



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

December 2016

Please come join us for:

Last Chance Trail Run & Pancake Breakfast Skyline Lodge, Highland Forest, Fabius, NY Saturday, December 17, 2016, 8:00 – 9:15 AM Start

Celebrate the Holidays with us, you don't have to run---just enjoy the pancakes if you prefer!

Run on beautiful snowy, icy trails. Fall down and get up. Step in ice water streams that have no safe crossing. Climb over, under and around fallen trees. Then return to the warmth of Skyline Lodge for aroma therapy. The smell of butter, pancakes, maple syrup, coffee and sausages fills the air. It is noisy with the chatter and laughing of your friends. An all-you-can-eat breakfast awaits you. This run is not for everyone. It is cold and the footing can be perilous. It is the kind of run that appeals to people who enjoy the wilderness. You're allowed to run, walk, skid, slide, wade, struggle and climb the trail. You may freeze. The trail is 9 miles but there are shortcuts allowing runs of various lengths. The full trail takes 80 to 120 minutes to complete. The trail is well-marked so you should not get lost.

Time: Start any time between 8:00 and 9:15. You can start when you please and quit when you are tired and hungry. Run with a partner so that someone will hear you when you admire something interesting. It is safer and partners are plentiful. **The first pancake is served at 9:00 and the last pancake is served at 10:30.** The event has never been canceled; if the road to Fabius is open we'll run. If the snow is deep, we run on Park Roads.



Directions: Highland Forest is in the SE corner of Onondaga County off Route 80, 4M East of Fabius.

Entry: The cost is **\$10.00 per person**, or **\$5.00 for under 12**, and **under 6 are FREE.** Maximum for a family is \$20.00. Send check, payable to **"Syracuse Chargers Track Club,"** post-marked **by December 10, 2016** to: Mark Driscoll, 1112 Meadowbrook Dr., Syracuse, NY 13224 (449-9615 eve) or mdriscol@esf.edu

Last Chance Trail Run & Pancake Breakfast – Saturday, December 17, 2016

Name _____ Street _____

City, State, ZIP _____ Phone _____ Lic. No. _____

Release: I know that running on rough woodland trails in December is potentially dangerous. I agree that I should not enter and run unless I am physically able and trained. I will run sensibly and I assume all risks associated with the event including but not limited to injuries caused by slips, contact with other runners, getting lost, eating too much, effects of weather and/or condition of trail, hypothermia, all such risks being known and appreciated, even welcomed, by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the Syracuse Chargers Track Club, Inc. all the race organizers and volunteers, Onondaga County Parks, Road Runners Club of America, and other sponsors, or successors from all claims or liabilities arising from my participation in this event.



Syracuse Chargers Track Club, Inc.

Board of Directors

President

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Vice President

Mark Driscoll 449-9615
mdriscol@syr.edu

Administrative VP

Available

Secretary

Roger Hahn
rchahn@syr.edu

Treasurer

Taylor Wendler
twendler5000@yahoo.com

Scholastic Coach

Jim McCaul 342-1123
jmccaul6@twcny.rr.com

Open (Men) Coordinator

Available

Open (women) Coord.

Available

Masters (Men)

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Masters (Women)

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Road Races Coord.

Available

Membership Coord.

Bob Hiemenz
Bobhiem@twcny.rr.com

At Large

James Alexander
vorlonsrule@verizon.net
Pat Leone
pat@leonetiming.com
Terry McConnell
trmconn@syr.edu
Nancy Smith
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Norm Deep
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315-841-4747

Program Coordinators

Charger Records

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trmconn@syr.edu

Charger Challenge

Ed Polly 256-6398
102 Rosewell
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DeWitt, NY 13214
Golfnrun@pollywood.org

Special Olympics

Peter Rhodes 422-1037
per56@aol.com

Youth Programs

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

Merchandise

Available

Awards Banquet

Nancy Smith
nsmith123@twcny.rr.com

Volunteers

Available

Scholarship Award

John View
6129 Bay Hill Circle
Jamesville, NY 13078

Sunday Walkers Program

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Summer Runs

Available

Oneida Shores

Greg Broton
GBroton@nscsd.org

Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices

Mark Driscoll 449-9615

Webmaster

Chris Raulli
craulli88@gmail.com

The Syracuse Chargers Track Club 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 race walking events.

The Club is a nonprofit, tax-exempt 501(c)(3) organization; a member of **USA Track & Field** and **Road Runners Club of America**. Membership is open to all who share the goals of the organization.

The Syracuse Chargers Track Club Newsletter

Published monthly by the SCTC.

Subscriptions are \$20.00 per year.

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Material should reach Dave Talcott, 566 McLean Road,
Owego, NY 13827 or e-mail dwtalcott@gmail.com
by the 20th of the month.

Chargers Membership Forms should be sent to:

Bob Hiemenz, SCTC Membership Coordinator
P.O. Box 2354
Liverpool, NY 13089-2354

Changing your address? Let Bob know as soon as possible
At bobhiem@twcny.rr.com

Please be reminded that the Post Office will NOT FORWARD the Newsletter because it is not sent as first class mail. If you plan to move or spend parts of the year at different addresses, please let the Membership Coordinator know by email (found on the inside front cover of the Newsletter) or at the club's renewal mailing address (back cover).



To become a member of USATF, sign up online at www.USATF.org and click on membership. Membership entitles you to represent the Chargers in USATF road racing, track and field, cross country, and race walking championship events at the association, regional, and national levels. **The Charger Club number is "04-0092"**

Send Merchandise orders to:

SCTC
P.O. Box 2354
Liverpool, NY 13089-2354

Club Web Site: www.syracusechargers.org

Renewed Members:

Arthur Bender	Rachel Bender	Catherine Bender	Joseph Conrad	Tracy Crompt
Samuel Sampere	Roger Dausman	Kevin Donovan	Michael Filipski	Mike Fitzpatrick
Charles Hendricks	John Hosp	Rose Hosp	Kristin Johnston	Joe Johnston
McKenna Johnston	Megan Johnston	J J Johnston	Sheldon Kall	James Lawton
Phyllis Meade	John Mulhall	Heather Mulhall	Bob Nugent	Billy Owens

Terry McConnell's Observations**Recent Charger Age Group Records**

F10-11	Shot Put 6 lbs.	Jenna Deep	24 feet 9 ½ in	8/3/2016
F10-11	Hammer 6 lbs.	Jenna Deep	45 feet 2 in	8/3/2016
F10-11	Triple Jump	Madelynn Huff	25 feet 6 in	8/3/2016
M45-49	Weight Throw 56 lbs.	Norm Deep Jr.	26 feet 10 ½ in	8/3/2016
F10-11	Hammer 6 lbs.	Jenna Deep	47 feet 8 in	8/10/2016
F10-11	Triple Jump	Madelynn Huff	27 feet 5 in	8/10/2016
M45-49	Shot Put 6 kg	Norm Deep Jr.	41 feet 5 in	8/17/2016
F10-11	Hammer 6 lbs.	Jenna Deep	51 feet 6 in	8/17/2016
FOPEN	100km Walk	Erin Taylor-Talcott	12:47:53	9/23/2016
FOPEN	100 mile Walk	Erin Taylor-Talcott	23:31:05	9/24/2016

All of the above records were set at a series of 3 all-comers track meets hosted by the Chargers at the Syracuse University outdoor track on Skytop Road.

Norm Deep's Weight Throw record betters the 26 foot 9-inch effort of Pat Lynn from 1999, and his Shot record edges Harvey Schwarze's 40 ft 10 ½ inch result from 1989. According to my records, Schwarze used a slightly lighter 12 pound shot (6 kg is about 13.2 pounds). Our policy is that marks set with heavier implements erase from the books all marks of equal or shorter distance set with lighter implements. This is cruel, but fair.

All Jenna Deep's records further improve upon earlier efforts of her own, while Madelynn Huff established (and improved!) a new event record in her age group.

Erin Taylor-Talcott's records were set at the Not Just a Walk in the Park international race walk event held on a 1 km loop course around Marvin Park in Owego, N.Y. These performances pose a bit of a dilemma for the records keeper in that they better the existing FOPEN records for these distances set by any method of bipedal locomotion. For example, the current 100k record is held by Lennie Tucker, who took 13:03:19 to go the distance (presumably running much of the time) on a track in 1982. Her 100-mile record also betters the only existing record at that distance, a 28:20:06 set by Luana Pesco Koplowitz on the trails in 2014. Since one hates to see either of these amazing marks go away, they will remain on the books, qualified as "track" and "trail" respectively.

Erin also gets records for the 35-39 age group in these events. It is also worth pointing that her 100-mile effort qualifies her for the elite club of "US Centurions", a title reserved for those who have managed to walk 100 miles in under 24 hours. (See the July 2016 *Newsletter* "High Five" section for more on Erin's recent exploits.)

And You Think a Marathon is Long!

Luana Pesco Koplowitz will be familiar to readers of this column as one who holds a number of Chargers records for ultra-distance runs, especially for events run on trails. On August 25th of this year she represented the United States in the UTMB OCC trail race, which followed a mountainous 67 km route in

Switzerland and France. Luana completed the event in a time of 12:21:16, good for 21st out of 35 men and women in her 60-69 age group.

Since many readers may be intrigued by the concept of races longer than a marathon, I asked Luana to write us a brief introduction to her sport, and she has very kindly supplied the following:

An ultramarathon is any road or trail run that is technically longer than a standard marathon distance of 26.2 miles. That means that technically, a race of 26.3 miles is an ultramarathon, but I am not aware of any races of that exact distance. The standard 4 distances that are categorized as ultramarathons are 50K (31 miles), 50 mile (80K), 100K (62 miles) and 100 miles (160K). There are even longer distances, such as 200-mile races, 500-mile races and beyond. However, races of other distances between all of these categories are also found. Most ultramarathons are run on trails but there are some that are strictly road races. Because of this, ultramarathons are commonly associated with trail races in general. They can be very flat, like the Beast of Burden 50- mile or 100-mile races that start at Buffalo New York and run along the Erie Canal. Or they can be very hilly and downright mountainous, such as the world-famous UTMB (Ultra Trail du Mont Blanc), in Chamonix, France that runs through 3 countries in the Alps (France Italy and Switzerland), or the equally famous Western States and Leadville 100-mile endurance races in the United States. Badwater is another famous ultra in the western US that is 135 miles and starts below sea level and ends up at an elevation of approximately 12,000 feet..... not to mention the 120-degree temperatures! There are small and large races. Since many ultras are run on government parkland, there is often a limited quota of runners allowed to run a trail ultra due to park permit approvals. This can make it very difficult for runners to be accepted into quite a few races. Even though this is definitely a very small sport, the number of runners who wish to run ultras often exceeds the available number of spots allowed for a race. For example, Western States and UTMB have a limited number of qualifying races what one must complete just to apply. And the chances of getting into the race are < 2% due to their lottery system. Even smaller hometown races are often sold out weeks and months before a race. It makes you wonder who are all these crazy athletes who enjoy running in inhospitable terrain for hours (and even days) on end!

Training for an ultramarathon is not unlike training for a regular marathon. The training needs to be specific to the length and terrain of the particular race of interest. If the race is in the mountains, then significant hill climbs are a must. If it is flat, one needs to get used to running on flat terrain. One particular talent that also needs to be developed is the ability to walk efficiently at regular intervals. Except for elite athletes, most of us mortals need to walk during the race and in training. Learning to walk quickly uphill is important. Also, if the race is hilly, then learning to run downhill efficiently is also very important. Trail ultras often take you to very interesting places. You are able to see some beautiful areas that normally you would not have a chance to see otherwise. And the ultra-trail community is fantastic. It is a very supportive and close-knit group. You often make friends that live in different states and even different countries. The sport is certainly not for the faint of heart, but anyone who is interested in the sport just needs to have the dedication to train. Unlike road running, ultra-runners often have very diverse physiques, even at the elite level..... some are tall and lean, others more stout. There is no ideal body type, which means that truly everyone can participate. There is a tremendous amount of information in books and the internet to get anyone started in this great sport! – Luana Pesco Koplowitz

To follow is some further information about Luana's ranking in her sport:

Luana Pesco Koplowitz placed 1st in the 60-69 female age group in the northeast region the for 2015-2016 North American Ultrarunning Race Series. The northeast region includes all of the New England states, plus New York, New Jersey and Pennsylvania. Luana was 1st out of 155 females in her age group. In addition, she ranked 6th overall in her age group for the United States and Canada.

The North American Ultrarunning Race Series has set up a ranking system for all ultramarathon races in

the United States and Canada. The best performance from distances of 50K, 50 miles, 100K and 100 miles for each athlete are calculated with a complex point system that takes into account the actual distance, technical difficulty of the course, elevation gain/loss and a host of other factors.

Luana's ranking placed her in the top 6.5% of all women runners across all age groups, and in the top 2% of all ultrarunners (male and female).

Syracuse Chargers Records for M9094

Call for nominations for the 2017 Arnie Briggs Good Guy Award

We're now accepting nominations for the 2017 Arnie Briggs Good Guy Award.

This award was initiated in honor and memory of Arnie after he passed away in 2001. Arnie was a great supporter of running in CNY for many decades; he completed 98 marathons, including fifteen top 35 finishes at Boston, and was the coach and mentor of Kathrine Switzer when she broke the gender barrier at the 1967 Boston Marathon. Arnie ran in some of the earliest Hartshorne Mile competitions. He was one of the Charger founders, and was very helpful to both the Chargers and the S.U. track and cross country programs; he was recognized by all who knew him for his friendliness, modesty, sincerity, and supportiveness.

The previous Arnie Briggs Good Guy Awards were made to Central Square's Jerry Schulz, Nick Wetter, Jasper Royal, Lennie Tucker, Mark Driscoll, Tom Shafer, Nate White, Jim McCaul, Tom Ryan, Dave & Linda Oja, Jim Clancy, Evelyn White, Joe Ribyat, Roger Hahn, Tom Twichell, and Bob Nicholson. If you know a similarly good "guy" (male or female) who has made significant volunteer contributions to the Syracuse Chargers Track Club and our running community, please consider nominating him or her for this award. If you previously nominated someone who has not yet been recognized, please re-nominate if you wish. It does require a brief letter (one page or less), with statements about the nominee's character and volunteer contributions, including friendliness, modesty, sincerity, and supportiveness.

Nominations should be mailed to Roger Hahn, 5206 Hook Circle, Jamesville, NY 13078, or emailed to rchahn@syr.edu. **Complete nominations received by December 31, 2016** will be considered for the 2017 award; any received thereafter will be included in our list of 2018 nominees.

30-20-10 GO ELLIPTICAL

With snowy and icy roads on the horizon, you may be looking for an indoor activity that maintains your running fitness. I have good news for users of the elliptical machine. A study reported in the *JOURNAL OF STRENGTH AND CONDITIONING RESEARCH* compared running to elliptical workouts. For four weeks a group of experienced runners were allowed to train only on the elliptical and then their results were compared with only running. First the researchers found that the oxygen consumption and energy expenditures were the same. Then they discovered that the runners were able to maintain their running times even though they were using only the elliptical.

Just like in running where there are many ways to train - long slow, tempo, intervals, and hills - there are also many ways to use the elliptical machine. One study suggested a method, which at first sounded too easy to me. But when I tried it, I found it quite challenging. The suggested protocol: After at least a five minute warm up on the machine, you start a series of one minute intervals: thirty seconds easy, twenty hard and ten super hard. After doing five of those 30-20-10 segments, you take a one to two-minute rest. Then repeat the same 5 x 30-20-10 two to four more times. After a short cool down, you are finished.

The whole workout usually takes less than forty-five minutes but is quite intense. You can, of course, play around with elevation and resistance changes. I would advise no resistance and low elevation to start. After becoming familiar with the protocol, you might experiment with different lengths of time for the segments. Training for an 800 or mile might suggest short segments such as these, while training for long distance races would indicate longer intervals.

Sam Graceffo, MD



Syracuse Chargers

All Comers Winter Indoor Track & Field Meets 2016 - 2017

All 3 meets @ SRC Arena on OCC Campus

Meet #1 (Wednes. 12/28/16) 7pm-10:30pm

Registration: 6:10-6:50pm

- 1500m
- 55m
- 55H
- 800m
- 200m
- Long Jump
- Triple Jump
- High Jump
- Shot Put
- Weight Throw

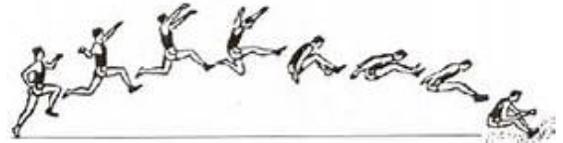
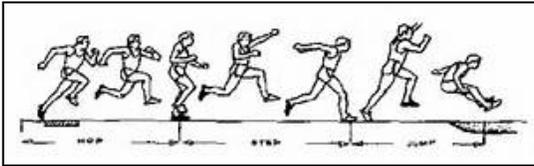
Meet #2 : SUNDAY 1/22/17 7am-10:30am

TBA

Meet #3: SUNDAY 2/12/2017 7am-10:30am

TBA

Throwers must bring their own indoor implements.



Name _____ M _____ F _____ Age _____

Club/School _____ Date of Birth _____

Home Address (Street) _____

City, State, Zip _____

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

Emergency contact _____ Emergency contact phone # _____

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., Onondaga Enterprises, the Road Runners Club of America and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that medical support for these meets will be volunteers who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in these meets.

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

Signature of Participant:

_____ Date: _____

_____ Date: _____

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



ULTRAMARATHON ARTICLE FOR SYRACUSE CHARGERS

By Luana Pesco-Koplowitz

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Chargers Annual Meeting & Awards Banquet

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 Drumlin
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 dinner, please indicate the number: _____.

Check Total: _____



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

Winter, 2016-17



Yvonne Tasker-Rothenberg

CutKings Barbershop
Pizzaz Pizza



Ma'Dears Total Image
JBKane

USATF #0035
FELDER
ALL-COMERS Track Meet
FREE
USATF Sanction # 17-04-004
SRC/OCC
4585 West Seneca Turnpike
Syracuse, NY 13215



Hafner's Restaurant

Registration, 2 - 2:45-- Start Time, 2:50

Entry fee, None. Participation ribbons.

Age Groups (AGE RECORDS, one-year increments through 7th birthday) USATF Age Groups, 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29 Open, 30-34 sub-Master, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-PLUS (AGE RECORDS, one-year increments following 100th birthday)

** POLE VAULT, limit 15. MUST reserve spot, first come, first serve. e-mail, lennieruns@aol.com week of meet

February 20, TRACK MEET	PRACTICES	2017 AAU Niagara District Track & Field Championship	FELDER SUPPORTS
Mile 55 dash 55 hurdles	Sunday, 12-18-16, 4 - 6 Monday, 01-2-17, 4 - 6 Monday, 01-9-17, 4 - 6	JUNE 17 AND 18 Nottingham Track	--RESCUE MISSION --SARAH'S HOUSE --HONOR FLIGHT OF SYRACUSE
400 long jump	Sunday, 01-22-17, 4 - 6 Wednesday, 02-1-17, 4 - 6 Sunday, 02-12-17, 4 - 6	Youth, ages 8 - 18 FUTHER NEWS, TBA, SEE FACEBOOK OR FELDERSTADIUM.ORG AS WE PLAN CHAMPIONSHIPS, JULY, MICHIGAN	--COMMUNITY RESOURCES FOR INDEPENDENT SENIORS --NORTH AREA MEALS ON WHEELS --SYRACUSE CITY SCHOOL DISTRICT
high jump pole vault** (see note above)	Sunday, 02-19-17, 4-6	AND	
shot (know the weight) age 7/8, 2K-age 9/10, 6 lb. Others, look it up, thanks.	Must set up and take down within time frame. Thanks.	KANSAS CITY BARBECUE FUNDRAISER	
		GREATER LOVE IN CHRIST CHURCH LAWNS	
Children 11 and under, 3 events limit, please.		JULY, FURTHER INFORMATION, TBA	

*Please bring your own implements/throws. Four attempts, jumps, throws. TRIPLE JUMP and POLE VAULT, must be 13+. QUESTIONS 315-491-8328 lennieruns@aol.com

WAIVER--participants

Name _____ M _____ F _____ Age _____ Birthdate _____ USATF INDIV. # _____ (if you have one)
 Address _____
 City _____ State _____ Zipcode _____ telephone _____
 Please **print** name here _____ e-mail _____

Persons age 17 and under, list parent/guardian name and address, if different from above.

Acknowledgement, Waiver, and Release from Liability. I acknowledge that participation in this developmental track meet is potentially hazardous and includes the possibility of death, serious injury, and property loss. I attest or verify that I am, and/or the above-named child is, medically able to safely complete these events. I assume all the risks associated with my participation and/or that of my child in this series of meets, including, but not limited to falls, actions, or contacts with other participants, volunteers, USATF, Games Makers, and spectators. I am aware that the medical support for this event will be personnel who will be prepared to administer first aid assistance. I agree to abide by any decision of a meet volunteer relative to my ability and/or that of my child to safely complete any of these events. I also grant full permission to any and all of the foregoing to use any pho

tographs of this event for any purpose whatsoever. **Having read** this waiver and knowing these facts, and on conditions of your accepting my participation and/or that of my child, I, myself, and anyone entitled to act on my behalf, waive, release, and discharge Felder Track and Field Club, the games makers and volunteers, Onondaga Community College, and all assigns and sponsors from all claims and liabilities of every kind or nature arising out of my participation and/or that of my child's participation in this track and field meet. **I hereby certify** that I have read all of the terms/conditions of this release and intend to be legally bound thereby.

Signature _____ (participant) Date _____
 Signature of Parent or Participant _____ Date _____

Our meets are accessible to all. Can you donate to help us?
 We sincerely thank you.
 The Felder Board

www.felderstadium.org facebook.com/felderstadium lennieruns@aol.com 315-491-8328

RUN CHASE RUN!!

On November 19, runners from the Syracuse, New York, community and beyond gathered at Corcoran High School to run with Chase Coleman at the “Keep Going...Don’t Stop...Keep Going” Fun Run, 1.5 miles around the school’s cross-country course and track.

Coleman, a 15-year-old Corcoran freshman, is a runner with autism. He was running in last place in a meet on **October 14** in Rochester, when, according to witnesses, a man shoved him to the road, and yelled, “Get out of here.” News of the incident was reported in the Rochester **Democrat and Chronicle**. After the incident Chase decided to stop running.

Chase had discovered that he enjoyed running at a cross-country camp three years ago. When his mother picked him up on his first day, he was all smiles. “He just took right to it,” Clarise Coleman said. “We were leaving that afternoon and I asked him if he liked cross country. He said ‘yes,’ and he gave me that ‘yes’ where I could tell he was really excited.”

Chase’s mom said that she had noticed positive changes in her son since he started running. “He was more focused with his schoolwork,” she said. “The last two years of middle school he made Merit Roll and Honor Roll, which he had never done before. In our church he was willing to try more things. Running was really bringing him out of his shell.”

Many Chargers participated in the Fun Run or served as volunteers and the SCTC is proud to say that we were able to lend a hand by loaning event organizers a large digital clock for the finish line and safety vests and caution flags for use by volunteers.



Calendar of Events

Always check with contact to be certain of date, time, .etc.

December 2016

17	Sun	Last Chance Trail Run and Pancake Breakfast
28	Wed	SCTC Indoor Meet #1, 7:00pm, SRC Arena, Onondaga Community College, Syracuse, NY
31	Sun	Upstate Holiday Classic—USATF Niagara Indoor Championships, RIT
31	Sun	USATF Indoor 5,000 meter Open/Junior/Masters Race Walk Championships, RIT

January 2017

22	Sun	SCTC Indoor Meet #2 7:00am, SRC Arena, Onondaga Community College, Syracuse, NY
28	Sat	USA 50km Race Walk Championships, Santee, CA Visit www.usatf.org

February 2017

12	Sun	SCTC Indoor Meet#3 7:00am, SRC Arena, Onondaga Community College, Syracuse, NY
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Bold Print—SCTC Event

The Syracuse Chargers’ Newsletter calendar will include:

- *SCTC owned or hosted fun runs, races, or track meets.
- *USATF Association, Regional, or National Championships for Running, Track & Field, and Race Walking.
- *Races which are part of the current year’s CNY Running Club Cup Series.
- *Races which have paid to have their paper entry form incorporated into our newsletter (\$75 per issue).

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 5/22/16

Club T-shirts: Club T-shirts are available for: \$10: SM _____ MED _____ LG _____ XL _____ [\$12: XXL _____ XXXL _____]
[\$6: Youth SM _____ MED _____ LG _____]

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

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

<u>Membership Status:</u> <input type="checkbox"/> New <input type="checkbox"/> Renewal	<u>Receive Email Blasts?</u> <input type="checkbox"/> Yes <input type="checkbox"/> No	<u>Newsletter Delivery Method:</u> <input type="checkbox"/> US Mail (printed) <input type="checkbox"/> Email (electronic)
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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, New York 13089-2354

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Organization
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Syracuse, NY
Permit No. 876

SYRACUSE CHARGERS TRACK CLUB
Merchandise order Form
View merchandise at: www.syracusechargers.org

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			13.00 9.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl) Adult (xxl)			12.00 15.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	Total			