushallow	W45 Auburn	5:57.89	
7 Chloe Montgomery	W10 SAS TC	7:09.65	
8 Zach Karmen	M65 Unattached	7:12.90	
9 Ken Iandolo	M66 Unattached	8:35.19	

Mixed 55 Meter Hurdles

1 Justus Holden-Betts	W15 Unattached	11.30	
2 Augustine Panek	M11 Syr. Chargers	11.52	
3 Elizabeth Fawwaz	W16 Unattached	12.25	

Boys 7&U 55 Meter Dash

1 Aiden Griffin	7 Syr. Chargers	9.79	4
2 Jayden Howard	6 Syr. Chargers	10.31	3
3 Caleb Jackson	7 Mott Road TC	10.83	4
4 Hannon Shutts	6 Unattached	10.87	3
5 Elijah Bailey	5 Syr. Chargers	10.89	3
6 Aidan Grieger	3 Syr. Chargers	32.73	1

Girls 7&U 55 Meter Dash

1 Ayva Wicks	7 Syr. Chargers	11.35	4
2 Lukiyo Goeman	6 SAS TC	12.22	3
3 Grace Jackson	5 Syr. Chargers	12.33	2
4 MaKayla Grobsmith	5 Syr. Chargers	13.72	2
5 Kamryn Leon	4 Lyncourt Free Sc	13.80	1

6 Hope Jackson	5 Syr. Chargers	13.84	2
7 Emily Turner	4 Unattached	14.36	1
8 Kelise Leon	5 Lyncourt Free Sc	15.48	2

Boys 8-9 55 Meter Dash

1 Joshua Jackson	9 Mott Road TC	9.16	5
2 Aleksei Panek	8 Syr. Chargers	9.49	4

Boys 10-11 55 Meter Dash

1 Solomon Holden-Betts	11 Unattached	8.94	6
2 Yousef Mahmoud	10 SAS TC	10.62	5

Girls 10-11 55 Meter Dash

1 Leondra Mayo	10 SAS TC	9.66	5
2 Mia Williams	10 SAS TC	10.24	5
3 Mackenzie McCarthy	11 Syr. Chargers	10.79	6
4 Hannah McDonald	10 Syr. Chargers	12.77	5

Boys 12-13 55 Meter Dash

1 Tyler McCarthy	13 Solvay Middle TC	9.30	6
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Girls 12-13 55 Meter Dash

1 Vivian Holden-Betts	13 Unattached	9.23	6
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Men 14-15 55 Meter Dash

1 Damoy Allen	15 Unattached	7.17	7
2 Anyas Goeman	14 NAIG	8.40	7

Men 16-17 55 Meter Dash

1 Stephen Hydorn	17 CV-Sp. TC	7.04	7
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Men 18-19 55 Meter Dash

1 Alex DeVine	19 315 Elite TC	7.17	8
2 Peter Gonzalez	19 315 Elite TC	7.44	8
3 Peter Holden-Betts	18 Unattached	8.50	7

Men 20-24 55 Meter Dash

1 Peter Sigona	23 Unattached	6.96	8
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Men 40-44 55 Meter Dash

1 Bob Holden-Betts	42 Unattached	8.11	9
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Women 40-44 55 Meter Dash

1 Trista Holden-Betts	43 Unattached	9.16	9
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Men 65-69 55 Meter Dash

1 Harvey Teres	67 Noontime Runners	8.93	9
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Women 70-74 55 Meter Dash

1 Mary DaSilva	70 Syr. Chargers	9.94	9
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Boys 7&U 200 Meter Dash

1 Aiden Griffin	7 Syr. Chargers	38.32
2 Jayden Howard	6 Syr. Chargers	42.16
3 Hannon Shutts	6 Unattached	42.41
4 Caleb Jackson	7 Mott Road TC	44.47
5 Elijah Bailey	5 Syr. Chargers	45.75

Girls 7&U 200 Meter Dash

1 Ayva Wicks	7 Syr. Chargers	47.41	2
2 Grace Jackson	5 Syr. Chargers	53.56	1
3 Lukiyo Goeman	6 SAS TC	54.29	1
4 MaKayla Grobsmith	5 Syr. Chargers	59.76	1
5 Kamryn Leon	4 Lyncourt Free Sc	1:00.53	1
6 Hope Jackson	5 Syr. Chargers	1:08.17	1
7 Kelise Leon	5 Lyncourt Free Sc	1:10.23	1

Boys 8-9 200 Meter Dash

1 Aleksei Panek	8 Syr. Chargers	35.38	3
2 Joshua Jackson	9 Mott Road TC	36.25	3

Boys 10-11 200 Meter Dash

1	Solomon Holden-Betts	11 Unattached	33.63	3
2	Augustine Panek	11 Syr. Chargers	34.91	3
3	Yousef Mahmoud	10 SAS TC	40.85	3

Girls 10-11 200 Meter Dash

1	Chloe Montgomery	10 SAS TC	37.30	2
2	Georgia Deep	10 Syr. Chargers	39.27	2
3	Leondra Mayo	10 SAS TC	39.41	2
4	Mackenzie McCarthy	11 Syr. Chargers	41.97	2
5	Mia Williams	10 SAS TC	42.32	2
6	Hannah McDonald	10 Syr. Chargers	49.80	2

Boys 12-13 200 Meter Dash

1	Mahmoud Mahmoud	12 SAS TC	35.64	4
2	Tyler McCarthy	13 Solvay Middle TC	36.72	4

Men 14-15 200 Meter Dash

1	Damoy Allen	15 Unattached	27.23	4
2	Anyas Goeman	14 NAIG	29.76	4
3	Keegan Hemlock	15 Big Picture High	31.52	4

Women 14-15 200 Meter Dash

1	Justus Holden-Betts	15 Unattached	31.54	2
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Men 16-17 200 Meter Dash

--	Stephen Hydorn	17 CV-Sp. TC	DNF	6
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Women 16-17 200 Meter Dash

1	Eileen Reinhardt	17 Unattached	32.97	5
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Men 18-19 200 Meter Dash

1	Alex DeVine	19 315 Elite TC	24.91	6
2	Peter Gonzalez	19 315 Elite TC	25.48	6
3	Sean Satchwell	19 315 Elite TC	26.12	7

Men 20-24 200 Meter Dash

1	Peter Sigona	23 Unattached	25.28	7
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Men 25-29 200 Meter Dash

1	Michael Dee	25 Syr. Chargers	26.93	7
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Men 30-34 200 Meter Dash

1	Dave Cook	33 Unattached	28.19	7
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Men 40-44 200 Meter Dash

1	Bob Holden-Betts	42 Unattached	29.75	8
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Women 40-44 200 Meter Dash

1	Trista Holden-Betts	43 Unattached	34.18	5
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Women 45-49 200 Meter Dash

1	Mary Bushallow	45 Auburn	37.81	5
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Women 55-59 200 Meter Dash

1	Cindy Daly	58 Syr. Chargers	51.79	5
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Men 60-64 200 Meter Dash

1	Tom Daly	62 Syr. Chargers	34.03	8
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Men 65-69 200 Meter Dash

1	Harvey Teres	67 Noontime Runners	33.08	8
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Women 70-74 200 Meter Dash

1	Mary DaSilva	70 Syr. Chargers	39.17	5
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Girls 7&U 800 Meter Run

1	Ayva Wicks	7 Syr. Chargers	4:16.10	2
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Girls 10-11 800 Meter Run

1	Chloe Montgomery	10 SAS TC	3:31.06	2
2	Leondra Mayo	10 SAS TC	3:54.95	2
3	Mia Williams	10 SAS TC	4:02.90	2
4	Hannah McDonald	10 Syr. Chargers	5:34.52	2

Boys 10-11 800 Meter Run

1 Yousef Mahmoud 10 SAS TC 4:01.75 2

Boys 12-13 800 Meter Run

1 Mahmoud Mahmoud 12 SAS TC 4:36.91 2

Women 16-17 800 Meter Run

1 Eileen Reinhardt 17 Unattached 2:40.18

Men 18-19 800 Meter Run

1 Sean Satchwell 19 315 Elite TC 2:11.87

Men 20-24 800 Meter Run

1 Peter Sigona 23 Unattached 2:24.00

Men 60-64 800 Meter Run

1 Tom Daly 62 Syr. Chargers 3:00.75 2

Men 25-29 800 Meter Run

1 Michael Dee 25 Syr. Chargers 2:12.01

Men 30-34 800 Meter Run

1 Dave Cook 33 Unattached 2:09.53

Men 40-44 800 Meter Run

1 Leo Kolshorn 43 Gtr. Phila TC 2:34.22

Men 65-69 800 Meter Run

1 Zach Karmen 65 Unattached 3:41.57 2

Women 40-44 800 Meter Run

1 Sascha Scott 41 STC 2:13.34

Women 45-49 800 Meter Run

1 Mary Bushallow 45 Auburn 2:59.19 2

Women 55-59 800 Meter Run

1 Cindy Daly 58 Syr. Chargers 4:29.60 2

Girls 10-11 1500 Meter Run

1 Chloe Montgomery 10 SAS TC 7:09.65

Women 20-24 1500 Meter Run

1 Devyn Pryor 24 Syr. Chargers 5:19.00

Men 25-29 1500 Meter Run

1 Michael Dee 25 Syr. Chargers 4:27.81

Men 30-34 1500 Meter Run

1 Dave Cook 33 Unattached 4:18.04

Men 40-44 1500 Meter Run

1 Leo Kolshorn 43 Gtr. Phila TC 5:02.87

Women 40-44 1500 Meter Run

1 Sascha Scott 41 STC 4:33.43

Women 45-49 1500 Meter Run

1 Mary Bushallow 45 Auburn 5:57.89

Men 65-69 1500 Meter Run

1 Zach Karmen 65 Unattached 7:12.90

2 Ken Iandolo 66 Unattached 8:35.19

Boys 10-11 55 Meter Hurdles

1 Augustine Panek 11 Syr. Chargers 11.52

Women 14-15 55 Meter Hurdles

1 Justus Holden-Betts 15 Unattached 11.30

Women 16-17 55 Meter Hurdles

1 Elizabeth Fawwaz 16 Unattached 12.25

Syracuse Chargers All-Comers Meet #3 ** Field

Event Results

“**Bold**” = Syracuse Charger

“*****” = Syracuse Chargers Age Group Record!

Group Name	Age	Affiliation	Result
<u>Shot Put:</u>			
F 10-11 Georgia Deep (6Lb.)	10	Syracuse Chargers	15’ 5.50
F*12-13 Jenna Deep (6Lb.)	12	Syracuse Chargers	26’ 3.50
F 18-19 S. Santarelli-Hansen (4kg)	19	Syracuse Chargers	38’ 1”
F 20-24 Tangela Hightower (4kg)	20	Unattached	29’ 0.50
M 12-13 Mahmoud Mahmoud (4kg)	12	SA	18’ 7”
M 14-15 Keegan Hemlock (4kg)	15	Onondaga Nation	24’ 8.50
M 60-64 Tom Daly (4kg)	62	Syracuse Chargers	27’ 5”
M 75-79 Gary Crawford (4kg)	76	Syracuse Chargers	25’10.75

Weight Throw:

F 12-13 Jenna Deep (16Lbs.)	12	Syracuse Chargers	20’ 9.25
M 75-79 Gary Crawford (16Lbs.)	76	Syracuse Chargers	29’ 5”

Triple Jump:

F 12-13 Vivian Holden-Betts	13	Unattached	25’ 6.50
M 18-19 Alex Devine	19	Elite Track Club	37’ 9”
M 18-19 Sean Satchwell	19	Elite Track Club	34’ 7.50

High Jump:

F 12-13 Jenna Deep	12	Syracuse Chargers	3’ 4”
F 14-15 Justus Holden-Betts	15	Unattached	4’ 5”
F 16-17 Elizabeth Fawwaz	16	Unattached	3’ 6”
M 8-9 Aleksei Panek	8	Syracuse Chargers	3’ 2”
M*10-11 Augustine Panek	11	Syracuse Chargers	4’ 4”
M 16-17 Stephen Hydorn	17	Cherry Valley	5’ 8”
M 60-64 Tom Daly	62	Syracuse Chargers	4’ 6”

[Trivia answers on page 24.]

Long Jump:

F 7 & U Grace Jackson	5	Syracuse Chargers	6’ 9”
F 7 & U Emily Turner	4	Unattached	5’ 6”
F 7 & U Kamryn Leon	4	Unattached	5’ 6”
F 7 & U Lukiyo Groeman	6	Unattached	4’11”
F 7 & U Hope Jackson	5	Syracuse Chargers	4’ 6”
F 7 & U Makayla Grobsmith	5	Syracuse Chargers	4’ 2”
F 7 & U Kelise Leon	5	Unattached	2’ 8”
F 10-11 Georgia Deep	10	Syracuse Chargers	10’ 2”
F 10-11 Leondra Mayo	10	Unattached	9’ 4”
F 10-11 Mackenzie McCarthy	11	Syracuse Chargers	8’ 3”
F 12-13 Jenna Deep	12	Syracuse Chargers	11’10”
F 12-13 Vivian Holden-Betts	13	Unattached	10’11”
M 7 & U Aiden Griffin	7	Unattached	10’ 3”
M 7 & U Hannon Shutts	6	Unattached	9’ 5”
M 7 & U Elijah Bailey	5	Syracuse Chargers	8’ 0”
M 7 & U Caleb Jackson	7	Syracuse Chargers	7’ 6”
M 7 & U Jayden Howard	6	Syracuse Chargers	6’ 6”
M 7 & U Aiden Greiger	3	Syracuse Chargers	2’ 0”
M 8-9 Josh Jackson	9	Syracuse Chargers	11’ 9”
M 8-9 Aleksei Panek	8	Syracuse Chargers	11’ 0”
M 10-11 Solomon Holden-Betts	11	Unattached	13’ 3”
M 10-11 Augustine Panek	11	Syracuse Chargers	11’10”
M 10-11 Yousef Mahmoud	10	Unattached	8’ 9.50
M 12-13 Tyler McCarthy	13	Syracuse Chargers	11’ 0”
M 14-15 Angus Goeman	14	Unattached	13’ 7”
M 14-15 Keegan Hemlock	15	Onondaga Nation	12’ 8”
M 16-17 Steven Hydorn	17	Cherry Valley	18’ 9”
M 40-44 Bob Holden-Betts	42	Unattached	13’ 0”

March 2017 Trivia Questions

1. Where is the *Get to the Green 5K/10K* held?
2. Where is the *Chase A Leprechaun 5K* held?
3. Where is the *Irish Road Rover 5K* held?
4. Where is the *Blarney Blitz 5K* held?
5. Where is the *Nutty Irish Cocoa 5K* held?

Dr. J on Running:
Manchester City Marathon
(New Hampshire)

By Kamal Jabbour, Ph.D

Sunday 7 November 2010 --
The ten-day weather forecast iterated between cold-sunny and blustery-snowy. I experimented with short-sleeve and long-sleeve shirts, hoodies and wind suits, mittens and socks. I waited with apprehension for race morning and a last minute decision on attire. Meanwhile, I pondered the unknown of running two Marathons 28 days apart.

November ushered the Tea Party into Congress, and to me a trip to Dulles and Atlanta. I tapered off with a 6-mile run on Monday and a 2-mile jog on Friday. I took off from work on Friday and stayed lazily at home. Saturday morning, Marla and I made the 350-mile 6-hour drive to Manchester. We picked up our packets and numbers, and met race director Sarah – a lovely twenty-something ultra runner.

Our hotel room wreaked of a strong smell of curry. We dined at Bertucci's. Marla kept alive a pre-race tradition of experimenting with an exotic dinner that gave her the runs on her half-marathon run. I stuck with dry pasta, grilled chicken and steamed asparagus – Alfredo on the side. The Tiramisu disappointed.

Sunday morning brought windy and cold to a course described as hilly and challenging. Marla opted to start an hour early with three dozen deliberate runners. I

stayed warm inside the race hotel, and contemplated my choice of clothing. Shortly before the start, I removed the wind pants. Seconds before the gun, I removed the long-sleeve cotton shirt. I ended up running the race with a long-sleeve sweat-wicking shirt, a pair of pocketed shorts, and a pair of socks on my hands. I wore no hat. The resulting run vindicated my choice of attire.

I started the race slowly, averaging 11:30 pace the first several miles. I walked a minute every two miles, and drank water and Gatorade at every aid station. The figure-8 course passed by the Start around 13.1 miles shedding two thirds of the runners. My right illiotibial band became irritated and very painful around mile 13, but the pain subsided as we moved to the left by mile 14. The never-ending rolling hills aggravated an already-irritated knee and forced me to stop several times to rub it and loosen it.

Earlier in the race, I met Meghan, a personal trainer from Peterborough, NH, on a mission to pace a friend to a 2:30 half. We ran and chatted on-and-off for several miles. Her task complete, she took off at the half. I caught up with her around mile 18 and ran together a couple miles. A sore hip flexor forced her to walk. I reached mile 18 in 3:18, an 11-minute pace and 7 minutes slower than Steamtown.

Maureen ran Manchester as her ninth Marathon. She had run five times Boston as a fundraiser for the Liver Foundation. She calls herself a liver! She plans to run five

Marathons next year to celebrate turning 50.

The downhills in the later miles took eventually a toll on my knees and forced me to walk repeatedly. Confident of completing the race, I abandoned illusions of a 4:40 finish and walked much of the twenties. Meghan caught up with me on the last mile, and we ran together. A spectator urged me on “you can beat her” to which I invoked Bill Cosby “there will be no beating today.” We finished strong in 4:55 – two minutes faster than Steamtown. I bid Meghan farewell, then Marla and I embarked on the 7-hour ride home.

Symptoms of food poisoning and frequent potty breaks did not slow down Marla. She finished the half in 2:46, significantly faster than her time at the Arc half in September. A McDonald's take-out bag served the dual role of a breathing bag and backup sickness bag on the ride home. Fortunately, she spared the Terrain.

Sore knees ushered the morning after as I headed to Houston. My Achilles and quads felt fine. I iced the knees at every opportunity, and felt well enough to run 2 miles on Tuesday morning. By the third day, soreness and pain subsided into the noise. My left index toe turned black, ushering potentially my first toe nail loss in 20+ years of running.

Five states down, 45 to go.
Alabama here I come.



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



Everyone Can Run Beginners Program Wrap-up



Hosted by the Jewish Community Center of Syracuse

What else can we say? -- we had another successful year for the program and we plan to return in 2018! Thank you to the participants, Chargers, JCC staff and presenters.

Participants: Terri Clark, Gwen Owusu-Anane, Jane Hoteling, Kathleen Hoteling, Kathleen Pascarella, Helene Wallace, Karen Hayes, Linda Wysocki, Lori Lansing, Christina Pezzulo, Amrita Butalia, and Brianna Adey

Chargers Staff: Coach Greg Tuttle and Terri Clark

JCC Staff: Patrick Scott, Nick Finlayson, Kathleen MacDowell, and Mike Csachowsk



Presenters: Patrick Scott, Gabe Yankowitz, Pat Leone, Mark Driscoll and Kathleen MacDowell

New & Renewed Charger Members

NEW MEMBERS

Evan Breitbeck
Brett Bucktooth Jr.
Kenneth Clark
Allen C Garnes IV
Lia Garnes
Madelynn Huff
Taylor Ketcham
Russell Messineo

MEMBER RENEWALS

Donald Blair
Michael Dee
Norman Jr. Deep
Jenna Deep
Georgia Deep
Nancy Dock
Allen Garnes
Calvin Garnes
Carlron Garnes
Kyle Garnes
Chary Griffin
Randy Hall
Shirley Hill
John Kozak
Savannah Kuhr

Eddie Mahana
John McEachen
Robert Micho
David E. Oja
Mickey Piscitelli
Pat Piscitelli
Toni Rogers
Rick Simon
Sara Simon
Chase Simon
Wayne Simon
Jill Swayze
AJ Wells
Mary Wells
Allen Wells



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]



March Indoor Youth Track Meet
Manley Field House
Syracuse University



SATURDAY, MARCH 11, 2017

Registration: 7:30am - 8:00am

Meet Starts: 8:00 am

Meet Ends: 10:00 am

Entry Fee: None

Open to all children 14 and younger

Events:

***55m dash**

***One Manley lap (about 257 meters)**

***4 by 1/2 lap (family) relay**

***youth turbo jav**



Questions or to volunteer contact Mark Driscoll, 449-9615

Syracuse Chargers Youth Indoor Meet – 2017 -- Manley Field House @ S. U.

Name: _____ **M** _____ **F** _____ **Age:** _____ **Birthdate:** _____

Address (Street): _____ **Club/School** _____

City, State _____ **Phone #** _____

Guardian's address if different from above: _____

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

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

Date: _____

(Signature of parent or guardian for all participants age 14 or younger.)

Chargers Awards Banquet & Annual Meeting

SCTC members are invited to help celebrate the achievements of our outstanding athletes of 2016 and to recognize the contributions of our dedicated volunteers. Please join us!



Sunday, March 19, 2017

3-6 p.m.

Pascale's Catering at Drumlins

University Room (upstairs)

800 Nottingham Road

Syracuse, NY

The buffet will include: garden salad, grilled Italian vegetables, roasted potatoes, pasta primavera, chicken Florentine, baked sole, rolls/butter, dessert, and coffee/tea. Chicken tenders and French fries can be ordered for children under the age of 12. Hors d'oeuvres will be served before dinner and a cash bar will be available.

Cost: Charger members age 12 and older: \$15
Non-members age 12 and older: \$20
Children ages 5-11: \$10
Children age 4 and under: No Charge



I am planning to attend the Chargers Awards Banquet and Annual Meeting on Sunday, March 19 beginning at 3 p.m. Reservations are requested for each of the individuals listed below, and enclosed is my check in the amount of \$_____ made payable to *Syracuse Chargers Track Club*.

Name(s): _____

Phone: _____ Email: _____

If you would like to order children's dinners, please indicate the number: _____.

Check Total: _____

Please mail your reservation form and payment by March 12, 2017 to:
Nancy Smith, 234 Roxbury Road, Syracuse New York 13206

Our Chargers “Named” Awards

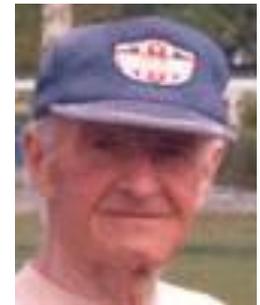
The **Nate and Evelyn White Lifetime Service Award** is named in honor of Nate and Evelyn, both of whom provided outstanding leadership and made singular, long-term volunteer contributions to the Syracuse Chargers Track Club, Inc. This is not intended as an annual award, but is presented as often as we have a deserving candidate who has provided consistently outstanding service to the Chargers over a period of twenty years or longer.



The **Arnie Briggs Good Guy Award** is named in honor and memory of Arnie Briggs, an outstanding marathoner of his era, volunteer coach of Kathrine Switzer at the time of her famous 1967 running of the Boston Marathon, and a longtime member of the Syracuse Chargers Track Club, Inc. We present the Arnie Briggs Good Guy Award annually to an individual who has a record of outstanding volunteer service to the Chargers and the CNY running community, and who exemplifies the sincerity, humility, honesty, helpfulness, and generosity for which we so admired Arnie. Pictured at left are two previous winners of this award: Jasper Royal (in white T-shirt)

and Bob Nicholson (in blue T-shirt).

The **Charlie Hackenheimer Award** is presented annually to the Syracuse Chargers Track Club’s most outstanding male masters long distance running athlete of the prior year. The award is named in honor and memory of Charlie Hackenheimer, of Central Square, whose numerous age-group national rankings, championships, and records amazed and inspired so many CNY masters long distance runners. Previous winners include Dave Worden, Mike Platt, David O’Keeffe, Sam Graceffo, Bob Nugent, Jeff Naylor, and Scott Weeks.



The **Jerry Schulz Award** is presented annually to the most outstanding female high school cross country runner in Section 3. The award is named in honor and memory of Jerry Schulz, the longtime coach of cross country and track & field at Central Square High School. Acting on behalf of Central Square’s Katy Schilly’s right to compete in interscholastic high school cross country, Jerry played a central role in expediting the adoption of girls’ cross country as an interscholastic sport in New York State public high schools. We have in recent years bestowed this award to outstanding male high school cross country runners as well. Jerry was also an outstanding and long-time Chargers Board member and volunteer.

March 2017 Trivia Answers



1. Columbia, South Carolina
2. Becker, Minnesota
3. Portland, Maine
4. Peoria, Illinois
5. Salem, Massachusetts

The Winners of the 2016 SCTC Athlete & Volunteer Awards

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**

Masters Women Track -- **Estelle Hahn**

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**

It's a tie!!! Jerry Schulz Award Section III Boys Cross Country -- **Ty Brownlow and Stephen Schulz**



The 2016 President's Award Winner: BOB HIEMENZ

This award was presented for the first time at the SCTC Annual Meeting & Awards Banquet on Sunday, March 20, 2016. The purpose of this award is to allow the President to recognize a person, group, or organization that has made a significant contribution to the SCTC or proved especially helpful in the conduct of club business. The President selects the recipient for the award without restriction and is not awarded annually, but rather at the President's discretion. Julie (Shafer) Hernandez was the first recipient of this award.

I am pleased to present the President's Award for 2016 to Membership Chair, Bob Hiemenz. Bob assumed the responsibilities of his current position March 2016 and in less than three months made numerous innovations to our membership process. Thanks to Bob we now have 4 different types of membership: individual, family, individual senior citizen, individual student. We also expanded to offer not just annual memberships, but also 2 and 4 year options. These multi-year memberships are available at discounted rates. When renewing a member can now check a spot to volunteer for coaching or assisting with our Special Olympics program.



Bob processes all paper membership forms that arrive at our PO Box as well as those which reach us via RunSignUp.com. When new Chargers records are submitted, it is Bob who verifies for Terry McConnell of the submitter's membership status. He also informs Karen Spera, our Merchandise Coordinator, of apparel orders to be filled.

Did I mention that for 24 consecutive years he has been the Registration & Results Coordinator for our Willow Bay 5K Run & Fitness Walk for Women? Yes, he is the one who answers participants' questions and sends them complimentary pictures from the event.

Indeed, Bob has been a valuable and selfless worker on behalf of the club on many levels and for many years.

Thank you, Bob! From President Mickey Piscitelli and the SCTC

SYRACUSE CHARGERS TRACK CLUB, INC.

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 \$ ___

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

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

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

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

Signature(s)

Date

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

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

Date

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

**Non-Profit
Organization
U.S. Postage
PAID
Syracuse, NY**

SYRACUSE CHARGERS TRACK CLUB

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