



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

May 2016



Field for 1 lap race

April Youth Meet



Coach Jasper Royal



Ian Denny



Relay instructions



MaKayla Grobsmith, 4



Remir Ratchford (10)



Pat & Laurel Leone with Jack (4) and Hannah (1)



Youth Meet Participants



Megan & McKenna Johnston



Marissa Johnston



The Start



Relay Teams



Results on page 11



Elijah Bailey (4)

Syracuse Chargers Track Club, Inc.

Board of Directors

President

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Vice President

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Available

Secretary

Roger Hahn
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Treasurer

Available

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Merchandise

Available

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Volunteers

Available

Scholarship Award

John View
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Jamesville, NY 13078

Sunday Walkers Program

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Summer Runs

Available

Oneida Shores

Greg Broton
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Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

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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

Published monthly by the SCTC.
Subscriptions are \$15.00 per year.

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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

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 Members:

Martese Dodson Erskine J Dodson III Erskine C Dodson II Devyn Pryor Philip Reid
Kevin Carpenter

Renewing Members:

Karl Barth The Norm Deep Family The Hanlon Family Fred Schlereth Heidi & Scott Kadick
Wayne Weiss Warren Havens Jr. Otis Dowdell Nick Wetter Ed Cox
Julianne Quinn The Yatsko Family Alexander Looi Nick Brennan Wynn Skeelee
Merrill Delamater Toni Rogers John McEachen Kurt Stanton The Ford/McConnells
The Ashton Family Jim Miller

Terry McConnell’s Observations

Recent Charger Age Group Records

No new records were reported this month.

If You Can’t Act Your Age, Run Your Age

People are fascinated by sports feats tied to one’s age. The classic example comes from golf. A golf course has a number called *par* that represents the number of swings at the ball it should take you to complete the course if you are (a) competent; and (b) lucky. The standard golf course has 18 holes and a par of 72, give or take a stroke or two.

For most of us schlumps who are neither competent nor lucky, par represents a remote abstraction, but it is routinely bettered by pro and talented amateur golfers. Thus we read, for example, that pro golfer Jordan Spieth shot 68 on a par 72 course in a recent tournament. But Spieth is what ... 21? 22? Let’s see him come back and shoot that 68 when he is 68 years old! When a golfer uses fewer strokes to complete a round of 18 holes than he is years old, it is considered worthy of comment (and maybe even a round or two) at the 19th hole.

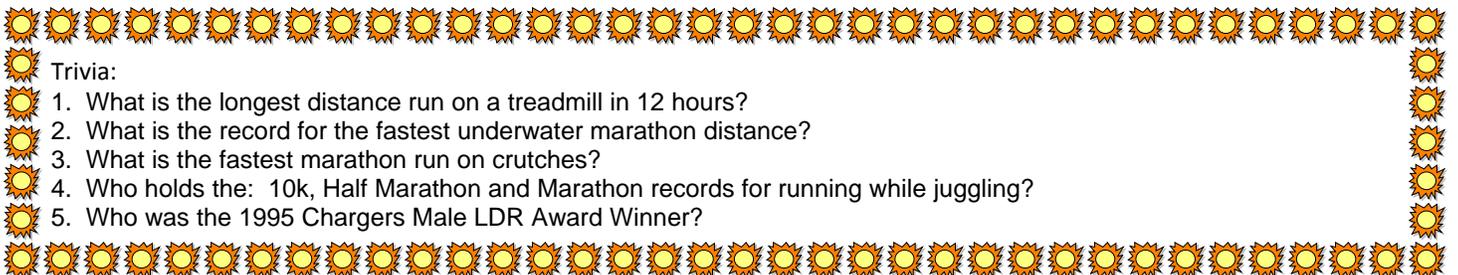
The running sports, awash as they are in data, statistics, and numbers of all kinds, are fertile ground for age-related numerology. The best known example in track is the feat of running a time in seconds in the 400m that is less than or equal to one’s age in years. Thus a 65 year old running 64.5 in the 400m is said to have “run his age.”

Of course, at some level this is all perfectly silly. The second and year are ultimately arbitrary units - the one based on how the Babylonians chose to write their numbers, and the other on the amount of time it happens to take the Earth to go around the Sun. What is the deep significance of being able to run around a loop whose distance is based on the stride-length of Roman soldiers in a time that satisfies a coincidental relationship due to the peculiar values of the second and year? But never mind. Who ever said people are logical?

I was put in mind of age-running in the 400 recently when David Ortman reported that he had run 56.78 at the National Senior Games (2013) when he was 60. Some of you may know David as the author of the National Masters News column *False Start*. (David’s articles are archived on his website <http://ortmanmarchand.com/fs.html> and are well worth consulting.) Despite living on the west coast, David joined the Chargers, in part because he was interested in running on our record-setting M60 4x400m team. (See last month’s *Newsletter*.)

Those of us less fleet than David can easily adapt the spirit of the 400m challenge to other distances more suited to our ability. Running your age in the 200m, e.g., is pretty hard when you are in college, but falls within easy reach of most fitness runners by the time they reach their mid 30s. A tougher, but still relatively modest challenge, is to run your age in the 300m. I am just about to turn 62, and running a 62 is conceivable, although it wouldn’t be easy.

For distance runners, the feat of running one’s age in the 15k run is a worthy challenge. Here it is the number of minutes that must be less than one’s age in years. (The world record for the 15k is 41:13, held by Leonard Komon of Kenya. This record was set on November 21, 2010, when Komon was 22 years old.)

 Trivia:
1. What is the longest distance run on a treadmill in 12 hours?
2. What is the record for the fastest underwater marathon distance?
3. What is the fastest marathon run on crutches?
4. Who holds the: 10k, Half Marathon and Marathon records for running while juggling?
5. Who was the 1995 Chargers Male LDR Award Winner?

If you insist on attempting to rise to the challenge of the 400m, at what age do you have your best shot? The feat is probably impossible for a man in his 30s since the world record in the event is 43.18, run by Michael Johnson in Seville on August 26, 1999 (At the time, Johnson was 31 years old.) At the other end of things, the required time rises to 2:00 (8:00 per mile pace) for a 120-year old, but there are unfortunately no such runners who are alive, and hence eligible to make the attempt. Somewhere between these two extremes there must be a “sweet spot”.

We can get a handle on the location of the sweet spot by considering the age grade assigned to a time in the 400m by a man aged the same number of years. Age grading is a complex science deserving a column all its own, but the gist is that you receive 90% if your speed in the event is 90% of what is considered the maximum possible speed for a human being of your age; and similarly for other percentages.

Age grading tables were developed through the efforts of several groups of researchers over decades, beginning in the early 1980s. At first, age-group world records were used as the measure of maximum possible, but these were soon found to be too “soft” – world records have a tendency to get broken from time to time. Modern versions of the tables use theoretical world records: times it is believed mankind will approach but never quite reach. (This sounds to me like a gauntlet being thrown down.)

As an example, let us age-grade a 56 second 400m run by a 49 year old man. The standard for M49 from the table is 49.1 seconds. The age grade is then the ratio of times converted to a percentage: $49.1/56 = 87.6\%$, the age-grading equivalent of a B+. Note that in order to run his age a 49 year old man would have to run just slightly faster than what the table-makers thought possible. (The age grade of such a run would be 100.2%.)

A 54 year-old male running his age would only get a 94%. The age grade for running one’s age continues to decrease through the late 50s and early 60s, bottoming out at 84% for the 69 year old. After that, it begins to rise again. It is harder for a 75 year old to run a 75 second quarter than it is for a 70 year old to run a 70 second quarter. In summary, if you want to run your age, you should try it on your 69th birthday.

It is interesting that women also have their best chance at age 69, but their task is much harder. A 69 year old woman running a 69.0 in the 400m would get an age grade of 102.6%, and this is the lowest it ever gets for women. (Diane Palmason ran 68.21 at age 65, but as far as I know no woman has yet run her age.)

Since running your age in the 400m gets harder at either end of the age spectrum, it is of interest to ask for the youngest and oldest to have ever achieved the feat. Barring unreported or unratified performances, the youngest is probably Ron Taylor of the UK, who ran 51.8 at age 52. For comparison, the current M45-49 record is 50.18, set by a 45 year old.

The oldest person might be Lucas Nell, holder of the M85-89 record with an 80.47, run when he was 87, but the question is still open since there might be 88 and 89 year old performances we don’t know about.

What about Chargers other than David Ortman? The Chargers M50-54 record is 56.12, by Paul Stelmaszyk, so no Charger younger than 55 has yet run his age. Fred Schlereth, holder of the M55-59 (57.8), M60-64 (58.6), M65-69 (62.94), and M70-74 (69.32), has clearly routinely run his age in the 400m. Fred also holds the M75-79 record, but his 79.8 was run when he was 77 years old. Has Father Time even caught up with Fred?

Ed Cox holds the Chargers 80-84 record of 84.2, run when he was 81. Who will be the first Chargers octagenerian to run his age in the 400?

Men's Open Long Jump Record Progression

Dave Aungier	21-6	5/76
Wallie Howard	22-3	4/22/80
Hugh Tracey	23-6	8/14/82
Jeff Whitehead	23-9.75	8/8/86

Dave Aungier not only could jump long, he could run long (and fast!): he held the Chargers open marathon record from 1976-1984. Wallie Howard Jr. attended Henninger High School, and competed in the state meet when he was a senior. Later he became a Syracuse policeman and, tragically, was shot and killed while on duty. (See Sean Kirst’s 2010 Syracuse.com article for a moving biography of Howard.) Hugh Tracey, competing for Syracuse University, took 2nd place in the Big East Championship at Villanova in 1983 with a jump of 24-3. Jeff Whitehead, the current record holder, also competed for Henninger High School and still holds the Section 3 indoor Long Jump record of 23-06.5.

Syracuse Chargers Records for Females 65-69 years

50m	Phyllis Meade	8.22	6/8/2012
55m	Patricia Peterson	8.48	1/4/1992
60m	Patricia Peterson	10.16	3/27/1992
100m	Patricia Peterson	15.31	8/23/1992
200m	Patricia Peterson	33.07	8/23/1992
300m	Patricia Peterson	63.3	1/26/1992
400m	Patricia Peterson	81.08	7/12/1992
800m	Yvonne Tasker-Rothenberg	3:15.5	6/27/2007
1500m	Yvonne Tasker-Rothenberg	6:32.1	9/14/2007
1 mile	Gloria Brown	7:01.8	1/18/1997
3000m road	Sue Gardinier	13:56	5/3/2009
3000m	Yvonne Tasker-Rothenberg	14:36.4	4/15/2007
5km road	Gloria Brown	23:56	4/27/1997
8km road	Gloria Brown	38:52.0	3/15/1997
10km road	Gloria Brown	48:03.0	5/30/1997
12km	Gloria Brown	59:44.0	5/17/1997
15km road	Gloria Brown	1:14:32	1/25/1997
10 miles	Gloria Brown	1:22:25	4/13/1997
20km	Gloria Brown	1:44:27	8/2/1997
half marathon	Gloria Brown	1:47:43	2/9/1997
50km road	Mary DaSilva	6:04:17	10/11/2014
50km trail	Mary DaSilva	6:43:49	8/24/2013
12 hour run road	Mary DaSilva	51.471 mi.	5/12/2012
24 hour run road	Mary DaSilva	62.20066 mi.	9/21/2014
55m HH	Patricia Peterson	13.6	1/12/1992
60m HH	Patricia Peterson	14.0	2/15/1992
80m HH	Patricia Peterson	18.8	7/12/1992
300m IH	Patricia Peterson	1:10.5	8/1/1992
high jump	Patricia Peterson	3ft 8in	6/13/1992
high jump	Patricia Peterson	3ft 8in	6/20/1992
high jump	Patricia Peterson	3ft 8in	6/28/1992
high jump	Patricia Peterson	3ft 8in	7/12/1992
long jump	Phyllis Meade	11-7 1/4	6/7/2014
shot put	Karen Wright	23-5 1/4	7/19/2010
discus 1kg	Barbara LoPiccolo	56-11 3/4	6/7/2014
hammer 3kg	Barbara LoPiccolo	84-10 3/4	6/7/2014
javelin 400g	Barbara LoPiccolo	58-6 1/4	6/7/2014
indoor pentathlon	Patricia Peterson	2318	2/19/1993
3000m walk	Gloria Brown	20:36.2	3/14/1998
5km walk road	Sharon Sonnacchio	40:05.0	6/5/2008

Syracuse Chargers Records for Males 65-69 years

45m	Howard MacMillan	7.1	12/29/1991
50m	Ed Lukens	7.3	2/28/1987
50m	Ed Lukens	7.3	3/22/1987
55m	Ed Cox	7.6	3/5/1994
60m	Ed Cox	8.58	3/21/1993
100m	Ed Cox	13.0	7/2/1994
200m	Ed Cox	27.6	6/26/1994
300m	Howard MacMillan	50.2	12/24/1991
400m	Fred Schlereth	62.94	8/1/1998
440y	Howard MacMillan	74.0	7/6/1993
500m	Howard MacMillan	1:39.0	3/10/1996
600m	Sam Graceffo	2:05.1	12/8/2002
800m	John Allen	2:35.9	2/20/2005
1000m	Sam Graceffo	3:41.0	1/5/2002
1500m	Ed Stabler	5:19.6	11/11/1994
1 mile	Ed Stabler	5:40.6	1/21/1995

2000m	Sam Graceffo	7:49.3	3/16/2003
3000m road	Tim Collins	14:21	5/3/2009
3000m	Ed Stabler	11:10.0	1/3/1994
2 miles	Kermit Caddrette	14:55.1	3/13/2008
5km track	Howard Rubin	20:13.8	7/25/1993
5km road	John Rastani	19:30	10/20/1985
8km track	Tom Walnut	38:13.0	1/8/1993
5 miles road	Howard Rubin	33:13.0	6/17/1995
10km road	George Luke	41:46.0	5/25/2008
10km track	Nate White	42:52.1	8/16/1994
15km track	Tom Walnut	10:52.1	2/28/1991
15km road	Ed Stabler	1:00:13.0	11/13/1994
10 miles road	Howard Rubin	1:07:28	9/19/1993
20km	Howard Rubin	1:25:23	8/7/1983
half marathon	Ed Stabler	1:29:48	8/11/1994
25km road	Ray Deschambeault	2:05:17	9/4/1981
30km road	Howard Rubin	2:19:12	4/2/1995
marathon	Ed Stabler	3:09:24	10/1/1994
50km track	Don Brown	6:44:22	6/30/1984
50m HH	Ed Lukens	8.4	3/22/1987
60y HH	Ed Lukens	9.48	3/29/1987
55m HH	Ed Lukens	9.5	1/15/1989
60m HH	Ed Lukens	10.14	1/15/1989
60m HH	Ed Lukens	10.14	4/2/1989
100m HH	Ed Lukens	18.3	7/12/1992
110m HH	Ed Lukens	18.51	8/4/1990
high jump	Ed Lukens	4ft 8in	1/18/1987
high jump	Ed Lukens	4ft 8in	8/4/1990
pole vault	David Rider	8ft	4/6/1996
triple jump	Ed Lukens	35-7 1/2	3/15/1987
long jump	Ed Lukens	17-4 1/2	3/22/1987
weight pentathlon	Elmer Shaw	3650	5/26/1985
weight throw 20lb	Elmer Shaw	46-1	1/19/1986
weight throw 25lb	Elmer Shaw	41-7 1/2	5/4/1985
weight throw 35lb	Gary Crawford	28-6	3/13/2008
weight throw 44lb	Gary Crawford	20-4 3/4	7/21/2007
weight throw 56lb	Gary Crawford	16-10 1/2	7/17/2006
shot put 12lb	Elmer Shaw	32-5 3/4	10/20/1984
shot put 16lb	Gary Crawford	28-1 1/2	12/31/2006
throw-a-thon	Elmer Shaw	9526	10/21/1984
discus 1.6kg	Elmer Shaw	97-1 1/2	10/21/1984
discus 1kg	Harry Schwarze	128-8	7/29/2005
discus 2kg	Elmer Shaw	84-10 3/4	10/21/1984
shot put 5kg	Elmer Shaw	38-9	1/5/1985
hammer 16lb	Elmer Shaw	96-4	7/13/1983
hammer 8lb	Elmer Shaw	146-8	4/21/1985
hammer 5kg	Elmer Shaw	126-0	7/19/1986
javelin 800g	Ed Lukens	128-3 1/4	8/2/1987
shot put 4kg	Elmer Shaw	41-11 1/2	4/25/1987
outdoor pentathlon	Tim Collins	2757	7/28/2007
1500m walk	Bob Nicholson	9:42.18	7/14/2015
3000m walk	Roy Bragger	20:52.4	2/13/1999
5km walk road	Bob Nicholson	34:09	7/15/2015
10km walk road	Luigi Lombardi	1:40:32	8/1/2004

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. Contact John Geesler - Johngeesler@frontier.com

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.

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.

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@twcnr.com.



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: _____

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

Race Walk Corner:

Chargers Dave Talcott and Erin Taylor Talcott competed in both the World Race Walking Team Championship Trials on April 2, 2016 in Earth City, Missouri and the USA Masters 20km Race Walk Championships on May 9th in Whiting, New Jersey. In the first event, Erin would walk a strong 1:45:52 on a cool, very windy day. Dave would finish one place back in 1:45:58. Erin would be the 8th woman to finish. Dave was the 9th American man. In New Jersey, Erin had a different role. She was one of the judges officiating the race. In race walking there are judges and to set records on a road course, the loop can't be any longer than 2 km and there must be at least 6 judges on the course. Dave led the race from beginning to end finishing in 1:45:01 on an even more miserable day with the temperature around 38 degrees and rain/wind prevailing.



Sunday Walkers Program

Sundays 11 a.m. at Town of DeWitt's Ryder Park

5400 Butternut Drive, East Syracuse

April 17, 2016 - June 12, 2016

(Excludes May 29, 2016)

Presented by the Syracuse Chargers Track Club Inc.

In conjunction with the Town of DeWitt Parks and Recreation Dept.

Questions? Contact: Greg Tuttle

(315) 430-9409

Tuttlegreg@hotmail.com

Mail form to: Greg Tuttle

3604 State Route 49

Central Square, NY 13036

Sunday Walkers Program

Name: _____

Street: _____

City, State, ZIP _____ Tel. No. _____

Email _____

A Syracuse Chargers Member _____ A Town Of DeWitt Resident _____

Program Waiver: I know that walking is a potentially hazardous activity. I should not enter and walk unless I am medically able and properly trained. I assume all risks associated with 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 Town of DeWitt, New York State, New York State Parks and NYS Canal Corporation, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____



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

Syracuse Chargers Youth Developmental Meet



Sunday, April 10, 2016

Manley Field House, Syracuse University

Heaven Lynch, 8	66.4
Shaniya Hodges, 9	64.2
Anahrie Anderson, 10	57.0
Tara Thorne, 10	59.2
Amani Herndon, 10	80.8
Meghan Johnson, 11	50.5
Marissa Johnson, 11	52.3
Devon Bergh, 11	64.1
McKenna Johnston, 12	40.5
Janiah Royal, 12	47.4
Shanyce Hodges, 13	54.1
Shauri Hodges, 14	48.8

55 Meters – Girls

Hannah Leone, 1	43.6
MaKayla Grobsmith, 4	15.6
Nylah Lewis, 5	13.0
Iliyana Funderburg, 6	12.2
Naomi Bergh, 6	12.3
Heaven Lynch, 8	10.9
Anahrie Anderson, 10	9.5
Tara Thorne, 10	9.6
Shaniya Hodges, 9	11.6
Amani Herndon, 10	15.7
Marissa Johnson, 11	9.3
Megan Johnston, 11	9.5
Devon Bergh, 11	10.9
McKenna Johnston, 12	8.3
Janiah Royal, 12	8.7
Shanyce Hodges, 13	9.3
Shauri Hodges, 14	8.6

One Lap (approx. 257 Meters) – Boys

Elijah Bailey, 4	72.9
Jack Leone, 4	1:56.9
Abram Bergh, 5	93.9
Aiden Griffin, 7	53.9
Jayden Cotton, 7	55.5
JJ Johnston, 7	74.1
Quinten Lewis, 8	59.0
Kyle Garnes, 8	72.4
Remir Ratchford, 10	52.0
Carlton Garnes, 11	45.9
Ashton Murdock, 11	54.6
Caleb Bergh, 12	41.1
Xzavier Lewis-Torrence, 12	43.0
Ian Denny, 12	47.2
Justice Royal, 12	48.8
Rhrou Hodges, 12	52.4
Branden, 14	48.7

55 Meters – Boys



Elijah Bailey, 4	11.3
Jack Leone, 4	20.7
Abram Bergh, 5	12.4
JJ Johnston, 7	12.0
Aiden Griffin, 7	19.6
Kyle Garnes, 8	12.3
Quinten Lewis, 8	19.5
Remir Ratchford, 10	9.5
Carlton Garnes, 11	8.5
Caleb Bergh, 12	8.2
Xzavier Lewis-Torrence, 12	8.5
Ian Denny, 12	8.6
Rhrou Hodges, 12	9.5
Justice Royal, 12	10.0

The meet concluded with the running of the **4 x 1/2 lap relays**.



Girls Relay Team Results:

Megan/Mckenna/Anahrie/Janiah	1:28.8
Marissa/Shauri/Shanice/Shaniya	1:36.8
Heaven/Amani/Devon/Tara	2:13.9
Iliyana/Mckayla/Nyla/Naomi	2:24.2

Boys Relay Team Results:

Ashton/Allen/Little Allen G/Soloman	1:22.4
Carlton/Justice/Ian/Quentin	1:30.7
Caleb/Rhrou/Xzavier/Remir	1:35.2
Elijah/Joseph/Jayden/Aiden	1:59.6
Abram/JJ/Branden/Kyle	2:10.9

One Lap (approx. 257 Meters) – Girls

MaKayla Grobsmith, 4	85.5
Nylah Lewis, 5	84.1
Naomi Bergh, 6	69.1
Iliyana Funderburg, 6	78.2

A good time was had by all!
 Many thanks to the meet director Mark Driscoll, coach Jasper Royal, and their volunteer staff of Soloman Lawrence, Greg Spears, the Denny family and Mickey Piscitelli.

Erin Taylor-Talcott Paving the Way for Women's Race Walking

Erin, along with husband Dave Talcott, graciously volunteered her time last summer to offer a complimentary race walk clinic at one of our Charger Summer Outdoor Track Meets at Nottingham High School here in Syracuse. She has been compared to Danica Patrick, Annika Sorenstam, Michelle Wie, or Billy Jean King as each of these women has worked to shape the culture in their respective sports.

Perhaps you will remember that back in 2012 Erin Taylor-Talcott achieved a qualifying time for the 2012 Olympic trials in the 50 kilometer race walk. The catch was that there was no 50k race walk for women at the U.S. Olympic Trials or at the Olympics.



The 50k (31.1 miles) race walk remains a lingering vestige of inequality in international track and field, a sport that for decades prohibited women from competing in Olympic distance events from the half-mile to the marathon.

Erin wanted to compete in the trials to bring attention to women's interest in the event.

Taylor-Talcott did compete in the 2012 50k U.S. Olympic Trials as a so-called guest. There she placed sixth, setting the American record and qualifying for the World Cup Team, a team she was not able to be a part of because she was a woman. At the time she stated, "It's a huge first step to getting a women's 50k added."

"I want the ability to be named to international teams," said Taylor-Talcott, adding "That'll be a bigger fight."

Her effort over the past four years to compete alongside men at the Olympic trials had raised a fundamental question about what should determine an athlete's eligibility: performance or gender?

The 10 kilometer (6.21 miles) race walk became an Olympic sport for women in 1992. It was extended to 20 kilometers (12.4 miles) in 2000. There is also a separate 20K race for men. The I.A.A.F. said there was insufficient interest among female competitors to hold an Olympic race at 50 kilometers, calling the event "pretty much nonexistent."

"The I.A.A.F. says there has to be a certain amount of interest before they include a 50k for women," Talcott said.

"However, without any races, there's never going to be any participation."

Two obstacles seemed to stand in her way. First, USA Track and Field generally prohibits athletes from being on a national team if they are ineligible to represent the United States in international championships. Because Taylor-Talcott could not participate in the men's 50k race walk at the London Olympics, or on the World Cup team, they saw no reason to allow her to compete at the Olympic Trials.

Second, some racewalk officials worried that Taylor-Talcott's participation at the trials might nullify any qualifying times that men achieved for the London Games. But Nick Davies, a spokesman for the I.A.A.F., said in an e-mail that her presence "would not invalidate men's times."

In 2012, Vincent Peters, chairman of USA Track and Field's racewalking committee, said he supported the decision. "If there's ever going to be a women's 50K, it has to get started someplace," Peters said. "She has obviously made the mark."

In 2015 Erin Taylor-Talcott earned the title **USATF Athlete of the Week** after setting **the world record** at the USATF Race Walk Championships. The long-time advocate for allowing women to compete at the traditionally male 50k distance, completed the 31 miles in 5:03:34 at 9:47 pace, well off her PR, in scorching 90-degree conditions to finish first among women and eighth overall.

She earned the new record after the International Association of Athletics Federations, on Nov. 1, 2015, adopted new rules, among which was the rule to recognize women's 50k marks as eligible for world records. Prior to the rule change, Talcott completed the same course in 4:33:23 at the 2012 U.S. Olympic Trials Race Walk.

Fast forward to April 2016 and we learn that the International Association of Athletics Federations will permit women to compete in the 50k race walk for the first time in history.

Women can now qualify and compete in all IAAF 50k race walk events under the same standards as men, the association announced. As part of its decision, the IAAF council decided to allow women to compete with men in the IAAF World Race Walking Team Championships in May in Rome, where their results will count equally with the men toward team results.

The Olympic program currently contains only a 20k event for women while the men compete in 20k and 50k.

"This is such a huge and amazing step for women's rights and female race walkers all over the world," Taylor-Talcott said. "I'm feeling so many emotions right now, but the main one is excitement to get out on the course ready to race my hardest against the best in the world."

In 2014 USA Track & Field instituted equal prize money for all USATF race walk events and began to advocate for women's participation in 50k race walk events internationally. After the race in Rome, Erin and Dave will compete in three races in Europe to prepare for the 20k Olympic Trials, to be held in Salem, Oregon on June 30th. The track and field events start in Eugene, one hour away, on July 1st.

We wish them the very best!

25th Annual Veterans' Memorial Day 5K Run

COME ENJOY THE MEMORIAL DAY FESTIVITIES IN CAMILLUS



MEMORIAL DAY
MONDAY, MAY 30, 2016 - 9:28 A.M.
CAMILLUS, NEW YORK

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

SPECIAL RACE DAY INFORMATION

Parking

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

RACE FACTS

- Starting Time.....9:28 A.M.
- Starting line.....Village of Camillus, 1st block west of West Genesee Street and Newport Road.
- Packet pick-up/race day registration at Camillus Senior Center on First Street. Packets can be held until finish.
- **Packet pick-up and late registration 7:30 to 9:00 a.m. only.**
- Pre-registration by mail...\$10.00, deadline: must be postmarked by May 23, 2016. **Late/race day fee \$15.00**
- Split times/Mile markers.....1M, 2M and at finish
- Award ceremony...**4 deep in each age group for men & women.** Awards will begin at 10:15 A.M.
- T-shirts.....**To the first 400 entries. This years shirt will be a special dri-fit. While supplies last.**
- Certified.....Yes!!! (NY-07039-JG)
- **Information...Call 487-3600, Camillus Parks and Recreation Department**

Age Groups

Men and Women	
- 9 & under	- 40 to 44
- 10 to 14	- 45 to 49
- 15 to 19	- 50 to 54
- 20 to 24	- 55 to 59
- 25 to 29	- 60 to 64
- 30 to 34	- 65 to 69
- 35 to 39	- 70 & up

OFFICIAL ENTRY FORM VETERANS -MEMORIAL DAY 5K RUN

Make check or money order payable to: Camillus Parks and Recreation Department. Mail completed entry form postmarked no later than 5-23-2016 to: Camillus Parks and Recreation Department, 4600 West Genesee Street, Syracuse, NY 13219

Last Name _____ First Name _____ M.I. _____

Street Address _____

City _____ State _____ Zip _____ Male _____ Female _____

Birthdate _____ Phone (____) _____ Shirt Size: M ___ L ___ XL ___ Age _____

(Month/Day/Year)

(Day of Race)

E-mail Address _____

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

(Date)

(Signature)

(Parent or guardian signature if under 18)



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.

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**

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, lj, 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

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 17and 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 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 entitled to act on my behalf, waive, release, and discharge Felder Track and Field Club, the games makers and volunteers, Syracuse City School District, 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 _____ 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

Spotlight on Corrie Haynes

DOB 11-13-67, I live in Lafayette. I have 2 daughters, Katie is 26 and a HS History teacher, Bryce is 20 and going to college.

I started running when I was 35 and didn't run in HS because it wasn't available in our tiny school. I did however play volleyball and soccer. Running is my passion, my addiction, the only sport I currently do. I watched my Dad run year after year, but it wasn't until I saw him run the Boilermaker that I got the itch to run. It was when he ran the Boston Marathon and went flying past me that my mind was made up. I told myself no matter what it took, I was going to run Boston with Dad (we ran Boston together in 2005). I had to quit smoking (was not easy!), joined a step aerobics class and started the long process of getting my lungs and body back into shape. I hope to think I inspire others like my father did with me. I know that my family is proud of me, but it didn't get any of them to run with me! My daughter Katie, however, shares that passion of running by coaching her HS kdis track team in Davenport, NY.



I actually have a few favorite races. Mt Goat 10 miler, the Beaver Lake 10K, Boilermaker, the list is lengthy. I love them all for different reasons. I much prefer Fall racing and that is where signing up for marathons comes into play.

Injuries are just part of the sport I think. I have had everything from blisters, achilles pulls, shin splints, groin pulls. I ran the Goofy challenge at Disney and the 1/2 marathon put blisters all over the bottom of my feet! I had never seen anything like it, nor anything since. I had to literally tape up my feet in duct tape so I could run! I am not good at stretching either, I am as flexible as a pencil I tell everyone. I've tried Yoga, but I can't stay motivated.

I volunteer for 2 races every year. I coordinate the non-championship runners for the 5K Festival of Races. Such a great experience to be able to be a part of that race. Seeing runners in their 80's still running, people from all over the US, the family teams, the school teams, just amazing. The other is the (now) 18K Lafayette Apple Run. I have organized a water station around mile 8 for the last 4 or 5 years. My nieces, daughters, sisters and friends help out with that. Last year we wore tu-tu's and had a great time in the beautiful weather passing out cups of water. Love a race in my home town!

I am a member of the Syracuse Chargers, Syracuse Track, 50 State Club, Marathon Maniacs and the AWS (American Wine Society). ahhhh my passions.

Beside my kids, I think currently one of my greatest accomplishments has been running a 50 mile race and also running 3 marathons in 3 states in 4 days. This year I would like to sign up for another 3 marathons back to back. Training went really well for all of those. I have gotten slower the past few years for various reasons and I keep telling myself that goals change, situations dictate, running is about enjoying and to do what I love most and that is to train for endurance and not speed. When I am in the mood, it is not unusual to find me out running 20 to 30 miles on a Saturday.

I think some would be surprised to know that I like repetitive courses when I train and race. My favorite training runs are around a 1 mile track. When I trained for the 3 marathons in 4 days, I did 20 miles 3 days a week on that track. I even trained for my 50 mile race on it going 30-32 miles around it 1 day a week. I kept track by putting the number of miles I wanted to do by the number of rocks on my vehicles hood. Each time I went by, I would throw a rock off. Now I have a different system....yup, back to grade school and counting on my fingers. Fingers on my left are for single miles, right hand fingers symbolize 5 miles each. Yes, we runners are crazy. My ultimate goal is to not only to run a marathon in every state (I have 31 done), but to eventually run ultra's. I am picky though....I don't like heat and I don't like trail running. So I will have to do my research when that time comes and I feel ready.

I hope that everyone finds the activity they love to do and make it a life long commitment.

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

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



I (Luana Pesco Koplowitz) believe I have a new Chargers' age group (60-69) record for a 100-mile trail race.

I completed the Umstead 100-mile endurance trail run on APR 2nd in Raleigh, North Carolina. Umstead is a qualifier for some major international races including Western States, UTMB and others. It has a lottery entry system and is difficult to get into. My time was 26:32:53. This race was my 4th 100-miler and also the least technical of the previous 100-mile races I competed in. The course had about 16,000 feet of elevation change which translates to gently rolling hills for the most part. The trails were quite wide and free of a lot of roots and rocks, making the footing much easier, especially at night. I was 1st in my age group (60-69) for both **men and women** in this race.

My next ultra is Bear Mountain 50K, which is in the Catskill Mountains downstate. This is one of the toughest ultras in the northeast, as it is very hilly and very technical with rocks everywhere, and includes climbing over boulders. I have done this race before so at least I know what lies ahead. It is very good training and also is a qualifier for UTMB.

There is a North American Ultra Running Championship that ranks all ultra-runners in the US and Canada based on race distance, time and a number of other complex factors. There is an overall list, but also a list by region and age group. So far, for the 2015-2016 season for the northeast (this includes all of New England, New York, NJ and PA), I am 1st in the age group for females 60-69 and around #60 out of 950 women overall in the Northeast. I will not know until after APR 24th

On March 20th I ran in the Finger Lakes Runners Club indoor meet at Barton Field House. I ran an 8:04 60m placing 17 out of 60, and 26.6 200m, placing 19 out of 75.

On April 2nd I (Dave McEachen) competed in the 2016 New York State Taekwondo Championships at Queens College. I had one match, which I won by knock out in the -68kg ultra division (40-49). This tournament serves as the official State qualifier for USA-Taekwondo Nationals in July. I don't have any action photos, as I was there by myself, but if I find any posted anywhere I will send them.



Top Ten Reasons to Run Trails

10. For some peace and quiet
9. Because it helps you think
8. It's never boring...new vistas around every turn
7. Because it's easier on your knees and lungs
6. To re-establish your personal connection to Mother Nature
5. You don't get that delightfully "crunchy" noise on asphalt.
4. It's a great time to test and practice your balance. Ankle alert!
3. The animals you encounter will usually be alive...not dead and decaying roadkill!
2. It's extremely unlikely that you will be struck by a texting driver.
1. Because it's fun





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 mpiscitelli2@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 _____



HIGHLAND FOREST 1-2-3 TRAIL RUN

Hosted by the SYRACUSE CHARGERS TRACK CLUB Saturday 5/28/2016 8:30 am

The race begins at 8:30 am and consists of one, two, or three loops on marked trails in Highland Forest. The course covers 10, 20, or 30 miles, with climbs of 1380', 2760', or 4140' respectively.

WHERE: Highland Forest is located about 3 miles east of Fabius NY on Rte. 80; see directions. The races start and finish at the Community House just across the road from the parking lot. There is no fee for parking, but the Park welcomes donations.

WHEN: Arrive at the Community House (across from the parking lot) by 7:00 AM for race-day registration or 7:30 AM if preregistered.

ENTRY FEE: \$15.00; \$20.00 arriving after Monday, May 23; \$30.00 race day registration. The entry fee includes beverages and food during the race and soup, bread and refreshments after the race. Please pre-register so we might so we do not run out of food.

FOR INFORMATION: Race Director, Mark Driscoll at (315) 449-9615 after 7:00 pm; mdriscol@mailbox.syr.edu

Online registration: <https://runsignup.com>

HIGHLAND FOREST 1-2-3 TRAIL RACE ENTRY FORM

Entry Fees: \$15.00 \$20.00 if arriving via mail after 5/23 \$30.00 on race day

Make checks payable to "Syracuse Chargers Track Club, Inc." and mail this entry form with check to Mark Driscoll, 1112 Meadowbrook Drive, Syracuse, NY 13224.

Name: _____ Age (5/28/16): _____ Birthdate: _____

Street: _____ Tel.: _____ Sex: _____

City, ST. ZIP _____ Club affiliation _____

How many loops do you plan on running? (You may switch during the race): 1 _____ 2 _____ 3 _____

WARNING: It is possible to sprain ankles, break bones, and encounter wildlife and insects such as black flies and/or bees. Carry medication if you are allergic. Trail running requires agility of foot and the ability to keep one eye on the trail and the other on the blazes (markers). Some will get lost momentarily. If there are no blazes in front of you, go back. You may encounter vehicles on the dirt roads and at crossings. **TRAIL CONDITION:** The course is about 95% on hiking trails and 5% dirt roads. The trail is well marked (blazes on trees, and turns are marked). **TIME CUT-OFFS:** The time cut-off for beginning the second loop is 3 hours. Cut-off time for a third loop is 4.5 hours. **RESTROOMS:** There are rest rooms in a separate building near the Community House. No shower facilities at the park. **REFRESHMENTS:** Water, sports drink and food will be provided on the course and at the start/finish. After the run, enjoy soup, bread, water, and sports drink in the Community House or the outdoor pavilion. **DIRECTIONS:** Highland Forest is located 14 miles east of I-81 on Rte. 80. Take I-81 to Tully (exit 14) go east on Rte. 80 for 14 miles to the sign for Highland Forest. Make a right onto the access road and go up the hill about a mile to the parking lot.

WAIVER: I know that running in a trail race is a potentially hazardous activity. I agree I should not enter unless I am medically able and properly trained. I agree to abide by any decision of race official(s) 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 and animals, the effects of weather (including high heat and/or humidity) and conditions of the trail, all such risks being know and appreciated 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 on my behalf, waive and release the Syracuse Chargers Track Club, Inc., USATF, Road Runners Club of America, Onondaga County and all of its companies, officers and/or employees, and all other sponsors or successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

(Parent or guardian's signature necessary if 17 years of age or younger)



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
 3680 The Park, Cortland, NY 13045
 17 Zane Road, Binghamton, NY 13901

CHARY GRIFFIN, Salesperson
 Berkshire Hathaway CNY Realty
 315-382-1721 - cell
chary@charygriffin.com

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 in consideration 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: _____

RRCA Convention: Deep in the Heart of Texas

From March 17-20 I was in Dallas attending the 58th Road Runners Club of America National Convention. The convention consists of educational workshops on best practices, the RRCA Annual Meeting of the Membership, the National Running Awards Banquet, and several social networking luncheons and events.

This year's Convention had over eighteen different education session opportunities for club leaders, event directors, and coaches to learn about best practices, how to manage critical issues, and much more. All registrants attend the RRCA Insurance Program and Managing Risks for Clubs & Events presentation during which attendees learn from Terry Diller, who has handled the insurance program for the RRCA for 20 years, about best practices in risk management from recent lessons learned from insurance claims, litigation, and more. He has been instrumental in updating the policies as needs change and evolve for the running community. My question: What about drones?

Following this session and over the course of my remaining time there, I was on my own to select from a variety of 75- minute sessions on the following topics:

Creating a Fitness Community: Meet Me Downtown

(Learn about successes in Tucson, AZ; Phoenix, AZ; and Boise, ID, and how running is making their cities better)

Governance Series I: First Steps for New or Returning Board Members

(Learn about board orientation, the importance of board member handbooks, job descriptions for Officers & Directors, consent agendas, committee participation, and mentoring relationships.)

Working with Municipalities

(Learn about best practices from an expert panel when working with municipalities and the various governmental agencies you may encounter during your event planning process)

Governance Series II: Financial Management and Tactical Planning

(Tactical planning will focus on technology spending, marketing to younger runners, gender diversity, board sub-committees, working and competing with outside groups, and more)

Event Cancellation

(Learn about recent trends in event cancellation and discuss lessons learned. Based on a presentation give at the recent Road Race Management Race Directors Meeting, the session will highlight results from the RRCA survey conducted on even cancellation. We will also discuss what the RRCA is doing to try to combat fraudulent/shady operators)

Working with Out-of-Town and For Profit Event Promoters to Develop a Win/Win Strategy

(Learn how to work with local for-profit event management companies to create a win/win relationship for your club and the local running community)

Growing Youth Running in the U.S. - A Town Hall Meeting

(Explore opportunities and best practices in program leadership, information sharing, fundraising, and more to help organizations raise awareness about the benefits of creating healthy and active youth through running)

When, Why, and How to Pay a Race Director

(Learn about when, why, and how to pay a race director in an all-volunteer run club or event)

Making Events Friendly for Challenged Athletes

(Learn about best practices for making events friendly for challenged athletes)

Working with Charities and Using Crowdrise to Fundraise for Partners

(Learn about utilizing Crowdrise for fundraising with your charity partners and for your club programs and scholarships)

Governance Series III: Legal Responsibilities, Strategic Planning, and Effective Behavior for All Board Members

(Learn about the important legal responsibilities, structural requirements, and best practices for nonprofit boards that goes well beyond, "we all just want to run and have fun." This session will cover the importance of document review and setting measurable goals for the organization. The session will explore the question of "what kind of club are you and who do you serve?" Engage in dynamic board role play to highlight how to contribute positively as a Board member. This session is helpful even if you are a veteran board member. Learn about "Blockers", "Avoiders", "Dreamers", "The Past President", "Drama King/Queen", "Know it all", "Busy Bee" and "The Deep Thinker")

Keeping the Sport Clean: Practical Approaches for Race Directors

(Learn about practical approaches race directors can take to help increase the efforts for Clean Sport. These include consulting the RRM online guide for athletes that have served a ban, passing event policies that outline a zero tolerance policy, considerations for American only prize money if the race doesn't fund pre- and post-race drug testing)

Preparing Medically for an Endurance Event: Race Medical Preparation and Logistical Considerations

(Learn about effective and efficient incident management by combining facilities, equipment, personnel, procedures and communication in one organized structure)

Running Well Beyond Health Challenges and Chronic Diseases

(Learn how to work with and coach athletes working to run beyond chronic health challenges)

Increasing Diversity in Clubs and Events

(Learn about strategies and ideas for increasing diversity in clubs and events from racial diversity to gender diversity (bring back the men), to age diversity (let's engage those millennials) and more)

Course Certification

(Learn about USATF's course certification process and the important role the course certifier and measurer play in ensuring quality for events. This session will also focus on using course maps as useful marketing tools. Learn how to increase collaboration and cohesion with race organizers so that certification is integrated into event planning)



Mickey with Jean Knaack,
RRCA Executive Director

SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Application

_____ (M)(F) _____	_____	
Name	Birth Date	<u>I would like to help with:</u>
_____ (M)(F) _____	_____	<input type="checkbox"/> Track Meets
Name	Birth Date	<input type="checkbox"/> Road Races
_____ (M)(F) _____	_____	<input type="checkbox"/> Coaching
Name	Birth Date	<input type="checkbox"/> Special Olympics
_____ (M)(F) _____	_____	<input type="checkbox"/> Other: _____
Name	Birth Date	
_____ (M)(F) _____	_____	
Name	Birth Date	

Mailing Address – Street or P.O. Box			Telephone
_____	_____	_____	_____
City	State	Zip	E-mail Address
			I would like to receive Charger information by e-mail Yes___ No___

<u>Method of Receiving the Monthly Newsletter:</u>	<u>Membership Status:</u>	<u>Primary Fields of Interest:</u>
<input type="checkbox"/> printed and to arrive via US Mail	<input type="checkbox"/> New	<input type="checkbox"/> Road Running <input type="checkbox"/> Track Running
<input type="checkbox"/> sent to my e-mail inbox	<input type="checkbox"/> Renewal	<input type="checkbox"/> Race Walking <input type="checkbox"/> Field Events
		<input type="checkbox"/> Physical Fitness <input type="checkbox"/> Youth Development

Bob Hiemenz

Mail this form and check to: ~~Bob Hiemenz~~ Membership Coordinator Register Online: RunSignUp.com
P.O. Box 2354, Liverpool, NY 13089-2354

Membership Fee (12 months): Family and/or individual _____ \$15 Individual Student (HS or younger) _____ \$10
Make checks payable to: **Syracuse Chargers Track Club, Inc.**

Club T-shirts: Syracuse Chargers Track Club T-shirts are available for \$6 Sm___ Med___ Lg___ XLg___ Y Lg___

Additional Contributions: Purpose is to ensure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in Track and Field, Cross Country, and Road Racing. We appreciate your additional financial support.

Enclosed is my tax deductible contribution: \$10 ___ \$20 ___ \$30 ___ \$40 ___ \$50 ___ \$100 ___ Other \$_____

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 your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of 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-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)			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			