



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

October –November 2016



Last Chance Trail Run & Pancake Breakfast

Skyline Lodge, Highland Forest, Fabius, NY

Saturday, December 17, 2016, 8:00 – 9:15 AM Start

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



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

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

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



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

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

Name _____ Street _____

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

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

Signature: _____ Date: _____

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



Sunday, March 19th 2017 Chargers Annual Meeting and Awards Banquet

SCTC members and their families and friends are invited to help celebrate the achievements of our outstanding athletes of 2016 and to recognize the contributions of our dedicated volunteers. Please put this on your social calendar!

Syracuse Chargers Track Club, Inc.

Board of Directors

President

Mickey Piscitelli
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mpiscitelli2@verizon.net

Vice President

Mark Driscoll 449-9615
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Available

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Available

Open (women) Coord.

Available

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Peter Rhodes 422-1037
per56@aol.com

Youth Programs

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

Merchandise

Available

Awards Banquet

Nancy Smith
nsmith123@twcny.rr.com

Volunteers

Available

Scholarship Award

John View
6129 Bay Hill Circle
Jamesville, NY 13078

Sunday Walkers Program

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Summer Runs

Available

Oneida Shores

Greg Broton
GBroton@nscsd.org

Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices

Mark Driscoll 449-9615

Webmaster

Chris Raulli
craulli88@gmail.com

The Syracuse Chargers Track Club is dedicated to the development of all aspects of Athletics in Central New York. This includes support for youth development programs and the encouragement of individuals of all ages and abilities to participate in local, regional, national, and international track & field, long distance running, and race walking events.

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

The Syracuse Chargers Track Club Newsletter

Published monthly by the SCTC.

Subscriptions are \$20.00 per year.

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Owego, NY 13827 or e-mail dwtalcott@gmail.com
by the 20th of the month.

Chargers Membership Forms should be sent to:

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

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

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



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

Send Merchandise orders to:

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

Club Web Site: www.syracusechargers.org

New Members:				
Mary Casey	Kyle Hernandez	Allyson Tuttle	Jeff Tuttle	Jennifer Tuttle
Karen Tuttle	Thomas Giannettino	Sarah Wiatr		
Renewed Members:				
Liz Besio	Paul Chwalek	James Clancy	Gary Crawford	Lewis Cutler
Cindy Daly	Erin Daly	Sean Daly	Tom Daly	Bob Doran
Carolyn Eich	Ruth Gais	Sue Gardinier	Sharon Harding	Eric Hernandez
Julie Hernandez	Leroy Hodge	Gary Ketchum	Rosemary Laquidari	Eric Lauber
Nancy Linnenbach	John Luis Jr	Wally McRae	Stan More	Jeff Morrell
Philip Mulry	Ed Rossmann	Sue Shopiro	Gabe Yankowitz	Alice Carroll
Paula Carroll	Addie Buerkle	Marie E. Christopher	Robert Domachowski	Theresa Domachowski
Harry Dross	Mary Janiszewski	Pat Leone	Laurel Leone	Jack Leone
Hannah Leone	Floris Palmer	Allen Rhines	Gregory Tuttle	Terri Clark
Rene Wilett	Shirley Yablonski			

Terry McConnell's Observations

Recent Charger Age Group Records

M80-84 Shot Put 3kg Chuck Yost 32 feet 7¾ in 7/29/2016

Chuck Yost improved on last year's Chargers Record Empire Senior Games heave by an inch and three-quarters, but did it further south in the Keystone (Pennsylvania) Senior Games at York College. He also threw the discus 77 feet 3 inches, while placing first in both events.

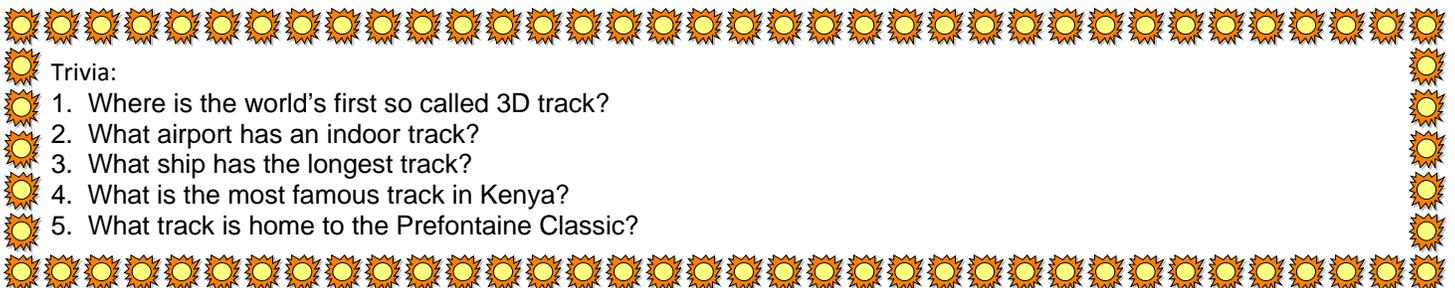
So, you want to run D-I in college?

Some readers with way too much time on their hands may have noticed the absence of my column last month. I had a truly wonderful column on the Olympic track all ready to go (really, I did), when my laptop booted to the dreaded "blue screen of death". Months of work gone in an instant. May you never suffer a similar fate, gentle reader.

Recovering from the crash has taken up a good part of my time and is still on-going, so this month I must perforce be brief. Perhaps it is a good thing. Since its the time of year when high school seniors and their parents think about applying to colleges, I thought it would be timely to offer a few bits of advice as the parent of a collegiate runner.

During the summer before our daughter's senior year we went on the usual school visit pilgrimage up and down the east coast. We made sure to contact the athletic department at each college we planned to visit beforehand in order to schedule a meeting with a representative of the cross-country and/or track and field program. Most of the visits followed a similar pattern: you meet with an assistant coach, not the head coach, who describes their expectations of incoming freshmen. They ask politely about your son/daughter's accomplishments in the sport, and then send you parents off with an assistant – usually a member of the team who is spending the summer on campus – for a tour of the track and other facilities, while they spend some one-on-one time with your child.

Boston University was a very pleasant exception. There we spent at least an hour talking with head coach Bruce Lehane, a wonderfully friendly and kindly gentleman, who also happens to be the husband of Lesley Lehane (nee Welch), a former top New England elite runner. Suffice it to say that he knows a thing or two about top-level running.



☀ Trivia:

- ☀ 1. Where is the world's first so called 3D track?
- ☀ 2. What airport has an indoor track?
- ☀ 3. What ship has the longest track?
- ☀ 4. What is the most famous track in Kenya?
- ☀ 5. What track is home to the Prefontaine Classic?

Coach Lehane let us down gently. He was looking, he said, for girls who have broken 10:30. “Okay”, I thought to myself, “she may be able to break 10:30 in the 3k next track season. She’s come within a half minute of it already.” It emerged, unfortunately, that the coach was talking about breaking 10:30 in the 2 mile.

The bottom line is this, kids. It’s *really, really* hard to run D-I in college. If you’re a boy, and want to get your foot in the door at a good D-I program, you’d better be able to run a 4:20 mile. That will at least get you a look.

If you really insist on trying to run D-I in college, here are a few bits of advice in no particular order:

Have a great junior year. College coaches mostly recruit juniors, and will have decided they want you (or not) by the beginning of the summer before your senior year. If anything happens in your senior year it will be an invited visit for a weekend at their college, where they will try to convince you to attend their school rather than, say, Oregon or Stanford. (Don’t give up hope completely, though. Some coaches save a slot or two for “late bloomers”, or lose that expected recruit to the Ducks or Cardinals.)

Hit the books. Hard! Coaches in the endurance sports, especially, love to recruit scholar-athletes. Their higher average GPAs raise the academic profile of the school’s overall athletic program, and a grateful college administration might even send a couple of extra dollars their way. Take the SAT as many times as it takes to get a good score.

Consider D-II or D-III. A recent *Post-Standard* article noted that only 2% of high school athletes will ever compete in D-I. Unless you happen to belong to the vanishingly small group of people who will have a professional post-collegiate career, the best outcome from your collegiate career will be to have nurtured a passion for running that will accompany you for the rest of your life. Do you really want to add being what amounts to a semi-pro athlete to all the other pressures and adjustments of college life – learning to live on your own, building a new social network from scratch, and adapting to coursework that goes twice as fast as in high school? The experience of being on a team in D-III, where you can actually make a real and measurable contribution, can enrich and supplement your college experience, rather than dominating it.

Syracuse Chargers Records for F85-89

100m	Patricia Peterson	22.30	7/15/2011
200m	Patricia Peterson	51.43	7/16/2011
400m	Patricia Peterson	2:07.8	7/17/2011
50m	Patricia Peterson	12.25	6/8/2012
5km walk road	Elsie Adams	1:12:12	6/7/2007
60m	Patricia Peterson	14.32	1/29/2012
discus 1kg	Elsie Adams	26-6 3/4	6/9/2007
shot put 3kg	Elsie Adams	10ft 5in	6/9/2007

Syracuse Chargers Records for M85-89

hammer	David Rider	64ft 11in	6/5/2015
high jump	David Rider	3-5 1/4	7/8/2015
1 mile	Don Hanlon	10:54.2	1/19/2008
1000m	Don Hanlon	6:48.9	1/18/2009
100m	Ed Cox	16.87	7/26/2015
200m	Ed Cox	37.11	7/24/2013

400m	Ed Cox	1:31.1	8/4/2014
50m	Bob Bruce	7.9	6/7/2013
55m	Ed Cox	10.02	1/27/2013
5km road	Joe Conrad	34:02	2/14/2015
5km track	Charles Jorgensen	39:17.0	7/28/2000
60m	Ed Cox	10.55	3/23/2013
60m HH	Ed Lukens	19.84	3/29/2008
800m	Don Hanlon	5:01.6	7/20/2009
discus 1kg	Erwin Rice	56-1 1/2	6/8/2009
half marathon	Joe Conrad	2:53:55	10/26/2014
javelin 400g	Ed Lukens	68-8 1/4	6/8/2007
long jump	Ed Lukens	11ft 4in	8/3/2007
pole vault	David Rider	5-5 1/4	7/8/2015
shot put 3kg	David Rider	26ft 2in	6/5/2015
shot put 4kg	Erwin Rice	20-4 1/4	6/7/2008
triple jump	Ed Lukens	23-9	3/30/2008

Syracuse Charger Special Olympic Program

The Syracuse Chargers' Special Olympic Program held its Harvest Time Fitness series at the SRC Arena at Onondaga Community College over a 5 week period each Tuesday at 6:30pm until 7:30pm.

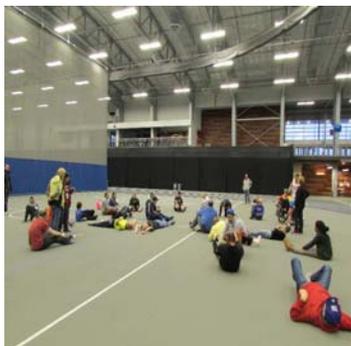
The happy athletes participated in softball tosses, soccer kicking, basketball shooting, foot races, exercises and free wheeling dance steps. The final night on October 4th, ribbons were awarded to all participants.

The Program also held a Spring Fitness series over 6 weeks that ended with the annual picnic at Rider Park on June 14th, over 100 hot dogs and sausages were consumed.

The program serves between 30 and 60 special neighbors each session, more on picnic night. We are planning a short Holiday session at the end of November and early December, details not yet available.

The Program could not exist without the support of a hard core group of volunteers, we thank each and everyone of them.

Peter Rhodes, Program Co-ordinator
Julia Maslin, Program Co-ordinator



THE 24th ANNUAL SYRACUSE FESTIVAL OF RACES
 Syracuse, NY October 2, 2016
 WOMEN'S 5K

PLACE NAME	AGE	PLACE IN AGEGROUP	GUN TIME	GUN PACE	NET TIME	NET PACE	RESIDENCE	ST	1st SPLIT	2nd SPLIT
1 Claire Sumner	21	1/23 F20-29	17:33	5:39	17:33	5:39	Kingston	ON	8:40	8:53
2 Janet McDevitt	42	1/23 F40-44	17:41	5:42	17:40	5:41	Bainbridge Island	WA	8:45	8:55
3 Sascha Scott	41	2/23 F40-44	17:45	5:43	17:44	5:43	Syracuse	NY	8:45	8:59
4 Sonja Friend-Uhl	45	1/19 F45-49	17:47	5:44	17:46	5:44	Boca Raton	FL	8:48	8:58
5 Catherine Beck	31	1/17 F30-34	17:51	5:45	17:51	5:45	Clinton	NY	8:49	9:02
6 Marisa Sutura Strange	53	1/36 F50-54	17:55	5:46	17:54	5:46	Pleasant Valley	NY	8:49	9:05
7 Holly Ortlund	42	3/23 F40-44	18:02	5:48	18:01	5:48	Decatur	GA	8:53	9:08
8 Fiona Bayly	49	2/19 F45-49	18:02	5:49	18:02	5:49	New York	NY	8:49	9:13
9 Heather Webster	42	4/23 F40-44	18:04	5:49	18:04	5:49	Honeoye Falls	NY	8:54	9:10
10 Cassandra Henkiel	46	3/19 F45-49	18:08	5:51	18:07	5:50	Austin	TX	8:59	9:08
11 Donna Langerfeld	30	2/17 F30-34	18:21	5:55	18:20	5:54	Port Byron	NY	8:54	9:26
12 Christy Peterson	41	5/23 F40-44	18:23	5:55	18:22	5:55	North Wales	PA	8:59	9:23
13 Lauren Davis	26	2/23 F20-29	18:26	5:56	18:24	5:56	Austin	TX	8:57	9:27
14 Irma Dennard	45	4/19 F45-49	18:43	6:02	18:42	6:02	Lawrenceville	GA	8:57	9:45
15 Trish Butler	53	2/36 F50-54	19:02	6:08	19:02	6:08	Coral Springs	FL	9:19	9:43
16 Maggie Scheunert	20	3/23 F20-29	19:22	6:14	19:21	6:14	Kingston	ON	9:25	9:56
17 Jamie Woolsey	33	3/17 F30-34	19:31	6:17	19:31	6:17	Oneida	NY	9:25	10:06
18 Wakenda Tyler	41	6/23 F40-44	19:32	6:17	19:31	6:17	Rochester	NY	9:30	10:01
19 Alanna Shearman	20	4/23 F20-29	19:32	6:18	19:32	6:18	Kingston	ON	9:30	10:02
20 Suzanne La Burt	53	3/36 F50-54	19:34	6:18	19:33	6:18	Greenwood Lake	NY	9:31	10:02
21 Mandy Plante	40	7/23 F40-44	19:37	6:19	19:35	6:19	Austin	TX	9:37	9:58
22 Sasha Zarnke	21	5/23 F20-29	19:46	6:22	19:46	6:22	Kingston	ON	9:27	10:19
23 Mary Swan	55	1/28 F55-59	19:55	6:25	19:55	6:25	Penn Valley	PA	9:51	10:04
24 Kathryn Martin	65	1/14 F65-69	19:57	6:26	19:57	6:25	Northport	NY	9:46	10:11
25 Carmen Ayala-Troncoso	57	2/28 F55-59	20:00	6:26	19:58	6:26	Austin	TX	9:39	10:19
26 Katie Mutter	26	6/23 F20-29	20:02	6:27	20:01	6:27	Marcellus	NY	9:32	10:29
27 Nancy Stewart	60	1/13 F60-64	20:03	6:27	20:02	6:27	Atlanta	GA	9:43	10:19
28 Katie Laris	22	7/23 F20-29	20:06	6:29	20:05	6:28	Clay	NY	9:43	10:22
29 Kathleen Hayden	50	4/36 F50-54	20:13	6:31	20:13	6:31	Rochester	NY	9:36	10:37
30 Karyl Sargent	53	5/36 F50-54	20:23	6:34	20:22	6:34	Lafayette	NY	9:24	10:58
31 Susan Cooke	57	3/28 F55-59	20:27	6:35	20:26	6:35	Odessa	FL	9:43	10:43
32 Laurie Wharton	50	6/36 F50-54	20:27	6:35	20:26	6:35	Marietta	GA	9:55	10:31
33 Nora Cary	61	2/13 F60-64	20:30	6:36	20:28	6:36	Morristown	NJ	10:04	10:24
34 Stephanie Whitis	40	8/23 F40-44	20:33	6:37	20:31	6:37	Columbus	GA	10:08	10:23
35 Paula Johnson	55	4/28 F55-59	20:34	6:37	20:31	6:37	Decatur	GA	10:04	10:27
36 Patrice Combs	59	5/28 F55-59	20:36	6:38	20:34	6:38	Johns Creek	GA	10:03	10:31
37 Julie Pangburn	52	7/36 F50-54	20:41	6:40	20:40	6:40	Downingtown	PA	9:57	10:43
38 Amy Roberson	33	4/17 F30-34	20:50	6:43	20:46	6:41	Sauquoit	NY	10:02	10:44
39 Laura Delea	51	8/36 F50-54	20:55	6:44	20:54	6:44	Sparta	NJ	10:17	10:37
40 Caroline Buccini	43	9/23 F40-44	21:04	6:47	21:03	6:47	Rochester	NY	10:22	10:41
41 Michelle Allen	52	9/36 F50-54	21:08	6:49	21:07	6:48	Fleming Island	FL	10:05	11:02
42 Kerry Monahan	53	10/36 F50-54	21:11	6:49	21:10	6:49	River Vale	NJ	10:15	10:55

43	Betsy Stewart	53	11/36	F50-54	21:13	6:50	21:11	6:50	West Chester	PA	10:29	10:42
44	Brittany Spritzer	30	5/17	F30-34	21:21	6:53	21:21	6:53	Endicott	NY	10:22	10:59
45	Carol Bischoff	52	12/36	F50-54	21:31	6:56	21:30	6:56	Rochester	NY	10:22	11:08
46	Patricia Vandersloot	50	13/36	F50-54	21:41	6:59	21:40	6:59	Pittsford	NY	10:20	11:20
47	Catherine Porter	18	1/8	F14-19	21:44	7:00	21:42	6:59	Seneca Falls	NY	10:35	11:07
48	Olga Huber	46	5/19	F45-49	21:49	7:02	21:49	7:02	Macedon	NY	10:24	11:25
49	Jill Miller-Robinett	62	3/13	F60-64	21:53	7:03	21:51	7:02	Concord	CA	10:45	11:06
50	Eddie Stevenson	67	2/14	F65-69	21:56	7:04	21:56	7:04	Boulder	CO	10:47	11:09
51	Dawn Howard-Bailey	51	14/36	F50-54	22:01	7:06	21:59	7:05	Middletown	DE	11:02	10:57
52	Mary MacLean	18	2/8	F14-19	22:04	7:07	22:04	7:07	Truro	NS	10:38	11:26
53	Bonnie Lindblom	52	15/36	F50-54	22:37	7:17	22:36	7:17	Rochester	NY	10:54	11:42
54	Ena Weinstein	57	6/28	F55-59	22:46	7:20	22:44	7:19	Baldwin	GA	11:20	11:24
55	Cynthia Williams	60	4/13	F60-64	22:48	7:21	22:46	7:20	Acworth	GA	11:04	11:42
56	Alison Ashe	40	10/23	F40-44	22:56	7:23	22:53	7:22	Syracuse	NY	10:57	11:56
57	Margaret Taylor	61	5/13	F60-64	23:01	7:25	22:58	7:24	Atlanta	GA	11:01	11:57
58	Kathleen Wheeler	45	6/19	F45-49	23:02	7:25	23:00	7:24	Camillus	NY	11:03	11:57
59	Colleen Magnussen	56	7/28	F55-59	23:13	7:29	23:12	7:28	Geneseo	NY	11:16	11:56
60	Rosemarie Nelson	60	6/13	F60-64	23:17	7:30	23:08	7:27	Jamesville	NY	11:32	11:36
61	Coreen Steinbach	65	3/14	F65-69	23:20	7:31	23:18	7:30	Pompey	NY	11:21	11:57
62	Teresa Quan	55	8/28	F55-59	23:23	7:32	23:21	7:31	Menlo Park	CA	11:29	11:52
63	Susan Snyder	54	16/36	F50-54	23:24	7:32	23:21	7:31	Hawthorne	NY	11:05	12:16
64	Abby Darrah	34	6/17	F30-34	23:24	7:32	23:20	7:31	Syracuse	NY	11:43	11:37
65	Laura Beattie	33	7/17	F30-34	23:27	7:33	23:25	7:33	Cicero	NY	11:28	11:57
66	Madeline Gould	19	3/8	F14-19	23:32	7:35	23:30	7:34	Guilford	CT	11:09	12:21
67	Somnet Loftus	33	8/17	F30-34	23:37	7:36	23:33	7:35	Syracuse	NY	11:22	12:11
68	Lorie Ann Voight	51	17/36	F50-54	23:44	7:39	23:41	7:38	Syracuse	NY	11:27	12:14
69	Nonie Hudnall	66	4/14	F65-69	23:44	7:39	23:42	7:38	Spartanburg	SC	11:51	11:51
70	Shellon McCallie	51	18/36	F50-54	23:47	7:40	23:45	7:39	Austin	TX	11:26	12:19
71	Jo Anne Rowland	68	5/14	F65-69	23:47	7:40	23:45	7:39	Concord	CA	11:37	12:08
72	Jenna Neumaier	18	4/8	F14-19	23:50	7:41	23:48	7:40	Lancaster	NY	11:27	12:20
73	Ruth Yanai	58	9/28	F55-59	23:55	7:42	23:52	7:41	Syracuse	NY	11:44	12:08
74	Elaine Houston-Young	51	19/36	F50-54	24:02	7:44	24:00	7:44	Kirkville	NY	11:30	12:30
75	Mary Grace Rizzo	19	5/8	F14-19	24:08	7:46	24:01	7:44	Clifton Park	NY	12:06	11:55
76	Morgan Thomas	24	8/23	F20-29	24:20	7:50	24:13	7:48	Manlius	NY	11:48	12:25
77	Jessica Quimet	35	1/16	F35-39	24:21	7:51	24:15	7:49	Constancia	NY	11:42	12:33
78	Marie White	56	10/28	F55-59	24:23	7:51	24:22	7:51	Henrietta	NY	11:37	12:45
79	Jordan Jeremias	20	9/23	F20-29	24:30	7:54	24:25	7:52	Oneonta	NY	11:58	12:27
80	Meegan Sleeper	20	10/23	F20-29	24:30	7:54	24:26	7:52	Schenectady	NY	11:58	12:28
81	Dianna Hinton	59	11/28	F55-59	24:42	7:57	24:40	7:57	Waleska	GA	12:02	12:38
82	Sarah Alam El Din	20	11/23	F20-29	24:44	7:58	24:39	7:56	Syracuse	NY	11:58	12:41
83	Susan Stirrat	61	7/13	F60-64	24:46	7:58	24:42	7:57	Rockaway	NJ	12:04	12:38
84	Theresa White	8	1/5	F01-13	24:49	8:00	24:47	7:59	Fayetteville	NY	12:25	12:22
85	Catherine Lempesis	65	6/14	F65-69	24:49	8:00	24:46	7:59	Irmo	SC	12:06	12:40
86	Cara Howe	30	9/17	F30-34	24:51	8:00	24:46	7:59	Cazenovia	NY	12:05	12:41
87	Kelly Denne-Maher	50	20/36	F50-54	24:59	8:03	24:55	8:02	Syracuse	NY	12:28	12:27
88	Wende Cleary	55	12/28	F55-59	25:00	8:03	24:58	8:03	Pittsford	NY	11:50	13:08
89	Alexandra Carlson	31	10/17	F30-34	25:06	8:05	25:00	8:03	Syracuse	NY	12:13	12:47
90	Kelly Wolfe	39	2/16	F35-39	25:08	8:06	25:00	8:03	Camillus	NY	12:18	12:42
91	Karen Webster	51	21/36	F50-54	25:09	8:06	25:06	8:05	Pipersville	PA	12:24	12:42

92	Emily Fox	21	12/23	F20-29	25:14	8:08	25:11	8:07	Vestal	NY	11:52	13:19
93	Victoria Gomez	27	13/23	F20-29	25:14	8:08	25:11	8:07	Syracuse	NY	11:44	13:27
94	Libby James	80	1/4	F80-84	25:14	8:08	25:11	8:07	Fort Collins	CO	12:19	12:52
95	Luana Pesco Koplowitz	61	8/13	F60-64	25:21	8:10	25:13	8:07	Plainville	NY	12:20	12:53
96	Erika Civitella	38	3/16	F35-39	25:57	8:22	25:53	8:20	Fayetteville	NY	12:30	13:23
97	Andrew Haritos	47	7/19	F45-49	26:02	8:23	25:59	8:22	Bear	DE	12:12	13:47
98	Alexa Kowbel	13	2/5	F01-13	26:15	8:27	26:09	8:25	Cicero	NY	12:45	13:24
99	Cathy Carter	44	11/23	F40-44	26:23	8:30	26:17	8:28	Jamesville	NY	13:00	13:17
100	Kimberly Cavallo	48	8/19	F45-49	26:28	8:31	26:23	8:30	Syracuse	NY	12:47	13:36
101	Gwendolynn Riley-Zuckerbr	43	12/23	F40-44	26:28	8:32	26:23	8:30	Syracuse	NY	12:52	13:31
102	Linda Kelnock	49	9/19	F45-49	26:29	8:32	26:27	8:31	West Chester	PA	12:29	13:58
103	Amanda Aitken	10	3/5	F01-13	26:39	8:35	26:35	8:34	Jamesville	NY	13:14	13:21
104	Linda Owens	58	13/28	F55-59	26:50	8:39	26:45	8:37	Liverpool	NY	13:15	13:30
105	Emily Johnson	26	14/23	F20-29	26:58	8:41	26:51	8:39	Baldwinsville	NY	12:55	13:56
106	Allison Cook	25	15/23	F20-29	27:01	8:42	26:54	8:40	Syracuse	NY	13:16	13:38
107	Dawn Kent	42	13/23	F40-44	27:05	8:43	27:03	8:43	Newark	DE	13:01	14:02
108	Kathleen Allen	67	7/14	F65-69	27:09	8:45	27:05	8:43	Decatur	GA	13:17	13:48
109	Dianne Anderson	70	1/6	F70-74	27:16	8:47	27:13	8:46	Danville	CA	13:04	14:09
110	Brianna Eassa	19	6/8	F14-19	27:18	8:47	27:11	8:45	Syracuse	NY	13:23	13:48
111	Margie Stoll	75	1/4	F75-79	27:18	8:48	27:16	8:47	Nashville	TN	13:13	14:03
112	Moe Hohl	55	14/28	F55-59	27:19	8:48	27:14	8:46	Camillus	NY	12:57	14:17
113	Ellen Somers	57	15/28	F55-59	27:21	8:48	27:15	8:47	Syracuse	NY	13:32	13:43
114	Joy Oakey	67	8/14	F65-69	27:22	8:49	27:19	8:48	Media	PA	13:15	14:04
115	Nancy Latsch	45	10/19	F45-49	27:30	8:52	27:27	8:50	Oxford	PA	13:10	14:17
116	Maria Sheridan	52	22/36	F50-54	27:31	8:52	27:25	8:50	Marcellus	NY	13:20	14:05
117	Victoria Tumanova	36	4/16	F35-39	27:39	8:54	27:35	8:53	Fayetteville	NY	13:22	14:13
118	LeAnn Finnigan	54	23/36	F50-54	27:44	8:56	27:43	8:56	Farmington	NY	13:22	14:21
119	Michelle Weber	33	11/17	F30-34	27:54	8:59	27:46	8:57	Marcellus	NY	13:35	14:11
120	Mickey Piscitelli	59	16/28	F55-59	28:06	9:03	28:06	9:03	Baldwinsville	NY	13:42	14:24
121	Meg Fitzgerald	18	7/8	F14-19	28:08	9:04	28:01	9:01	Billings	MT	13:23	14:38
122	Karen Lein	58	17/28	F55-59	28:08	9:04	28:07	9:03	Newton Highlands	MA	13:34	14:33
123	Sarah Lockwood	36	5/16	F35-39	28:09	9:04	28:02	9:02	Syracuse	NY	13:35	14:27
124	Leigh Wilson	60	9/13	F60-64	28:23	9:08	28:15	9:06	Syracuse	NY	13:36	14:39
125	Chary Griffin	67	9/14	F65-69	28:29	9:10	28:28	9:10	Cazenovia	NY	14:01	14:27
126	Christine McCullough	56	18/28	F55-59	28:30	9:11	28:28	9:10	Oswego	NY	13:43	14:45
127	Robin Martin	42	14/23	F40-44	28:39	9:14	28:31	9:11	Syracuse	NY	13:47	14:44
128	Ellen Brunet	55	19/28	F55-59	28:54	9:18	28:41	9:14	Parish	NY	14:31	14:10
129	Sue Gardinier	74	2/6	F70-74	28:58	9:20	28:58	9:20	Verona	NY	14:32	14:26
130	Kelly Cresswell	50	24/36	F50-54	29:04	9:22	28:58	9:20	Cazenovia	NY	14:23	14:35
131	Anna Denhoff	17	8/8	F14-19	29:04	9:22	28:59	9:20	Fabius	NY	13:22	15:37
132	Colleen Clancy	49	11/19	F45-49	29:04	9:22	28:55	9:19	Syracuse	NY	14:32	14:23
133	Mary Casey	70	3/6	F70-74	29:14	9:25	29:08	9:23	Fayetteville	NY	14:27	14:41
134	Nancy Limmenbach	52	25/36	F50-54	29:27	9:29	29:22	9:27	Baldwinsville	NY	14:01	15:21
135	Amy King	40	15/23	F40-44	29:46	9:35	29:43	9:34	Claymont	DE	14:24	15:19
136	Alexis Gleeson	37	6/16	F35-39	29:49	9:36	29:34	9:31	Ogdensburg	NY	14:52	14:42
137	Cynthia Bright	58	20/28	F55-59	30:22	9:47	30:17	9:45	Skaneateles	NY	14:34	15:43
138	Eileen Fatcheric	55	21/28	F55-59	30:35	9:51	30:26	9:48	Syracuse	NY	14:48	15:38
139	Colleen Fawcett	46	12/19	F45-49	30:36	9:51	30:31	9:50	Chittenango	NY	14:48	15:43
140	Virginia Slobe	54	26/36	F50-54	30:39	9:52	29:54	9:38	Red Creek	NY	15:40	14:14

141	Megan Jones	36	7/16	F35-39	30:43	9:54	30:38	9:52	Liverpool	NY	14:47	15:51
142	Karen Colling	54	27/36	F50-54	31:04	10:00	30:54	9:57	Liverpool	NY	14:32	16:22
143	Sinead Feeny O'connor	13	4/5	F01-13	31:10	10:02	31:06	10:01	Syracuse	NY	16:03	15:03
144	Melinda Portmess	63	10/13	F60-64	31:25	10:07	31:14	10:03	Tully	NY	15:26	15:48
145	Krissie Oja	26	16/23	F20-29	31:30	10:09	31:27	10:08	Syracuse	NY	14:46	16:41
146	Katie Oja	26	17/23	F20-29	31:30	10:09	31:27	10:08	Syracuse	NY	14:46	16:41
147	Debra Holbrook	45	13/19	F45-49	31:34	10:10	31:20	10:05	Pulaski	NY	15:31	15:49
148	Krista Feeny	13	5/5	F01-13	31:37	10:11	31:33	10:10	Cicero	NY	16:03	15:30
149	Tina Procopio	50	28/36	F50-54	31:39	10:12	31:37	10:11	Rome	NY	14:39	16:58
150	Kristen Carey	23	18/23	F20-29	31:44	10:13	31:38	10:11	Manlius	NY	15:18	16:20
151	Lindy Drapikowski	49	14/19	F45-49	31:45	10:14	31:36	10:11	Syracuse	NY	15:52	15:44
152	Stacie Carroll	44	16/23	F40-44	31:48	10:14	31:25	10:07	Ogdensburg	NY	15:04	16:21
153	Rosemary Laquidari	72	4/6	F70-74	31:55	10:17	31:46	10:14	Liverpool	NY	15:12	16:34
154	Maryann Denhoff	50	29/36	F50-54	31:57	10:17	31:51	10:15	Fabius	NY	15:18	16:33
155	Mary Rosado	66	10/14	F65-69	32:04	10:20	32:04	10:20	New York	NY	15:43	16:21
156	Tracy Cromp	50	30/36	F50-54	32:16	10:23	32:04	10:20	Fayetteville	NY	15:56	16:08
157	Nicole Wagner	38	8/16	F35-39	32:17	10:24	32:09	10:21	Syracuse	NY	15:50	16:19
158	Katie McCarthy	38	9/16	F35-39	32:17	10:24	32:09	10:21	Syracuse	NY	15:51	16:18
159	Christine Sweeney	35	10/16	F35-39	32:26	10:27	32:20	10:25	Auburn	NY	15:54	16:26
160	Claudine Labeille	47	15/19	F45-49	32:33	10:29	32:25	10:26	Skaneateles	NY	15:58	16:27
161	Cindy Shore	60	11/13	F60-64	32:37	10:30	32:26	10:27	Binghamton	NY	15:52	16:34
162	Carol Rider	74	5/6	F70-74	32:41	10:31	32:33	10:29	Bridgeport	NY	15:45	16:48
163	Ann Netter	53	31/36	F50-54	32:47	10:34	32:40	10:31	Fayetteville	NY	15:56	16:44
164	Audrey Turner	59	22/28	F55-59	33:12	10:41	33:02	10:38	Marcellus	NY	16:29	16:33
165	Donna Ditota	55	23/28	F55-59	33:17	10:43	33:08	10:40	Syracuse	NY	16:02	17:06
166	Anika Flagg	43	17/23	F40-44	33:30	10:47	33:25	10:46	Jamesville	NY	16:06	17:19
167	Andrea Hollier	52	32/36	F50-54	33:35	10:49	32:47	10:34	Red Creek	NY	16:01	16:46
168	Kristine Longshore	48	16/19	F45-49	33:53	10:55	33:51	10:54	Doylestown	PA	17:00	16:51
169	Linda Crossett	55	24/28	F55-59	34:03	10:58	33:54	10:55	Camillus	NY	15:11	18:43
170	Emmey Crossett	24	19/23	F20-29	34:04	10:58	33:56	10:56	Camillus	NY	15:12	18:44
171	Catherine Pearse	50	33/36	F50-54	34:08	10:59	34:00	10:57	Central Square	NY	15:55	18:05
172	Michelle Kolek	27	20/23	F20-29	34:13	11:01	34:06	10:59	West Monroe	NY	15:52	18:14
173	Angela Flanagan	42	18/23	F40-44	34:13	11:01	34:04	10:58	Camillus	NY	16:30	17:34
174	Allison Devoe	27	21/23	F20-29	34:14	11:01	34:05	10:59	Jamesville	NY	16:31	17:34
175	Jennifer Russo	37	11/16	F35-39	34:15	11:02	34:06	10:59	Liverpool	NY	16:31	17:35
176	Andrea Hahn	37	12/16	F35-39	34:30	11:07	34:20	11:04	Clay	NY	15:51	18:29
177	Alison Jackson Popp	31	12/17	F30-34	34:32	11:07	34:21	11:04	Syracuse	NY	15:51	18:30
178	Marguerite Fulton-Newton	68	11/14	F65-69	34:47	11:12	34:36	11:09	Liverpool	NY	16:47	17:49
179	DaBeth Manns	40	19/23	F40-44	34:57	11:15	34:57	11:15	Washington	DC	16:57	18:00
180	Tami Graf	80	2/4	F80-84	35:02	11:17	35:00	11:16	Lusby	MD	16:53	18:07
181	Cindy Daly	58	25/28	F55-59	35:39	11:29	35:37	11:28	Weedsport	NY	16:55	18:42
182	Donna Eschenbrenner	58	26/28	F55-59	35:49	11:32	35:40	11:29	Ithaca	NY	17:18	18:22
183	Fran Rowe	76	2/4	F75-79	35:54	11:34	35:54	11:34	Niagara Falls	NY	17:28	18:26
184	Estelle Hahn	76	3/4	F75-79	35:54	11:34	35:47	11:31	Jamesville	NY	17:34	18:13
185	Dawn Wood	45	17/19	F45-49	36:10	11:39	36:05	11:37	Syracuse	NY	16:44	19:21
186	Catherine Salerno	38	13/16	F35-39	36:18	11:41	35:34	11:27	Sayreville	NJ	17:01	18:33
187	Betsy Henderson	51	34/36	F50-54	36:25	11:44	36:20	11:42	Baldwinsville	NY	17:12	19:08
188	Julie Ratliff	45	18/19	F45-49	36:25	11:44	36:19	11:42	Montezuma	NY	17:25	18:54
189	Lynaye Stone	36	14/16	F35-39	36:29	11:45	36:15	11:41	Syracuse	NY	17:13	19:02

190	Stephanie Murphy	30	13/17	F30-34	36:57	11:54	36:49	11:51	Cicero	NY	17:13	19:36
191	Devorah Weinstein	25	22/23	F20-29	36:59	11:55	36:52	11:52	Syracuse	NY	17:17	19:35
192	Christa Maier	76	4/4	F75-79	37:07	11:57	37:06	11:57	Williamsville	NY	17:25	19:41
193	Jaime Strain	46	19/19	F45-49	37:17	12:00	37:13	11:59	Liverpool	NY	17:49	19:24
194	Jillian Richardson	32	14/17	F30-34	37:36	12:06	37:30	12:04	Syracuse	NY	18:05	19:25
195	Blythe Bennett	56	27/28	F55-59	37:42	12:08	37:28	12:04	Syracuse	NY	18:27	19:01
196	Ann Stockman	84	3/4	F80-84	38:13	12:18	38:11	12:18	Rensselaer	NY	18:50	19:21
197	Carole Ozark	69	12/14	F65-69	38:31	12:24	38:26	12:23	Weedsport	NY	17:42	20:44
198	Shelly Clark	54	35/36	F50-54	38:33	12:25	38:26	12:23	Baldwinsville	NY	18:02	20:24
199	Lauren Clark	25	23/23	F20-29	38:33	12:25	38:26	12:23	Liverpool	NY	18:02	20:24
200	Rebecca McDermott	34	15/17	F30-34	38:40	12:27	38:22	12:21	Massena	NY	18:15	20:07
201	Lisa Williams	51	36/36	F50-54	38:53	12:31	38:39	12:27	Clay	NY	19:10	19:29
202	Katie Roberts	30	16/17	F30-34	39:15	12:38	39:09	12:36	Manlius	NY	18:26	20:43
203	Megan Waterman	41	20/23	F40-44	39:17	12:39	39:13	12:38	Hampstead	MD	18:17	20:56
204	Caitlin Eger	31	17/17	F30-34	39:34	12:44	39:28	12:42	Syracuse	NY	18:27	21:01
205	Edna Hyer	82	4/4	F80-84	39:37	12:46	39:35	12:45	South Wales	NY	19:19	20:16
206	Joanne Ozark	39	15/16	F35-39	41:56	13:30	41:44	13:26	Vienna	VA	20:00	21:44
207	Holly Skiff	41	21/23	F40-44	41:57	13:30	41:44	13:26	Phoenix	NY	20:00	21:44
208	Angela Thor	61	12/13	F60-64	43:13	13:55	43:01	13:51	Syracuse	NY	20:54	22:07
209	Connie Ciccone	71	6/6	F70-74	43:29	14:00	43:24	13:58	Skaneateles	NY	21:11	22:13
210	Janet Seeley	60	13/13	F60-64	43:35	14:02	43:26	13:59	Baldwinsville	NY	20:10	23:16
211	Anne Proppe	65	13/14	F65-69	43:44	14:05	43:35	14:02	Baldwinsville	NY	21:01	22:34
212	Maura O'Toole	57	28/28	F55-59	44:17	14:15	44:07	14:12	Liverpool	NY	21:11	22:56
213	Roda Giaprakis	66	14/14	F65-69	50:40	16:19	50:39	16:19	Syracuse	NY	24:43	25:56
214	Marianne Ferraro	43	22/23	F40-44	52:54	17:02	52:39	16:57	Canastota	NY	26:08	26:31
215	Andrea Kooritzky	42	23/23	F40-44	54:08	17:26	54:01	17:23	Syracuse	NY	26:36	27:25
216	Mindy Isaac	37	16/16	F35-39	59:09	19:03	58:57	18:59	Folcrfot	PA	30:12	28:45

THE 24th ANNUAL SYRACUSE FESTIVAL OF RACES
Syracuse, NY October 2, 2016
MEN'S 5K

PLACE NAME	AGE	PLACE IN AGEGROUP	GUN TIME	GUN PACE	NET TIME	NET PACE	RESIDENCE	ST	1st SPLIT	2nd SPLIT	
1 Omar Boulama	22	1/32	M20-29	14:40	4:44	14:40	4:44	Walworth	NY	7:18	7:22
2 Kevin Castille	44	1/36	M40-44	14:46	4:46	14:46	4:45	Lafayette	LA	7:21	7:25
3 Sam Morse	32	1/12	M30-34	15:02	4:51	15:02	4:51	Camden	NY	7:27	7:35
4 Chris Stogsdill	25	2/32	M20-29	15:12	4:54	15:12	4:54	Syracuse	NY	7:17	7:55
5 John Gardiner	44	2/36	M40-44	15:13	4:54	15:12	4:54	Rancho Santa Marga	CA	7:27	7:45
6 Adam Pacheck	24	3/32	M20-29	15:16	4:55	15:16	4:55	Ithaca	NY	7:19	7:57
7 David Angell	40	3/36	M40-44	15:20	4:56	15:19	4:56	Blue Ridge	VA	7:28	7:51
8 Ben Snodgrass	24	4/32	M20-29	15:37	5:02	15:37	5:02	Apalachin	NY	7:44	7:53
9 William Hoyne	34	2/12	M30-34	15:38	5:02	15:37	5:02	Clay	NY	7:46	7:51
10 Mark Andrews	45	1/41	M45-49	15:39	5:03	15:38	5:02	Rochester	NY	7:43	7:55
11 Aaron Totten-Lancaster	41	4/36	M40-44	15:42	5:03	15:40	5:03	Hamilton	GA	7:47	7:53
12 Matthew Lacey	32	3/12	M30-34	15:44	5:04	15:43	5:04	Clinton	NY	7:38	8:05
13 Christopher Shaw, Jr.	41	5/36	M40-44	15:46	5:05	15:45	5:05	Silver Spring	MD	7:45	8:00

14	Kristian Blaich	50	1/51	M50-54	15:49	5:06	15:48	5:06	Decatur	GA	7:51	7:57
15	Musa Gwanzura	44	6/36	M40-44	15:51	5:07	15:51	5:07	Roanoke Rapids	NC	7:55	7:56
16	Chuck Terry	34	4/12	M30-34	15:52	5:07	15:50	5:06	Albany	NY	7:48	8:02
17	Greg Putnam	46	2/41	M45-49	15:53	5:07	15:52	5:07	Stoneham	MA	7:49	8:03
18	Carl Combs	51	2/51	M50-54	15:55	5:08	15:55	5:08	Cheney	WA	7:53	8:02
19	Nat Larson	54	3/51	M50-54	15:57	5:08	15:57	5:08	Amherst	MA	7:51	8:06
20	Tim Van Orden	48	3/41	M45-49	15:58	5:09	15:57	5:08	Bennington	VT	7:50	8:07
21	Craig Greenslit	46	4/41	M45-49	15:59	5:09	15:59	5:09	Berthoud	CO	7:46	8:13
22	Scott Weeks	44	7/36	M40-44	16:00	5:09	15:59	5:09	Groton	NY	7:50	8:09
23	Jake Stookey	40	8/36	M40-44	16:02	5:10	16:01	5:10	Clifton Park	NY	7:57	8:04
24	Matthew Marcini	40	9/36	M40-44	16:05	5:11	16:04	5:10	York	PA	7:50	8:14
25	Jonathan Frieder	45	5/41	M45-49	16:06	5:11	16:05	5:11	Rye Brook	NY	7:54	8:11
26	Robert Arsenault	50	4/51	M50-54	16:08	5:12	16:06	5:11	Riverside	CA	7:56	8:10
27	Hank Church	28	5/32	M20-29	16:08	5:12	16:08	5:12	Syracuse	NY	7:54	8:14
28	Steve Boyd	53	5/51	M50-54	16:10	5:13	16:10	5:13	Kingston	ON	8:03	8:07
29	Derek Powers	41	10/36	M40-44	16:13	5:14	16:12	5:13	Chittanooga	NY	7:57	8:15
30	Alexander Looi	27	6/32	M20-29	16:16	5:14	16:15	5:14	Baldwinsville	NY	8:01	8:14
31	Mike Melfi	40	11/36	M40-44	16:17	5:15	16:17	5:15	Clay	NY	8:05	8:12
32	Thomas Carroll	43	12/36	M40-44	16:21	5:16	16:21	5:16	Smyrna	GA	8:02	8:19
33	Elliott Frieder	45	6/41	M45-49	16:22	5:16	16:22	5:16	Montville	NJ	8:04	8:18
34	Michael Kent	51	6/51	M50-54	16:23	5:17	16:21	5:16	Conklin Forks	NY	7:56	8:25
35	Ethan Nedeau	43	13/36	M40-44	16:23	5:17	16:21	5:16	Leverett	MA	7:53	8:28
36	Andy Wigton	32	5/12	M30-34	16:24	5:17	16:22	5:17	Rochester	NY	8:05	8:17
37	Brent Fields	44	14/36	M40-44	16:30	5:19	16:28	5:18	Covington	GA	8:02	8:26
38	Leon Atkins	20	7/32	M20-29	16:34	5:20	16:32	5:20	Auburn	NY	8:01	8:31
39	Francis Burdett	51	7/51	M50-54	16:37	5:21	16:36	5:21	Worcester	MA	7:58	8:38
40	Kevin Burke	43	15/36	M40-44	16:39	5:22	16:37	5:21	Buffalo	NY	8:18	8:19
41	Brian Pilcher	60	1/40	M60-64	16:39	5:22	16:38	5:22	Ross	CA	8:07	8:31
42	Maximilian Kronauer	22	8/32	M20-29	16:43	5:23	16:41	5:22	Harvard	MA	8:12	8:29
43	Chris White	42	16/36	M40-44	16:45	5:24	16:43	5:23	Elkhart	IN	8:15	8:28
44	Greg Burns	26	9/32	M20-29	16:46	5:24	16:44	5:24	Watertown	NY	8:22	8:22
45	Jordan Varano	37	1/9	M35-39	16:47	5:24	16:45	5:24	Vestal	NY	8:20	8:25
46	Kevin Beatty	40	17/36	M40-44	16:48	5:25	16:46	5:24	Frankford	ON	8:08	8:38
47	Joe Shairs	48	7/41	M45-49	16:50	5:25	16:48	5:25	Peabody	MA	8:14	8:34
48	Todd Halbig	40	18/36	M40-44	16:51	5:26	16:50	5:25	Fayetteville	NY	8:22	8:28
49	Matthew Corolis	21	10/32	M20-29	16:53	5:26	16:52	5:26	Kingston	ON	7:55	8:57
50	Keith McAteer	18	1/8	M14-19	16:54	5:27	16:53	5:26	Cranston	RI	8:08	8:45
51	Dave Bussard	56	1/37	M55-59	16:55	5:27	16:54	5:27	Elkhart	IN	8:18	8:36
52	Kerry Barnett	56	2/37	M55-59	16:56	5:27	16:55	5:27	Keego Harbor	MI	8:18	8:37
53	Michael Dee	25	11/32	M20-29	16:58	5:28	16:56	5:27	East Syracuse	NY	8:18	8:38
54	Ace Serlanni	26	12/32	M20-29	16:58	5:28	16:58	5:28	Geneseo Junction	NY	8:24	8:34
55	Casey Carlstrom	57	3/37	M55-59	16:59	5:28	16:58	5:28	Ithaca	NY	8:24	8:34
56	John Stadtlander	51	8/51	M50-54	17:03	5:30	17:03	5:30	Clifton Park	NY	8:19	8:44
57	Ron Lombardi	52	9/51	M50-54	17:05	5:30	17:03	5:30	Southington	CT	8:22	8:41
58	Matthew Whitis	48	8/41	M45-49	17:05	5:30	17:03	5:30	Columbus	GA	8:29	8:34
59	Victor Breedveid	43	19/36	M40-44	17:10	5:32	17:08	5:31	Atlanta	GA	8:20	8:48
60	Ryan Mitchell	50	10/51	M50-54	17:11	5:32	17:10	5:32	Troy	NY	8:25	8:45
61	Jonathan Fitzgerald	21	13/32	M20-29	17:14	5:33	17:11	5:32	Princeton	MA	8:33	8:38
62	Michael Strickland	50	11/51	M50-54	17:15	5:33	17:12	5:33	Marietta	GA	8:15	8:57

63	Fred Zalokar	56	4/37	M55-59	17:15	5:33	17:13	5:33	Reno	NV	8:20	8:53
64	Volker Burkowski	45	9/41	M45-49	17:15	5:34	17:14	5:33	Gansevoort	NY	8:27	8:47
65	Gary Droze	55	5/37	M55-59	17:16	5:34	17:14	5:33	Tallahassee	FL	8:37	8:37
66	Richard Cohen	45	10/41	M45-49	17:17	5:34	17:15	5:33	Utica	NY	8:32	8:43
67	Benson Worthington	22	14/32	M20-29	17:18	5:34	17:16	5:34	Syracuse	NY	8:35	8:41
68	Jeff Haertel	54	12/51	M50-54	17:18	5:35	17:16	5:34	Atlanta	GA	8:25	8:51
69	Alan Evans	53	13/51	M50-54	17:18	5:35	17:17	5:34	Beaver Dams	NY	8:24	8:53
70	Matt Ebner	55	6/37	M55-59	17:19	5:35	17:17	5:34	Covina	CA	8:29	8:48
71	Ruben Henderson, Jr.	54	14/51	M50-54	17:20	5:35	17:19	5:35	Grand Rapids	MI	8:13	9:06
72	Derek Miller	45	11/41	M45-49	17:21	5:35	17:19	5:35	Palmyra	PA	8:30	8:49
73	Joseph Mora, III	55	7/37	M55-59	17:21	5:35	17:20	5:35	Fayetteville	NY	8:35	8:45
74	Robert Landry	48	12/41	M45-49	17:22	5:36	17:19	5:35	Ludlow	MA	8:35	8:44
75	Mike Nier	51	15/51	M50-54	17:23	5:36	17:22	5:36	Rochester	NY	8:24	8:58
76	William Enicks, Iv	57	8/37	M55-59	17:24	5:36	17:21	5:36	Signal Mountain	TN	8:27	8:54
77	Danny Driscoll	23	15/32	M20-29	17:26	5:37	17:21	5:35	Syracuse	NY	8:35	8:46
78	Robert Thornhill, III	48	13/41	M45-49	17:29	5:38	17:25	5:37	Lakeland	FL	8:35	8:50
79	James Pawlicki	41	20/36	M40-44	17:29	5:38	17:27	5:37	Lynn	MA	8:27	9:00
80	Charlie Andrews	59	9/37	M55-59	17:31	5:39	17:30	5:38	Rochester	NY	8:28	9:02
81	Tom Bernhard	65	1/25	M65-69	17:32	5:39	17:31	5:38	Castro Valley	CA	8:26	9:05
82	Jeff Conston	48	14/41	M45-49	17:34	5:40	17:33	5:39	Hopewell Jct	NY	8:44	8:49
83	Dale Flanders	51	16/51	M50-54	17:37	5:40	17:35	5:40	Allegany	NY	8:31	9:04
84	Derrick Staley	57	10/37	M55-59	17:44	5:43	17:42	5:42	Ballston Lake	NY	8:39	9:03
85	Jeffrey Brison	52	17/51	M50-54	17:46	5:43	17:44	5:43	Schenectady	NY	8:48	8:56
86	Jeremy Zgoda	20	16/32	M20-29	17:51	5:45	17:49	5:44	Buffalo	NY	8:33	9:16
87	Robert Irwin	43	21/36	M40-44	17:52	5:45	17:50	5:45	Guilderland	NY	8:45	9:05
88	Dan Arsenault	53	18/51	M50-54	17:53	5:46	17:51	5:45	Santa Ana	CA	8:43	9:08
89	John Van Kerkhove	54	19/51	M50-54	17:55	5:46	17:54	5:46	Rochester	NY	8:39	9:15
90	Kareem Lanier	43	22/36	M40-44	17:57	5:47	17:54	5:46	Lincoln University	PA	8:35	9:19
91	Jorge Lopes	53	20/51	M50-54	17:58	5:47	17:55	5:46	Linden	NJ	8:49	9:06
92	Patrick Riolo	18	2/8	M14-19	18:08	5:51	18:05	5:50	Syracuse	NY	8:40	9:25
93	Theodor Schnauffer	52	21/51	M50-54	18:13	5:52	18:11	5:51	Syracuse	NY	8:53	9:18
94	Pall Hardarson	50	22/51	M50-54	18:13	5:52	18:13	5:52	Reykjavik	IS	9:04	9:09
95	Tom Ryan	60	2/40	M60-64	18:14	5:52	18:12	5:52	Johnson City	NY	8:52	9:20
96	Kyle Lanier	43	23/36	M40-44	18:14	5:53	18:12	5:52	Lincoln University	PA	8:53	9:19
97	Peter Mullin	65	2/25	M65-69	18:16	5:53	18:14	5:52	Houston	TX	8:54	9:20
98	Christopher Harvey	25	17/32	M20-29	18:16	5:53	18:12	5:52	Syracuse	NY	8:50	9:22
99	Kyle Hubbard	60	3/40	M60-64	18:21	5:55	18:18	5:54	Broomfield	CO	9:12	9:06
100	Leo Kolshorn	42	24/36	M40-44	18:21	5:55	18:19	5:54	Hawley	PA	8:53	9:26
101	Gary Radford	59	11/37	M55-59	18:23	5:55	18:21	5:55	Cicero	NY	8:54	9:27
102	Ahviere Reese	14	3/8	M14-19	18:25	5:56	18:21	5:55	Jamesville	NY	8:59	9:22
103	Brad Eckersley	20	18/32	M20-29	18:28	5:57	18:25	5:56	Clarks Summit	PA	8:50	9:35
104	Rob Blaszkiewicz	52	23/51	M50-54	18:29	5:57	18:27	5:57	Atlanta	GA	8:59	9:28
105	Doug Bell	65	3/25	M65-69	18:31	5:58	18:30	5:57	Greeley	CO	9:01	9:29
106	Loren Davies	49	15/41	M45-49	18:36	6:00	18:32	5:58	Liverpool	NY	9:05	9:27
107	Neal Coffey	55	12/37	M55-59	18:36	6:00	18:33	5:59	Cazenovia	NY	9:04	9:29
108	Paul Humphrey	49	16/41	M45-49	18:42	6:01	18:37	6:00	Deerfield	NY	9:02	9:35
109	Timothy Riccardi	58	13/37	M55-59	18:43	6:02	18:42	6:01	Marietta	NY	9:06	9:36
110	Kyle Driscoll	20	19/32	M20-29	18:46	6:03	18:41	6:01	Syracuse	NY	9:12	9:29
111	Jake Copich	22	20/32	M20-29	18:49	6:04	18:46	6:03	Syracuse	NY	9:08	9:38

112	Brian Cummins	61	4/40	M60-64	18:50	6:04	18:46	6:03	Cortland	NY	9:17	9:29
113	Ian McKeachie	20	21/32	M20-29	18:56	6:06	18:50	6:04	New York	NY	8:53	9:57
114	Mark Rybinski	61	5/40	M60-64	18:58	6:07	18:56	6:06	Manlius	NY	9:15	9:41
115	Venelin Tchamov	50	24/51	M50-54	19:04	6:08	19:01	6:08	Rochester	NY	9:16	9:45
116	John Holcomb	62	6/40	M60-64	19:05	6:09	19:01	6:08	Pacific Palisades	CA	9:14	9:47
117	Dennis Delaney	52	25/51	M50-54	19:06	6:09	19:01	6:07	Syracuse	NY	9:14	9:47
118	Perry Forrester	64	7/40	M60-64	19:06	6:09	19:02	6:08	Topanga	CA	9:15	9:47
119	Robert Liebers	58	14/37	M55-59	19:08	6:10	19:04	6:09	Lakewood	NY	9:05	9:59
120	Patrick Gaughan	63	8/40	M60-64	19:16	6:12	19:13	6:12	Rivervale	NJ	9:31	9:42
121	Keith Witthauer	60	9/40	M60-64	19:17	6:13	19:13	6:11	Apple Valley	CA	9:15	9:58
122	Michael Girard	20	22/32	M20-29	19:20	6:14	19:15	6:12	Phoenix	NY	9:40	9:35
123	James Strait	46	17/41	M45-49	19:23	6:15	19:20	6:14	Us Army	PA	9:11	10:09
124	Scott Linnell	60	10/40	M60-64	19:25	6:15	19:20	6:14	Colts Neck	NJ	9:25	9:55
125	Geoffrey Towell	55	15/37	M55-59	19:25	6:15	19:21	6:14	West Chester	PA	9:41	9:40
126	Kirk Larson	65	4/25	M65-69	19:27	6:16	19:24	6:15	Atlanta	GA	9:35	9:49
127	Thomas Mullins	49	18/41	M45-49	19:28	6:16	19:23	6:15	Cortland	NY	9:28	9:55
128	Javier Martinez	45	19/41	M45-49	19:29	6:17	19:24	6:15	Baldwinsville	NY	9:30	9:54
129	Rene Schwartz	53	26/51	M50-54	19:30	6:17	19:23	6:15	Waterville Valley	NH	9:10	10:13
130	Bob Giambalvo	67	5/25	M65-69	19:31	6:17	19:28	6:16	Delhi	NY	9:34	9:54
131	Dennis Kinney	56	16/37	M55-59	19:33	6:18	19:30	6:17	Rochester	NY	9:33	9:57
132	Severn Loftus	40	25/36	M40-44	19:36	6:19	19:31	6:17	Fulton	NY	9:37	9:54
133	Stephen Ruchlin	48	20/41	M45-49	19:38	6:20	19:36	6:19	Rochester	NY	9:23	10:13
134	Michael O'Connor	40	26/36	M40-44	19:40	6:20	19:33	6:18	East Syracuse	NY	9:28	10:05
135	Bill Newsham	51	27/51	M50-54	19:43	6:21	19:41	6:20	Brookline	NH	9:21	10:20
136	Tyler Aitken	13	1/4	M01-13	19:47	6:23	19:43	6:21	Jamesville	NY	9:32	10:11
137	Steven Rando	20	23/32	M20-29	19:51	6:24	19:47	6:22	Owego	NY	9:13	10:34
138	George Braun	62	11/40	M60-64	19:55	6:25	19:51	6:24	Denver	CO	9:26	10:25
139	Alex Shepherd	18	4/8	M14-19	19:59	6:26	19:56	6:25	North Oxford	MA	9:27	10:29
140	Bill Beyerbach	61	12/40	M60-64	20:01	6:27	19:59	6:26	Rochester	NY	9:27	10:32
141	Justin Nowicki	11	2/4	M01-13	20:02	6:27	19:59	6:26	Syracuse	NY	9:47	10:12
142	Gary Patton	70	1/28	M70-74	20:03	6:28	20:00	6:27	Rock Rapids	IA	9:48	10:12
143	Keegan Brady	10	3/4	M01-13	20:04	6:28	20:00	6:27	Auburn	NY	9:47	10:13
144	Stephen Hranilovich	53	28/51	M50-54	20:04	6:28	20:02	6:27	Phoenixville	PA	9:39	10:23
145	Paul Cianfrocca	52	29/51	M50-54	20:05	6:28	19:59	6:26	Camillus	NY	9:48	10:11
146	Wally Hayes	64	13/40	M60-64	20:08	6:29	20:04	6:28	Ann Arbor	MI	9:50	10:14
147	Dave Glass	70	2/28	M70-74	20:16	6:32	20:13	6:31	Glenville	NY	9:55	10:18
148	Aaron Pratt	62	14/40	M60-64	20:17	6:32	20:13	6:31	Saline	MI	9:50	10:23
149	Vince Fox	58	17/37	M55-59	20:18	6:33	20:15	6:32	Vestal	NY	9:48	10:27
150	Joshua Koeppe	14	5/8	M14-19	20:19	6:33	20:12	6:31	Bridgeport	NY	9:56	10:16
151	Peter Glenshaw	52	30/51	M50-54	20:20	6:33	20:15	6:31	Lyme	NH	9:59	10:16
152	Michael Latsch	45	21/41	M45-49	20:22	6:33	20:18	6:32	Oxford	PA	10:04	10:14
153	Matthew Russo	14	6/8	M14-19	20:32	6:37	20:30	6:36	Liverpool	NY	9:48	10:42
154	Don Hughes	59	18/37	M55-59	20:33	6:37	20:26	6:35	Syracuse	NY	10:04	10:22
155	Jerry Learned	68	6/25	M65-69	20:33	6:37	20:30	6:36	Gainesville	GA	9:53	10:37
156	Stephen Jones	45	22/41	M45-49	20:33	6:37	20:30	6:36	West Chester	PA	9:48	10:42
157	Fred Miller	65	7/25	M65-69	20:35	6:38	20:30	6:36	Liverpool	NY	10:04	10:26
158	Chris Cox	45	23/41	M45-49	20:36	6:38	20:29	6:36	Liverpool	NY	10:08	10:21
159	Dave Laris	54	31/51	M50-54	20:36	6:38	20:31	6:37	Clay	NY	9:54	10:37
160	Bob Dalton	63	15/40	M60-64	20:38	6:39	20:34	6:38	Fayetteville	GA	10:01	10:33

161	Mark Chiusano	61	16/40	M60-64	20:42	6:40	20:39	6:39	Metuchen	NJ	9:59	10:40
162	Patrick Moore	28	24/32	M20-29	20:42	6:40	20:33	6:37	Syracuse	NY	10:18	10:15
163	Erik Juliani	16	7/8	M14-19	20:45	6:41	20:43	6:40	Henrietta	NY	9:40	11:03
164	John Austin	61	17/40	M60-64	20:46	6:41	20:40	6:39	Syracuse	NY	10:07	10:33
165	Marcus Gage	44	27/36	M40-44	20:47	6:42	20:46	6:41	Palmyra	NY	9:44	11:02
166	Michael Du Charme	60	18/40	M60-64	20:51	6:43	20:47	6:42	Saginaw	MI	10:02	10:45
167	Tony Gingello	69	8/25	M65-69	20:51	6:43	20:49	6:42	Rochester	NY	10:07	10:42
168	William Clauss	65	9/25	M65-69	20:53	6:44	20:50	6:43	Rochester	NY	10:13	10:37
169	Jim May	70	3/28	M70-74	20:55	6:44	20:53	6:44	Williamson	NY	10:00	10:53
170	Ken Cresswell	54	32/51	M50-54	20:57	6:45	20:50	6:43	Cazenovia	NY	10:21	10:29
171	Bill Bosmann	66	10/25	M65-69	20:58	6:45	20:54	6:44	Rockaway	NJ	10:21	10:33
172	Lucian De Nevers	14	8/8	M14-19	21:00	6:46	20:52	6:43	Syracuse	NY	10:28	10:24
173	Peter Eschenbrenner	29	25/32	M20-29	21:00	6:46	20:56	6:45	Hollandale	FL	9:59	10:57
174	Joshua Aitken	12	4/4	M01-13	21:02	6:47	20:59	6:46	Jamesville	NY	10:25	10:34
175	Francisco Gonzalez	28	26/32	M20-29	21:04	6:47	21:00	6:46	Syracuse	NY	10:03	10:57
176	Jim Bright	58	19/37	M55-59	21:04	6:47	20:59	6:46	Skaneateles	NY	10:10	10:49
177	John McEachen	46	24/41	M45-49	21:07	6:48	20:59	6:46	Fulton	NY	10:09	10:50
178	Matthew Rodak	37	2/9	M35-39	21:08	6:48	20:56	6:45	Syracuse	NY	10:05	10:51
179	Samuel Sampere	51	33/51	M50-54	21:12	6:50	21:05	6:47	Fayetteville	NY	10:14	10:51
180	William Sumner	68	11/25	M65-69	21:23	6:53	21:20	6:52	North Tustin	CA	10:23	10:57
181	Theodore Larison	64	19/40	M60-64	21:23	6:53	21:19	6:52	Cortland	NY	10:22	10:57
182	Kenneth Kondracki	55	20/37	M55-59	21:26	6:54	21:19	6:52	Reading	PA	10:25	10:54
183	Eric Kasper	49	25/41	M45-49	21:26	6:54	21:19	6:52	Clark Mills	NY	10:04	11:15
184	Ethan Bodnaruk	34	6/12	M30-34	21:34	6:57	21:24	6:54	Syracuse	NY	10:12	11:12
185	Nick Diego	42	28/36	M40-44	21:35	6:57	21:23	6:53	Auburn	NY	10:21	11:02
186	Przemyslaw Nowicki	72	4/28	M70-74	21:37	6:58	21:34	6:57	Holmdel	NJ	10:24	11:10
187	Tim McMullen	63	20/40	M60-64	21:37	6:58	21:35	6:57	Churchville	NY	10:02	11:33
188	Paul Carlin	70	5/28	M70-74	21:38	6:58	21:35	6:57	Indianapolis	IN	10:44	10:51
189	Alexander Tedeschi	31	7/12	M30-34	21:40	6:59	21:40	6:59	Jamesville	NY	9:55	11:45
190	Derek Simmonds	45	26/41	M45-49	21:42	6:59	21:38	6:58	Auburn	NY	10:25	11:13
191	Paul Gellert	48	27/41	M45-49	21:43	7:00	21:37	6:58	Liverpool	NY	10:33	11:04
192	George Stanley, Jr. Md	48	28/41	M45-49	21:48	7:01	21:41	6:59	Syracuse	NY	10:44	10:57
193	Christopher Koeppe	40	29/36	M40-44	21:53	7:03	21:46	7:01	Bridgeport	NY	10:40	11:06
194	Greg Wandersee	58	21/37	M55-59	21:53	7:03	21:44	7:00	North Syracuse	NY	10:21	11:23
195	Jim Cox	56	22/37	M55-59	21:56	7:04	21:49	7:02	Liverpool	NY	10:47	11:02
196	Christopher Burke	59	23/37	M55-59	21:57	7:04	21:45	7:00	Syracuse	NY	10:54	10:51
197	Yuriy Yatsishin	27	27/32	M20-29	21:59	7:05	21:49	7:02	East Syracuse	NY	11:05	10:44
198	Vasan Neovakul	66	12/25	M65-69	21:59	7:05	21:55	7:04	Atlanta	GA	10:36	11:19
199	Richard Kutzner	73	6/28	M70-74	22:02	7:06	21:59	7:05	Casa Grande	AZ	10:44	11:15
200	Rich Ashe	51	34/51	M50-54	22:02	7:06	21:56	7:04	Syracuse	NY	10:33	11:23
201	Ric Bond	59	24/37	M55-59	22:07	7:07	22:02	7:06	Liverpool	NY	10:46	11:16
202	Sean Moore	31	8/12	M30-34	22:07	7:08	21:59	7:05	Manlius	NY	10:37	11:22
203	Gary Dworkin	59	25/37	M55-59	22:08	7:08	22:04	7:07	Clearwater	FL	10:48	11:16
204	Ethan White	22	28/32	M20-29	22:10	7:09	21:59	7:05	Lewiston	NY	10:55	11:04
205	Gary Burak	58	26/37	M55-59	22:14	7:10	22:07	7:07	New Hartford	NY	10:47	11:20
206	Russell Houck	53	35/51	M50-54	22:18	7:11	22:10	7:08	Syracuse	NY	10:46	11:24
207	Kevin Nelson	51	36/51	M50-54	22:19	7:11	22:15	7:10	Owego	NY	10:43	11:32
208	Christopher Conley	44	30/36	M40-44	22:20	7:11	22:10	7:08	Auburn	NY	11:05	11:05
209	Mike Winkler	34	9/12	M30-34	22:23	7:13	22:17	7:11	Utica	NY	10:32	11:45

210	Patrick Ross	58	27/37	M55-59	22:23	7:13	22:17	7:11	Baldwinsville	NY	11:04	11:13
211	Rob Carter	41	31/36	M40-44	22:33	7:16	22:18	7:11	Jamesville	NY	11:06	11:12
212	Milton Schumacher	72	7/28	M70-74	22:34	7:16	22:29	7:14	North Scituate	RI	11:03	11:26
213	James Davis	61	21/40	M60-64	22:36	7:17	22:34	7:16	Rochester	NY	11:11	11:23
214	Roger Robinson	77	1/8	M75-79	22:45	7:20	22:38	7:17	New Paltz	NY	11:07	11:31
215	Jeffrey Heim	41	32/36	M40-44	22:48	7:21	22:39	7:18	Syracuse	NY	10:56	11:43
216	Gary Tretter	65	13/25	M65-69	22:52	7:22	22:39	7:18	East Syracuse	NY	11:16	11:23
217	Haoyuan Dong	36	3/9	M35-39	22:54	7:23	22:50	7:21	Syracuse	NY	10:26	12:24
218	David Bowen	64	22/40	M60-64	22:54	7:23	22:48	7:21	Port Byron	NY	11:11	11:37
219	Michael Reif	67	14/25	M65-69	22:56	7:23	22:53	7:22	Victor	NY	11:17	11:36
220	Ed Luban	64	23/40	M60-64	22:56	7:23	22:48	7:21	Syracuse	NY	11:06	11:42
221	Jack Kasperski	65	15/25	M65-69	22:56	7:23	22:52	7:22	Fairport	NY	11:14	11:38
222	Jan Frisby	72	8/28	M70-74	22:59	7:24	22:56	7:23	Grand Junction	CO	11:00	11:56
223	Roberto Perez	45	29/41	M45-49	23:00	7:24	22:57	7:24	Syracuse	NY	10:46	12:11
224	Thomas Webster	51	37/51	M50-54	23:04	7:26	22:59	7:24	Pipersville	PA	11:11	11:48
225	Stan More	64	24/40	M60-64	23:11	7:28	23:05	7:26	Syracuse	NY	11:33	11:32
226	Anthony Boyadjis	57	28/37	M55-59	23:20	7:31	23:15	7:29	Maplewood	NJ	11:16	11:59
227	Steven Glowacki	58	29/37	M55-59	23:22	7:32	23:13	7:29	Brewerton	NY	11:12	12:01
228	Jeff Tuttle	58	30/37	M55-59	23:28	7:33	23:24	7:32	Camillus	NY	11:30	11:54
229	Patrick Riccardi	66	16/25	M65-69	23:28	7:34	23:17	7:30	Syracuse	NY	11:14	12:03
230	Brian Kelsey	39	4/9	M35-39	23:32	7:35	23:23	7:32	Seneca Falls	NY	11:24	11:59
231	Robert Knight	72	9/28	M70-74	23:32	7:35	23:26	7:33	Hopkinton	NH	11:36	11:50
232	Jim Glinesky	70	10/28	M70-74	23:39	7:37	23:34	7:36	Pittsford	NY	11:38	11:56
233	Patrick Chiles	53	38/51	M50-54	23:42	7:38	23:29	7:34	Fayetteville	NY	12:00	11:29
234	Joe Noonan	72	11/28	M70-74	23:43	7:38	23:37	7:37	Mashpee	MA	11:28	12:09
235	Nick Mozzetti	36	5/9	M35-39	23:47	7:40	23:39	7:37	East Syracuse	NY	11:08	12:31
236	Liam Finnigan	70	12/28	M70-74	23:50	7:41	23:45	7:39	Farmington	NY	11:29	12:16
237	Edward Smith	74	13/28	M70-74	23:51	7:41	23:46	7:39	Saint Paul	MN	11:30	12:16
238	Blain Wrench	60	25/40	M60-64	23:54	7:42	23:46	7:39	Jamesville	NY	11:50	11:56
239	John Edwards	64	26/40	M60-64	23:55	7:42	23:48	7:40	Thornwood	NY	11:37	12:11
240	Khrist Dodson	39	6/9	M35-39	23:59	7:43	23:47	7:40	Syracuse	NY	11:29	12:18
241	Jl Seymore	71	14/28	M70-74	24:07	7:46	24:07	7:46	Piscataway	NJ	11:36	12:31
242	Frank White, Jr.	71	15/28	M70-74	24:09	7:47	24:03	7:45	Cumming	GA	11:39	12:24
243	Alan Brown	59	31/37	M55-59	24:18	7:50	24:09	7:47	Manlius	NY	11:58	12:11
244	David Cohen	73	16/28	M70-74	24:19	7:50	24:12	7:48	Ann Arbor	MI	12:00	12:12
245	Kyle Rivers	34	10/12	M30-34	24:25	7:52	24:15	7:49	Cicero	NY	11:46	12:29
246	Terry McConnell	62	27/40	M60-64	24:26	7:52	24:19	7:50	Lafayette	NY	11:52	12:27
247	Calum Stewart	45	30/41	M45-49	24:26	7:52	24:13	7:48	Syracuse	NY	12:15	11:58
248	Gregory Turner	49	31/41	M45-49	24:30	7:53	24:19	7:50	Syracuse	NY	12:12	12:07
249	Nathaniel Hurwitz	31	11/12	M30-34	24:35	7:55	24:26	7:52	Syracuse	NY	12:15	12:11
250	Trevor Davies	20	29/32	M20-29	24:39	7:56	24:31	7:54	Liverpool	NY	11:29	13:02
251	Dacheng Ren	42	33/36	M40-44	24:40	7:57	24:31	7:54	Manlius	NY	11:46	12:45
252	Robert Fiumano	63	28/40	M60-64	24:44	7:58	24:35	7:55	Baldwinsville	NY	12:03	12:32
253	Morris Williams	71	17/28	M70-74	24:45	7:58	24:40	7:57	Highlands	NC	12:06	12:34
254	Chris Baker	70	18/28	M70-74	24:46	7:59	24:36	7:55	Weedsport	NY	12:16	12:20
255	Russell Wood	50	39/51	M50-54	24:51	8:00	24:44	7:58	Syracuse	NY	11:40	13:04
256	Jim Teske	51	40/51	M50-54	24:56	8:02	24:42	7:57	Fayetteville	NY	12:18	12:24
257	James Latshaw	43	34/36	M40-44	24:58	8:02	24:49	8:00	Clinton	NY	11:40	13:09
258	Richard Paulsen	73	19/28	M70-74	25:00	8:03	24:54	8:01	Woburn	MA	11:48	13:06

259	E J Glowacki	62	29/40	M60-64	25:02	8:04	24:53	8:01	Clay	NY	12:13	12:40
260	Robert Ramos	51	41/51	M50-54	25:03	8:04	24:49	8:00	Chittenango	NY	12:05	12:44
261	Danny Mann	51	42/51	M50-54	25:04	8:04	25:04	8:04	Central Square	NY	12:20	12:44
262	Zachary Karmen	65	17/25	M65-69	25:06	8:05	24:54	8:01	Fayetteville	NY	12:02	12:52
263	Jim Miller	65	18/25	M65-69	25:10	8:06	25:00	8:03	Clay	NY	12:21	12:39
264	George Tooker	76	2/8	M75-79	25:13	8:07	25:06	8:05	Wrentham	MA	12:10	12:56
265	Bill Rudd	58	32/37	M55-59	25:25	8:11	25:15	8:08	Clay	NY	12:21	12:54
266	William Ash	74	20/28	M70-74	25:39	8:16	25:34	8:14	Hewitt	NJ	12:30	13:04
267	David Cary	62	30/40	M60-64	25:53	8:20	25:45	8:17	Morristown	NJ	12:56	12:49
268	Harvey Teres	66	19/25	M65-69	25:57	8:21	25:49	8:19	Syracuse	NJ	12:35	13:14
269	David Moore	63	31/40	M60-64	26:02	8:23	25:53	8:20	Syracuse	NY	12:42	13:11
270	Robert Winter	47	32/41	M45-49	26:08	8:25	25:54	8:21	Fayetteville	NY	12:59	12:55
271	John Azbill	48	33/41	M45-49	26:11	8:26	25:58	8:22	Fayetteville	NY	12:48	13:10
272	Tony Fiory	75	3/8	M75-79	26:14	8:27	26:08	8:25	Summit	NJ	12:46	13:22
273	Pat Piscitelli	61	32/40	M60-64	26:17	8:28	26:10	8:26	Baldwinsville	NY	12:31	13:39
274	Larry Clark	55	33/37	M55-59	26:17	8:28	26:07	8:25	Baldwinsville	NY	12:45	13:22
275	Dan Purnine	52	43/51	M50-54	26:21	8:29	26:06	8:24	Syracuse	NY	13:08	12:58
276	David Childress	54	44/51	M50-54	26:41	8:36	26:27	8:31	Central Square	NY	12:55	13:32
277	David Ash	46	34/41	M45-49	26:50	8:38	26:46	8:37	Spring Valley	NY	12:38	14:08
278	Benjamin Lockwood	36	7/9	M35-39	26:55	8:40	26:42	8:36	Syracuse	NY	13:13	13:29
279	Michael Nevin	50	45/51	M50-54	27:05	8:43	26:53	8:39	Jamesville	NY	13:09	13:44
280	Scott Sweeney	44	35/36	M40-44	27:09	8:45	26:58	8:41	Auburn	NY	12:38	14:20
281	Louis Gulino	62	33/40	M60-64	27:15	8:46	27:01	8:42	Cicero	NY	13:14	13:47
282	Dave Frisina	60	34/40	M60-64	27:17	8:47	27:04	8:43	Syracuse	NY	13:11	13:53
283	Michael Gould	49	35/41	M45-49	27:31	8:52	27:22	8:49	Guilford	CT	13:16	14:06
284	Otis Dowdell	57	34/37	M55-59	27:35	8:53	27:28	8:51	Syracuse	NY	13:21	14:07
285	Matt Lalumia	76	4/8	M75-79	27:38	8:54	27:31	8:52	Clifton	NJ	13:32	13:59
286	Scott Irving	54	46/51	M50-54	27:38	8:54	27:25	8:50	Syracuse	NY	13:22	14:03
287	Joshua Parsons	35	8/9	M35-39	27:46	8:57	27:29	8:51	Cicero	NY	13:21	14:08
288	John Kuhl	72	21/28	M70-74	27:52	8:59	27:48	8:57	Oakhurst	NJ	13:43	14:05
289	Joseph Saley	76	5/8	M75-79	27:57	9:00	27:51	8:58	Teaneck	NJ	13:29	14:22
290	Drew McKay	33	12/12	M30-34	28:16	9:06	28:06	9:03	Syracuse	NY	13:17	14:49
291	Ron Mastin	76	6/8	M75-79	28:23	9:08	28:15	9:06	Woodstock	GA	13:35	14:40
292	Gary Salvetti	60	35/40	M60-64	28:51	9:18	28:43	9:15	Liverpool	NY	14:09	14:34
293	Edward Hotchkin	66	20/25	M65-69	29:22	9:27	29:13	9:25	Cortland	NY	13:59	15:14
294	Michael Massenzio	37	9/9	M35-39	29:30	9:30	29:16	9:25	Syracuse	NY	14:34	14:42
295	Peter McClure	66	21/25	M65-69	29:36	9:32	29:29	9:30	Preble	NY	14:05	15:24
296	Dan Kelley	51	47/51	M50-54	29:52	9:37	29:38	9:33	Syracuse	NY	14:14	15:24
297	John Stancampiano	46	36/41	M45-49	30:08	9:42	29:56	9:38	Oswego	NY	14:56	15:00
298	Stephen Bice	26	30/32	M20-29	30:09	9:43	29:58	9:39	Liverpool	NY	13:31	16:27
299	Shane Crossett	27	31/32	M20-29	30:20	9:46	30:07	9:42	Camillus	NY	14:58	15:09
300	Jerry Crossett	56	35/37	M55-59	30:20	9:46	30:08	9:42	Camillus	NY	14:58	15:10
301	Vivan Lockwood	58	36/37	M55-59	30:22	9:47	30:07	9:42	Clay	NY	15:00	15:07
302	Brian Cottrell	55	37/37	M55-59	30:22	9:47	30:10	9:43	Jamesville	NY	14:43	15:27
303	Robert Ratliff, Jr.	46	37/41	M45-49	30:35	9:51	30:23	9:47	Montezuma	NY	14:07	16:16
304	Robert Ratliff, III	23	32/32	M20-29	30:37	9:51	30:24	9:47	Montezuma	NY	15:07	15:17
305	Jim Plis	67	22/25	M65-69	30:39	9:52	30:25	9:48	Auburn	NY	15:07	15:18
306	Wil Murtaugh	52	48/51	M50-54	30:45	9:54	30:31	9:50	Syracuse	NY	15:22	15:09
307	Bill Louer	52	49/51	M50-54	30:45	9:54	30:32	9:50	Syracuse	NY	15:23	15:09

308 Alex Thor	62	36/40	M60-64	30:54	9:57	30:43	9:53	Syracuse	NY	15:13	15:30
309 Wade Stockman	81	1/4	M80-84	31:16	10:04	31:08	10:02	Rensselaer	NY	15:12	15:56
310 Davin Lisiecki	65	23/25	M65-69	31:23	10:06	31:10	10:02	Manlius	NY	15:41	15:29
311 Tim Nelson	70	22/28	M70-74	31:23	10:06	31:11	10:02	Jamesville	NY	15:42	15:29
312 Malcolm Cohen	74	23/28	M70-74	31:31	10:09	31:24	10:07	Ann Arbor	MI	15:19	16:05
313 Hans Poole	44	36/36	M40-44	31:52	10:16	31:38	10:11	Fayetteville	NY	15:24	16:14
314 Jeff Wilson	61	37/40	M60-64	31:55	10:17	31:42	10:13	Syracuse	NY	15:41	16:01
315 Randy Hall	71	24/28	M70-74	31:58	10:18	31:46	10:14	Akwasasne	NY	15:34	16:12
316 Jerry Smith	69	24/25	M65-69	32:07	10:21	31:57	10:17	Liverpool	NY	14:29	17:28
317 Charlie Patterson	74	25/28	M70-74	32:09	10:21	32:02	10:19	Buford	GA	13:32	18:30
318 Jon Desenberg	82	2/4	M80-84	32:12	10:22	31:54	10:16	Ann Arbor	MI	15:14	16:40
319 Richard Sargent	74	26/28	M70-74	32:22	10:25	32:10	10:22	Syracuse	NY	15:28	16:42
320 James Fawcett	48	38/41	M45-49	32:26	10:27	32:18	10:24	Chittenango	NY	16:12	16:06
321 Paul Isaac	53	50/51	M50-54	32:35	10:30	32:24	10:26	Folcroft	PA	15:55	16:29
322 Daniel Malay	64	38/40	M60-64	32:36	10:30	32:23	10:26	Jamesville	NY	15:38	16:45
323 Glenn Willm	61	39/40	M60-64	32:39	10:31	32:23	10:26	Syracuse	NY	15:46	16:37
324 Lewis Cutler	67	25/25	M65-69	32:42	10:32	32:31	10:28	Cato	NY	16:25	16:06
325 Al Swan	76	7/8	M75-79	33:20	10:44	33:15	10:42	Clifton	NJ	16:14	17:01
326 Tom Rishel	75	8/8	M75-79	33:49	10:53	33:40	10:51	Ithaca	NY	16:07	17:33
327 Ted Emmanuel	48	39/41	M45-49	34:20	11:03	34:01	10:57	Liverpool	NY	16:21	17:40
328 Mike Bennett	47	40/41	M45-49	35:25	11:24	35:15	11:21	Liverpool	NY	16:53	18:22
329 David Rider	86	1/3	M85-89	35:43	11:30	35:32	11:27	Brantingham	NY	17:11	18:21
330 Sam Graceffo	80	3/4	M80-84	35:49	11:32	35:44	11:30	Fayetteville	NY	17:15	18:29
331 Roger Dausman	70	27/28	M70-74	36:03	11:36	35:48	11:32	Phoenix	NY	17:54	17:54
332 Edward Doucette	86	2/3	M85-89	36:05	11:37	36:01	11:36	Bennington	VT	17:27	18:34
333 Gary Douglass	70	28/28	M70-74	36:50	11:52	36:39	11:48	Cicero	NY	18:03	18:36
334 John Holbrook	48	41/41	M45-49	37:09	11:58	36:53	11:53	Pulaski	NY	18:01	18:52
335 Thomas Henderson	51	51/51	M50-54	37:12	11:59	36:57	11:54	Baldwinsville	NY	17:18	19:39
336 Willis Moses	90	1/1	M90-94	39:13	12:38	39:02	12:34	Vestal	NY	18:15	20:47
337 Fritz Schlereth	83	4/4	M80-84	42:11	13:35	42:05	13:33	Syracuse	NY	17:20	24:45
338 Sheldon Kall	85	3/3	M85-89	47:15	15:13	47:07	15:10	Manlius	NY	22:05	25:02
339 Robert Stuenzi	61	40/40	M60-64	50:35	16:17	50:35	16:17	Cicero	NY	30:27	20:08



Danny Mann



Carol Rider & Estelle Hahn



Rosemary Laquidari (546)



Jim Clancy and Mickey

THE 24th ANNUAL SYRACUSE FESTIVAL OF RACES
 Syracuse, NY October 2, 2016
 MEN'S 5K

USATF NATIONAL MASTERS MEN'S 40+ TEAM RESULTS

USATF NATIONAL MASTERS MEN'S 40+ TEAM RESULTS		(15:58)	
1.	47:52 ATLANTA TRACK CLUB		
1	15:42 Aaron Totten-Lancaster	41 Hamilton	GA
2	15:49 Kristian Blaich	50 Decatur	GA
3	16:21 Thomas Carroll	43 Smyrna	GA
4 (16:30) Brent Fields	44 Covington	GA
5 (17:10) Victor Breedveld	43 Atlanta	GA
2.	48:41 CENTRAL MASS STRIDERS		(16:14)
1	15:53 Greg Putnam	46 Stoneham	MA
2	15:58 Tim Van Orden	48 Bennington	VT
3	16:50 Joe Shairs	48 Peabody	MA
4 (17:29) James Pawlicki	41 Lynn	MA
3.	49:21 SYRACUSE TRACK CLUB		(16:27)
1	16:13 Derek Powers	41 Chittenango	NY
2	16:17 Mike Melfi	40 Clay	NY
3	16:51 Todd Halbig	40 Fayetteville	NY
4 (17:17) Richard Cohen	45 Utica	NY
5 (18:42) Paul Humphrey	49 Deerfield	NY
4.	50:20 WILLOW STREET AC		(16:47)
1	16:02 Jake Stookey	40 Clifton Park	NY
2	17:03 John Stadtlander	51 Clifton Park	NY
3	17:15 Volker Burkowski	45 Gansevoort	NY
4 (17:44) Derrick Staley	57 Ballston Lake	NY
5 (17:52) Robert Irwin	43 Guilderland	NY
5.	56:33 TNT INTERNATIONAL RACING CLUB		(18:51)
1	17:57 Kareem Lanier	43 Lincoln University	PA
2	18:14 Kyle Lanier	43 Lincoln University	PA
3	20:22 Michael Latsch	45 Oxford	PA
6.	1:00:35 SYRACUSE CHARGERS TRACK CLUB, INC.		(20:12)
1	16:00 Scott Weeks	44 Groton	NY
2	21:07 John McEachen	46 Fulton	NY
3	23:28 Jeff Tuttle	58 Camillus	NY
7.	1:06:48 TNT INTERNATIONAL RACING CLUB-B		(22:16)

1	19:25 Geoffrey Towell	55 West Chester	PA
2	20:33 Stephen Jones	45 West Chester	PA
3	26:50 David Ash	46 Spring Valley	NY

USATF NATIONAL MASTERS MEN'S 50+ TEAM RESULTS

1.	49:39 GREATER SPRINGFIELD HARRIERS, INC		(16:33)
1	15:57 Nat Larson	54 Amherst	MA
2	16:37 Francis Burdett	51 Worcester	MA
3	17:05 Ron Lombardi	52 Southington	CT
2.	51:11 PLAYMAKERS ELITE/NEW BALANCE		(17:04)
1	16:55 Dave Bussard	56 Elkhart	IN
2	16:56 Kerry Barnett	56 Keego Harbor	MI
3	17:20 Ruben Henderson, Jr.	54 Grand Rapids	MI
3.	51:20 CAL COAST TRACK CLUB		(17:07)
1	16:08 Robert Arsenault	50 Riverside	CA
2	17:19 Matt Ebner	55 Covina	CA
3	17:53 Dan Arsenault	53 Santa Ana	CA
4.	51:49 ATLANTA TRACK CLUB		(17:17)
1	17:15 Michael Strickland	50 Marietta	GA
2	17:16 Gary Droze	55 Tallahassee	FL
3	17:18 Jeff Haertel	54 Atlanta	GA
4 (18:29) Rob Blaszkiewicz	52 Atlanta	GA
5.	52:02 GENESEE VALLEY HARRIERS		(17:21)
1	17:18 Alan Evans	53 Beaver Dams	NY
2	17:21 Joseph Mora, III	55 Fayetteville	NY
3	17:23 Mike Nier	51 Rochester	NY
4 (17:37) Dale Flanders	51 Allegany	NY
5 (17:55) John Van Kerkhove	54 Rochester	NY
6.	55:40 GENESEE VALLEY HARRIERS-B		(18:34)
1	18:13 Theodor Schnauffer	52 Syracuse	NY
2	18:23 Gary Radford	59 Cicero	NY
3	19:04 Venelin Tchamov	50 Rochester	NY
4 (19:33) Dennis Kinney	56 Rochester	NY
7.	56:25 SYRACUSE TRACK CLUB		(18:49)

4. 1:17:17	ATLANTA TRACK CLUB	(25:46)			
1	24:09	Frank White, Jr.	71	Cumming	GA
2	24:45	Morris Williams	71	Highlands	NC
3	28:23	Ron Mastin	76	Woodstock	GA
4 (32:09)	Charlie Patterson	74	Buford	GA
=====					
5. 1:17:28	ANN ARBOR TRACK CLUB	(25:50)			
1	21:38	Paul Carlin	70	Indianapolis	IN
2	24:19	David Cohen	73	Ann Arbor	MI
3	31:31	Malcolm Cohen	74	Ann Arbor	MI
4 (32:12)	Jon Desenberg	82	Ann Arbor	MI
=====					
6. 1:19:31	CLIFTON ROADRUNNERS CLUB	(26:31)			
1	25:39	William Ash	74	Hewitt	NJ
2	26:14	Tony Fiory	75	Summit	NJ
3	27:38	Matt Lalumia	76	Clifton	NJ
4 (27:57)	Joseph Saley	76	Teaneck	NJ
5 (33:20)	Al Swan	76	Clifton	NJ

USATF NATIONAL MASTERS MEN'S 80+ TEAM RESULTS					

1. 1:53:43	SYRACUSE CHARGERS TRACK CLUB, INC.	(37:55)			
1	35:43	David Rider	86	Brantingham	NY
2	35:49	Sam Graceffo	80	Fayetteville	NY
3	42:11	Fritz Schlereth	83	Syracuse	NY
4 (47:15)	Sheldon Kall	85	Manlius	NY

USATF NATIONAL MASTERS WOMEN'S 40+ TEAM RESULTS					

1. 54:32	ATLANTA TRACK CLUB	(18:11)			
1	17:47	Sonja Friend-Uhl	45	Boca Raton	FL
2	18:02	Holly Ortlund	42	Decatur	GA
3	18:43	Irma Dennard	45	Lawrenceville	GA
4 (20:33)	Stephanie Whitis	40	Columbus	GA
=====					
2. 57:45	TEAM ROGUE	(19:15)			
1	18:08	Cassandra Henkiel	46	Austin	TX
2	19:37	Mandy Plante	40	Austin	TX
3	20:00	Carmen Ayala-Troncoso	57	Austin	TX
4 (23:47)	Shellon McCallie	51	Austin	TX
=====					
3. 58:40	GENESEE VALLEY HARRIERS	(19:34)			

USATF NATIONAL MASTERS WOMEN'S 50+ TEAM RESULTS					

1. 58:31	ATHENA TRACK CLUB	(19:31)			
1	17:55	Marisa Sutera Strange	53	Pleasant Valley	NY
2	19:55	Mary Swan	55	Penn Valley	PA
3	20:41	Julie Pangburn	52	Downingtown	PA
4 (21:13)	Betsy Stewart	53	West Chester	PA
=====					
2. 1:00:37	NEW BALANCE TAMPA MASTERS RACING	(20:13)			
1	19:02	Trish Butler	53	Coral Springs	FL
2	20:27	Susan Cooke	57	Odessa	FL
3	21:08	Michelle Allen	52	Fleming Island	FL
=====					
3. 1:01:37	ATLANTA TRACK CLUB	(20:33)			
1	20:27	Laurie Wharton	50	Marietta	GA

1	18:04	Heather Webster	42	Honeoye Falls	NY
2	19:32	Wakenda Tyler	41	Rochester	NY
3	21:04	Caroline Buccì	43	Rochester	NY
4 (21:49)	Olga Huber	46	Macedon	NY
=====					
4. 1:01:10	SYRACUSE TRACK CLUB	(20:24)			
1	17:45	Sascha Scott	41	Syracuse	NY
2	20:23	Karyl Sargent	53	Lafayette	NY
3	23:02	Kathleen Wheeler	45	Camillus	NY
=====					
5. 1:10:01	PHILADELPHIA MASTERS	(23:21)			
1	18:23	Christy Peterson	41	North Wales	PA
2	25:09	Karen Webster	51	Pipersville	PA
3	26:29	Linda Kelnock	49	West Chester	PA
4 (33:53)	Kristine Longshore	48	Doylestown	PA
=====					
6. 1:12:47	TNT INTERNATIONAL RACING CLUB	(24:16)			
1	22:01	Dawn Howard-Bailey	51	Middletown	DE
2	23:24	Susan Snyder	54	Hawthorne	NY
3	27:22	Joy Oakey	67	Media	PA
4 (27:30)	Nancy Latsch	45	Oxford	PA
=====					
7. 1:22:53	TNT INTERNATIONAL RACING CLUB-B	(27:38)			
1	26:02	Andrew Haritos	47	Bear	DE
2	27:05	Dawn Kent	42	Newark	DE
3	29:46	Amy King	40	Claymont	DE
4 (34:57)	DaBeth Manns	40	Washington	DC

2	20:34	Paula Johnson	55 Decatur	GA	1	28:58	Sue Gardinier	74 Verona	NY
3	20:36	Patrice Combs	59 Johns Creek	GA	2	29:14	Mary Casey	70 Fayetteville	NY
4	(22:46)	Ena Weinstein	57 Baldwin	GA	3	31:55	Rosemary Laquidari	72 Liverpool	NY
5	(24:42)	Dianna Hinton	59 Waleka	GA	4 (32:41)	Carol Rider	74 Bridgeport	74 Bridgeport	NY
					5 (35:54)	Estelle Hahn	76 Jamesville	76 Jamesville	NY

4. 1:01:40 CLIFTON ROADRUNNERS CLUB (20:34)

1	19:34	Suzanne La Burt	53 Greenwood Lake	NY	2. 1:52:38	CHECKERS AC	(37:33)		
2	20:55	Laura Delea	51 Sparta	NJ					
3	21:11	Kerry Monahan	53 River Vale	NJ	1	35:54	Fran Rowe	76 Niagara Falls	NY

5. 1:03:25 GENESEE VALLEY HARRIERS (21:09)

1	20:13	Kathleen Hayden	50 Rochester	NY	1. Team: 01		
2	21:31	Carol Bischoff	52 Rochester	NY	26:55 + 28:09 = 55:04		
3	21:41	Patricia Vandersloot	50 Pittsford	NY	777 Benjamin Lockwood, 70 Sarah Lockwood		
4	(22:37)	Bonnie Lindblom	52 Rochester	NY			
5	(23:13)	Colleen Magnussen	56 Geneseo	NY			

6. 1:21:56 SYRACUSE CHARGERS TRACK CLUB, INC. (27:19)

1	25:21	Luana Pesco Koplowitz	61 Plainville	NY	1. Team: 04		
2	28:06	Mickey Piscitelli	59 Baldwinsville	NY	19:16 + 21:11 = 40:27		
3	28:29	Chary Griffen	67 Cazenovia	NY	496 Patrick Gaughan, 575 Kerry Monahan		
4	(35:39)	Cindy Daly	58 Weedsport	NY	22:02 + 22:56 = 44:58		
					703 Rich Ashe, 7 Alison Ashe		

1. Team: 07
23:04 + 25:09 = 48:13
656 Thomas Webster, 655 Karen Webster

4. Team: 09
22:33 + 26:23 = 48:56
846 Rob Carter, 129 Cathy Carter

5. Team: 02
20:57 + 29:04 = 50:01
724 Ken Cresswell, 22 Kelly Cresswell

6. Team: 05
26:17 + 28:06 = 54:23
595 Pat Piscitelli, 594 Mickey Piscitelli

7. Team: 06
31:16 + 38:13 = 1:09:29
481 Wade Stockman, 484 Anny Stockman

8. Team: 03
30:54 + 43:13 = 1:14:07
829 Alex Thor, 111 Angela Thor

Father-Son Category Team Results

1. Team: 02
20:19 + 21:53 = 42:12
772 Joshua Koeppel, 771 Christopher Koeppel

2. Team: 03
18:36 + 24:39 = 43:15

USATF NATIONAL MASTERS WOMEN'S 60+ TEAM RESULTS (21:58)

1	1:05:52	Atlanta Track Club	60 Atlanta	GA	1	20:03	Nancy Stewart	60 Atlanta	GA
			60 Acworth	GA	2	22:48	Cynthia Williams	60 Acworth	GA
			61 Atlanta	GA	3	23:01	Margaret Taylor	61 Atlanta	GA
			66 Spartanburg	SC	4 (23:44)	Nonie Hudnall	66 Spartanburg	66 Spartanburg	SC
			67 Decatur	GA	5 (27:09)	Kathleen Allen	67 Decatur	67 Decatur	GA

2. 1:12:56 IMPALA RACING TEAM (24:19)

1	21:53	Jill Miller-Robinet	62 Concord	CA	1	21:53	Jill Miller-Robinet	62 Concord	CA
2	23:47	Jo Anne Rowland	68 Concord	CA	2	23:47	Jo Anne Rowland	68 Concord	CA
3	27:16	Dianne Anderson	70 Danville	CA	3	27:16	Dianne Anderson	70 Danville	CA

USATF NATIONAL MASTERS WOMEN'S 70+ TEAM RESULTS (30:03)

1	1:30:07	Syracuse Chargers Track Club, Inc.			1	1:30:07	Syracuse Chargers Track Club, Inc.		
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- 729 Loren Davies, 730 Trevor Davies
- 3. Team: 04
- 20:42 + 26:02 = 46:44
- 792 Patrick Moore, 791 David Moore

Father-Daughter Category Team Results

- 1. Team: 01
- 20:06 + 20:36 = 40:42
- 67 Katie Laris, 547 Dave Laris

Mother-Son Category Team Results

- 1. Team: 01
- 18:25 + 33:30 = 51:55
- 808 Ahviere Reese, 44 Anika Flagg

Brother-Brother Category Team Results

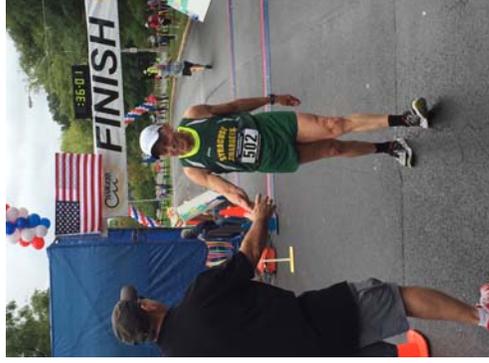
- 1. Team: 01
- 16:06 + 16:22 = 32:28
- 489 Jonathan Frieder, 488 Elliott Frieder
- 2. Team: 02
- 16:08 + 17:53 = 34:01
- 408 Robert Arsenault, 407 Dan Arsenault
- 3. Team: 03
- 18:43 + 23:28 = 42:11
- 605 Timothy Riccardi, 604 Patrick Riccardi

Brother-Sister Category Team Results

- 1. Team: 01
- 19:36 + 23:37 = 43:13
- 779 Severn Loftus, 71 Sonnet Loftus

Sister-Sister Category Team Results

- 1. Team: 01
- 23:02 + 26:28 = 49:30
- 660 Kathleen Wheeler, 15 Kimberly Cavallo



Greg Tuttle & Sam Graceffo



Mary Casey



Luana Pesco Koplowitz



David Rider



John McEachen & Scott Weeks



Sue Gardinier & Chary Griffin



Syracuse Chargers

All Comers Winter Indoor Track & Field Meets 2016 - 2017

All 3 meets @ SRC Arena on OCC Campus

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

Registration: 6:10-6:50pm

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

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

TBA

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

TBA

Throwers must bring their own indoor implements.



Name _____ M _____ F _____ Age _____

Club/School _____ Date of Birth _____

Home Address (Street) _____

City, State, Zip _____

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

Emergency contact _____ Emergency contact phone # _____

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

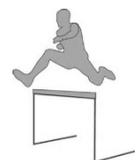
I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant:

_____ Date: _____

_____ Date: _____

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



Five Charger Teams at Syracuse Festival of Races Two National Team Titles and 6 Individual Medals!

The **USATF Masters 5 km Championships** held on Sunday, October 2 were part of the Syracuse Festival of Races. Winning an *individual national title* for the Chargers was **David Rider**, 86, of Brantingham, who ran 35:43 to defeat Edward Doucette of Vermont by 22 seconds. Picking up bronze medals for their third place finishes were fellow Charger **Sam Graceffo** of Fayetteville in the men's 80-84 division, and **Sheldon Kall** of Manlius in the men's 85-89 division.

On the women's side, picking up a silver medal in her women's 70-74 division was **Sue Gardinier**, 74, of Verona. Fellow Charger **Estelle Hahn**, 76, of Jamesville finished third in the women's 75-79 division. Also, picking up a bronze medal for her third place finish was new Charger **Mary Casey**, 70, of Fayetteville in the women's 70-74 division.

Winning national team titles were our Chargers Women's 70+ team and Chargers Men's 80+ team.

The Syracuse Chargers 70+ women's team defeated association rival Checkers Athletic Club 1:30:07 to 1:52:38. The scoring athletes for the Chargers were **Sue Gardinier**, **Mary Casey**, and **Rosemary Laquidari**.

Our men's 80+ team lined up four athletes over the age of 80 to win the team title. They were led by 86 year old **David Rider** who ran 35:43. He was closely followed by **Sam Graceffo**, 80, just 6 seconds later. **Fritz Schlereth**, 83, rounded out the scoring for the team running 42:11.



80+ winners including David Rider



Chargers W70+ Gold Winning Team



Mickey Piscitelli, Luana Pesco Koplowitz and Chary Griffin



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

Return To: Ed Polly, 102 Rosewell Meadow Dr., DeWitt, NY 13214 [email:golfnrun@pollywood.org](mailto:golfnrun@pollywood.org)

315-256-6398

The newest member of the Charger Challenge is Anitra Schuon

Call for nominations for the 2017 Arnie Briggs Good Guy Award

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

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

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

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

Calendar of Events

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

November 2016

6 Sun USA National 30km Race Walk, Hauppauge, NY—Also National 20km Junior Champs
12 Sat USA National 30km Masters Race Walk Champs, Coconut Creek, FL visit www.usatf.org

December 2016

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

January 2017

22 Sun **SCTC Indoor Meet #2 7:00am, SRC Arena, Onondaga Community College, Syracuse, NY**

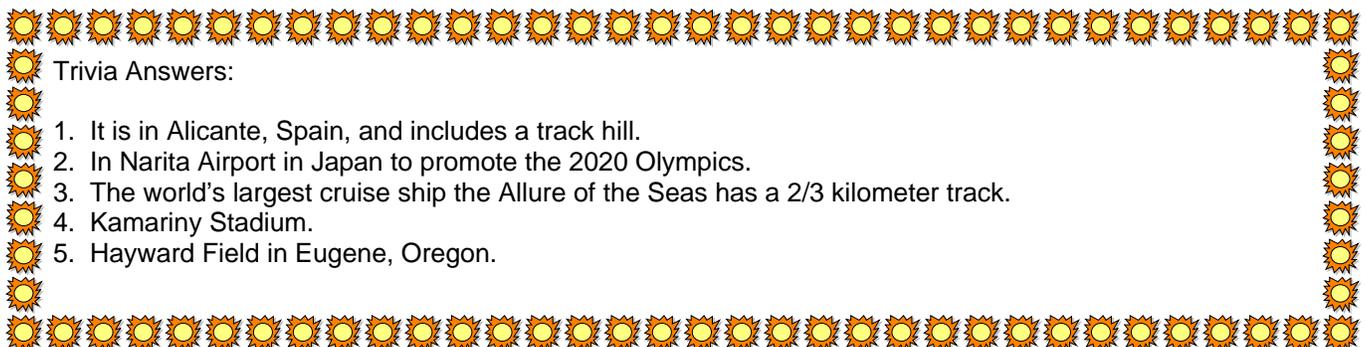
February 2017

12 Sun **SCTC Indoor Meet#3 7:00am, SRC Arena, Onondaga Community College, Syracuse, NY**

Bold Print—SCTC Event

The Syracuse Chargers' Newsletter calendar will include:

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



SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Form

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

We need your help!

Please volunteer for:

___ Track Meets ___ Coaching

___ Road Races ___ Trail Runs

___ Special Olympics

Other: _____

(Please select and circle one)

Membership Type	1 Year	2 Years	4 Years
Individual Membership	\$20	\$36	\$70
Family Membership (1 newsletter, 2+ people)	\$25	\$45	\$85
Individual Senior Citizen (65 years or older)	\$15	\$27	\$50
Individual Student (High School or younger)	\$15	\$27	

REV 5/22/16

Club T-shirts: Club T-shirts are available for: \$10: SM___ MED___ LG___ XL___ [\$12: XXL___ XXXL___]
 [\$6: Youth SM___ MED___ LG___]

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

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

<u>Membership Status:</u>	<u>Receive Email Blasts?</u>	<u>Newsletter Delivery Method:</u>
___ 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

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)			13.00 9.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl) Adult (xxl)			12.00 15.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	Total			