



Serving the Central New York  
Running Community since 1969

# CHARGERS NEWSLETTER

Volume XLXII

Syracuse Chargers Track Club

May 2017

## Contents

New & Renewed Charger Members.....	1
High Five .....	1
Who’s Who in the Syracuse Chargers Track Club.....	2
Events Calendar.....	3
Recent Chargers Age Group Records.....	4
May 2017 Trivia Questions .....	4
Let’s Try Again! .....	5
Swamp Rat Runs Entry Form.....	7
Willow Bay 5K Run & Fitness Walk for Women.....	8
The Charger Challenge.....	9
Chargers Membership Form.....	11
Chargers Merchandise Order Form .....	12

## New & Renewed Charger Members

### NEW MEMBERS

Stephen Schultz

### MEMBER RENEWALS

Cheryl Ashton  
 Lane Ashton  
 Morgan Ashton  
 Nicholas Ashton  
 Edward Cox  
 Patricia Ford  
 Warren Havens Jr  
 Suzanne Leone

Erin McConnell  
 Terry McConnell  
 Jim Miller  
 Lorraine Schunck  
 Kurt Stanton  
 John View  
 Nick Wetter  
 Roy Whipple  
 Charles Yost  
 Joyce Yost

High Five for John McEachen who ran the 100m at the SUNY Cortland Classic on Saturday April 22. The weather made for some slower times, but John enjoyed representing the Chargers at this collegiate meet. THANKS, John! Check out all times at <http://www.leonetiming.com/2017/Outdoor/CortlandClassic/>

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

### Board of Directors

**President:**

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

**Charger Challenge:**

Ed Polly  
315-256-6398  
[golfmun@pollywood.org](mailto:golfmun@pollywood.org)

**Webmaster:**

Chris Raulli  
[Craulli@gmail.com](mailto:Craulli@gmail.com)

**Youth Program:**

Mark Driscoll  
315-449-9615  
[mdriscol@syr.edu](mailto:mdriscol@syr.edu)  
Jasper Royal  
315-416-3811

**Chargers Records:**

Terry McConnell  
[trmconn@syr.edu](mailto:trmconn@syr.edu)

**Scholastic Coach:**

Jim McCaul  
315-342-1123  
[Jmmcaul6@twcny.rr.com](mailto:Jmmcaul6@twcny.rr.com)

**Special Olympics:**

Peter Rhodes  
315-422-1037  
[Per56@aol.com](mailto:Per56@aol.com)

**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. The club is a non-profit, tax-exempt 501(c)(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](http://www.USATF.org). **The Charger Club member # is 04-0092.**

### Newsletter Staff and Contributing Writers

Compiler/Editor - Marla Jabbour, [catfoot@twcny.rr.com](mailto:catfoot@twcny.rr.com)  
Subscriptions - Bob Hiemenz, [bobhiem@twcny.rr.com](mailto:bobhiem@twcny.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](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:

Pat Leone, [pat@leonetiming.com](mailto:pat@leonetiming.com)  
Terry McConnell, [trmconn@syr.edu](mailto:trmconn@syr.edu)  
Nancy Smith, [nsmith123@twcny.rr.com](mailto:nsmith123@twcny.rr.com)  
Norm Deep, [ndeep2@ccs.edu](mailto:ndeep2@ccs.edu)  
Marie Christopher, [mchrisbb11@gmail.com](mailto:mchrisbb11@gmail.com)

**Open Coordinator (Women):**  
OPEN

**Open Coordinator (Men):**  
OPEN

## Events Calendar

<b>May 2017</b>		
		<b>Highland Forest 1-2-3, 10-mile Trail Runs, Fabius, NY</b>
20	Sat.	<i>June 2017 newsletter deadline</i>
29	Mon.	26 <sup>th</sup> Annual Veterans Memorial Day 5k Run, Camillus, NY
<b>31</b>	<b>Tues</b>	<b>DEADLINE for Charger Scholarship applications</b>
<b>June 2017</b>		
4	Sun	USA 5K Race Walk Championships, 9am, Albany, NY [ <a href="http://www.usatf.org">www.usatf.org</a> ]
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</b> [ <a href="http://www.swampratrun.com/">http://www.swampratrun.com/</a> ]
20	Mon	<i>July 2017 newsletter deadline</i>
<b>July 2017</b>		
<b>4</b>	<b>Tues</b>	<b>Cazenovia July 4<sup>th</sup> Footraces &amp; Dan Sutton Memorial Run, Cazenovia, NY</b> [ <a href="http://www.caz4thrun.org/">http://www.caz4thrun.org/</a> ]
20	Thurs	<i>August newsletter deadline</i>
<b>August 2017</b>		
10	Thurs	41 <sup>st</sup> Annual Tromptown Runs, DeRuyter, NY, [ <a href="http://www.tromptownrun.com/">http://www.tromptownrun.com/</a> ]
12	Sat	USA 1-Hour Race Walk Championships, Milwaukee, WI [ <a href="http://www.usatf.org">www.usatf.org</a> ]
<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>
20	Sun	<i>September newsletter deadline</i>
<b>September 2017</b>		
10	Sun	USA 40K Race Walk Championships, Owego, NY [contact Dave Talcott at <a href="mailto:dwtalcott@gmail.com">dwtalcott@gmail.com</a> ]
20	Tues	<i>October newsletter deadline</i>
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</b> [ <a href="http://www.festivalofraces.com/">http://www.festivalofraces.com/</a> ]
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>		

# Recent Chargers Age Group Records

Terry McConnell, Ph.D.

## Recent Chargers Age Group Record

**M75-79      15k Road      Ray Kneer      1:11:33      3/26/2017**

Ray's record beats the legendary Charlie Hackenheimer's record of 1:12:29 from 1982 by almost a full minute. Ray notched his new record at Forks XV and Charlie had run his at the old Fayetteville Dynamis 15k, held on May 23 in 1982. (It is worth noting that Charlie had tested himself on that same Forks XV course on March 21 of the same year, with a time of 1:14:28, and about a month later on the old Mountain Goat course with a time of 80:41. These facts are reported in the June 1982 Chargers Newsletter, an issue that lists no fewer than 28 new Chargers records!)

<b>Syracuse Chargers Records for Females Aged 8-9 Years</b>			
high jump	Jenna Deep	3-6 1/2	3/16/2014
1 mile	Brenna Kincaid	6:09.7	2/20/2003
1 mile walk	Maddie Rivers	15:06.0	1/22/2012
1000m	Lilly Hanlon	3:56.3	1/16/2005
100m	Briana Hall	15.03	7/14/1996
1500m	Brenna Kincaid	5:41.0	2/9/2003
1500m walk	Melissa Allen	11:43.2	7/8/1980
2000m	Brenna Kincaid	7:54.73	3/16/2003
200m	Briana Hall	30.61	7/14/1996
220y	Jean Schlueter	38.1	4/5/1978
3000m road	Michelle Kline	19:16	4/25/1992
3000m	Brenna Kincaid	13:01.11	1/12/2003
300m	Avasa Campbell	53.9	1/22/1994
400m	Briana Hall	72.7	7/9/1996
40y	Vinita Armstrong	5.8	7/10/1979
440y	Gretchen Hagenlocher	73.8	7/13/1975
45m	Jenna Lester	7.1	2/9/1997
50m	Brenna Kincaid	7.9	3/23/2003
55m	Jenna Notar	8.4	2/11/2000
5km road	Maia Henry	22:44	10/5/2008
600m	Aisha Palmer	2:10.6	2/28/1987
60m	Chloe Royal	9.80	1/11/2004
800m	Brenna Kincaid	2:47.43	3/16/2003
880y	Kathy Parsons	3:32.0	2/12/1978
8km	Nicole Boisey	42:16.0	10/12/1985
long jump	Jenna Lester	12-5 1/2	2/24/1997
shot put 6lb	Jenna Deep	18-1	8/5/2014
triathlon	Jenna Deep	319	7/19/2014
turbo javelin	Jenna Deep	41-6	6/23/2013

## May 2017 Trivia Questions

1. Who in 1988 became the first woman to run the 100 meters under 10.5 seconds?
2. Which Kenyan broke 4 separate world records in one year, but never competed in the Olympics?
3. Which former British sprinter competed in the Bobsled at Salt Lake City in 2002?
4. How long did Bob Beamon's world record in the long jump last?
5. Who broke Bob Beamon's world record in the long jump?

*[Trivia answers on page 5.]*

### Syracuse Chargers Records for Males Aged 8-9 Years

high jump	Jason Owens	3ft 9in	2/12/1978
high jump	Geoff Greenfield	3ft 9in	3/18/1979
high jump	Ivan Dupree	3ft 9in	3/18/1979
1 mile	Jesse Contario	6:05.9	3/21/1993
10 miles	Benjamin Webster	1:30:34	7/4/1985
100m	Dan Grace	14.4	8/4/1979
10km road	Jesse Contario	46:09.0	3/7/1993
200m	Dan Grace	30.9	7/25/1979
220y	Joey Bollettieri	33.3	4/5/1978
3000m road	Teshale Kelly	13:19	5/3/2015
3000m	Jesse Contario	11:55.7	3/20/1993
300m	Jordan Lester	50.8	1/13/1996
400m	Stephen Younis	77.1	7/18/1979
600m	Jesse Contario	2:06.0	2/21/1993
880y	Matt Riordan	2:50.5	2/15/1975
1000m	Jesse Contario	3:42.9	1/23/1993
1500m	Jesse Contario	5:40.4	2/7/1993
40y	Jeff Hernden	5.2	7/18/1979
50m	Jordan Lester	7.7	6/19/1995
50m HH	Matt Jackson	14.6	3/25/1984
50y	Alton Finch	7.5	8/16/1978
55m	Jamal Johnson	8.0	2/11/2000
5km road	Dan Whitmore	20:34	10/6/1996
60m	Garrett Clarke	9.93	2/6/2005
55m HH	Augustine Panek	13.4	2/1/2015
60m HH	Augustine Panek	15.77	1/25/2015
discus 1kg	Eric Butler	52-9	7/51/81
long jump	John Riordan	13-0	2/4/1979
shot put 6lb	Eric Butler	21-5	8/5/1981
shot put 8lb	Chris Larmondra	17-6 1/2	12/18/1988
indoor pent.	Augustine Panek	239	1/25/2015

### Trivia Answers

1. Florence Griffin Joyner
2. Henry Rono
3. Marcus Adom
4. 23 years
5. Mike Powell

### Let's Try Again!

Our apologies to the family of **Chuck Yost, winner of the Charger's Award in the Masters Men Field Events**. Our April 2017 newsletter featured pictures of family and friends at the Chargers' Banquet.

However, we erroneously captioned the picture of a proudly-smiling family as

“Joyce Yost with grandson, Jared Morales *and friend*.” The previously unnamed friend is actually Chuck and Joyce Yost's granddaughter, **Nicole “Nikki” Morales**. The Yost family was on spring break from Colorado and joined their grandparents at the awards banquet.

We'll do better next time!



COME ENJOY THE MEMORIAL DAY FESTIVITIES IN CAMILLUS

MEMORIAL DAY

MONDAY, MAY 29, 2017 - 9:28 A.M.

CAMILLUS, NEW YORK

26th Annual Veterans Memorial Day 5k Run



- 15, 000 parade spectators will greet you along the parade/race course
- Free runners' refreshments during awards ceremony immediately after finish
- Run along the same route the 1996 Olympic Torch followed on the way to Atlanta
- Enter the last kilometer along the historic Camillus-Erie Canal Trail and finish at the historic Sims Store

SPECIAL RACE DAY INFORMATION

Parking

This is a point-to-point race. Plan your packet pickup, warm-up and parking accordingly, it is 1 mile from village to finish line. Suggested parking along Newport Road, VanAlstine Road and DeVoe Road and jog to start.

Age

Groups

Table with 2 columns: Men and Women, and age ranges (9 & under to 70 & up).

RACE FACTS

- Starting Time.....9:28 A.M.
- Starting line.....Village of Camillus, 1st block west of West Genesee Street and Newport Road.
- Packet pick-up/race day registration at Camillus Senior Center on First Street.
- Packets can be held until finish.
- Packet pick- up and late registration 7:30 to 9:00 a.m. only.
- Pre-registration by mail...\$10.00, deadline: must be postmarked
-T-shirts.....To the first 300 entries by May 22, 2017.
- Late/race day fee \$15.00 - Certified.....Yes!!! (NY-07039-JG)
-Split times/Mile markers..... 1M, 2M and at finish
-Award ceremony...3 deep in each age group for men & women
-Awards will begin at 10:15 A.M.

-Information... Call 487-3600, Camillus Parks and Recreation Department

OFFICAL ENTRY FORM -- CAMILLUS VETERANS -MEMORIAL DAY 5K RUN

Make check or money order payable to: Camillus Parks and Recreation Department. Mail completed entry form postmarked no later than 5-22-2017 to: Camillus Parks and Recreation Department, 4600 West Genesee Street, Syracuse, NY 13219

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Birthdate \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Shirt Size: M \_\_\_ L \_\_\_ XL \_\_\_ Age \_\_\_\_\_
(Month/Day/Year) (Day of Race)

E-mail Address \_\_\_\_\_

In consideration of my entry being accepted, I intend to be legally bound, and do hereby release, for myself, my heirs, executors and administrators waive and release rights and claims for damage which I may have or which may hereinafter accrue to me against the Town of Camillus, its respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in consideration with my association with or entry of participation in this race. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever. I have read the above release and understand that I am entering this event at my own risk.

(date)

(signature)

(parent or guardian signature if under 18)





**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 - - - -

<b>Awards:</b>	500 miles	T-Shirt	<b>Awards:</b>	100 miles	Ribbon
	1000 miles	Patch or Ribbon		250 miles	Patch
	2500 miles	Long-Sleeve T-Shirt		500 miles	T-Shirt
	5000 miles	Trophy			
	10,000 miles	Awards Banquet Plaque			

**Mileage:** All actual mileage covered can be recorded **Mileage:** Actual mileage up to 3 miles per day

### THE FAMILY CHALLENGE

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

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

### CHARGER CHALLENGE APPLICATION FORM

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

Name(s): \_\_\_\_\_ E-mail \_\_\_\_\_

Age(s) \_\_\_\_\_ Shirt Size(s):  S  M  L  XL

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

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

(Payable to Syracuse Chargers Track Club)

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

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

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

**Signature(s)** \_\_\_\_\_ **Date** \_\_\_\_\_

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

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

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



## Syracuse Chargers Track Club Scholarship Application

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

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

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

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

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

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

Address \_\_\_\_\_ E-mail: \_\_\_\_\_

\_\_\_\_\_ Date of birth \_\_\_\_\_

Your High School(s): \_\_\_\_\_

High School Average: \_\_\_\_\_ Class Ranking: \_\_\_\_\_ SAT/ACT Scores: \_\_\_\_\_

College/University that you are most likely to attend: \_\_\_\_\_

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

[Attach more pages if necessary]

**SYRACUSE CHARGERS TRACK CLUB, INC.**

**Chargers Membership Form**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Name Sex Birth Date Occupation / Club Interest  
 \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
 Name Sex Birth Date Telephone Number  
 \_\_\_\_\_  
 Name Sex Birth Date Email Address  
 \_\_\_\_\_  
 Name Sex Birth Date  
 \_\_\_\_\_  
 Address  
 \_\_\_\_\_  
 City State ZIP

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

<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 \$ \_\_\_

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

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

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

OR: Register online at: [RunSignUp.com](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*

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