



NEWSLETTER
SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

June 2016

**Onondaga Lake Park Thursday Night Fun Runs
Conducted by the Syracuse Chargers Track Club
Liverpool, NY**



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

Please join us at Onondaga Lake Park for 13 Thursdays of fun. We start Thursday, June 2nd!

For 13 consecutive weeks you can show up and be timed at the 2 mile, 5K, or 8K distance at 6:00pm. Children can run in the Kid's 400 meter dash which will start at 5:45pm.

Park at the Salt Museum parking lot and jog down to the start line in front of the Yacht Club. You will be asked to sign a waiver to cover your participation for the entire series. Since the asphalt trail on which you will be running will remain open to the public, you will be given a bib number to wear just so the other park users know that you are part of the event....they may even grant you right of way!

All fun runners will start at 6pm regardless of which distance you select. There will be 3 cones placed out on the course. There will be one indicating the 2 mile turnaround, one for the 5K turnaround and the final one at the 8K turnaround. Our volunteer timer will announce your finish time as you cross the line. You are responsible for remembering your time and listing it on the index card that you will be given. It is that easy!

Hope to see you at the Yacht Club at Onondaga Lake Park on Thursday, June 2nd and at as many of the summer Thursdays that you can attend!

Arrive by 5:30pm to sign in for the 5:45pm Kid's Run or at 5:45pm for the 6:00pm Teen/Tween/Adult Fun Runs.

There is a restroom nearby, but please come dressed to run!

The 17th annual Highland Forest 1-2-3 Trail races took place on May 28th Fabius, NY. The event took place under slightly higher than normal temperatures and the race was hotly contested. The race consists of either 1 loop (10 miles); 2 loops (20 miles) or 3 loops (30 miles). With few details about the race at this time, attached are the results:

1 LOOP - 10 MILES

Place	Name	Sex	Age	City	St	Time
1	Corey Zlatniski	M	22	Mattituck	NY	1:22:44
2	Boris Dzikovski	M	51	Ithaca	NY	1:22:58

Continued on page 12.

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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

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Chargers Membership Forms should be sent to:

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Liverpool, NY 13089-2354

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

Also, if you are going away for an extended period, let Bob know or the Newsletter will be returned to us and we are charged the first class fee for "return to sender" service.

It will **NOT** be forwarded.



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

New and Renewed Members:

Robin Slate	William Dee	Rhison Williams Jr.	Rhimeir Williams	Keysha McIntyre
Miliyan Bufford	Prince Smith	Paul Dunham	Malcolm Fekete	Karen Fekete
Aiden Griffin	Byron Griffin	Latoya Griffin	Dominic Griffin	Luana Pesco-Koplowitz
Martin Leff	Grace Leff	Laura Leff	David Leff	Fred Leff
Debra Mimaroglu	Logan Mimaroglu	Max Mimaroglu	Hunter Mimaroglu	Sinan Mimaroglu
Edward Polly	Mark Spera	Karen Spera	Ian Spera	Dave Talcott
Erin Taylor-Talcott	George Young			

Terry McConnell's Observations

Recent Charger Age Group Records

F60-64	100 mile trail	Luana Pesco-Koplowitz	26:32:53	4/1/2016
M80-84	3k road	Wally McRae	18:27	5/1/2016

Luana Pesco-Koplowitz reported on the details of her 100 mile trail record in the May *Newsletter* "High Five" section. There was no existing F60-64 record in this event, but Luana does hold the existing F55-59 record of 25:43:04. McRae's 3k effort eclipsed the 20:43 of Fred Schlereth run at this same Mountain Goat race in 2014, this despite his hobbling the last block to the finish with an injured achilles tendon.

On Running Clubs

It is a natural human tendency to band together. In Neolithic times groups of people teamed up for mutual protection; today, in an arguably more civilized era, groups or clubs most often center on some shared interest beyond self-preservation. These interests may run the gamut of things capable of interesting humans: food, sex, sports, knitting ... For some types of club, alas, the only identifiable common interest is in keeping certain other types of people at a distance.

Since this is a Syracuse running club newsletter we shall focus here on Syracuse area running clubs, and in order to discuss them in any meaningful way it's necessary first to be clear about what, exactly, constitutes a "running club". A group of buddies who meet at Green Lakes every Saturday morning for a long run should not be considered a running club. The running community teems with such informal groups (and hopefully always will!) These groups don't compete for members with more formal clubs; each of the buddies is as likely to belong to, say, the SCTC, as is any other randomly chosen runner.

Clearly we should label as clubs groups that our sport's governing bodies (USATF, RRCA) do. Also, it seems clear that we should deem groups of runners that are *social clubs*, in the sense of State tax law, to be running clubs. Such groups have dues paying members, officers, and by-laws. After this, the picture gets much murkier. The acid test would be whether we could argue that the group is focussed on a shared interest in running and tends to draw membership away from other similarly focussed groups.

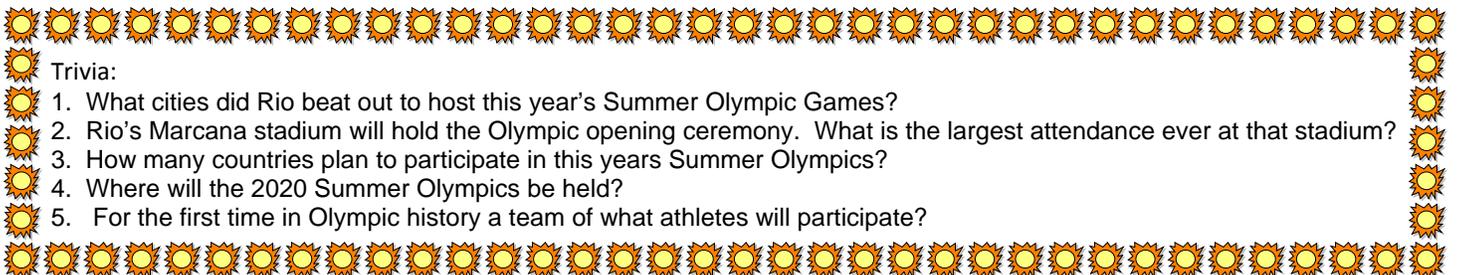
The following are not running clubs: high school and college track and xc teams, organizations that only exist to put on a certain road race, high school and college running clubs, groups that exist only on social media.

How many running clubs are there in the Syracuse Area?

The Syracuse Chargers Track Club (SCTC) was founded in 1969 as the *Syracuse Track Club* and renamed the *Syracuse Chargers Track Club* in 1972. Until 1977 SCTC appears to have been the only running club in Syracuse. The present Syracuse Track Club (STC) was founded in 1977.

Today, USATF lists 4 member clubs in the Syracuse area: SCTC, STC, *Felder Track and Field Club*, and *Stotan Racing*. In addition, USATF lists *Fleet Feet Syracuse Racing Team* as non-renewed/non-approved. RRCA lists 3 member clubs: SCTC, STC, and *Ultrarunning Matters*.

Many of the founding members of the STC were Chargers. Evidently they must have felt that the mission and goals of the



Trivia:

1. What cities did Rio beat out to host this year's Summer Olympic Games?
2. Rio's Maracana stadium will hold the Olympic opening ceremony. What is the largest attendance ever at that stadium?
3. How many countries plan to participate in this years Summer Olympics?
4. Where will the 2020 Summer Olympics be held?
5. For the first time in Olympic history a team of what athletes will participate?

Chargers no longer aligned with their own expectations and decided to form their own club. Of the founding of the club, Bruce Laidlaw, writing in volume 25 number 6 (the 25th anniversary issue) of the *Syracuse Track Club Newsletter*, says “The momentum to establish a new track club for runners of all ages free of the Chargers’ swimmer-dominated politics (as then existed) led to STC’s founding in June, 1977.” Today RRCA lists the membership of the STC at 200 households, and the SCTC at 313 households.

The SCTC and the STC are not the Hatfields and the McCoys – a sizeable group of CNY runners belong to both clubs – but many runners will tell you that there is a noticeable difference in “philosophy” between them. To cite one minor piece of evidence: the STC has a motto – *run hard, play hard*; the SCTC does not appear to have a motto.

The two major running clubs, on the other hand, do have a great deal in common. Both have regular newsletters and large informative web sites. Both sponsor competitive road races, field competitive teams, and offer series of fun runs and other programs for their members. Both have an annual banquet that includes a business meeting and presentation of athletic and volunteer awards. Both award scholarships to graduating high school seniors based on a competitive selection process, and invest in the community in other ways.

Ultrarunning Matters is a small (32 household) RRCA and USATF affiliated club based in Fayetteville. The group has a website, hosts an email discussion group, organizes three ultra-distance running events in CNY, and has a slogan: *Run Like it Matters*. Annual membership is currently listed as \$15 a year.

The *Felder Track and Field Club* has 125 members and exists under the umbrella of Felder-Syracuse Track and Field Stadium, inc., a non-profit that promotes the construction of a dedicated indoor sports facility (including a championship quality indoor track) in downtown Syracuse. In recent years, Felder inc. has hosted a series of 4 indoor track meets at OCC and 4 outdoor track meets at Nottingham High School that are free and open to the public. In addition, club members are eligible to participate in organized workouts under the direction of a level 1 USATF certified coach. Felder emphasizes youth athletics.

The Fleet Feet Syracuse web site describes the *Fleet Feet Syracuse Racing Team* as a USATF sanctioned club of adult runners and multi-sport athletes. (As of this writing USATF lists this club as non-renewed/not-approved.) Dues are \$75 the first year and \$50 thereafter. Benefits include a team uniform, organized events including team trips to certain races, discounts on some store items, and gear drop off points at some local events. Club size is unclear. A team photo on the web site shows 29 people wearing uniforms, so that gives a lower bound on membership at the time the picture was taken.

For completeness we must mention *Stotan Racing*. According to its web site “Stotan Racing was founded in 2010 by Bill & John Aris. It is a NIKE supported and USATF member program. The team is comprised of NIKE sponsored athletes, and qualified non-sponsored athletes. The SR program provides coaching and support to men and women aspiring for greatness in distance running. Our objective is to develop talent for success on the road, track, and cross country course, distances ranging between 800M and Marathon.”

There is no “join” tab on the Stotan’s web site, so it appears that membership is by invitation only. Based on indirect evidence from the site – posted results and a photo and video gallery – the Stotan’s have never comprised more than a handful of athletes, and since the latest posted results as of this writing were from 2014, it is not even clear that the group is still active.

The *YMCA of Greater Syracuse Running Club* is not so much a club as a collection of programs available to area members of the YMCA. Under the direction of elite marathoner Kevin Collins this “club” offers programs for walkers transitioning to running, beginning and intermediate runners, fall marathoners and half-marathoners, and injured runners. YMCA literature claims that 800 area runners participated in 2015.

In addition to the sanctioned clubs, there are other area groups that are sizeable, well-organized, and consider themselves to be running clubs. One example is the *Syracuse On-on-dog-a Hash House Harriers and Harriettes*. These self-described “drinkers with a running problem” gather for a weekly adventure run that features - in the international tradition of hashing - a pack of “hounds” chasing a smaller group of “hares” who lay down a trail for them to follow, with the beckoning prospect of ample refreshment afterward at the home pub. According to hashing tradition, the hounds exhort each other with the chant “On-on,” which may help to explain the unusual punctuation decisions in the club name.

The Harrier/Harriettes have many of the hallmarks of a running club. They have, for example, a regularly scheduled series of events, and a detailed web site that, among other things, archives a commentary on each of the scheduled events. (A “Rehash.”) There are not exactly club dues, but there appears to be an expectation that a standard amount - \$5 or equivalent in “Hash Cash” (whatever that is) – should be ponied up at each event to

cover costs.

The *Lake Effect Run Club* is another local group that seems to fall into the grey area between clubs like the Chargers and that mythical group of friends who meet on Saturday morning at Green Lakes. It has a website that lists club officers and includes a mission statement that reads "Our goals are simple ... to foster friendship, motivate each other towards fitness, and have fun along the way!" There are regular organized club events, including weekly Wednesday evening group runs and group trips to races in other cities. On the other hand, there is no fixed membership roll. According to Brandi Trumble, who maintains the blog that serves as the group's web site and is listed there as club secretary, "To become a 'member' you just show up and introduce yourself and run. You can come once now and not show up for 3 months and will be welcomed." The club blog lists 714 followers, but participation in club events is typically in the range of 10-60 people.

It may be that groups like *Lake Effect* represent the wave of the future: less organized than traditional clubs, and without the hassle of maintaining membership databases and filing annual tax returns, yet able to exploit the power of social media to create a sense of unity and get out the word about upcoming organized group activities.

Women's 100M Open Record Progression

Zanderland Dixon	12.9	7/15/78
Zanderland Dixon	12.1	7/26/80

Zanderland Dixon ran for George Fowler High School, graduating in 1980. She went on to run for Morgan State, and was the lead off runner on their winning 4x100 squad at the 1983 Penn Relays (46.2).

Syracuse Chargers Records for Females 70-74 years

50m	Pat Peterson	8.6	6/7/1998
55m	Pat Peterson	9.84	3/18/2000
60m	Pat Peterson	10.42	3/22/1997
60m	Pat Peterson	10.42	3/28/1998
100m	Pat Peterson	16.15	8/15/1998
200m	Pat Peterson	30.08	8/1/1998
400m	Pat Peterson	82.52	8/1/1998
800m	Yvonne Rothenberg	3:32.8	12/9/2013
1500m	Yvonne Rothenberg	7:32.2	12/9/2013
3000m road	Sue Gardinier	14:22	5/5/2013
5km road	Sue Gardinier	23:43	10/6/2013
10km road	Carol Rider	1:02:35	9/15/2012
10 miles	Carol Rider	1:52:15	5/4/2014
high jump	Pat Peterson	3-5 1/4	3/22/1997
high jump	Pat Peterson	3-5 1/4	7/22/1997
long jump	Pat Peterson	6-5 3/4	8/18/1998
shot put	Elsie Adams	17-1	1993
discus	Elsie Adams	49-1	1993
5km walk road	Sharon Sonnacchio	43:31.0	6/7/2012

Syracuse Chargers Records for Males 70-74 years

45m	Howard MacMillan	7.0	2/24/1997
55m	Ed Cox	8.0	12/20/1997
60m	Howard MacMillan	9.05	3/22/1997
100m	Robert Bruce	14.0	5/11/1999
200m	Howard MacMillan	28.24	3/9/1997
300m	Howard MacMillan	49.8	3/15/1997
400m	Fritz Schlereth	69.32	7/26/2003
500m	Ray Deschambault	1:58.7	3/27/1988
600m	Howard MacMillan	2:06.7	2/9/1997
800m	Fritz Schlereth	2:56.5	7/25/2003
1000m	Wally McRae	3:58.8	1/12/2003
1500m	Charles Jorgensen	6:00.0	3/22/1987
1 mile	Ray Kneer	6:37.3	3/1/2015

2000m	Wally McRae	8:38.4	3/16/2003
3000m	Nate White	12:47.7	3/22/1990
3000m steeple	Don Baum	15:01.6	7/25/2008
2 miles	Ray Kneer	14:23	2/8/2015
5km track	Ray Kneer	21:26	1/11/2015
5km road	Ray Kneer	21:31	8/3/2013
8km track	Nate White	37:59.7	1/8/1993
5 miles road	Ray Kneer	35:21.0	9/8/2013
10km road	Nate White	44:18.0	9/23/1989
10km track	Nate White	45:45.0	7/30/1989
12km	Howard Rubin	1:01:46	2/26/2000
15km track	Tom Walnut	17:11.2	2/23/1996
15km road	Ray Kneer	1:07:26	10/12/2014
10 miles	Ray Kneer	1:16:30	7/4/2013
20km	Howard Rubin	1:38:54	8/1/1998
half marathon	Ray Kneer	1:43:14	8/6/2012
30km road	Howard Rubin	3:09:07	11/23/2002
marathon	Kermit Cadrette	3:53:51	10/11/2009
55m HH	Ed Lukens	9.1	1/22/1994
60m HH	Ed Lukens	10.24	3/17/1996
80m HH	Ed Lukens	14.2	8/6/1994
100m HH	Ed Lukens	15.1	7/5/1992
high jump	Ed Lukens	4ft 4in	3/22/1992
pole vault	David Rider	7ft 6in	5/13/2000
triple jump	Ed Lukens	32-8 1/2	2/7/1993
triple jump	Ed Lukens	32-8 1/2	3/20/1993
long jump	Ed Lukens	15-3 1/2	3/21/1993
weight pentathlon	Elmer Shaw	4183	7/12/1987
weight throw 25lb	Elmer Shaw	39-11	10/25/1987
weight throw 35lb	Chuck Yost	17-7 1/4	3/20/2005
weight throw 56lb	Elmer Shaw	16-9 1/2	4/30/1988
shot put 12lb	Elmer Shaw	35-0	10/25/1987
shot put 16lb	Elmer Shaw	23-5 1/4	2/17/1989
discus	Elmer Shaw	125-0	8/6/1988
shot put 5kg	Elmer Shaw	36-9 3/4	3/25/1990
hammer 4kg	Elmer Shaw	129-6	6/18/1988
hammer 8lb	Elmer Shaw	135-11	6/25/1988
javelin	Ed Lukens	112-5 1/2	7/5/1992
shot put 4kg	Elmer Shaw	41-7 1/2	1/22/1989
indoor pentathlon	Tim Collins	2860	1/26/2014
1500m walk	Howard MacMillan	10:06.1	8/25/1996
5km walk road	Jim Brown	34:15.0	7/17/1995
10km walk road	Jim Brown	1:12:05	5/28/1995
20km walk road	Jim Brown	2:35:49	7/16/1995

CNY Running Clubs Cup 2016

After a great first year with the CNY Running Clubs Cup in 2015, competition resumes in 2016. The original six clubs, the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Toe Path Trekkers and the Utica Roadrunners are joined this year by Team RWB. In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the six other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. There are no gender or age distinctions. The Cup is truly open to all of our members. The results of up to five members of a club in a race will be compared to the other clubs and points awarded on a descending basis, with seven points to the best, six to second and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year. To make this work, the race registrations for a Cup race will now include a question about club affiliation, and that information will be included in the race results. People who are members of more than one Cup club should be aware that the first club you compete for in a year is the club you will represent for the rest of the year. So, everyone, make sure you fill in our club name when you sign up for any of these races, and let the fun begin!

There are seven races in the Cup thus far. We are excited to add two new races to the Cup in 2016: the Nate the Great 12K in Canastota, and the queen of them all, the Boilermaker 15 Road Race in Utica on July 10th. The seven announced races are:

April 2nd: Fort to Fort 10K Race in Rome - Completed.
 May 7th, 5:30pm: Towpath Trail 10K in St. Johnsville.— Completed.

June 11th: Nate the Great 12K Race in Canastota

July 10th: Boilermaker 15K in Utica

July 29th: Newport Field Days 5K in Newport

August 19th: Woodsmans Field Days 10K in Boonville

September 25th: Falling Leaves 14K in Utica

If you plan to run any of these races, please be sure to declare SYRACUSE CHARGERS as your club.

THE 29th ANNUAL FORT TO FORT RUN 10K Rome, NY April 2, 2016

1	Nick Jeror	26	33:51	5:27	1/12	M20-29	M#	1 Rome	NY
2	Andrew Spagnuolo	20	35:09	5:40	2/12	M20-29	M#	2 Camden	NY
3	Stephen Paddock	21	37:26	6:02	3/12	M20-29	M#	3 Ilion	NY
4	Aaron Carey	40	37:53	6:06	1/29	M40-49	M#	4 Rome	NY
5	Danny Frieden	45	38:19	6:10	2/29	M40-49	M#	5 Rome	NY
6	Paul Humphrey	48	39:07	6:18	3/29	M40-49	M#	6 Utica	NY
7	Thomas Joslin	36	39:28	6:21	1/13	M30-39	M#	7 Yorkville	NY
8	David Culbertson	26	39:50	6:25	4/12	M20-29	M#	8 Rome	NY
9	Rob Richard	39	40:46	6:34	2/13	M30-39	M#	9 Little Falls	NY
10	Stephen MacDonald	52	41:21	6:40	1/29	M50-59	M#	10 Oneida	NY
11	Dan Capron	45	41:28	6:41	4/29	M40-49	M#	11 Newport	NY
12	Mike Massoud	55	41:44	6:43	2/29	M50-59	M#	12 Sauquoit	NY
13	Jason Remington	32	42:04	6:47	3/13	M30-39	M#	13 Clinton	NY
14	John Geesler	57	42:13	6:48	3/29	M50-59	M#	14 St. Johnsville	NY
15	Rob Hudyncia	53	42:18	6:49	4/29	M50-59	M#	15 Fort Plain	NY
16	Jessica Charles	34	42:39	6:52	1/21	F30-39	F#	1 Oriskany	NY
17	Colt Brumm	31	42:45	6:53	4/13	M30-39	M#	16 Barneveld	NY
18	Robert Staskoski	40	43:12	6:58	5/29	M40-49	M#	17 Barneveld	NY
19	Lennie Davis	55	43:14	6:58	5/29	M50-59	M#	18 Newport	NY
20	Martin Callahan	49	43:20	6:59	6/29	M40-49	M#	19 St Johnsville	NY
21	Carl Williams	26	43:31	7:01	5/12	M20-29	M#	20 Rome	NY
22	Jace Lapuma	19	43:53	7:04	1/4	M14-19	M#	21 Little Falls	NY
23	Tim Kane	56	43:58	7:05	6/29	M50-59	M#	22 Sherrill	NY
24	Gregory Evans	56	44:15	7:08	7/29	M50-59	M#	23 Clinton	NY
25	Vanessa Stevens	26	44:39	7:11	1/12	F20-29	F#	2 Rome	NY
26	Matthew Gallimo	25	44:46	7:13	6/12	M20-29	M#	24 Whitesboro	NY
27	James Tretola	55	44:53	7:14	8/29	M50-59	M#	25 Little Falls	NY
28	Paul Cirillo	40	44:54	7:14	7/29	M40-49	M#	26 Mohawk	NY
29	William Baynes	60	45:05	7:16	1/16	M60-69	M#	27 Rome	NY
30	Matthew Zawisza	26	45:10	7:17	7/12	M20-29	M#	28 Rome	NY
31	Ross Berntson	45	45:31	7:20	8/29	M40-49	M#	29 New Hartford	NY
32	Benjamin Sweeney	23	45:52	7:23	8/12	M20-29	M#	30 Boonville	NY
33	Bill Kosina	56	45:55	7:24	9/29	M50-59	M#	31 Richfield Sprng	NY
34	Ed Krutz	50	45:57	7:24	10/29	M50-59	M#	32 Rome	NY
35	Eric Lauber	54	46:02	7:25	11/29	M50-59	M#	33 Rome	NY
36	Daniel Humphrey	14	46:07	7:26	2/4	M14-19	M#	34 Utica	NY
37	Robert Longo	56	46:31	7:30	12/29	M50-59	M#	35 Frankfort	NY



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: volunteer activities within our community (not limited to Chargers events); academic achievement; and 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 received by June 4th.

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: _____

Race Walk Corner:

Charger Erin Taylor-Talcott became the first woman ever to walk in an international 50km championship event on May 9th in Rome, Italy. In a decision by the IAAF, the 50km Race Walk is no longer a men's only event, but a gender blind event that men and women may compete in until such time as a women's 50km event is added. The decision was reached only after Erin sued the IAAF to live up to their bylaws and charter which stressed gender equality. After the decision was reached and their competition rules modified, Erin had to petition USA Track and Field to name her to Team USA competing in the event. They did so, and Erin made history finishing the race in 40th place out of 69 starters—the only women in the field. Erin walked 4:51:08 in a very emotionally charged race.

Two weeks later husband Dave joined Erin in Naumburg, Germany where he walked in the German Masters 20km Championships finishing 22nd in an international field in 1:48:33 on May 22nd. The pair traveled to Namur, Belgium and raced in a European Track Circuit meet on May 25th finishing as the 2nd woman (24:16) and 3rd man (25:00).

Tromptown Entry Form

Please only ONE person per entry form.

To register online, please visit www.tromptownrun.com Release:

I know that running a road race is a potentially hazardous activity, I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release the Tiohnioga Fire Department, Town of DeRuyter, Village of DeRuyter, DeRuyter Central School, Town of Cuyler, Cortland County, Madison County, Onondaga County, Town of Cazenovia, Town of Fabius, race organizers, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participating in this event. I also understand that in the event these races cannot be held as scheduled because of an act of God or circumstances beyond control, the race is not liable to refund entry fees.

Signature of runner _____ Age on run day _____

Date of Birth _____ Signature of parents if under 18 _____

Print Full Name _____ Male ___ Female ___

Address _____ City _____ State _____

Zip _____ Phone(____) _____ e-mail _____

Entry fees for 5K/Half-M: Individual \$20, Family \$30 (Received by Aug. 8th)

Late fees: Individual \$25, Family \$40. Maximum late/race day Entry fee for Fun Run \$1

I will be running in the (CIRCLE 1, 2, or 3):

(1) FUN RUN (5:15pm Start)

(2) 5K Run (6:00pm Start)

(3) Half-Marathon (5:45pm Start)

If T-Shirt is desired Add \$17 - CIRCLE SIZE: small medium large extra large If Patch is desired- Add \$5 - CIRCLE: yes

Family combinations: <http://www.tromptownrun.com/Registration/>

State which combination _____ and name of team member. _____

Total enclosed: \$ _____

Please make checks payable to: **TIOUGHNIOGA FIRE DEPARTMENT.**

Mail this form with a check or money order to:

Win Skeele, Box 351, DeRuyter, NY 13052

Official use only:

Entry _____ Shirt _____ Patch _____ Team _____

Maureen's Morsels For Magnificent Munching

By: Maureen Fauler. MHA, RDN, CDN

We all want to live long, healthy lives, but sometimes it's hard to figure out how. Nutrition is an important part of a healthy lifestyle, so below are some tips to help you on your journey to a healthier, happier you.

'Need to Know' Nutrition Facts

- Food is an important part of a balanced diet.
- The CDC (Center for Disease Control and Prevention) found that between 1971 and 2000, American men increased their calorie intake from 2,450 to 2,618 a day, and women increased their calorie intake from 1,542 to 1,877 a day. In 2010, the average adult woman reported consuming 1,785 calories per day and adult man, 2,640 per day.
- The reason most Americans get into trouble with weight is two-fold. We eat large portions and burn few calories.
- The facts are simple: 3,500 calories equal 1 pound. To gain or lose weight, you need to add or subtract 3,500 calories.
- Choose snacks low in calories and sodium.
- Eat slowly and mindfully, savoring each bite.
- Get your carbohydrates from foods high in fiber such as whole grains, fruits and vegetables.
- Balance and variety over time is what counts, not what you eat in a single meal or day.
- You can eat well and not spend your life in the kitchen.

Healthy eating habits are the same no matter where you eat.

Day By Day to a Healthier You

- It takes a commitment to eat differently.
- Regular physical activity helps keep the pounds off.
- Have a vegetable-based salad everyday and include healthy fats, such as olive oil as your salad dressing.
- Reach for a glass of water first to help curb your appetite.
- Avoid keeping unhealthy snacks in the house (or in your car, desk, purse, etc.).
- Take cut-up fruits and veggies to work for a snack.
- Have skim milk in your coffee instead of cream.
- Order your meat, poultry and fish dishes grilled, roasted, broiled or baked.
- Have your bread without butter or margarine, or dip it in some olive oil.
- Substitute barbecue sauce, mustard or ketchup for mayonnaise.
- Ask for extra lettuce, onions or tomatoes instead of bacon and cheese.
- Order thin crust pizza.
- Order vegetable toppings on your pizza instead of sausage and pepperoni.
- Stocking up on healthy foods that are easy to prepare means you'll always have what you need for a quick, nutritious meal.
- Keep it balanced. Include a variety of foods from the major food groups every day.
- Use moderation. Learn about portion sizes and savor every bite.
- Be informed. Ask about ingredients in foods so you can make informed decisions.
- Quick shopping tips: Take inventory before you go. Make a list. Eat before you shop.
- Plan ahead. Choose places to eat that you know offer some healthy selections.
- Don't eat at buffets unless you know you can resist eating too much.

If you need to eat late, eat a snack when you would normally eat your meal.

You can find these and other great tips using the following resources:

www.eatright.org

www.fightbac.org

www.aap.org

www.usda.gov
www.acefitness.org
www.ificinfo.health.org
www.kidshealth.org
www.nhlbi.nih.org
www.caloriecontrol.org
www.health.gov
www.choosemyplate.gov

Lighthearted Everyday Cooking by Anne Lindsay
Have Your Cake and Eat it, Too by Susan G. Purdy
Nutrition for Women, The Complete Guide by Elizabeth Somer
Field of Greens by Annie Somerville
The Joslin Diabetes Gourmet Cookbook
American Heart Association Cookbook
The Tufts University Diet and Nutrition Newsletter
Nancy Clark's Sports Nutrition Guide by Nancy Clark

Nutrition Apps can also help put information at your fingertips. Some nutrition and fitness Apps with positive reviews from Registered Dietitian Nutritionists:

Calorie Counter& Diet Tracker by My Fitness Pal

LifeSum

Yummly

Sworkit Lite

Pocket Yoga

Couch to 5K

RunSocial

Strava

Blender Girl Smoothies



Maureen Fauler, MHA, RD, CDN is a Registered Dietitian with over 20 years of experience. Fauler works FT and enjoys exercising in her spare time. She usually runs 4-6 days per week and takes several other classes at the YMCA. Fauler has a Bachelor of Science degree in Food and Nutrition, is a Registered Dietitian Nutritionist through the Academy for Nutrition and Dietetics, and a Certified Dietitian Nutritionist through New York State. Fauler also has a Masters degree in Health Administration. Fauler has provided many presentations to the community. Presentation topics include "The Truth about Nutrition: Fads, Facts and Fakes", Nutrition for Life" and "Careers in Nutrition" (for high school students).

Delivery of monthly Chargers newsletter

There has been discussion on how the members of the club receive the monthly newsletter. As of now each member is mailed a copy of the newsletter and the newsletter is posted on the club's website around the time of the mailing, <http://www.syracusechargers.org/newsletter/newsletter.html>.

Recently there have been requests to receive the newsletter via e-mail instead of a printed copy. We are now giving every member the option of receiving the newsletter by US Mail or by e-mail. The requested delivery method has been added as a question on the membership renewal form.

If you would like to begin to receive the newsletter via email, please send an email to Bob Hiemenz at bobhiem@twcny.rr.com.

Alternate Web Link for Chargers Records

The latest Chargers records can always be found on my personal web server at the URL http://barnyard.syr.edu/charger_records.html. There will also be a working link on the new Chargers website.

3	Mark Fuhry	M	24	Ovid	NY	1:28:07
4	Corey DuBois	M	45	Unadilla	NY	1:29:08
5	Bruce Palmer	M	58	Utica	NY	1:32:10
6	Bill King	M	56	Ithaca	NY	1:32:42
7	Alan Lockett	M	59	Lansing	NY	1:32:50
8	Joel Cisne	M	34	Ithaca	NY	1:36:57
9	Sean Barilko	M	44	Syracuse	NY	1:37:45
10	John Condon	M	60	Fulton	NY	1:37:46
11	Morningstar Fowler	M	18	Dryden	NY	1:40:24
12	Jim Owens	M	53	Clinton	NY	1:41:21
13	James Vandish	M	45	Oswego	NY	1:42:25
14	George Cameron	M	38	Chittenango	NY	1:43:25
15	Eric Haslam	M	43	Fabius	NY	1:46:09
16	Meredith Silberstein	F	32	Ithaca	NY	1:48:03
17	Rick Mazzeo	M	63	Skaneateles	NY	1:48:40
18	James McGinty	M	54	Syracuse	NY	1:50:07
19	Rick Cowburn	M	61	Cicero	NY	1:50:51
20	Tim Pierce	M	48	Syracuse	NY	1:51:42
21	Audrey Balander	F	59	Cortland	NY	1:53:07
22	Uwe Runge	M	29	Liverpool	NY	1:53:16
23	Jeffery McIntyre	M	57	Syracuse	NY	1:55:12
24	Ilana Brito	F	36	Ithaca	NY	1:58:42
25	Jay Harris	M	47	Syracuse	NY	2:00:22
26	Jean Rand	F	66	Syracuse	NY	2:02:06
27	Katie Sheffield	F	35	Fabius	NY	2:02:30
28	Holly Frazee	F	39	Fabius	NY	2:02:31
29	Kamal Jabbour	M	58	Pompey	NY	2:02:32
30	Anna Jerome	F	44	Pulaski	NY	2:02:44
31	Pat Riccardi	M	65	Syracuse	NY	2:02:49
32	Cynthia Harris	F	44	Syracuse	NY	2:07:44
33	Dennis Stadelman	M	54	Cicero	NY	2:07:48
34	Janet Loch	F	51	Syracuse	NY	2:09:28
35	Bart Lehmann	M	50	Jamesville	NY	2:11:54
36	Tricia Cameron	F	38	Chittenango	NY	2:13:08
37	Ron Cunningham	M	58	Dryden	NY	2:13:50
38	Kerra Quinn	F	40	Dryden	NY	2:13:54
39	Gretchen Gilbert	F	47	Brooktondale	NY	2:14:36
40	Kristen Owens	F	21	Whitesboro	NY	2:14:53
41	Bettina Lindsey	F	55	Utica	NY	2:14:53
42	Angela Wallace	F	47	Lancaster	NY	2:15:55
43	Kevin Tripp	M	45	Masonville	NY	2:16:04
44	Stephanie Wade	F	41	Davis	CA	2:18:23
45	James Hoch	M	55	Cortland	NY	2:23:21
46	Mike Terwilliger	M	61	Brooktondale	NY	2:27:24
47	Cindy McGuire	F	51	Manlius	NY	2:38:00
48	Jamie Howard	M	50	Albany	NY	2:48:24
49	Reg Johnson	M	67	Warsaw	IN	3:04:47
50	Judy Oaks	F	51	Rochester	NY	3:19:19

2 LOOPS - 20 MILES

Place	Name	Sex	Age	City	St	Time		
=====	=====	===	===	=====	==	=====		
1	Joanna Bunker	F	18	Clay	NY	3:23:30	1:	1:39:59 1:39:59 2: 1:43:31 3:23:30
2	Nicolas Llados	M	34	East Syracuse	NY	3:42:47	1:	1:42:51 1:42:51 2: 1:59:56 3:42:47
3	David Jones	M	57	Interlaken	NY	3:50:26	1:	1:50:27 1:50:27 2: 2:00:00 3:50:26

4	Jim Costello	M	48	Syracuse	NY	3:56:01	1: 1:54:11	1:54:11
							2: 2:01:50	3:56:01
5	Kimberlee Avery	F	41	Phoenix	NY	4:02:10	1: 1:58:41	1:58:41
							2: 2:03:30	4:02:10
6	Nancy Kleinrock	F	56	Ithaca	NY	4:05:34	1: 1:54:01	1:54:01
							2: 2:11:34	4:05:34
7	Akira Yatsuhashi	M	46	Oneonta	NY	4:08:01	1: 1:53:09	1:53:09
							2: 2:14:52	4:08:01
8	David Losee	M	45	Denver	NY	4:50:51	1: 2:15:17	2:15:17
							2: 2:35:34	4:50:51
9	Walt Swenton	M	40	Syracuse	NY	5:07:05	1: 2:01:38	2:01:38
							2: 3:05:27	5:07:05
10	Erika Swenton	F	38	Syracuse	NY	5:07:05	1: 2:01:45	2:01:45
							2: 3:05:21	5:07:05
11	Carlos Wallace	M	40	Lancaster	NY	5:11:52	1: 2:15:02	2:15:02
							2: 2:56:50	5:11:52

3 LOOPS - 30 MILES

Place	Name	Sex	Age	City	St	Time		
=====	=====	===	===	=====	==	=====		
1	Fred Harle	M	41	Jamesville	NY	4:58:06	1: 1:31:14	1:31:14
							2: 1:32:53	3:04:07
							3: 1:54:00	4:58:06
2	Gerrit Van Loon	M	55	Ithaca	NY	5:39:28	1: 1:41:14	1:41:14
							2: 1:53:04	3:34:17
							3: 2:05:12	5:39:28

25th Annual Camillus Memorial Day Races, May 30, 2016

1 **	Mike Bott	1/8	17:10:00	21 *	Carly Benson	2/19	20:50:00
2 *	Michael Dee	2/8	17:38:00	22 *	Matt Talamo	1/19	20:50:00
3 *	Sean Byrnes	1/21	18:24:00	23 *	Jabe Kile	1/11	20:51:00
4 *	Ethan Mosure	2/21	19:02:00	24 *	Dennis Daly	3/30	20:56:00
5 *	Joseph Riccardi	3/21	19:10:00	25 *	Fred Miller	1/10	20:59:00
6 *	Russell Graziano	4/21	19:15:00	26 *	David Laris	2/25	21:11:00
7	Ricky Francisco	5/21	19:17:00	27 *	Kevin Didio	4/30	21:15:00
8 *	Timothy Riccardi	1/30	19:21:00	28 *	Molly Velasco	1/10	21:16:00
9 *	John Kolh	1/16	19:22:00	29	Robert Haas	5/30	21:18:00
10 *	Loren Davies	1/22	19:27:00	30	Drew Francisco	10/21	21:32:00
11	Eric Leach	6/21	19:45:00	31 *	Geoff Lloyd	4/22	21:32:00
12	Jack Richards	7/21	19:47:00	32 *	Abby Delia	1/9	21:37:00
13	Michael Brown	8/21	20:08:00	33	Michael Girard	11/21	21:41:00
14 *	William Stuart	2/22	20:13:00	34	Scotty Buchanan	5/22	21:43:00
15 *	Jeremy Dodds	3/22	20:26:00	35 *	Brandon Omeal	2/19	21:45:00
16 *	Paul Cianfrocca	1/25	20:29:00	36 *	Kelly Rogalia	1/14	21:48:00
17	Patrick Trivison	9/21	20:31:00	37 *	Justin Nowicki	1/27	21:51:00
18 *	Conlan McGuire	1/16	20:31:00	38	Javier Martinez	6/22	21:52:00
19 *	Bill Zwerger	2/1	20:43:00	39 *	Mark Leo	2/16	21:55:00
20 **	Emily Young	1/19	20:50:00	40 *	Chuck Milazzo	1/13	21:56:00

41	Bob Raymonda	6/30	22:01:00	89 *	John Turner	2/10	24:34:00
42 *	Sarah Cote	2/9	22:03:00	90	Jeffrey Tuttle	9/30	24:36:00
43 *	Scott Pietruniak	3/16	22:05:00	91	Steven Ferguson	6/16	24:40:00
44 *	Kylie Nowicki	1/20	22:13:00	92 *	Scott Bollinger	2/11	24:42:00
45 *	Maddie Nowicki	2/20	22:15:00	93	Chris Stukus	9/25	24:44:00
46	Chris Lloyd	12/21	22:31:00	94 *	Kristen Lounsberry	1/17	24:47:00
47	Jonathan Dunlop	13/21	22:32:00	95 *	Gary Tretter	3/10	24:49:00
48	Jackson Craig	14/21	22:37:00	96	Tom Roerden	10/30	24:53:00
49 *	Liam Stuart	2/27	22:40:00	97	Will Luke	11/30	24:54:00
50 *	Jim Quinn	3/25	22:44:00	98	Jacob Fricano	8/27	24:56:00
51 *	Mckenzie Dahlin	3/20	22:44:00	99	Kevin McElwee	5/16	24:59:00
52 *	Tammy Congelli	1/24	22:46:00	100 *	James Osborne	4/10	25:00:00
53	Robert Quinn	7/30	22:49:00	101	Richard Harvey	6/19	25:01:00
54 *	Antonio Martinez	4/16	22:50:00	102	David Suarez	10/25	25:02:00
55 *	Hannah Craybas	4/20	22:50:00	103 *	Wayne Flynn	2/13	25:07:00
56 *	Jason Lukins	2/16	22:52:00	104	Daryl Olin	6/16	25:09:00
57 *	Douglas Farfaglia	3/19	22:53:00	105	Rick Falanga	12/30	25:11:00
58 *	Len Barry	4/25	22:54:00	106	Jeffrey Craig	11/25	25:12:00
59	Gregory Patrick	15/21	22:55:00	107	Mary Graziano	5/24	25:16:00
60	Paul VanGeet	5/25	22:56:00	108	Richard Stankivitz	5/10	25:17:00
61 *	Joseph Nofal	3/16	22:57:00	109	Henry Murawski	13/30	25:18:00
62	Ric Bond	8/30	22:59:00	110	Luke Leubner	7/16	25:18:00
63	James Greenwood	6/25	23:04:00	111	Eric Poole	7/16	25:21:00
64 *	Teshale Kelly	3/27	23:10:00	112	Robert Helfrich	12/25	25:21:00
65 *	Breann Dodge	3/9	23:13:00	113	Scott Trobert	8/16	25:22:00
66 *	Brent Murphy	4/19	23:18:00	114	Debra Nowicki	6/24	25:22:00
67 *	Brittany Didio	1/10	23:24:00	115 *	Rick Cowburn	3/13	25:32:00
68 *	Matthew Mullen	4/16	23:32:00	116 *	Christine Vecchio	3/12	25:35:00
69 *	Jen Longo	2/14	23:37:00	117 *	Rose DiGennaro	4/14	25:38:00
70	Andy Lewis	7/25	23:39:00	118	William June	7/19	25:41:00
71	Nicholas Serrao	5/16	23:42:00	119	Brad Parker	8/19	25:47:00
72 *	Galyn Schenk	1/12	23:51:00	120 *	Dave Parrott	3/11	25:47:00
73 *	Liz Besio	1/16	23:53:00	121 *	Teresa Petrus	3/19	25:48:00
74	Samantha Snyder	5/20	23:54:00	122 *	Mason Winters	4/11	25:49:00
75 *	Reese Gilmore	4/27	23:56:00	123 *	Timothy Besio	4/8	25:51:00
76	Samuel Lloyd	5/27	24:02:00	124 *	Colden Sheen	1/6	25:53:00
77 *	Suzanne Craybas	2/24	24:02:00	125 *	Leah Rehm	1/8	25:54:00
78 *	PJ Motondo	3/8	24:03:00	126	Robert Young	13/25	25:58:00
79 *	Alexis Kuhl	3/14	24:05:00	127	Michael Stoianoff	9/16	26:06:00
80	John Benson	8/25	24:06:00	128	Andrew Longo	9/19	26:07:00
81	Jonathan Sandgarten	5/19	24:09:00	129 *	David Petrus	2/6	26:10:00
82 *	Karen Mace	3/24	24:10:00	130	Sarah Petrus	6/20	26:10:00
83 *	Elizabeth Briggs	2/12	24:15:00	131	Jack Donaldson	16/21	26:11:00
84	Sean Kelly	7/22	24:17:00	132	Kristin Stuart	7/24	26:11:00
85	Patrick Mahoney	6/27	24:19:00	133	Alan Brown	14/30	26:15:00
86 *	Margaret Sheen	4/24	24:20:00	134 *	Chad Lachance	5/8	26:16:00
87	Paul Cantello	8/22	24:22:00	135 *	Madalyn Benson	4/19	26:17:00
88	Jack Parrott	7/27	24:25:00	136	Shawn Bergman	5/11	26:19:00

137	Madison Gilmore	7/20	26:21:00	185	Kristen Smith	10/24	28:16:00
138	Jesse Carr	6/8	26:26:00	186	William Spreter	7/10	28:17:00
139	Leslie Buchanan	14/25	26:29:00	187 *	Katrina Dufresne	3/10	28:17:00
140	Peter Covert	10/16	26:30:00	188	Patrick Nolan	11/16	28:18:00
141	Eric Dahlin	6/11	26:32:00	189 *	Kiera Chemotti	3/17	28:19:00
142 *	Michelle Gloska	5/19	26:33:00	190	Fred Covert	18/25	28:20:00
143 *	Christian Mosure	2/17	26:34:00	191	Molly Sedlacek	5/10	28:21:00
144 *	Kathy Collins	1/7	26:38:00	192	Kathleen MacDuff	7/14	28:27:00
145 *	Peter Webster	4/13	26:48:00	193	David Takach	6/13	28:34:00
146	Matthew Thompson	17/21	26:49:00	194	Maryrose Belmonte	11/24	28:40:00
147	Pat Piscitelli	5/13	26:52:00	195 *	Bridget Petrus	3/8	28:41:00
148	Gerard Beckhusen	15/25	26:55:00	196	Daisy Townsend	10/20	28:42:00
149	Dan Townsend	7/11	26:59:00	197	Zachary Bergman	11/27	28:44:00
150	Daniel Fenton	15/30	26:59:00	198	John MacLachlan	10/22	28:44:00
151	Erik Shanahan	18/21	27:03:00	199	Ken Goldman	21/30	28:45:00
152	Heidi Pitzos	5/14	27:04:00	200	Nicole Tessier	6/19	28:46:00
153	Michael Kenny	16/25	27:05:00	201	Emma Lounsberry	7/19	28:46:00
154	Nate Ambrose	9/27	27:10:00	202 *	Nancy Smith	2/7	28:53:00
155	Kevin Bechtel	16/30	27:11:00	203	John Petrus	11/22	28:54:00
156	Todd Foster	9/22	27:14:00	204	Rosemary Mahoney	11/20	28:57:00
157	Michael Costello	17/25	27:16:00	205	Emma Stuart	8/19	28:59:00
158 *	Heather Kowalski	4/9	27:19:00	206	Josiah Dunlop	12/27	28:59:00
159	Christoph Simser	17/30	27:22:00	207	Aaron Case	9/16	28:59:00
160	James Dunham	8/16	27:24:00	208	Connor Moore	13/27	29:01:00
161 *	Bailey Rehm	2/8	27:25:00	209	Michael Paparo	8/11	29:10:00
162 *	Mickey Piscitelli	2/16	27:26:00	210	Travis DeBois	10/16	29:11:00
163	Brice Walborn	7/8	27:28:00	211	Connor Macko	19/21	29:13:00
164 *	Jessica Krell	2/10	27:33:00	212	Carol Stoianoff	6/12	29:13:00
165 *	Carol Dodge	3/16	27:35:00	213 *	Mark Trobert	1/10	29:20:00
166	James Tully	10/27	27:39:00	214 *	Ro Brennan	1/1	29:22:00
167 *	Blake Sheen	3/6	27:41:00	215 *	Kelly Scalzo	4/16	29:28:00
168	Bob Nicholson	6/10	27:42:00	216	Otis Dowdell	22/30	29:34:00
169 *	Allison Clifford	3/10	27:42:00	217	Tom Palmer	11/16	29:37:00
170	Rory Malone	10/19	27:45:00	218	Jeffrey Muhlnickel	13/19	29:39:00
171	Kimberly Cavallo	8/24	27:47:00	219 *	Jennifer Hardwich	4/17	29:40:00
172 *	Brianna Kline	2/10	27:49:00	220	Nowicki Martin	12/22	29:49:00
173	Tim Hart	18/30	27:51:00	221	Steffan Saxby	14/19	29:50:00
174	Cristina Bojarski	6/14	27:54:00	222	Annie Pratt	12/20	29:52:00
175	Avery Rydelek	8/20	27:55:00	223 *	Porter Sheen	4/6	29:53:00
176 *	Mary Jo Kiggins	4/12	28:04:00	224	Katie Mahoney	12/24	29:53:00
177	Taylor Rech	9/20	28:08:00	225	Claire Sheen	9/19	29:54:00
178	Robert Sedlacek	19/30	28:09:00	226	Brad Stalter	12/16	29:55:00
179	Joe Corley	11/19	28:10:00	227 *	Chelsea Parkes	4/10	30:00:00
180	Mark Smith	20/30	28:11:00	228	James Buttner	12/16	30:01:00
181 *	Jacquelin Quinlan	4/10	28:11:00	229	John Kensinger	19/25	30:03:00
182	Eileen Suarez	9/24	28:12:00	230	Dan Shanahan	20/25	30:06:00
183	Adam Bojarski	12/19	28:12:00	231	Jeffrey Gibbs	8/10	30:07:00
184	Diane Cheevers	5/12	28:14:00	232 *	Frederick Lont	2/10	30:08:00

233 *	David Muir	3/10	30:09:00	281	Tim Nelson	9/10	32:18:00
234	David Ravas	23/30	30:09:00	282	Kaley Moore	11/19	32:19:00
235	Dj Smith	13/22	30:10:00	283	Susan Gloska	12/19	32:27:00
236	Keith Bone	7/13	30:10:00	284	Joey Snyder	17/27	32:29:00
237	Freda McGuire	7/12	30:11:00	285	Kelsey Shanahan	13/19	32:31:00
238	Betty Jones	10/19	30:15:00	286	Luke Dahlin	18/27	32:36:00
239	Kimberly Smith	13/24	30:18:00	287 *	Mia Caryl	4/8	32:41:00
240	Linda Crossett	5/16	30:23:00	288	Josh Caryl	13/16	32:46:00
241	Keelia McGuire	6/10	30:23:00	289 *	Pat Mack	3/7	32:46:00
242	Linda Glowacki	6/16	30:25:00	290	Christoph Mack	10/13	32:46:00
243 *	David Howe	4/10	30:27:00	291	Shannon Davies	17/24	32:46:00
244	Helen Walsh	7/16	30:31:00	292	Vivan Lockwood	27/30	32:48:00
245	Nicole Krzyewski	7/10	30:37:00	293	Katie Pray	8/10	32:51:00
246	Mark Wells	24/30	30:40:00	294	Faith Spencer	14/19	32:54:00
247	Abigail Fassinger	13/20	30:41:00	295	Joshua Caldwell	19/27	33:09:00
248	Michael Walsh	8/13	30:43:00	296	Kacen Davis	9/10	33:11:00
249	Ed Pietruniak	9/13	30:47:00	297 *	Melanie Miller	4/7	33:14:00
250	Shawn Wright	13/16	30:48:00	298	Emily Malone	10/14	33:16:00
251	Matthew Shoemaker	14/22	30:48:00	299	Jack Iles	20/27	33:18:00
252	Blake Terry	14/27	30:48:00	300	Lisa Crockford	6/17	33:29:00
253	Tommy Purdy	5/6	30:50:00	301	Alexi Sheen	5/8	33:33:00
254	David Purdy	9/11	30:52:00	302	Sara Bostick	6/9	33:36:00
255	Amy Carter	14/24	30:53:00	303	James Bostick	5/10	33:45:00
256	Sarah Ravas	15/24	30:54:00	304	Erin Ingles	7/9	33:45:00
257	Allyson Tuttle	8/14	30:56:00	305	Gary Crisalli	28/30	33:48:00
258	John Pawlyk	21/25	30:57:00	306	Joseph Berry	21/27	33:52:00
259	Phyllis Danks	8/16	30:57:00	307	Haley Sanders	15/20	33:52:00
260	Robert Isbell	10/11	31:02:00	308	Chelsea Sedlacek	6/10	33:58:00
261	Holly Kay	8/12	31:10:00	309	Nikki Capsello	10/10	33:58:00
262	Mark Kay	15/22	31:10:00	310	Dani Hoekstra	11/14	34:01:00
263	Liam Davies	20/21	31:11:00	311	Hailee Lewis	15/19	34:04:00
264	Rezar Gera	11/11	31:11:00	312	Kelly Griffin	7/17	34:07:00
265	Philip Fassinger	16/22	31:18:00	313	Jennifer LaGrange	8/17	34:11:00
266	Mitchell Sadowitz	14/16	31:20:00	314	James Wavercak	15/16	34:12:00
267	Kurt Alpha	22/25	31:20:00	315	Tyler Wavercak	22/27	34:13:00
268	Hank Perry	25/30	31:24:00	316	Molly Fleming	7/10	34:14:00
269	James Novak	26/30	31:31:00	317	Parry Kitchner	14/16	34:15:00
270	Daniel Michalski	23/25	31:31:00	318	Joanne Craner	9/16	34:30:00
271	Elizabeth Sadowitz	9/14	31:33:00	319	Paco Valle	29/30	34:45:00
272	Michael Robbins	24/25	31:45:00	320	Nic Pauly	15/19	34:47:00
273	Katharine Chajku	5/9	31:47:00	321	Brendan Dutter	16/19	34:58:00
274	Haley Ambrose	14/20	31:48:00	322	Brett Hoekstra	15/16	35:13:00
275	Kristina Meluni	5/17	31:51:00	323	Louise Chini	9/17	35:18:00
276	Connor Christie	15/27	31:51:00	324	Erin Lum	16/19	35:29:00
277	Cameron Hovater	16/27	31:56:00	325	Karen Weigand	10/16	35:32:00
278	Amy Shandler	16/24	31:58:00	326	Heather Poland	10/17	35:44:00
279	Brianna McGuire	5/10	32:04:00	327	Michael Poland	18/22	35:47:00
280	Michael Dashnaw	17/22	32:05:00	328	Kyle Ashline	16/20	35:49:00

329	Briana Russ	8/10	35:50:00	367	Wendy Foster	8/9	41:43:00
330	Matthew Coniff	17/19	35:50:00	368	Beth Tucker	21/24	42:16:00
331	Stephen Scott	19/22	35:58:00	369	Nathan Fricano	23/27	42:34:00
332	Mary Piazza	11/16	35:59:00	370	Matthew Bergquist	16/16	42:51:00
333	Leigh Eron	9/10	36:01:00	371	Makayla Longo	17/20	43:23:00
334	Randy Hall	6/10	36:12:00	372	Shelly Longo	9/9	43:44:00
335	Michelle Paparo	11/17	36:27:00	373	Karen Kelly	15/16	43:45:00
336	Nancy Poole	12/17	36:30:00	374	Eva Murphy	18/20	44:44:00
337	James Lagrange	20/22	36:41:00	375	Emileigh Palumbo	18/19	44:50:00
338	Kimberly Kittleson	10/10	36:44:00	376	Mary eliz Cornish	6/8	45:07:00
339	Gary Douglass	10/10	37:06:00	377	Jason Cornish	16/16	45:15:00
340	Jennifer Tuttle	12/14	37:07:00	378	David Goldman	8/8	45:15:00
341	Cynthia Lamkay	5/7	37:35:00	379	Madeline Barstow	19/20	45:21:00
342	Angela Perry	9/12	37:38:00	380	Rick Barstow	25/25	45:22:00
343	Greg Allen	11/13	37:46:00	381	Karen Moore	22/24	45:23:00
344	Colleen Dahlin	13/17	37:47:00	382	Wanda Walborn	11/12	45:55:00
345	Patrick VanSlyke	21/22	38:07:00	383	John Hickey Jr.	24/27	45:46:00
346	Ted Parker	7/10	38:29:00	384	Jill Hickey	12/12	45:50:00
347	Griffin Dunn	21/21	38:37:00	385	Beverly Gibbs	16/16	45:47:00
348	Tonya Wilson	18/24	38:42:00	386	Amanda Weaver	13/14	45:06:00
349	Hannah Townsend	17/19	38:42:00	387	Jenna Berry	19/19	47:26:00
350	Lori Pietruniak	12/16	38:55:00	388	Samuel Barth	25/27	47:26:00
351	Mark DiGennaro	12/13	38:57:00	389	Jeanine Snyder	16/17	47:35:00
352	Nicholas DiGennaro	18/19	39:11:00	390	Joel Brown	19/19	47:42:00
353	Dare Dutter	13/13	39:13:00	391	Lillyann Brown	7/8	48:10:00
354	Meghan Thompson	14/17	39:19:00	392	Sophia Morphet	20/20	48:11:00
355	Deborah Spencer	10/12	39:33:00	393	Danielle Brewer	14/14	48:22:00
356	Patricia Kawryga	6/7	39:52:00	394	Leanne Morphet	23/24	48:42:00
357	Earl Alpha	8/10	40:02:00	395	Zach Morphet	6/6	48:44:00
358	Roger Dausman	9/10	40:06:00	396	Steven Morphet	22/22	48:46:00
359 *	IM BANDIT	1/2	40:07:00	397	Anna Thompson	17/17	48:50:00
360	Kathy Falanga	13/16	40:07:00	398	Michael Thompson	26/27	48:51:00
361	Meghan Thompson	19/24	40:36:00	399	Christoph Poole	27/27	49:28:00
362	Brenda Kelley	7/7	40:53:00	400	Sofia Poole	8/8	49:32:00
363	Peggy VanDerWater	15/17	40:53:00	401	Marianne Murphy	24/24	50:21:00
364	Karlene Krzyiewski	14/16	41:18:00	402 *	Connie Ciccone	2/2	50:35:00
365	Tracy Colbert	20/24	41:33:00	403	Peter Monteleone	10/10	54:01:00
366	Peter Venuti	30/30	41:42:00				

Fort to Fort Results, Continued

38	Jamie Weber	36	46:37	7:31	2/21	F30-39	F#	3	Utica	NY
39	Eric Sims	52	46:38	7:31	13/29	M50-59	M#	36	Oriskany	NY
40	Sam Sanzone	58	46:44	7:32	14/29	M50-59	M#	37	Rome	NY
41	Luke Dixon	17	46:53	7:33	3/4	M14-19	M#	38	Blossvale	NY
42	Jason Damin	41	46:53	7:33	9/29	M40-49	M#	39	Johnstown	NY
43	James Kuny	26	46:56	7:34	9/12	M20-29	M#	40	New Hartford	NY
44	Andrea Lewis	34	47:07	7:35	3/21	F30-39	F#	4	New Hartford	NY
45	Chris Delia	32	47:26	7:38	5/13	M30-39	M#	41	Utica	NY
46	Richard Lane	52	47:31	7:39	15/29	M50-59	M#	42	Rome	NY
47	David Laplante	47	47:34	7:40	10/29	M40-49	M#	43	Camden	NY
48	Ronda Davis	48	47:44	7:41	1/13	F40-49	F#	5	Newport	NY
49	Roger Croniser	56	47:51	7:42	16/29	M50-59	M#	44	Boonville	NY

50	Kyle Tibbits	30	47:57	7:43	6/13	M30-39	M#	45	Binghamton	NY
51	Daniel Stedman	58	47:57	7:43	17/29	M50-59	M#	46	New Hartford	NY
52	Anthony Reina	26	48:00	7:44	10/12	M20-29	M#	47	Frankfort	NY
53	Jennifer Chase	38	48:13	7:46	4/21	F30-39	F#	6	Camden	NY
54	Stan Dickson	63	48:17	7:47	2/16	M60-69	M#	48	Little Falls	NY
55	Mathew Vandeusen	36	48:27	7:48	7/13	M30-39	M#	49	Rome	NY
56	Charles Gottlieb	30	49:09	7:55	8/13	M30-39	M#	50	New York	NY
57	Rocco Fernalld	36	49:14	7:56	9/13	M30-39	M#	51	Marcy	NY
58	Ray Smith	66	49:38	8:00	3/16	M60-69	M#	52	Old Forge	NY
59	Ed Gunn	59	50:08	8:05	18/29	M50-59	M#	53	Holland Patent	NY
60	Brian Dixon	48	50:15	8:06	11/29	M40-49	M#	54	Blossvale	NY
61	Deanna Breunig	36	50:35	8:09	5/21	F30-39	F#	7	Geneseo	NY
62	John Slocum	66	50:44	8:10	4/16	M60-69	M#	55	New Hartford	NY
63	Nicole Rushton	41	50:45	8:10	2/13	F40-49	F#	8	Albuquerque	NM
64	Allison Gottlieb	30	51:17	8:16	6/21	F30-39	F#	9	New York	NY
65	Lindsey Zullo	28	51:18	8:16	2/12	F20-29	F#	10	Farmington	NY
66	Laura Hash	51	51:38	8:19	1/11	F50-59	F#	11	Rome	NY
67	Mark Novak	49	51:42	8:20	12/29	M40-49	M#	56	Verona	NY
68	Tom Bick	64	51:45	8:20	5/16	M60-69	M#	57	Frankfort	NY
69	Robert Hiemenz	54	51:58	8:22	19/29	M50-59	M#	58	Liverpool	NY
70	Michael Loiacano	37	52:01	8:23	10/13	M30-39	M#	59	Whitesboro	NY
71	Jay Flemma	48	52:22	8:26	13/29	M40-49	M#	60	New Hartford	NY
72	Dana Reina	24	52:33	8:28	3/12	F20-29	F#	12	Ilion	NY
73	Sam Farley	41	52:35	8:28	14/29	M40-49	M#	61	Amherst	OH
74	Mike Green	62	52:39	8:29	6/16	M60-69	M#	62	Boonville	NY
75	Scott Adams	50	52:42	8:29	20/29	M50-59	M#	63	Rome	NY
76	Joan Kane	57	52:59	8:32	2/11	F50-59	F#	13	Sherrill	NY
77	Susan Luley	62	53:24	8:36	1/6	F60-69	F#	14	Sauquoit	NY
78	Mike Kidd	46	53:39	8:38	15/29	M40-49	M#	64	Paris Station	NY
79	Alesia Krupa	27	53:57	8:41	4/12	F20-29	F#	15	Whitesboro	NY
80	Mandy Addley	31	54:02	8:42	7/21	F30-39	F#	16	Kirkville	NY
81	Breanna Longo	23	54:12	8:44	5/12	F20-29	F#	17	Frankfort	NY
82	Thomas Whiteman	41	54:14	8:44	16/29	M40-49	M#	65	Rome	NY
83	Louis Lewis	62	54:17	8:45	7/16	M60-69	M#	66	Whitesboro	NY
84	Virginia Truax	62	54:33	8:47	2/6	F60-69	F#	18	Clayville	NY
85	Lauren Gallimo	31	54:34	8:47	8/21	F30-39	F#	19	Whitesboro	NY
86	Amy Conners	32	54:35	8:47	9/21	F30-39	F#	20	Whitesboro	NY
87	Lucas Spagnuolo	17	54:54	8:50	4/4	M14-19	M#	67	Camden	NY
88	Nick Horth	24	54:58	8:51	11/12	M20-29	M#	68	New Hartford	NY
89	Aubrey Coon	21	54:58	8:51	6/12	F20-29	F#	21	Taberg	NY
90	Mickey Piscitelli	59	55:15	8:54	3/11	F50-59	F#	22	Baldwinsville	NY
91	John Pick	63	56:06	9:02	8/16	M60-69	M#	69	Clinton	NY
92	Rob Trotta	43	56:15	9:04	17/29	M40-49	M#	70	Ilion	NY
93	Lauren Christensen	31	56:28	9:06	10/21	F30-39	F#	23	Middleville	NY
94	Christin Barry	45	56:45	9:08	3/13	F40-49	F#	24	Rome	NY
95	Tiffany White	25	56:57	9:10	7/12	F20-29	F#	25	Edmeston	NY
96	Jennifer Calandra	40	56:59	9:11	4/13	F40-49	F#	26	Rome	NY
97	Paige Guido	23	57:18	9:14	8/12	F20-29	F#	27	Mohawk	NY
98	Brynn Lape	22	57:22	9:14	9/12	F20-29	F#	28	Frankfort	NY
99	Denise Cavanaugh	59	57:23	9:15	4/11	F50-59	F#	29	Whitesboro	NY
100	Obie Burger	47	57:28	9:15	18/29	M40-49	M#	71	Rome	NY
101	Erica Daniels	39	57:31	9:16	11/21	F30-39	F#	30	Rome	NY
102	Melissa Vanallen	42	57:33	9:16	5/13	F40-49	F#	31	Blossvale	NY
103	Marie Miller	36	57:33	9:16	12/21	F30-39	F#	32	Blossvale	NY
104	Steven Briggs	49	57:37	9:17	19/29	M40-49	M#	72	Mohawk	NY
105	Brian Campbell	20	58:08	9:22	12/12	M20-29	M#	73	Rome	NY

Thirteenth Annual 8K Run and 5K Walk

Beautiful Course through Scenic Chittenango!

Info on Chittenango Lions Website

<http://chittenangolions.org/Events/YBRR/YBRR.html>

USATF Certified NY12076JG

Sponsored By The Chittenango Lions Club and many other volunteers

Sat. June 25, 2016

Check In At 7:30 a.m. Free Fun Run at 8:30

Race to Start at 9:00 a.m.

Starting and ending at the Chittenango High School

Pre-registration \$20 - Day of the Race Registration \$25

On Line Registration:

Free Fun Run for Youths Under 16

Electronic Timing by Chittenango Cross Country Club

Age Group Awards: 3 awards, male and female in the following age groups

16-19 20-29 30-39 40-49 50-59 60-69 70 and above

Free tee shirts and refreshments for all paid runners and walkers.

_____	_____	_	_	_
Last Name	First Name	MI	Sex	Shirt
	Size			
_____	_____	_		
Street Address	City	State		
_	(_)	_	_	_
Zip	Phone Number	Fun Run	8K Run	5K Walk
				Age(as of June 27, 2015)

In consideration of accepting this entry, I the undersigned, intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the sponsors, race officials and volunteers, and assignees, for any and all injuries suffered by me in said event. I also attest to and verify that I am physically fit and have trained sufficiently for the completion of this race.

Signature: _____

Parent Signature (under 18): _____

Email address: _____

*** Donations gratefully accepted to the Town of Sullivan Food Cupboard ***

Mail to: Stephen D. Waite
112 Boyd Avenue Chittenango, N.Y. 13037

Past Issues of the *Chargers Newsletter* are available electronically
Revisit them any time at:
<http://www.syracusechargers.org/newsletter/newsletter.html>

Welcome to the "High Five" section. This section is a new addition to the Syracuse Chargers' Newsletter. Members of the Chargers are invited to send in their "happy" news...whether it is a setting a new PR, or placing in your age group at a race, or completing a marathon...whatever you are pumped up about and want to share.

This section will enable you to get a virtual "high five" via the newsletter for a job well done.

Please send your happy news via e-mail to dwtalcott@gmail.com



John McEachen competes in the Connecticut Masters Games in May.

Monday Nights Fun Runs at Oneida Shores County Park
6:30pm Brewerton, New York
Monday Night Oneida Shores Fun Runs start heating up in June!



The days are longer and there is plenty of daylight in the evening to go out and enjoy the fresh air. We have 8 weeks to challenge you and your friends and family members.

The Fun Runs start on **Monday, June 20th** and continue through August 8th.

If you have ever competed in the Swamp Rat Runs, you will be very familiar with these 5k and 10k fun runs. The starting time is **6:30pm** at the parking lot near the tennis courts. You will leave the park via an access road. You will turn left at the top and run along Muskrat Bay Road until the 5K or 10K turnaround.

There will be a water stop at the 5K turnaround. Restrooms are available near the start/finish, but please come dressed to run.



THE CHARGER CHALLENGE

A program 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 Charger Programs 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, AWARDS AND ENTRY FEES:

All Challenge Programs require an application and are free for Syracuse Chargers members. Non-Chargers members will pay the appropriate entry fees listed below. Upon receipt, applicants are sent a log sheet for recording dates and miles run/walked, along with procedural instructions and GUIDELINES FOR NEW RUNNERS. When mileage reaches award levels, log sheets need to be submitted to receive award. Participants' achievements are also recognized in the Syracuse Chargers Track Club Newsletter.

THE CHARGER CHALLENGE

A program designed for higher mileage walkers/runners, or those seeking a longer term goal.

Entry Fee: \$5/person Non-Chargers, FREE for Chargers members

Awards: 500 miles T-Shirt
1000 miles Patch or Ribbon
2500 miles Long-Sleeve T-Shirt
5000 miles Trophy
10000 miles A plaque (to be presented at the annual awards banquet)

Mileage: All actual mileage covered can be recorded

THE CHARGER 500 MILE CHALLENGE

Aimed towards junior or senior participants, those new to a running/walking program, or those with physical limitations

Entry Fee: \$5/person for Non-Chargers
FREE for Chargers members

Awards: 100 miles Ribbon
250 miles Patch
500 miles T-shirt

Actual mileage up to 3 miles per day can be recorded

THE FAMILY CHALLENGE

Family members combine their mileage towards a common goal!

Entry Fee: \$20 total for Non-Chargers members, includes up to 4 immediate family members residing at the same address. FREE for Chargers Members.

Awards: 5000 miles 1 plaque and up to 4 T-shirts

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 \$ _____

(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).

_____ Date: _____

Parents' or Guardian's Signature if under 18 years

FELDER Summer 2016 All-Comers Track Meets
Nottingham HS, Syracuse, NY 13224
USATF Sanction 16-04-140
Registration, 5 - 5:45-- Start Time, 6:00
Entry fee, None. Participation ribbons.



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**

June 14	June 28	July 5	July 19
3000m includes racewalk	1500 m 200m	800	Yvonne's Relay Carnival
100/110 hh	Children's Triathlon	W and YW Pentath- lon HH, shot, Ij, hj, 800	4 x 800
400m	SP--HJ--200g/400b SP--age 7/8, 2k, age 9/10 6 lb.	age 11 upward	SMR (400-200-200-800)
long jump	high jump	hurdle height/shot weight on seed card, please 55m dash	2 x one-mile (1600m)
pole vault **	Open shot put please put weight of implement on seed card	triple jump	pole vault**
Mini-jav (thru age 12)	400 m hurdles	discus	long jump
discus			mini-jav (thru age 12)
4 x 100 relay	4 x 100 relay	4 x 100 relay	4 x 100 relay

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

REGISTRATION--participants

Name _____ M _____ F _____ Age _____ Birthdate _____ USATF INDIV. # _____
 (if you have one)

Address _____

City _____ State _____ Zipcode _____ telephone _____

Please print name here _____ e-mail _____

For participants 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 carries 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 collisions with other participants, volunteers, USATF, Games Makers, and spectators. I am aware that the medical support for this event will be personnel who are not 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 complete any of these events. I also grant full permission to any and all of the foregoing to use any photographs 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 acting on my behalf, waive, release, and discharge Felder Track and Field Club, the games makers and volunteers, Syracuse City School District, and all 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 _____ Date _____
 (participant)

Signature of Parent or Participant _____ Date _____
 (Please circle date, thank you.)

June 14 June 28 July 5 July 19

Our meets are accessible to all.

www.felderstadium.org [facebook.com/felderstadium](https://www.facebook.com/felderstadium) lennieruns@aol.com 315-491-8328



44th Annual CAZENOVIA JULY 4th FOOT RACES 2016

Dan Sutton Memorial Race

Administered by the Syracuse Chargers Track Club & the Cazenovia High School Cross Country and Volleyball Programs



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

To encourage online registration, we have eliminated all online processing fees! Mail-in registration deadline is June 24

For online registration please visit: <http://www.Caz4thRun.org>

Events: 8:00 am 5k (3.1 mile) race (USATF Certified NY-06042-JG)
 8:10 am 1 mile fun run (USATF Certified NY-06041-JG)
 8:45 am 10 mile race around Cazenovia Lake (USATF Certified NY-06043-JG)

All Races start near Cazenovia High School

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

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

Packet Pick up: Saturday, July 2 at Fleet Feet Sports-Dewitt from 10:00 am to 1:00 pm
 On race morning at Cazenovia High School from 6:45 am - 8:45 am

Results: Timing & Results for 5K and 10 Mile races provided by Leone Timing

Questions: E-mail info@caz4thrun.org

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



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



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

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

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Last Name	First Name	Sex	Age as of 7/4/16
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Street Address	City	State	Zip

E-mail: _____

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

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

Participant Waiver for Race Registration

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, strollers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Town of Cazenovia, the Village of Cazenovia, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____



The Syracuse Chargers Track Club

Presents the 23rd Annual

Willow Bay 5K Run & Fitness Walk for Women

Saturday, August 20, 2016, 9:00 AM

Willow Bay in Onondaga Lake Park, Liverpool, NY

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 10) for \$25, via 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 18, 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 moiscitelli2@verizon.net

***** Entry Form *****

Name _____ Age (on 8/20/16) _____ 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 Special Olympic program will kick off the Spring outings on May 10, at the SRC Arena at OCC. We will meet at 6:30 to 7:30pm for 5 Tuesday's ending on June 7. Our weekly events include walking, running, basketball shooting, soccer ball kicking, softball tossing, exercises and dancing to the " hokey-pokey". We can always use a few helpers, just show up and we will put you to work. The annual picnic will be at Ryder Park on June 14 starting at 6 pm to 7 pm. Thank you for your support...Peter

Calendar of Events

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

June 2016

- 2 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 5 **Sun** **USATF Open/Masters 5km Race Walk Championships, Albany, NY.**
Visit www.freihofersrun.com/race_walk.htm
- 9 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 11 **Sat** **Nate the Great 12k, 8:30am. Canastota, NY. Visit <http://naterace.com/>**
- 16 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 18 **Sat** **Swamp Rat Runs, 5k & 10k, Brewerton, NY**
- 18 **Sat** **USATF Niagara Open/Masters T&F Championships, Jamestown NY. Visit www.niagara.usatf.org**
- 20 **Wed** **Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.**
- 23 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 27 **Wed** **Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.**
- 30 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**

July 2016

- 4 **Mon** **Cazenovia 4th of July Races 8:00am 5k & 10 mile, Cazenovia, NY**
- 7 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 10 **Sun** **Utica Boilermaker 15k, 8:00am. Utica, NY. Visit: <http://www.boilermaker.com/>**
- 11 **Wed** **Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.**
- 14 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 18 **Wed** **Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.**
- 21 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 25 **Wed** **Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.**
- 28 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 29 **Fri** **Newport Field Days 5k, Newport, NY. Visit: <http://kuyahoorakickers.com/#/home>**

August 2016

- 1 **Wed** **Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.**
- 4 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 8 **Wed** **Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.**
- 11 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 11 **Thu** **Tromptown Runs 5k/1/2 Marathon 6:00/5:45pm, DeRuyter, NY. Visit:<http://www.tromptownrun.com/>**
- 18 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**
- 19 **Fri** **Woodman's 10k Run, 6:00pm. Boonville, NY. Visit: <http://www.starinfo.com/woodsmen/>**
- 20 **Sat** **Willow Bay 5k Run and Fitness Walk, Onondaga Lake Park, Liverpool, NY**
- 25 **Thur** **Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.**

Trivia Answers:

1. Chicago, Madrid, and Tokyo
2. 173,000 for the 1950 World Cup final
3. 206 Countries
4. Tokyo, Japan
5. A team of refugees will compete under the Olympic Flag

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 \$ _____

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

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

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

OR: Register online at: RunSignUp.com

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

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

Return Service Requested

Non-Profit
 Organization
 U.S. POSTAGE
PAID
 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-Shorts 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)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
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			