



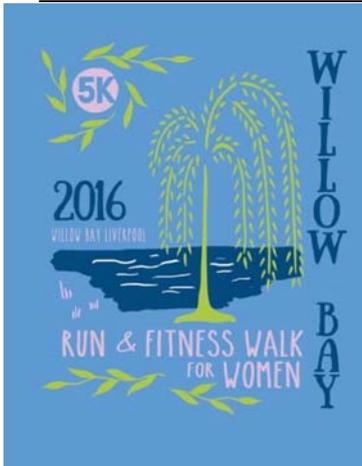
NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

September 2016



Willow Bay 5K Run & Fitness Walk for Women! A most exciting Finish!
The top three charge to the line....with a masters woman taking the crown!

It was a warm and sunny morning for the 207 finishers of this annual event. Ninth grader David Griffith gave a very moving rendition of the National Anthem and starter Pat Piscitelli got the competitors, aged 7 through 81, on their way.

Moving up two spots from last year, our 2016 winner was Karyl Sargent of LaFayette with a time of 19:50. It was a very close finish as Karyl, 2nd place finisher Genevieve Corcoran of Syracuse, and third place finisher Justus Holden-Betts of Baldwinsville, were credited with the same time of 19:50!

Amidst the finishers we had 26 Sister-Sister teams (8 more than last year), 31 Mother-Daughter teams, 4 Grandmother-Granddaughter teams, and 3 Aunt-Niece teams.

Our winning mother-daughter team was third-place finisher Justus Holden-Betts and her mother Trista in an outstanding combined time of 42:40. Our winning sister-sister team of Rachel and Anna Ziemba who collectively ran 50:17. Defending their title from last year in the grandmother-granddaughter division were Allison Lange with grandmother Dorothy Schiessl as in a time of 72:15. Our winning aunt-niece team was 15-year old Abigail Frey and her race-winning aunt Karyl Sargent with a combined time of 44:14 which was 1minute and 41 seconds faster than their combined time from last year.

We had outstanding results with 21 runners winning the "Double Your Fun" challenge. All entrants were automatically entered into the challenge pool upon registration. If a runner can cover the 5K distance in a time less than or equal to half of her age on the day of the race, she has won the challenge! The top performer in this category this year was....you guessed it....Karyl Sargent. The ages of the winners for this year's challenge ranged from 48 to 77 years old.

Many thanks to our race coordinators Bob Hiemenz (pre-race registration and results), Mark Driscoll (finish) and Mike Joyner (course) who have been onsite on race day for 23 years!

I'd like to express my gratitude to our team of volunteers.

They are: Marcia Baldwin, Tim Baldwin, Mike Buselli, Marie Christopher, Jim Cox, Bill Dunham, Chuck Milazzo, Bob Nicholson, Pat Piscitelli, Mary Lou Plante, Jasper Royal, Jim Simek, Karen Spera, Michelle Stolicker, Mike Stolicker, John Tracy, Shirley Yablonski, and the Liverpool HS Girls Swimming and Diving Team.



Please patronize our generous platinum level race sponsors who are: Fleet Feet Sports Syracuse/Clay, and The Bikery on Van Buren Road in Baldwinsville.

Many thanks to Abbott Farms and Country Store on Rt. 370 in Baldwinsville for the delicious pies and to Syracuse Banana for those yummy bananas. Thanks too to Lissa Bovay of Mary Kay Cosmetics and to Precious Walker, LMT and her team from Simply Precious Hands. Last, but not least, I'd like to recognize the Onondaga Lake Park staff, especially Charlie Bisnett for serving as our park/race liaison. Again and again... thank you to all of our volunteers. Thanks for making it happen and thanks for making it fun! Mickey Piscitelli
Willow Bay 5K Race Director

Syracuse Chargers Track Club, Inc.

Board of Directors

President

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Vice President

Mark Driscoll 449-9615
mdriscol@syr.edu

Administrative VP

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Roger Hahn
rchahn@syr.edu

Treasurer

Taylor Wendler
twendler5000@yahoo.com

Scholastic Coach

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

Open (Men) Coordinator

Available

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Available

Masters (Men)

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Masters (Women)

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Road Races Coord.

Available

Membership Coord.

Bob Hiemenz
Bobhiem@twcny.rr.com

At Large

James Alexander
vorlonsrule@verizon.net
Pat Leone
pat@leonetiming.com
Terry McConnell
trmconn@syr.edu
Nancy Smith
nsmith123@twcny.rr.com
Norm Deep
ndeep@ccs.edu
315-841-4747

Program Coordinators

Charger Records

Terry McConnell
trmconn@syr.edu

Charger Challenge

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

Special Olympics

Peter Rhodes 422-1037
per56@aol.com

Youth Programs

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

Merchandise

Available

Awards Banquet

Nancy Smith
nsmith123@twcny.rr.com

Volunteers

Available

Scholarship Award

John View
6129 Bay Hill Circle
Jamesville, NY 13078

Sunday Walkers Program

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Summer Runs

Available

Oneida Shores

Greg Broton
GBroton@nscsd.org

Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices

Mark Driscoll 449-9615

Webmaster

Chris Raulli
craulli88@gmail.com

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

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

The Syracuse Chargers Track Club Newsletter

Published monthly by the SCTC.

Subscriptions are \$20.00 per year.

Staff:

Dave Talcott, Compiler (race results, entry forms, calendar of events) (dwtalcott@gmail.com); **Marie Christopher**
Terry McConnell (Track & Field Results & Charger Records) (trmconn@syr.edu)

Contributing Writers: Terry McConnell (track & field)
Gabe Yankowitz, Physical Therapist
Maureen Fauler, MHA, RD, CDN
Sam Graceffo, MD

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

Chargers Membership Forms should be sent to:

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

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

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



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

Send Merchandise orders to:

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

Club Web Site: www.syracusechargers.org

New Members:

Lewis Tearney Jr	London Tearney	Logan Tearney	Quantese Tearney	Coreen Steinbach
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Renewed Members:

Jim LoPiccolo	John View	Jack Bubb	Mary DaSilva	Kelly Dworak
Mark Feldman	Richard Frio	Harold C. Gorman	Ron Herrgesell	David Houck
Ray Kneer	Barbara LoPiccolo	Danny Mann	Fred Miller	Mark C. Peters
Tomlinson Rauscher	Patrick Reagan	Paul Redick	Peter Rhodes	Thomas Shafer
James Simek	Scott Suba	Lisa Weil	Linda Glowacki	Nancy Rhodes
Karen Mann	Julia Mann	Sophia Mann	Lorraine Schunck	

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

F11-12	Discus	Jenna Deep	60 ft. 11 in.	6/14/2016
F11-12	Hammer (6 lb.)	Jenna Deep	43 ft. 6 in.	7/2/2016
F11-12	80m HH	Jenna Deep	18.6	7/5/2016
F11-12	Outdoor Pentathlon	Jenna Deep	1,139 points	7/5/2016
F11-12	Shot Put	Jenna Deep	23 ft. 10 ¼ in.	7/9/2016

In her latest assault on the record books, Jenna updated her own records in the shot and discus, and tendered the first complete pentathlon in her age group. Her other records come at the expense of Amy Lee, whose 19.1 second hurdle and 40 ft. 3 in. hammer efforts (both from 2003) now join the record progression. Jenna's shot record was set at the Region One Junior Olympic Championships in Albany and her hammer record at the Liberty Tour Independence Invitational in Clinton. Her other records were set at Felder meets.

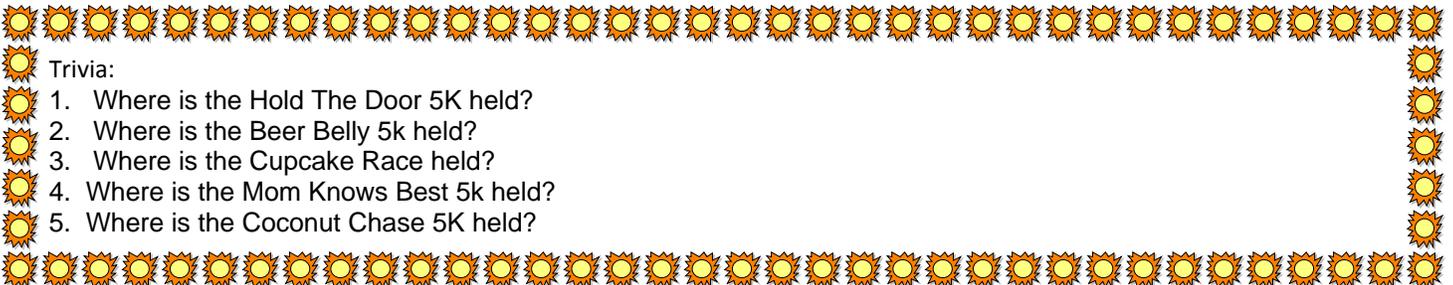
CNY Running Clubs Cup 2016

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

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

- April 2nd: Fort to Fort 10K Race in Rome - completed.
- May 7th, 5:30pm: Towpath Trail 10K in St. Johnsville.— completed.
- June 11th: Nate the Great 12K Race in Canastota—completed.
- July 10th: Boilermaker 15K in Utica—completed.
- August 19th: Woodsmans Field Days 10K in Boonville—Completed.
- 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.



☀ Trivia:

- ☀ 1. Where is the Hold The Door 5K held?
- ☀ 2. Where is the Beer Belly 5k held?
- ☀ 3. Where is the Cupcake Race held?
- ☀ 4. Where is the Mom Knows Best 5k held?
- ☀ 5. Where is the Coconut Chase 5K held?

The 23rd Annual
 WILLOW BAY 5k RUN & FITNESS WALK FOR WOMEN
 Conducted by the Syracuse Chargers Track Club
 Onondaga Lake Park, Liverpool, New York Aug. 20, 2016

Place	Name	City	St	Age	Time
1	Karyl Sargent	LaFayette	NY	53	19:50
2	Genevieve Corcoran	Syracuse	NY	17	19:50
3	Justus Holden-Betts	Baldwinsville	NY	15	19:50
4	Katie Laris	Clay	NY	22	20:47
5	Madison Neuner	Liverpool	NY	15	21:02
6	Tabitha M Fleming	Baldwinsville	NY	40	21:35
7	Kara D Rusch	Hamilton	NY	48	22:15
8	Libbie Kirkpatrick	Manlius	NY	15	22:35
9	Rachel Ziemba	Cazenovia	NY	17	22:44
10	Katie Sellers	Liverpool	NY	32	22:49
11	Trista Holden-Betts	Baldwinsville	NY	43	22:50
12	Jessica Dudley	Liverpool	NY	37	23:51
13	Kathleen Ann Wheeler	Camillus	NY	45	23:52
14	Kim Keenan-Kirkpatrick	Manlius	NY	49	23:54
15	Ruth Yanai	Syracuse	NY	58	24:12
16	Suzanne Leone	Cicero	NY	63	24:20
17	Heather Lacey	Hastings	NY	38	24:22
18	Abigail Frey	Syracuse	NY	16	24:24
19	Marguerite E Dodd	Liverpool	NY	35	24:41
20	Devon Rodgers	Baldwinsville	NY	36	24:48
21	Maria Ziemba	Cazenovia	NY	50	24:49
22	Jessica Griffith	E Syracuse	NY	12	24:51
23	Clara Jones	Hamilton	NY	20	24:54
24	Charlotte Firestone	Syracuse	NY	25	25:09
25	Kerry Zubrzycki	Syracuse	NY	42	25:12
26	Kathryn Annan	Syracuse	NY	59	25:15
27	Kelley Townley	Liverpool	NY	17	25:29
28	Allison Lange	Baldwinsville	NY	16	25:31
29	Rachelle Hayes	Massena	NY	55	25:37
30	Karen A Wilton	Brewerton	NY	50	25:38
31	Amanda Youngman	Baldwinsville	NY	34	25:38
32	Janet Robinson	Newcastle Tyne	GB	34	25:39
33	Kelly Griffith	E Syracuse	NY	48	25:44
34	Carrie Viggiano	Auburn	NY	36	25:47
35	Rhonda L Wandersee	Syracuse	NY	55	26:04
36	Caitlin Gordon	Syracuse	NY	29	26:06
37	Kimberly A Cavallo	Syracuse	NY	48	26:43
38	Susanne Tupper	Hastings	NY	51	26:46
39	Brianna Christensen	Rochester	NY	35	26:59
40	Linda A Owens	Liverpool	NY	58	27:00
41	Nora Yanai	Syracuse	NY	18	27:17
42	Alyssa Vadala	Liverpool	NY	16	27:21
43	Liz Saarie	Baldwinsville	NY	46	27:22
44	Lauren E Jackson	Camillus	NY	28	27:32
45	Anna Ziemba	Cazenovia	NY	15	27:33
46	Kim Schulz	Syracuse	NY	51	27:45
47	Maureen A Hohl	Camillus	NY	55	27:51
48	Susan Little	Liverpool	NY	49	27:53
49	Abigail Whiting	Baldwinsville	NY	22	28:03
50	Kristen A Guarente	Liverpool	NY	40	28:41
51	Sarah Balduzzi	Syracuse	NY	12	28:44
52	Sherry Wlodarski	Clay	NY	49	28:45
53	Jennifer Brice	Hamilton	NY	53	28:45
54	Jeannette Clark	Syracuse	NY	47	28:46
55	Chary Griffin	Cazenovia	NY	67	28:48
56	Michelle Callahan	Liverpool	NY	47	28:50

57	Laurie Laris	Clay	NY	53	28:50
58	Barbara Evans	Phoenix	NY	51	28:55
59	Diane Ruffolo	Hastings	NY	58	29:00
60	Meg Wilkie	Liverpool	NY	30	29:09
61	Shannon Lowe	Liverpool	NY	30	29:09
62	Sandy Boys	E Syracuse	NY	64	29:13
63	Carolyn Yerdon	Bedford	NY	53	29:18
64	Keira Andrews	Syracuse	NY	31	29:27
65	Lara Wines	Watertown	NY	47	29:29
66	Mary Casey	Fayetteville	NY	70	29:30
67	Philippa Read	DeWitt	NY	58	29:32
68	Tammy Thomas	Lacona	NY	48	29:34
69	Debbie Tracy	Liverpool	NY	60	29:37
70	Becky Engels	Baldwinsville	NY	59	29:45
71	Cynthia Mead	Liverpool	NY	46	29:47
72	Carol Wilkie	Liverpool	NY	60	29:51
73	Rosalie Brennan	Syracuse	NY	67	29:58
74	Pat Ronk	Liverpool	NY	55	30:03
75	Margie Rivers	Liverpool	NY	48	30:16
76	Cindy Ostuni	Syracuse	NY	49	30:26
77	Ruth Ripley	Pennellville	NY	69	30:40
78	Kelly Dickter	Baldwinsville	NY	48	30:41
79	Hannah Overton	Fulton	NY	16	30:52
80	Francine D Cantor	Syracuse	NY	61	31:00
81	Paige Dickter	Baldwinsville	NY	19	31:07
82	Emma VanHoute	Liverpool	NY	16	31:09
83	Courtney Robenolt	Liverpool	NY	17	31:09
84	Michelle Sacco	Liverpool	NY	12	31:18
85	Sarah Bender	Syracuse	NY	30	31:25
86	Rosemary Angotti	Liverpool	NY	48	31:26
87	Dina MacCammon	Liverpool	NY	44	31:26
88	Phoebe Ariola	E Syracuse	NY	17	31:37
89	Samantha Rushmore	Baldwinsville	NY	24	31:40
90	Katrina DeGilormo	Clay	NY	19	31:41
91	Monica DeSanto	Syracuse	NY	49	31:52
92	Jan Heisler	Baldwinsville	NY	56	32:01
93	Sydney Sovinsky	Liverpool	NY	16	32:08
94	Madison Rose	Liverpool	NY	16	32:08
95	Elizabeth Robinson	Liverpool	NY	34	32:10
96	Erin Kawryga	Syracuse	NY	28	32:19
97	Caitlin Tomko	Manlius	NY	24	32:26
98	Phyllis Zames	Jamesville	NY	41	32:26
99	Mary Stachelek	Minoa	NY	51	32:42
100	Valerice Stuart	Fulton	NY	41	32:51
101	Sarah Schumaker	Baldwinsville	NY	33	32:55
102	Lisa Kaylor	Hastings	NY	47	33:03
103	Diann Ferris	Syracuse	NY	51	33:06
104	Michelle Stoyell	Marcellus	NY	46	33:09
105	Annette Chrysler	Marcellus	NY	51	33:09
106	Carole Suarez	Syracuse	NY	46	33:09
107	Ellen Suarez	Syracuse	NY	45	33:11
108	Jenny Sacco	Liverpool	NY	39	33:14
109	Carol Rider	Bridgeport	NY	74	33:14
110	Jessica Alling	Liverpool	NY	34	33:22
111	Samantha Kelly	N Syracuse	NY	35	33:23
112	Barbara Borick	Baldwinsville	NY	51	33:27
113	Emily Monahan	Baldwinsville	NY	18	33:27
114	Isabelle Wells	Syracuse	NY	10	33:52
115	Barbara Wells	Syracuse	NY	44	33:53
116	Joan Deyle	Central Square	NY	71	33:53
117	Cheryl Waldron	Constantia	NY	41	33:54
118	Cindy Shore	Binghamton	NY	60	33:55
119	Melinda Portmess	Tully	NY	63	33:58



120	Lilith Holmes	Liverpool	NY	15	34:00
121	Donna Ditota	Syracuse	NY	55	34:18
122	Kim Pierce	Chittenango	NY	39	34:18
123	Avery Clarke	Liverpool	NY	16	34:40
124	Alison Testone	Liverpool	NY	16	34:41
125	Maria Fumano	Syracuse	NY	50	34:49
126	Marguerite M Fulton-Newton	Liverpool	NY	68	34:59
127	Louise Pierson	Liverpool	NY	49	35:03
128	Debbie Marcheterre	Syracuse	NY	47	35:19
129	Robin Millick	Chittenango	NY	46	35:24
130	Ginny Robbins	Jamesville	NY	66	35:26
131	Kathy Krzykowski	Marcellus	NY	46	35:38
132	Christine Smith	Cicero	NY	34	35:42
133	Cassandra Darmody	DeWitt	NY	46	35:42
134	Jackie Kimball	Canastota	NY	32	36:05
135	Sophia Klemenz	Liverpool	NY	18	36:06
136	Victoria O'Connor	E Syracuse	NY	40	36:10
137	Dottie Arnold	Sackets Harbor	NY	64	36:12
138	Mary Schulz	Cortland	NY	77	36:14
139	Stephanie Keller	Memphis	NY	30	36:21
140	Amanda Sugrue	Clay	NY	40	36:28
141	Sophia Sugrue	Clay	NY	9	36:28
142	Jennifer Kelsey	Kirkville	NY	40	36:32
143	Jennifer Gillis	Baldwinsville	NY	31	36:48
144	Marcy J Tobin	Rochester	NY	54	37:07
145	Nathalie Wheatley	Liverpool	NY	41	37:17
146	Mackenzie Millick	Chittenango	NY	18	37:21
147	Bonnie Silvernail	Tully	NY	65	37:32
148	Cindy Daly	Weedsport	NY	58	37:40
149	Ashley O'Bryan	Baldwinsville	NY	27	38:20
150	Donna Cornacchia	Hannibal	NY	67	38:35
151	Cheryl Vitaletti	Syracuse	NY	62	38:35
152	Jennifer Wheeler	E Syracuse	NY	44	38:36
153	Amanda Hayden	Liverpool	NY	47	38:50
154	Selina Lazarus	Liverpool	NY	47	39:38
155	Cindee Daniels	Liverpool	NY	57	40:11
156	Emily Balduzzi	Syracuse	NY	8	41:08
157	Katherine Balduzzi	Syracuse	NY	43	41:08
158	Peggy Bufano	Syracuse	NY	57	41:14
159	Leslie Bonkowski	Syracuse	NY	25	41:24
160	Marielle Emmanuel	Liverpool	NY	9	41:25
161	Rosemary Laquidari	Liverpool	NY	72	41:30
162	Martha Lawson	Liverpool	NY	54	41:33
163	Samantha Shehadi	Liverpool	NY	34	41:37
164	Brandi Kotlarz	Marcellus	NY	33	41:40
165	Grace LaPierre	Liverpool	NY	16	42:26
166	Joyce Johnston	Baldwinsville	NY	73	42:33
167	Marcia Prignon	Clay	NY	62	42:48
168	Helene Degan	N Syracuse	NY	43	42:58
169	Margaret Satterlee	Elbridge	NY	67	43:22
170	Mary M Nichols	Liverpool	NY	68	43:27
171	Lori Cornish	Liverpool	NY	54	43:28
172	Kim Edinger	Baldwinsville	NY	56	43:28
173	Sandy Jorda	Oneida	NY	58	43:31
174	Jessica York	E Syracuse	NY	27	43:51
175	Marie E Christopher	Liverpool	NY	58	43:57
176	Robin Ariola	E Syracuse	NY	50	44:39
177	Jesika Hartwell	Liverpool	NY	40	44:42
178	Elizabeth Hartigan	Marcellus	NY	36	44:44
179	Rosalie Young	DeWitt	NY	73	44:59
180	Eileen Nicholson	Cicero	NY	33	45:13
181	Connie Ciccone	Skaneateles	NY	71	46:02
182	Janice Crawford	Syracuse	NY	58	46:41



183	Dorothy Schiessl	Baldwinsville	NY	75	46:44
184	Jessica Hackett	Syracuse	NY	32	47:21
185	Rosemarie Hudson	Liverpool	NY	58	47:57
186	Pamela Isgro	Liverpool	NY	62	47:59
187	Maura J O'Toole	Liverpool	NY	57	48:45
188	Lily Duke	Minoa	NY	22	49:22
189	Grace Ariola	E Syracuse	NY	20	49:22
190	Kathleen Nicholson	Syracuse	NY	68	49:47
191	Victoria Rushmore	Baldwinsville	NY	48	50:05
192	Charlene Peterson	Bridgeport	NY	42	50:06
193	Sharon Sonnacchio	Hastings	NY	75	50:06
194	Judith Johnson	Constantia	NY	72	51:16
195	Kelly Hill	Manlius	NY	50	51:39
196	Tina Stewart	Pennellville	NY	35	51:39
197	Juliana Moon	Phoenix	NY	7	52:11
198	Cara Dailey	Phoenix	NY	29	52:11
199	Michele McNeill	Liverpool	NY	48	52:45
200	Virginia O'Connor	Syracuse	NY	53	52:45
201	Carol Frey	Cicero	NY	81	53:27
202	Debbie Greiner	E Syracuse	NY	60	54:26
203	Nancy Fanella	Baldwinsville	NY	65	54:27
204	Emily Caldwell	Watertown	NY	12	54:51
205	Dee Caldwell	Watertown	NY	55	56:15
206	Kim Onisk	Baldwinsville	NY	61	56:47
207	Gloria Martin	Syracuse	NY	68	1:03:24

AGE GROUP RESULTS

AgeGrp	Name	City	State	Age	Time
=====	=====	=====	=====	=====	=====
1-9					
141	Sophia Sugrue	Clay	NY	9	36:28
156	Emily Balduzzi	Syracuse	NY	8	41:08
160	Marielle Emmanuel	Liverpool	NY	9	41:25
197	Juliana Moon	Phoenix	NY	7	52:11
10-14					
22	Jessica Griffith	E Syracuse	NY	12	24:51
51	Sarah Balduzzi	Syracuse	NY	12	28:44
84	Michelle Sacco	Liverpool	NY	12	31:18
114	Isabelle Wells	Syracuse	NY	10	33:52
204	Emily Caldwell	Watertown	NY	12	54:51
15-19					
2	Genevieve Corcoran	Syracuse	NY	17	19:50
3	Justus Holden-Betts	Baldwinsville	NY	15	19:50
5	Madison Neuner	Liverpool	NY	15	21:02
8	Libbie Kirkpatrick	Manlius	NY	15	22:35
9	Rachel Ziemba	Cazenovia	NY	17	22:44
18	Abigail Frey	Syracuse	NY	16	24:24
27	Kelley Townley	Liverpool	NY	17	25:29
28	Allison Lange	Baldwinsville	NY	16	25:31
41	Nora Yanai	Syracuse	NY	18	27:17
42	Alyssa Vadala	Liverpool	NY	16	27:21
45	Anna Ziemba	Cazenovia	NY	15	27:33
79	Hannah Overton	Fulton	NY	16	30:52
81	Paige Dickter	Baldwinsville	NY	19	31:07
82	Emma VanHoute	Liverpool	NY	16	31:09
83	Courtney Robenolt	Liverpool	NY	17	31:09
88	Phoebe Ariola	E Syracuse	NY	17	31:37
90	Katrina DeGilormo	Clay	NY	19	31:41

Thursday Night Onondaga Lake Park Fun Runs

July 28, 2016

(Filtered sunshine, 82 degrees, wind NW 10 mph)

Name	Time	Age	Sex
Kids Run (Approximately 400m)			
Rina Miller	2:06	F	6
Liam Hens	3:45	M	5
2 Miles			
John Kane	13:44	15	M
Maggie DiBlasi	17:16	17	F
5 Kilometers			
Justus Holden-Betts	21:09	14	F
Trista Holden-Betts	23:32	42	F
Solomon Holden-Betts	26:35	10	M
Dan St. Phillips	26:50	13	M
Vivian Holden-Betts	27:22	12	M
Anthony Leonardo	28:50	50	M
Kurt Stanton	29:44	66	M
Lew Cutler	34:52	66	M
Ken Iandolo	37:20	65	M
4 Miles			
Jim Cox	32:48	55	M
8 Kilometers			
Chris Larson	32:38	16	M
Paul Cianfrocca	33:27	52	M
Garrett Watkins	39:30	15	M
Chuck Milazzo (5M)	39:35	60	M
Seth Watkins	43:21	13	M
Mason Watkins	48:02	12	M
Tabitha Clark	48:17	13	F
Amanda Deryke	55:57	16	F
Eli Clark	56:11	16	M

Thursday Night Onondaga Lake Park Fun Runs

August 4, 2016

(Minimal cloud coverage and a balmy 91 degrees with no wind)

<i>Name</i>	<i>Time</i>	<i>Age</i>	<i>Sex</i>
2 miles			
Maggie DiBlasi	21:52		F
Jerry Smith	24:48	69	M
1 mile			
Solomon Holden-Betts	8:33	10	M
Vivian Holden-Betts	8:35	12	F
400 meters			
Solomon Holden-Betts	1:02	10	M
Vivian Holden-Betts	1:04	12	F
5 Kilometers			
Ric Bond	23:25	58	M
Trista Holden-Betts	23:45	42	F
Justus Holden-Betts	21:20	14	F
Kurt Stanton	30:26	66	M
Ken Iandolo	32:48	65	M
Abby Wilkinson	26:21	15	F
John Kane	30:04	15	M
Chris Larson	26:21	17	M
5 miles			
Jim Cox	41:27	55	M
Chuck Milazzo	38:17	60	M
Paul Cianfrocca	34:38	42	M

Thursday Night Onondaga Lake Park Fun Runs

August 18, 2016

(Partly Cloudy; 81 degrees ;WNW 11mph)

Name	Time	Age	Sex
400 meters			
Maddox Reynolds	2:00	8	M
Alyssa Stahlecker	2:28	4	F
Darshana Kappurai	2:37	7	F
2 miles			
Solomon Holden-Betts	18:34	10	M
Vivian Holden-Betts	18:37	12	F
Jerry Smith	25:05	69	M
5 kilometers			
Paul Cianfrocca	21:04	52	M
Bob Holden-Betts	22:36	41	M
Trista Holden-Betts	23:28	42	F
Kurt Stanton	29:47	66	M
Ken Iandolo	36:26	65	M
Johanna Anderson	41:46	36	F
Kurt Anderson (with children)	42:32	35	M
5 miles			
Chuck Milazzo	39:46	60	M
Jim Cox	40:33	55	M
Stan More	40:40	64	M

Thursday Night Onondaga Lake Park Fun Runs

August 25, 2016

(Sunny and Warm; 80 degrees Last of the season! Great weather....no cancellations this year!)

Name	Time	Age	Sex
400 meters			
Zachary Barsuaskas	1:41	7	M
Everett Barsuaskas	1:44	6	M
Wyatt Welsh	1:44	8	M
2 miles			
Lucas Barsuaskas	19:58	9	M
Kuppuraj Vasudevan	20:01	42	M
Jerry Smith	25:05	69	M
5 kilometers			
Paul Cianfrocca	23:45	52	M
Ken Iandolo	37:38	65	M
5 miles			
Chuck Milazzo	39:26	60	M
Jim Cox	39:59	55	M
Stan More	40:49	64	M
Jerry Woods	41:22	67	M

Thursday Night Onondaga Lake Park Fun Runs August 11, 2016

(Minimal cloud coverage; 91 degrees with no wind)

Name	Time	Age	Sex
2 miles			
Trinity Knox	17:10	14	F
Faith Knox	18:23	13	F
Nell DeChick	21:19	13	F
Caroline Wilkinson	21:43	14	F
Lou Cutler	22:02	66	M
5 kilometers			
Abby Wilkinson	23:24	15	F
Stan More	24:44	64	M
5 miles			
Chuck Milazzo	40:44	60	M
Jim Cox	41:45	55	M





HARVEST TIME FITNESS!!

SEPTEMBER 2016

FREE

FALL MEET

FREE



→ *The Syracuse Chargers Track Club Special Olympics program invites you to join them in a track and fitness program.*

Skill testing will be held in running, walking, softball toss, soccer kick, basketball and football.

Training Dates:

Tuesday, Sept. 6	Training	6:30 – 7:30 p.m.	SRC Arena @ Onondaga CC
Tuesday, Sept. 13	Training	6:30 – 7:30 p.m.	SRC Arena @ Onondaga CC
Tuesday, Sept. 20	Training	6:30 – 7:30 p.m.	SRC Arena @ Onondaga CC
Tuesday, Sept. 27	Training	6:30 – 7:30 p.m.	SRC Arena @ Onondaga CC
Tuesday, Oct. 4	Competition	6:30 – 7:30 p.m.	SRC Arena @ Onondaga CC

Weather permitting, a 30 minute outside walk will start each week at 6:40 p.m.

Ribbons will be awarded to all contestant, on October 4th after the competition; also a surprise for all.

Directions: From the Route 175 entrance of Onondaga Community College, take the first right on the roundabout. Then take the next immediate left to the SRC Arena and park in the parking lots provided.

Remember: All participants should wear running shoes or sneakers and appropriate clothing. Running in street clothing can be very uncomfortable. You are encouraged to bring a water bottle.



For more information,
Contact Peter Rhodes at 422-1037 or 446-9476 Or Julia Maslin at 473-5059
per56@aol.com julia.maslin@opwdd.ny.gov

THE THERAPY CORNER

Ankle Sprains – Long-term Problems and Rehab

An earlier installment in this series (<http://www.syracusechargers.org/therapy/chapt94.htm>) examined a traumatic (as opposed to overuse) injury sometimes suffered by runners – ankle sprains. The aim of that article was to offer some tips to prevent such injuries, as well as to emphasize the importance of seeking medical attention to rule out a fracture if the apparent sprain manifests in severe swelling, bruising, and weight-bearing pain.

What wasn't covered was the best course of treatment for an ankle sprain, both immediate and long-term. I won't go into the details of the former, as most people are aware of the standard protocol of **R**est, **I**ce, **C**ompression, and **E**levation (RICE), which is still generally advised, though this is now somewhat controversial and subject to questions regarding the first two measures, as I outlined recently. Rather, I'd like to discuss the long-term effects of ankle sprains that are not readily apparent but can adversely affect runners.

There are primarily two problems that can develop after an ankle sprain. The first, and most often encountered, is the development of a chronic instability of the ankle, due to the failure of the ligaments that have been damaged to regain their normal length and strength during the healing process. Additionally, the injured ligaments can lose their ability to provide proprioceptive (position sense) feedback through the nervous system to the supportive muscles. Without these two properties, the ankle is subject to repeated sprains and, the more often you sustain a sprain, the more permanent the damage, which increases the risk for recurrent sprains, which leads to ...etc, etc.

Thus, it is critically important that sprains be properly rehabilitated the first time in order to prevent this chronic instability from developing. I strongly recommend seeing a physical therapist for one or two visits minimum, if not ongoing treatment for acute sprains, to get the proper guidance on care and exercises (for strength and balance training primarily) to address this potential complication.

A more subtle aftereffect of an ankle sprain is a loss of mobility in the ankle joint. Specifically, an often-found characteristic of this injury is a long-term reduction in dorsiflexion range of motion of the ankle. (Dorsiflexion is the movement you would see if, when standing or sitting, you lift the ball of the foot and toes upward while keeping your heel on the floor.) This impairment occurs acutely due to swelling in the joint that prevents full motion; it becomes a chronic problem if this movement is not restored during the rehabilitation process, causing the ankle joint ligaments and/or muscles to become shortened and stiff.

A 2009 study that appeared in the Journal of Science and Medicine in Sport confirmed that this is a frequently seen consequence of ankle sprains. Compared to a control group, subjects with chronic ankle instability demonstrated a significant reduction (9-25%) of dorsiflexion range during jogging.

A certain amount of dorsiflexion (most estimates average 10° for walking, 25-30° for running) is necessary for normal gait mechanics. A reduction in range becomes of concern due to the potential for developing abnormal movements at other joints in the lower limb to compensate for this limitation. The most common compensatory patterns are increased foot pronation or a turned-out position of the foot (via external rotation of the hip, usually). Like any abnormal movement pattern, these will often lead to some structure such as muscle or tendon being overstressed by the repetitive activity, leading to tissue breakdown.

Most people – and many clinicians – fail to recognize that there is this loss of mobility at the ankle, since it is often small and subtle. The adverse effects, though, can be large, so anyone who suffers an ankle sprain would do well to be sure to include as part of a rehabilitation program exercises and, if necessary, professional treatment that address this often seen effect of what may seem to be a simple ankle sprain.

Gabe Yankowitz, PT, DPT, OCS

Gabe is a long-time runner and physical therapist currently practicing in the outpatient physical therapy clinic at St. Camillus Health and Rehabilitation Center in Syracuse.

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.

Syracuse Chargers all-comers meet 8/3/16

Sky Top facility Syracuse University

*"Bold" = Syracuse Chargers age-group record!

Shot Put:

F*10-11 Jenna Deep (6Lbs.)	11	Syracuse Chargers	24' 9.50"
F 14-15 Aniya Adams (4Kg)	14	Unattached	26' 2.50"
M 18-29 Lucas West (16Lbs.)	18	Unattached	35' 1"
M 30-34 Chris Sickler (16Lbs.)	32	Unattached	40' 7"
M 45-49 Norman Deep Jr. (6Kg)	49	Syracuse Chargers	40' 8"
M 50-54 Bill Adams (6Kg)	51	Unattached	30' 3.50"

Discus:

F 10-11 Jenna Deep (1Kg)	11	Syracuse Chargers	59' 7"
F 14-15 Aniya Adams (1Kg)	14	Unattached	49' 10"
M 18-29 Lucas West (2Kg)	18	Unattached	115' 3"
M 18-29 Jasaan McGriff (2Kg)	18	Coach Royal's	75' 10"
M 30-34 Chris Sickler (2Kg)	32	Unattached	133' 7"
M 50-54 Bill Adams (1.5Kg)	51	Unattached	79' 3"

Hammer:

F*10-11 Jenna Deep (6Lbs.)	11	Syracuse Chargers	45' 2"
M 30-34 Chris Sickler (2Kg)	32	Unattached	123' 10"

56 Lbs. Weight Throw:

M 30-34 Chris Sickler	32	Unattached	25' 8.25"
M*45-49 Norman Deep Jr.	49	Syracuse Chargers	26' 10.50"

Triple Jump:

F*10-11 Madelynn Huff	11	Syracuse Chargers	25' 6"
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Long Jump:

F 7&U Te'Arrie Odums	6	Unattached	6' 6"
F 8-9 Georgia Deep	9	Syracuse Chargers	9' 1"
F 8-9 Silvia Colegrove	9	Unattached	8' 4"
F 10-11 Madelynn Huff	11	Syracuse Chargers	11' 8"
F 10-11 Marissa Johnson	11	Coach Royal's	9' 1"
F 10-11 Dianna Crawford	10	Coach Royal's	8' 0"
F 10-11 Shonique Dennis	11	Coach Royal's	7' 7"
F 16-17 Brooklyn Penn	16	Syracuse Chargers	13' 5"
M 7&U Aiden Griffin	7	Syracuse Chargers	9' 1"
M 7&U Hannon Shutts	5	Unattached	7' 8"
M 7&U Elijah Bailey	4	Syracuse Chargers	7' 2"
M 14-15 Antwann Harmond	14	Unattached	14' 4"
M 45-49 John McEachen	46	Syracuse Chargers	16' 1"

100 meters:

F 7&U Te'Arrie Odums	6	Unattached	21.9
F 10-11 Madelynn Huff	11	Syracuse Chargers	14.7
F 10-11 Marissa Johnson	11	Coach Royal's	16.5
F 10-11 Shonique Dennis	11	Coach Royal's	17.0
F 10-11 Dianna Crawford	10	Coach Royal's	17.5
F 16-17 Brooklyn Penn	16	Syracuse Chargers	13.5
F 16-17 Lauren Thorne	17	Y Tri team	17.1
M 7&U Aiden Griffin	7	Syracuse Chargers	17.2
M 7&U Elijah Bailey	4	Syracuse Chargers	19.3
M 7&U Hannon Shutts	5	Unattached	19.7
M 14-15 Antwann Hardmond	14	Unattached	12.6
M 18-29 Jasaan McGriff	18	Coach Royal's	12.1
M 45-49 John McEachen	46	Syracuse Chargers	12.7
M 50-54 Sam Sampere	51	Syracuse Chargers	14.9

400 meters:

F 8-9	Georgia Deep	9	Syracuse Chargers	1:31.9
F 10-11	Elena Cologrove	10	Ed Smith's	1:32.3
F 65-69	Coreen Steinbach	65	Athena Track Club	1:18.9
M 45-49	John McEachen	46	Syracuse Chargers	:58.8
M 45-49	Javier Martinez	45	Unattached	1:03.2
M 50-54	Sam Sampere	51	Syracuse Chargers	1:08.9

3000 meters:

F 16-17	Lauren Thorne	17	Y Tri team	17:03.5
F 45-49	Marie Farone	48	Unattached	17:17.7
F 55-59	Ruth Yanai	57	Unattached	13:39.8
F 60-64	Patricia Ford	60	Syracuse Chargers	14:10.3
F 65-69	Coreen Steinbach	65	Athena Track Club	12:47.7
M 50-54	Sam Sampere	51	Syracuse Chargers	12:26.2
M 60-64	Terry McConnell	62	Syracuse Chargers	13:52.8

Total participants: 29 Females: 16 Males: 13

Age-group records broken by **Syracuse Chargers** club members: **4**

Youngest participant: Elijah Bailey (4) Syracuse Chargers club

Oldest participant: Coreen Steinbach (65) Athena Track Club

Fun fact: Brooklyn Penn (16) of the Syracuse Chargers Long Jumped 13'5" ...and she also ran the 100 meters in 13.5

8/10/16Shot Put:

F 10-11	Jenna Deep (6Lbs.)	11	Syracuse Chargers	24' 9"
M 30-34	Chris Sickler (16Lbs.)	32	Unattached	40' 2"
M 45-49	Norman Deep Jr.(6Kg)	49	Syracuse Chargers	39' 4"

Discus:

F 10-11	Jenna Deep (1Kg)	11	Syracuse Chargers	58' 2"
M 30-34	Chris Sickler (2Kg)	32	Unattached	133' 9"

Hammer:

F*10-11	Jenna Deep (6Lbs.)	11	Syracuse Chargers	47' 8"
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35 Lbs. Weight Throw:

M 30-34	Chris Sickler	32	Unattached	39' 2.50"
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Triple Jump:

F*10-11	Madelynn Huff	11	Syracuse Chargers	27' 5"
F 14-15	Maddy Gavitt	15	Unattached	32'10"

Long Jump:

F 7&U	Gloria Colegrove	6	Ed Smith	7' 1"
F 8-9	Georgia Deep	9	Syracuse Chargers	9' 8"
F 8-9	Silvia Colegrove	9	Ed Smith	8' 5"
F 10-11	Marissa Johnson	11	Coach Royal's	9' 6"
F 14-15	Maddy Gavitt	15	Unattached	14' 8"
F 16-17	Brooklyn Penn	16	Syracuse Chargers	13' 6"
M 7&U	Aiden Griffin	7	Syracuse Chargers	8' 8"
M 7&U	Hannon Shutts	5	Unattached	7' 9"
M 7&U	Elijah Bailey	4	Syracuse Chargers	7' 0"
M 7&U	Makhi Bullock	3	Unattached	4' 9"

100 meters:

F 7&U	Gloria Colegrove	6	Ed Smith	22.0
F 8-9	Silvia Colegrove	9	Ed Smith	19.2
F 10-11	Madelynn Huff	11	Syracuse Chargers	15.2
F 10-11	Marissa Johnson	11	Coach Royal's	16.8
F 14-15	Caroline Wilkinson	14	Unattached	17.0



John McEachen recovers

Over the course of the summer.... we had 74 individuals participate in our Thursday Night Onondaga Lake Park Fun Runs...

....And we had 51 individuals jump, run, or throw at our 3 All-Comer Track Meets



Pat Piscitelli Clerks at the Track

F 16-17 Brooklyn Penn	16	Syracuse Chargers	13.8
M 7&U Aiden Griffin	7	Syracuse Chargers	17.6
M 7&U Hannon Shutts	5	Unattached	20.2
M 7&U Elijah Bailey	4	Syracuse Chargers	20.2
M 7&U Mahki Bullock	3	Unattached	30.1
M 50-54 Sam Sampere	51	Syracuse Chargers	15.2
<u>200 meters:</u>			
F 8-9 Georgia Deep	9	Syracuse Chargers	40.8
F 10-11 Madelynn Huff	11	Syracuse Chargers	32.4
F 10-11 Marissa Johnson	11	Coach Royal's	35.5
F 14-15 Caroline Wilkinson	14	Unattached	35.4
F 16-17 Brooklyn Penn	16	Syracuse Chargers	28.4
M 7&U Aiden Griffin	7	Syracuse Chargers	38.6
M 7&U Elijah Bailey	4	Syracuse Chargers	44.0
M 7&U Hannon Shutts	5	Unattached	44.5
M 50-54 Sam Sampere	51	Syracuse Chargers	31.3
M 65-69 Bob Nicholson	69	Syracuse Chargers	35.5
<u>800 meters:</u>			
F 65-69 Coreen Steinbach	65	Athena track club	2:54.9
M 50-54 Sam Sampere	51	Syracuse Chargers	2:39.6
<u>1500 meters:</u>			
F 10-11 Elena Colegrove	10	Ed Smith	7:12.5
F 14-15 Abby Wilkinson	15	Unattached	5:59.5
F 16-17 Lauren Thorne	17	Y Tri team	6:52.1
M 45-49 Javier Martinez	45	Unattached	5:16.1
M 45-49 David Colegrove	47	Unattached	6:14.9
M 50-54 Sam Sampere	51	Syracuse Chargers	6:52.7

Total participants: 22

Females: 12

Males: 10

Age-group records broken by **Syracuse Chargers** club members: 2

Youngest participant: Makhi Bullock (3) Unattached

Oldest participant: Bob Nicholson (69) Syracuse Chargers Track Club

Fun fact: **Syracuse Chargers** members **Jenna Deep** and **Madelynn Huff** (both **F11**) have set at least ONE Syracuse Chargers **record** in the F10-11 age-group at each of our two meets so far this summer!

8/17/16

Shot Put:

F 10-11 Jenna Deep (6Lbs.) 11 Syracuse Chargers 23' 8.25"

M*45-49 Norman Deep Jr. (6Kg)	49	Syracuse Chargers	41' 5"
<u>Discus:</u>			
F 10-11 Jenna Deep (1Kg)	11	Syracuse Chargers	60' 9"
<u>Hammer:</u>			
F*10-11 Jenna Deep (6Lbs.)	11	Syracuse Chargers	51' 6"
<u>Long Jump:</u>			
F 7&U Te'arrie Odums	6	H.W.	7' 10"
F 7&U Gloria Colegrove	6	Ed Smith	7' 0"
F 7&U Makayla Grobsmith	5	Syracuse Chargers	4' 4"
F 8-9 Georgia Deep	9	Syracuse Chargers	9' 10"
F 8-9 Silvia Colegrove	9	Ed Smith	8' 3"
F 10-11 Marissa Johnson	11	Coach Royal's	9' 4"
M 7&U Hannon Shutts	5	Unattached	8' 8"
M 7&U Jessiah Fogoing	7	Syracuse Chargers	4' 7"
M 7&U Michi Barner	4	Bellview	4' 4"
M 7&U Levi Johnston	2	Unattached	2' 9"
M 14-15 Antwuan Hardmon	14	Unattached	14' 2"
<u>200 meters:</u>			
F 7&U Te'arrie Odums	6	H.W.	50.4
F 7&U Lilly Squire	6	Mott Road	53.8
F 7&U Makayla Grobsmith	5	Syracuse Chargers	61.9
F 8-9 Georgia Deep	9	Syracuse Chargers	40.2
F 8-9 Silvia Colegrove	9	Ed Smith	42.8
F 10-11 Marissa Johnson	11	Coach Royal's	37.4
F 12-13 Ellrose Hahn	12	Syracuse Chargers	33.9
F 14-15 Caroline Wilkinson	14	Unattached	35.4
M 7&U Hannon Shutts	5	Unattached	42.8
M 7&U Jessiah Fogoing	7	Syracuse Chargers	56.2
M 7&U Michi Barner	4	Bellview	1:01.0
M 7&U Levi Johnston	2	Unattached	1:25.8
M 14-15 Antwuan Hardmon	14	Unattached	26.7
M 18-19 Jervon Harrison	18	Unattached	24.1
M 18-19 Jacob Wood	18	Syracuse Chargers	26.4
M 45-49 John McEachen	46	Syracuse Chargers	26.7
M 50-54 Robert Harrison	50	Syracuse Chargers	43.6
M 50-54 Sam Sampere	51	Syracuse Chargers	31.1
M 50-54 Robert Mozo	53	Syr. Track Club	29.5
M 50-54 Paul Perillo	52	Syracuse Chargers	1:06.7
<u>400 meters:</u>			
F 12-13 Ellrose Hahn	12	Syracuse Chargers	1:23.0
F 35-39 Beth Squire	35	Y Runner	1:21.2
M 7&U Hannon Shutts	5	Unattached	1:47.8
M 45-49 John McEachen	46	Syracuse Chargers	58.9
M 50-54 Robert Mozo	53	Syr. Track Club	1:03.2
M 50-54 Sam Sampere	51	Syracuse Chargers	1:08.9
M 50-54 Paul Perillo	52	Syracuse Chargers	2:58.3
<u>800 meters:</u>			
F 12-13 Ellrose Hahn	12	Syracuse Chargers	3:19.3
F 55-59 Ruth Yanai	57	Unattached	3:05.3
M 50-54 Russell Wood	50	Syracuse Chargers	3:12.1
M 50-54 Robert Mozo	53	Syr. Track Club	3:19.3
M 50-54 Paul Perillo	52	Syracuse Chargers	5:17.8



M 60-64 Stan More 64 Syracuse Chargers 3:09.9
M 65-69 Ken Iandolo 65 Unattached 4:38.3

1500 meters:

F 10-11 Elena Colegrove 10 Ed Smith 7:22.2
F 14-15 Abby Wilkinson 15 Unattached 6:04.7
F 35-39 Beth Squire 35 Y Runner 6:37.8
F ??-?? Brianna Bowles ?? Unattached 8:41.5
M 25-29 Michael Dee 25 Syr. Track Club 4:31.9
M 45-49 David Colegrove 47 Unattached 6:20.4
M 50-54 Robert Mozo 53 Syr. Track Club 6:13.7
M 55-59 Alan Brown 59 Unattached 6:52.9
M 60-64 Stan More 64 Syracuse Chargers 6:28.2
M 65-69 Ken Iandolo 65 Unattached 9:02.6

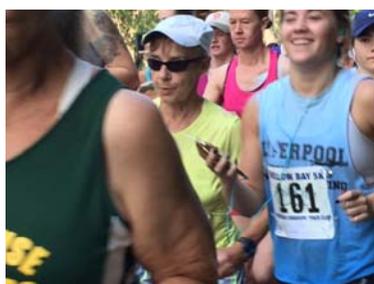
Total participants: 34 Females: 15 Males: 19

Age-group records broken by **Syracuse Chargers** club members: 2

Youngest participant: Levi Johnston (2) Unattached

Oldest participant: Ken Iandolo (65) Unattached

Run for Women—Continued



93	Sydnie Sovinsky	Liverpool	NY	16	32:08
94	Madison Rose	Liverpool	NY	16	32:08
113	Emily Monahan	Baldwinsville	NY	18	33:27
120	Lilith Holmes	Liverpool	NY	15	34:00
123	Avery Clarke	Liverpool	NY	16	34:40
124	Alison Testone	Liverpool	NY	16	34:41
135	Sophia Klemenz	Liverpool	NY	18	36:06
146	Mackenzie Millick	Chittenango	NY	18	37:21
165	Grace LaPierre	Liverpool	NY	16	42:26
20-24					
4	Katie Laris	Clay	NY	22	20:47
23	Clara Jones	Hamilton	NY	20	24:54
49	Abigail Whiting	Baldwinsville	NY	22	28:03
89	Samantha Rushmore	Baldwinsville	NY	24	31:40
97	Caitlin Tomko	Manlius	NY	24	32:26
188	Lily Duke	Minoa	NY	22	49:22
189	Grace Ariola	E Syracuse	NY	20	49:22
25-29					
24	Charlotte Firestone	Syracuse	NY	25	25:09
36	Caitlin Gordon	Syracuse	NY	29	26:06
44	Lauren E Jackson	Camillus	NY	28	27:32
96	Erin Kawryga	Syracuse	NY	28	32:19
149	Ashley O'Bryan	Baldwinsville	NY	27	38:20
159	Leslie Bonkowski	Syracuse	NY	25	41:24
174	Jessica York	E Syracuse	NY	27	43:51
198	Cara Dailey	Phoenix	NY	29	52:11

30-34

10	Katie Sellers	Liverpool	NY	32	22:49
31	Amanda Youngman	Baldwinsville	NY	34	25:38
32	Janet Robinson	Newcastle Tyne	GB	34	25:39
60	Meg Wilkie	Liverpool	NY	30	29:09
61	Shannon Lowe	Liverpool	NY	30	29:09
64	Keira Andrews	Syracuse	NY	31	29:27
85	Sarah Bender	Syracuse	NY	30	31:25
95	Elizabeth Robinson	Liverpool	NY	34	32:10
101	Sarah Schumaker	Baldwinsville	NY	33	32:55
110	Jessica Alling	Liverpool	NY	34	33:22
132	Christine Smith	Cicero	NY	34	35:42
134	Jackie Kimball	Canastota	NY	32	36:05
139	Stephanie Keller	Memphis	NY	30	36:21
143	Jennifer Gillis	Baldwinsville	NY	31	36:48
163	Samantha Shehadi	Liverpool	NY	34	41:37
164	Brandi Kotlarz	Marcellus	NY	33	41:40
180	Eileen Nicholson	Cicero	NY	33	45:13
184	Jessica Hackett	Syracuse	NY	32	47:21

35-39

12	Jessica Dudley	Liverpool	NY	37	23:51
17	Heather Lacey	Hastings	NY	38	24:22
19	Marguerite E Dodd	Liverpool	NY	35	24:41
20	Devon Rodgers	Baldwinsville	NY	36	24:48
34	Carrie Viggiano	Auburn	NY	36	25:47
39	Brianna Christensen	Rochester	NY	35	26:59
108	Jenny Sacco	Liverpool	NY	39	33:14
111	Samantha Kelly	N Syracuse	NY	35	33:23
122	Kim Pierce	Chittenango	NY	39	34:18
178	Elizabeth Hartigan	Marcellus	NY	36	44:44
196	Tina Stewart	Pennellville	NY	35	51:39

40-44

6	Tabitha M Fleming	Baldwinsville	NY	40	21:35
11	Trista Holden-Betts	Baldwinsville	NY	43	22:50
25	Kerry Zubrzycki	Syracuse	NY	42	25:12
50	Kristen A Guarente	Liverpool	NY	40	28:41
87	Dina MacCammon	Liverpool	NY	44	31:26
98	Phyllis Zames	Jamesville	NY	41	32:26
100	Valerice Stuart	Fulton	NY	41	32:51
115	Barbara Wells	Syracuse	NY	44	33:53
117	Cheryl Waldron	Constantia	NY	41	33:54
136	Victoria O'Connor	E Syracuse	NY	40	36:10
140	Amanda Sugrue	Clay	NY	40	36:28
142	Jennifer Kelsey	Kirkville	NY	40	36:32
145	Nathalie Wheatley	Liverpool	NY	41	37:17
152	Jennifer Wheeler	E Syracuse	NY	44	38:36
157	Katherine Balduzzi	Syracuse	NY	43	41:08
168	Helene Degan	N Syracuse	NY	43	42:58
177	Jesika Hartwell	Liverpool	NY	40	44:42
192	Charlene Peterson	Bridgeport	NY	42	50:06

45-49

7	Kara D Rusch	Hamilton	NY	48	22:15
13	Kathleen Ann Wheeler	Camillus	NY	45	23:52
14	Kim Keenan-Kirkpatrick	Manlius	NY	49	23:54
33	Kelly Griffith	E Syracuse	NY	48	25:44
37	Kimberly A Cavallo	Syracuse	NY	48	26:43
43	Liz Saarie	Baldwinsville	NY	46	27:22
48	Susan Little	Liverpool	NY	49	27:53

52	Sherry Wlodarski	Clay	NY	49	28:45
54	Jeannette Clark	Syracuse	NY	47	28:46
56	Michelle Callahan	Liverpool	NY	47	28:50
65	Lara Wines	Watertown	NY	47	29:29
68	Tammy Thomas	Lacona	NY	48	29:34
71	Cynthia Mead	Liverpool	NY	46	29:47
75	Margie Rivers	Liverpool	NY	48	30:16
76	Cindy Ostuni	Syracuse	NY	49	30:26
78	Kelly Dickter	Baldwinsville	NY	48	30:41
86	Rosemary Angotti	Liverpool	NY	48	31:26
91	Monica DeSanto	Syracuse	NY	49	31:52
102	Lisa Kaylor	Hastings	NY	47	33:03
104	Michelle Stoyell	Marcellus	NY	46	33:09
106	Carole Suarez	Syracuse	NY	46	33:09
107	Ellen Suarez	Syracuse	NY	45	33:11
127	Louise Pierson	Liverpool	NY	49	35:03
128	Debbie Marcheterre	Syracuse	NY	47	35:19
129	Robin Millick	Chittenango	NY	46	35:24
131	Kathy Krzykowski	Marcellus	NY	46	35:38
133	Cassandra Darmody	DeWitt	NY	46	35:42
153	Amanda Hayden	Liverpool	NY	47	38:50
154	Selina Lazarus	Liverpool	NY	47	39:38
191	Victoria Rushmore	Baldwinsville	NY	48	50:05
199	Michele McNeill	Liverpool	NY	48	52:45
50-54					
1	Karyl Sargent	LaFayette	NY	53	19:50
21	Maria Ziemba	Cazenovia	NY	50	24:49
30	Karen A Wilton	Brewerton	NY	50	25:38
38	Susanne Tupper	Hastings	NY	51	26:46
46	Kim Schulz	Syracuse	NY	51	27:45
53	Jennifer Brice	Hamilton	NY	53	28:45
57	Laurie Laris	Clay	NY	53	28:50
58	Barbara Evans	Phoenix	NY	51	28:55
63	Carolyn Yerdon	Bedford	NY	53	29:18
99	Mary Stachelek	Minoa	NY	51	32:42
103	Diann Ferris	Syracuse	NY	51	33:06
105	Annette Chrysler	Marcellus	NY	51	33:09
112	Barbara Borick	Baldwinsville	NY	51	33:27
125	Maria Fumano	Syracuse	NY	50	34:49
144	Marcy J Tobin	Rochester	NY	54	37:07
162	Martha Lawson	Liverpool	NY	54	41:33
171	Lori Cornish	Liverpool	NY	54	43:28
176	Robin Ariola	E Syracuse	NY	50	44:39
195	Kelly Hill	Manlius	NY	50	51:39
200	Virginia O'Connor	Syracuse	NY	53	52:45
55-59					
15	Ruth Yanai	Syracuse	NY	58	24:12
26	Kathryn Annan	Syracuse	NY	59	25:15
29	Rachelle Hayes	Massena	NY	55	25:37
35	Rhonda L Wandersee	Syracuse	NY	55	26:04
40	Linda A Owens	Liverpool	NY	58	27:00
47	Maureen A Hohl	Camillus	NY	55	27:51
59	Diane Ruffolo	Hastings	NY	58	29:00
67	Philippa Read	DeWitt	NY	58	29:32
70	Becky Engels	Baldwinsville	NY	59	29:45
74	Pat Ronk	Liverpool	NY	55	30:03
92	Jan Heisler	Baldwinsville	NY	56	32:01
121	Donna Ditota	Syracuse	NY	55	34:18



148	Cindy Daly	Weedsport	NY	58	37:40
155	Cindee Daniels	Liverpool	NY	57	40:11
158	Peggy Bufano	Syracuse	NY	57	41:14
172	Kim Edinger	Baldwinsville	NY	56	43:28
173	Sandy Jorda	Oneida	NY	58	43:31
175	Marie E Christopher	Liverpool	NY	58	43:57
182	Janice Crawford	Syracuse	NY	58	46:41
185	Rosemarie Hudson	Liverpool	NY	58	47:57
187	Maura J O'Toole	Liverpool	NY	57	48:45
205	Dee Caldwell	Watertown	NY	55	56:15
60-64					
16	Suzanne Leone	Cicero	NY	63	24:20
62	Sandy Boys	E Syracuse	NY	64	29:13
69	Debbie Tracy	Liverpool	NY	60	29:37
72	Carol Wilkie	Liverpool	NY	60	29:51
80	Francine D Cantor	Syracuse	NY	61	31:00
118	Cindy Shore	Binghamton	NY	60	33:55
119	Melinda Portmess	Tully	NY	63	33:58
137	Dottie Arnold	Sackets Harbor	NY	64	36:12
151	Cheryl Vitaletti	Syracuse	NY	62	38:35
167	Marcia Prignon	Clay	NY	62	42:48
186	Pamela Isgro	Liverpool	NY	62	47:59
202	Debbie Greiner	E Syracuse	NY	60	54:26
206	Kim Onisk	Baldwinsville	NY	61	56:47
65-69					
55	Chary Griffin	Cazenovia	NY	67	28:48
73	Rosalie Brennan	Syracuse	NY	67	29:58
77	Ruth Ripley	Pennellville	NY	69	30:40
126	Marguerite M Fulton-Newto	Liverpool	NY	68	34:59
130	Ginny Robbins	Jamesville	NY	66	35:26
147	Bonnie Silvernail	Tully	NY	65	37:32
150	Donna Cornacchia	Hannibal	NY	67	38:35
169	Margaret Satterlee	Elbridge	NY	67	43:22
170	Mary M Nichols	Liverpool	NY	68	43:27
190	Kathleen Nicholson	Syracuse	NY	68	49:47
203	Nancy Fanella	Baldwinsville	NY	65	54:27
207	Gloria Martin	Syracuse	NY	68	1:03:24
70-74					
66	Mary Casey	Fayetteville	NY	70	29:30
109	Carol Rider	Bridgeport	NY	74	33:14
116	Joan Deyle	Central Square	NY	71	33:53
161	Rosemary Laquidari	Liverpool	NY	72	41:30
166	Joyce Johnston	Baldwinsville	NY	73	42:33
179	Rosalie Young	DeWitt	NY	73	44:59
181	Connie Ciccone	Skaneateles	NY	71	46:02
194	Judith Johnson	Constantia	NY	72	51:16
75-79					
138	Mary Schulz	Cortland	NY	77	36:14
183	Dorothy Schiessl	Baldwinsville	NY	75	46:44
193	Sharon Sonnacchio	Hastings	NY	75	50:06
80-84					
201	Carol Frey	Cicero	NY	81	53:27

Sister-Sister Category Team Results

1. Team: 11

22:44 + 27:33 = 50:17

188 Rachel Ziembra, 186 Anna Ziembra

2. Team: 05
23:52 + 26:43 = 50:35
106 Kathleen Ann Wheeler, 143 Kimberly A Cavallo
3. Team: 03
25:38 + 25:47 = 51:25
102 Amanda Youngman, 84 Carrie Viggiano
4. Team: 09
25:12 + 33:06 = 58:18
149 Kerry Zubrzycki, 139 Diann Ferris
5. Team: 09-1
25:12 + 35:42 = 1:00:54
149 Kerry Zubrzycki, 154 Cassandra Darmody
6. Team: 03-1
25:38 + 36:32 = 1:02:10
102 Amanda Youngman, 217 Jennifer Kelsey
7. Team: 03-3
25:47 + 36:32 = 1:02:19
84 Carrie Viggiano, 217 Jennifer Kelsey
8. Team: 02
31:26 + 31:26 = 1:02:52
79 Dina MacCammon, 87 Rosemary Angotti
9. Team: 08
31:25 + 31:37 = 1:03:02
147 Sarah Bender, 134 Phoebe Ariola
10. Team: 10
32:26 + 32:26 = 1:04:52
155 Caitlin Tomko, 158 Phyllis Zames
11. Team: 02-1
31:26 + 34:18 = 1:05:44
79 Dina MacCammon, 37 Kim Pierce
12. Team: 02-2
31:26 + 34:18 = 1:05:44
87 Rosemary Angotti, 37 Kim Pierce
13. Team: 09-2
33:06 + 35:42 = 1:08:48
139 Diann Ferris, 154 Cassandra Darmody
14. Team: 12
33:54 + 35:42 = 1:09:36
211 Cheryl Waldron, 210 Christine Smith
15. Team: 04
28:44 + 41:08 = 1:09:52
97 Sarah Balduzzi, 95 Emily Balduzzi
16. Team: 01
36:48 + 38:20 = 1:15:08
6 Jennifer Gillis, 5 Ashley O'Bryan
17. Team: 08-1
31:25 + 43:51 = 1:15:16
147 Sarah Bender, 136 Jessica York
18. Team: 08-4
31:37 + 43:51 = 1:15:28
134 Phoebe Ariola, 136 Jessica York
19. Team: 08-2
31:25 + 49:22 = 1:20:47
147 Sarah Bender, 132 Lily Duke
20. Team: 08-3
31:25 + 49:22 = 1:20:47
147 Sarah Bender, 133 Grace Ariola

21. Team: 08-5
31:37 + 49:22 = 1:20:59
134 Phoebe Ariola, 132 Lily Duke
22. Team: 08-6
31:37 + 49:22 = 1:20:59
134 Phoebe Ariola, 133 Grace Ariola
23. Team: 07
43:28 + 43:28 = 1:26:56
118 Lori Cornish, 119 Kim Edinger
24. Team: 08-7
43:51 + 49:22 = 1:33:13
136 Jessica York, 132 Lily Duke
25. Team: 08-8
43:51 + 49:22 = 1:33:13
136 Jessica York, 133 Grace Ariola
26. Team: 08-9
49:22 + 49:22 = 1:38:44
132 Lily Duke, 133 Grace Ariola

Mother-Daughter Category Team Results

1. Team: 14
19:50 + 22:50 = 42:40
105 Justus Holden-Betts, 104 Trista Holden-Betts
2. Team: 16
22:35 + 23:54 = 46:29
121 Libbie Kirkpatrick, 120 Kim Keenan-Kirkpatrick
3. Team: 24
22:44 + 24:49 = 47:33
188x Rachel Ziemba, 187M Maria Ziemba
4. Team: 08
20:47 + 28:50 = 49:37
61 Katie Laris, 62 Laurie Laris
5. Team: 15
24:51 + 25:44 = 50:35
112 Jessica Griffith, 113 Kelly Griffith
6. Team: 22
24:12 + 27:17 = 51:29
178 Ruth Yanai, 177 Nora Yanai
7. Team: 24-1
27:33 + 24:49 = 52:22
186x Anna Ziemba, 187M Maria Ziemba
8. Team: 21
22:49 + 29:37 = 52:26
54 Katie Sellers, 185 Debbie Tracy
9. Team: 01
24:54 + 28:45 = 53:39
16 Clara Jones, 15 Jennifer Brice
10. Team: 13
25:38 + 29:45 = 55:23
102 Amanda Youngman, 101 Becky Engels
11. Team: 06
25:09 + 31:00 = 56:09
52 Charlotte Firestone, 51 Francine D Cantor
12. Team: 05
29:09 + 29:51 = 59:00
39 Meg Wilkie, 38 Carol Wilkie
13. Team: 20

- 30:41 + 31:07 = 1:01:48
162 Kelly Dickter, 163 Paige Dickter
14. Team: 02
27:45 + 36:14 = 1:03:59
25 Kim Schulz, 26 Mary Schulz
15. Team: 07
31:18 + 33:14 = 1:04:32
59 Michelle Sacco, 58 Jenny Sacco
16. Team: 09
33:27 + 33:27 = 1:06:54
63 Barbara Borick, 64 Emily Monahan
17. Team: 04
33:52 + 33:53 = 1:07:45
34 Isabelle Wells, 33 Barbara Wells
18. Team: 12
28:44 + 41:08 = 1:09:52
97x Sarah Balduzzi, 96M Katherine Balduzzi
19. Team: 03
35:24 + 37:21 = 1:12:45
28 Robin Millick, 27 Mackenzie Millick
20. Team: 10
36:28 + 36:28 = 1:12:56
77x Sophia Sugrue, 75M Amanda Sugrue
21. Team: 17
31:25 + 44:39 = 1:16:04
147x Sarah Bender, 135M Robin Ariola
22. Team: 17-1
31:37 + 44:39 = 1:16:16
134x Phoebe Ariola, 135M Robin Ariola
23. Team: 11
36:05 + 43:31 = 1:19:36
94 Jackie Kimball, 93 Sandy Jorda
24. Team: 25
39:38 + 41:25 = 1:21:03
198 Selina Lazarus, 197 Marielle Emmanuel
25. Team: 12-1
41:08 + 41:08 = 1:22:16
95x Emily Balduzzi, 96M Katherine Balduzzi
26. Team: 17-2
43:51 + 44:39 = 1:28:30
136x Jessica York, 135M Robin Ariola
27. Team: 17-3
49:22 + 44:39 = 1:34:01
132x Lily Duke, 135M Robin Ariola
28. Team: 17-4
49:22 + 44:39 = 1:34:01
133x Grace Ariola, 135M Robin Ariola
29. Team: 23
52:11 + 52:11 = 1:44:22
194x Juliana Moon, 13M Cara Dailey
30. Team: 23-1
54:26 + 52:11 = 1:46:37
180x Debbie Greiner, 13M Cara Dailey
31. Team: 19
54:51 + 56:15 = 1:51:06
146 Emily Caldwell, 145 Dee Caldwell

Grandmother-Granddaughter Category Team Results

1. Team: 02
 25:31 + 46:44 = 1:12:15
 82x Allison Lange, 81G Dorothy Schiessl
2. Team: 02-1
 28:03 + 46:44 = 1:14:47
 83x Abigail Whiting, 81G Dorothy Schiessl
3. Team: 01
 24:24 + 53:27 = 1:17:51
 204 Abigail Frey, 20 Carol Frey
4. Team: 03
 52:11 + 54:26 = 1:46:37
 194 Juliana Moon, 180 Debbie Greiner

Aunt-Niece Category Team Results

1. Team: 01
 19:50 + 24:24 = 44:14
 21 Karyl Sargent, 204 Abigail Frey
2. Team: 03
 26:06 + 28:45 = 54:51
 89 Caitlin Gordon, 92 Sherry Wlodarski
3. Team: 02
 30:52 + 36:21 = 1:07:13
 71 Hannah Overton, 70 Stephanie Keller

Winners of the challenge must score > 99.99999%

AGE-T%	Bib	Plce	First	Last	Time	Age
WINNERS:						
134.44034	21	1	Karyl	Sargent	19.816	53.283
130.85540	99	16	Suzanne	Leone	24.316	63.639
119.83677	178	15	Ruth	Yanai	24.200	58.000
119.08452	66	66	Mary	Casey	29.483	70.220
118.72252	172	26	Kathryn	Annan	25.233	59.915
117.57335	56	55	Chary	Griffin	28.783	67.683
113.28991	12	73	Rosalie	Brennan	29.950	67.860
112.89800	7	77	Ruth	Ripley	30.650	69.206
111.86975	24	108	Carol	Rider	33.216	74.318
111.04036	142	62	Sandy	Boys	29.200	64.847
110.17249	8	7	Kara D	Rusch	22.233	48.990
108.65339	23	40	Linda A	Owens	26.983	58.636
107.66996	181	29	Rachelle	Hayes	25.600	55.127
107.59582	26	138	Mary	Schulz	36.216	77.935
106.75657	36	35	Rhonda L	Wandersee	26.050	55.620
105.13980	69	114	Joan	Deyle	33.866	71.214
103.02572	120	14	Kim	Keenan-Kirkpatrick	23.883	49.211
102.73215	185	69	Debbie	Tracy	29.600	60.817
102.72516	187	21	Maria	Ziamba	24.800	50.951
101.82305	38	72	Carol	Wilkie	29.833	60.754
101.46295	91	59	Diane	Ruffolo	28.983	58.814

OTHERS WHO WERE CLOSE:

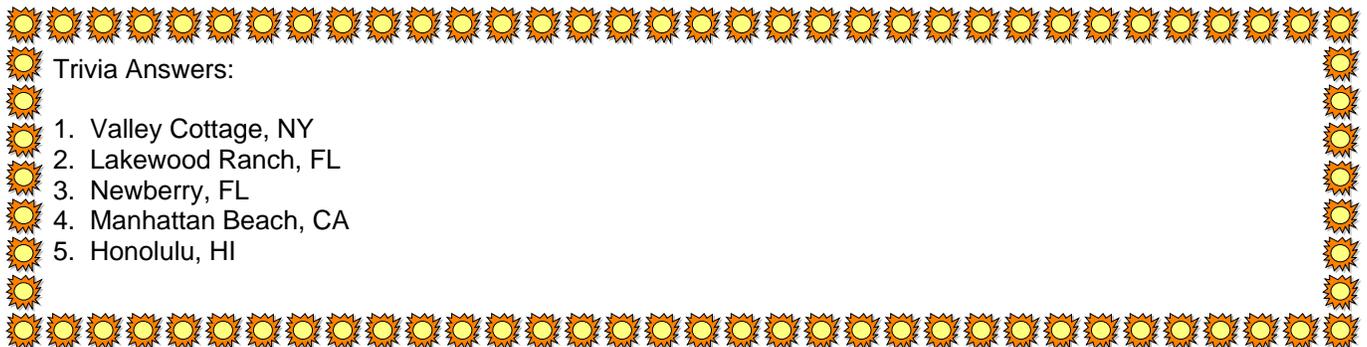
99.79742	101	70	Becky	Engels	29.733	59.346
99.78359	68	47	Maureen A	Hohl	27.833	55.546
99.20730	130	67	Philippa	Read	29.516	58.565
99.02245	124	30	Karen A	Wilton	25.616	50.732
98.79975	51	80	Francine D	Cantor	30.983	61.222
97.87229	43	126	Marguerite M	Fulton-Newton	34.966	68.445
96.25074	152	38	Susanne	Tupper	26.750	51.494
95.39854	106	13	Kathleen Ann	Wheeler	23.850	45.505
94.54322	126	130	Ginny	Robbins	35.416	66.968

2016 Yellow Brick Road 8K Run - 6/25/2016

Chittenango, NY

Comp#	Name	Team	Time Points
1	269 Cohen, Richard	M45 Utica, NY	28:58.1
2	347 Demars, Josh	M31 Fulton, NY	30:16.9
3	300 Kuelling, Josh	M34 Oriskany, NY	30:43.4
4	344 Willy, Cathleen	W32 New Hartford, NY	30:56.4
5	276 Davies, Loren T	M48 Liverpool, NY	32:11.2
6	298 Keicher, Jason	M38 Liverpool, NY	33:00.6
7	337 Swizdor, Robert	M50 Ithaca, NY	33:42.9
8	265 Chandler Jr., Gary	M55 Chittenango, NY	34:04.9
9	328 Rohrer, Christian	M35 Chittenango, NY	34:23.0
10	325 Reisman Jr., Gary	M29 Oneida, NY	35:33.7
11	299 Kline, Trevor	M16 Verona, NY	36:14.7
12	352 Owens, Jim	M53 Clinton, NY	36:56.8
13	350 Yaworsky, Paul M	M28 Bridgeport, NY	37:14.7
14	268 Clobridge, Patrick	M18 Chittenango, NY	37:21.3
15	340 Tanner, Kodie B	W31 Guilford, NY	37:32.2
16	367 Baldwin, Jeff	M38 Chittenango, NY	37:44.7
17	332 Skvarch, Michael J	M59 Lafayette, NY	37:50.2
18	303 Laubenstein, Jimmy	M28 Baldwinsville, NY	38:56.1
19	333 Slater, Kristin	W32 New Berlin, NY	38:57.9
20	257 Armstong, Aaron	M52 Oswego, NY	39:17.5
21	349 Demars, Joe F	M58 Fulton, NY	39:53.8
22	354 Stankivitz, Richard E	M66 Canastota, NY	39:59.1
23	370 Piraino, Kristen M	W36 Bridgeport, NY	40:02.1
24	274 Dahlin, Mckenzie E	W14 Chittenango, NY	40:10.1
25	277 Defrees, Daniel H	M61 Chittenango, NY	40:47.8
26	336 Stanistreet, Michael	M33 Chittenango, NY	40:50.9
27	284 Elkovitch, Chad	M40 Skaneateles, NY	41:09.5
28	263 Bready, Jean	W56 Fayetteville, NY	41:17.0
29	371 Burns, Jim C	M52 Cazenovia, NY	41:20.8
30	369 McIntosh, Tommy P	M14 Cjittenango, NY	41:21.9
31	280 Digennaro, Lynne	W43 Chittenango, NY	41:24.6
32	355 Austin, Phil	M50 Chittenango, NY	42:03.8
33	331 Sherwood, Christopher	M28 Syracuse, NY	42:37.2
34	324 Reisman, Kimberly	W33 Liverpool, NY	43:03.1
35	279 Digennaro, Douglas	M47 Chittenango, NY	43:11.3
36	259 Baldwin, Angelina M	W24 Chittenango, NY	43:27.8
37	307 Mayo, Rodney	M51 Chapel Hill, NC	43:29.1
38	358 Markowski, Robert A	M50 Manlius, NY	44:14.4
39	256 Addley, Mandy	W31 Kirkville, NY	44:18.5
40	296 Kanaley, Daniel	M69 North Syracuse, NY	44:29.9
41	346 Hatch, David A	M61 Chittenango, NY	44:30.4
42	368 McIntosh, Traci A	W48 Chittenango, NY	44:45.9
43	311 Mullen, David	M58 Fayetteville, NY	44:50.6
44	335 Smith, Mark	M55 Morrisville, NY	45:12.1
45	297 Kapala, Michael	M42 Sherrill, NY	45:42.7
46	306 Massey, Christopher	M30 Chittenango, NY	45:46.5
47	315 Pedersen, Vickie E	W60 Sherrill, NY	45:48.0
48	320 Piscitelli, Pat	M60 Baldwinsville, NY	45:49.4
49	305 Markowicz, Amy	W46 Clinton, NY	46:10.7
50	348 Woodford, Terri M	W52 Oxford, NY	46:27.7
51	291 Hoehn, Kevin	M62 Rome, NY	46:28.7
52	309 Miller, Jean	W67 Nicholville, NY	46:36.8
53	316 Phillips, Carmon	W42 Liverpool, NY	46:41.1
54	341 Trimm, Michael	M45 Syracuse, NY	46:46.5
55	360 Galloway, Brandon D	M25 Lafayette, NY	47:09.6
56	357 Serfass, Carrie A	W39 Canastota, NY	47:28.4
57	318 Piriano, Joe	M56 Chittenango, NY	47:46.3
58	329 Sanford, Matt	M41 New Berlin, NY	47:47.7

59	356	Bayless, Brian E	M43	Amelia, OH	48:46.5
60	267	Cigler, Marisue	W59	Chittenango, NY	49:09.1
61	308	Mcdonald, Carolyn	W52	Chittenango, NY	49:29.1
62	292	Hulbert, Jamie	M39	Liverpool, NY	49:32.6
63	282	Dowdell, Otis	M57	Syracuse, NY	49:59.3
64	313	Oswald, George	M64	Old Forge, NY	50:01.4
65	278	Denney, Amelia	W21	Clinton, NY	50:56.3
66	359	Whaley, Brooke L	W37	Chittenango, NY	50:57.3
67	286	Ewing, Alicia	W28	Syracuse, NY	50:59.0
68	271	Crowley, Judy	W65	Cicero, NY	51:08.3
69	260	Barres, Lily	W27	Cicero, NY	51:24.5
70	319	Piriano, Nancy	W52	Chittenango, NY	51:24.8
71	353	North, Craig L	M60	Hamilton, NY	52:14.4
72	283	Dunham, Frank	M48	Plymouth, NY	53:30.9
73	321	Pizzuto-Sauve, Jeanne	W46	Chittenango, NY	53:35.6
74	312	Olsen, Alyssa	W35	Dewitt, NY	53:44.0
75	264	Brodsky, Erin	W35	Dewitt, NY	53:44.5
76	326	Reisman Sr., Gary	M60	Baldwinsville, NY	53:45.8
77	266	Choquette, Rebecca	W28	Chittenango, NY	54:03.9
78	295	Janney, Alex	W30	Canandaigua, NY	54:07.3
79	262	Blaylock, Kenneth	M59	Bridgeport, NY	54:10.8
80	302	Larsson, Christine	W46	Chittenango, NY	56:04.2
81	293	Iannello, Julia	W40	New Berlin, NY	56:40.2
82	294	Iannello, Lisa	W50	New Berlin, NY	56:40.5
83	327	Rider, Carolyn A	W74	Bridgeport, NY	57:16.0
84	285	Elkovitch, David	M65	Skaneateles, NY	57:26.9
85	364	Spatto, Courtney L	W35	Waterville, NY	57:42.5
86	270	Crowley, John	M65	Cicero, NY	57:56.1
87	258	Baidel, Sarah	W29	Chittenango, NY	58:05.3
88	334	Smith, Jacinda	W42	Baldwinsville, NY	58:05.6
89	366	Meester, Debbie	W46	Chittenango, NY	58:20.2
90	317	Piazza, Mary	W56	Syracuse, NY	58:29.7
91	290	Hall, Randy	M70	Hogansburg, NY	59:09.8
92	272	Dahlin, Colleen I	W43	Chittenango, NY	59:21.2
93	361	Penfield, Jackie	W44	Chittenango, NY	59:51.0
94	314	Oswald, Marion	W59	Old Forge, NY	1:00:28.7
95	301	Laquidari, Rosemary	W72	Liverpool, NY	1:01:03.5
96	323	Ranger, Kerry	M57	Bridgeport, NY	1:01:30.3
97	310	Miller, Willie	M67	Nicholville, NY	1:03:18.6
98	322	Ranger, Becky	W55	Bridgeport, NY	1:05:02.5
99	261	Blackwelder, Rebekah	W33	Mattydale, NY	1:10:24.5
100	363	Forbes, Hillary J	W27	Marcy, NY	1:11:15.8
101	362	Rathbun, Ralph S	M55	W Edmeston, NY	1:11:27.1
102	345	Wright, Renae	W35	Syracuse, NY	1:12:18.8
103	275	Daniels, Cynthia	W56	Liverpool, NY	1:12:19.1
104	351	Ciccone, Connie R	W71	Skaneateles, NY	1:23:01.1
105	365	Rathbun, Sarah E	W25	W Edmeston, NY	1:25:55.1



Trivia Answers:

1. Valley Cottage, NY
2. Lakewood Ranch, FL
3. Newberry, FL
4. Manhattan Beach, CA
5. Honolulu, HI

THE 39th ANNUAL TROMPTOWN RUNS HALF MARATHON
DeRuyter, NY August 11, 2016

PLACE	NAME	AGE	TIME	PACE	PLACES IN		RESIDENCE	ST
					AGEGROUP	& SEX		
1	Erich Nieman	39	1:24:47	6:29	1/10	M35-39 M#	1 Manlius	NY
2	David Burger	48	1:31:51	7:01	1/4	M45-49 M#	2 Pennellville	NY
3	Nate Lull	31	1:33:54	7:11	1/6	M30-34 M#	3 Gilbertsville	NY
4	Wayne Allen II	41	1:34:28	7:13	1/10	M40-44 M#	4 Oneonta	NY
5	Nicholas Murgia	23	1:34:33	7:13	1/3	M18-24 M#	5 Jamesville	NY
6	Mike Keenan	25	1:35:28	7:18	1/3	M25-29 M#	6 Syracuse	NY
7	Jeanette Cudney	20	1:35:52	7:20	1/7	F18-24 F#	1 Cazenovia	NY
8	Daniel Grip	36	1:36:12	7:21	2/10	M35-39 M#	7 Charlemont	MA
9	Neal Coffey	54	1:36:53	7:24	1/11	M50-54 M#	8 Cazenovia	NY
10	Kevin Garvey	35	1:37:47	7:28	3/10	M35-39 M#	9 Syracuse	NY
11	Joe Woodworth	38	1:38:35	7:32	4/10	M35-39 M#	10 Kirkville	NY
12	Sat Sat Fox	41	1:40:38	7:41	2/10	M40-44 M#	11 Camillus	NY
13	Doug Wood	66	1:40:54	7:43	1/1	M65-69 M#	12 Sylvan Beach	NY
14	Jeffrey Juran	59	1:41:34	7:46	1/5	M55-59 M#	13 Ithaca	NY
15	Dan Westfall	34	1:42:07	7:48	2/6	M30-34 M#	14 King Ferry	NY
16	Jen Wood	37	1:42:58	7:52	1/14	F35-39 F#	2 East Syracuse	NY
17	Shaun Nagraj	37	1:42:59	7:52	5/10	M35-39 M#	15 Syracuse	NY
18	Greg Wandersee	58	1:44:14	7:58	2/5	M55-59 M#	16 North Syracuse	NY
19	Kevin Douglass	39	1:44:40	8:00	6/10	M35-39 M#	17 Cortland	NY
20	Peter Korolov	35	1:46:41	8:09	7/10	M35-39 M#	18 Cortland	NY
21	Jason Cerminaro	33	1:46:46	8:09	3/6	M30-34 M#	19 Syracuse	NY
22	Kami Richmond	22	1:47:41	8:14	2/7	F18-24 F#	3 Syracuse	NY
23	Michael O'Connor	40	1:47:56	8:15	3/10	M40-44 M#	20 East Syracuse	NY
24	Austin Batson	18	1:49:17	8:21	2/3	M18-24 M#	21 Blossvale	NY
25	Geoffrey Brown	43	1:49:19	8:21	4/10	M40-44 M#	22 Cortland	NY
26	Kerri McKee	46	1:49:45	8:23	1/8	F45-49 F#	4 Manlius	NY
27	Elizabeth Nagraj	37	1:50:35	8:27	2/14	F35-39 F#	5 Syracuse	NY
28	Brendan Coffey	17	1:50:44	8:28	1/2	M01-17 M#	23 Cazenovia	NY
29	Mary White	56	1:50:52	8:28	1/3	F55-59 F#	6 Syracuse	NY
30	Michael J. Skvarch	59	1:51:09	8:30	3/5	M55-59 M#	24 Lafayette	NY
31	Sara Randall	48	1:51:31	8:31	2/8	F45-49 F#	7 Cincinnatus	NY
32	Daniel Petley	53	1:53:11	8:39	2/11	M50-54 M#	25 Lebanon	PA
33	David Tobey	31	1:53:16	8:39	4/6	M30-34 M#	26 Cortland	NY
34	Kelly Salinas	41	1:53:32	8:40	1/6	F40-44 F#	8 Liverpool	NY
35	Vicente Tirado	43	1:53:36	8:41	5/10	M40-44 M#	27 Syracuse	NY
36	Tammy Congelli	49	1:54:11	8:43	3/8	F45-49 F#	9 Tully	NY
37	Patrick Ryan	54	1:55:03	8:47	3/11	M50-54 M#	28 Oxford	NY
38	Heather Sympson	31	1:56:14	8:53	1/7	F30-34 F#	10 Manlius	NY
39	Sara Reals	51	1:56:35	8:54	1/3	F50-54 F#	11 East Syracuse	NY
40	Eric Haslam	43	1:56:52	8:56	6/10	M40-44 M#	29 Fabius	NY
41	Alex Korolov	32	1:56:52	8:56	5/6	M30-34 M#	30 Cortland	NY
42	Joseph Nofal	35	1:59:08	9:06	8/10	M35-39 M#	31 Astoria	NY
43	Jason Fingerman	43	1:59:55	9:10	7/10	M40-44 M#	32 Liverpool	NY
44	Kirsten Anderson	21	2:00:25	9:12	3/7	F18-24 F#	12 Endicott	NY
45	Christa Denmon	19	2:00:25	9:12	4/7	F18-24 F#	13 Endicott	NY
46	Steve Indrick	60	2:00:36	9:13	1/6	M60-64 M#	33 Lafayette	NY
47	Emily Lepinnet	28	2:00:43	9:13	1/3	F25-29 F#	14 Cortland	NY
48	Amanda Sugrue	40	2:01:09	9:15	2/6	F40-44 F#	15 Clay	NY
49	Andrew Fisler	44	2:01:20	9:16	8/10	M40-44 M#	34 Dillsburg	PA
50	Kevin Brisson	58	2:01:47	9:18	4/5	M55-59 M#	35 Cicero	NY
51	Amy Crysler	29	2:02:06	9:20	2/3	F25-29 F#	16 Baldwinsville	NY
52	Karl Czymmek	54	2:02:11	9:20	4/11	M50-54 M#	36 Groton	NY
53	John Ferrini	51	2:02:23	9:21	5/11	M50-54 M#	37 Baldwinsville	NY
54	Edward Fowler	45	2:02:56	9:24	2/4	M45-49 M#	38 Syracuse	NY
55	Dennis Uhlig	62	2:03:08	9:24	2/6	M60-64 M#	39 Sidney	NY
56	Megan Grosso	36	2:03:25	9:26	3/14	F35-39 F#	17 Liverpool	NY
57	Madeline Doherty	49	2:03:45	9:27	4/8	F45-49 F#	18 Madison	NY

58	Michelle Steinfest	36	2:03:57	9:28	4/14	F35-39	F#	19	Baldwinsville	NY
59	Marguerite Dodd	35	2:04:20	9:30	5/14	F35-39	F#	20	Liverpool	NY
60	Devon Seymour	23	2:04:45	9:32	5/7	F18-24	F#	21	Fort Collins	CO
61	Scott Potter	52	2:05:06	9:33	6/11	M50-54	M#	40	Fabius	NY
62	Miguel Angel T Celis	50	2:07:10	9:43	7/11	M50-54	M#	41	Sabadell	ES
63	Melanie Ingleston	39	2:08:17	9:48	6/14	F35-39	F#	22	Fulton	NY
64	David Revette	27	2:09:02	9:51	2/3	M25-29	M#	42	Deruyter	NY
65	Ben Revette	40	2:09:03	9:52	9/10	M40-44	M#	43	South Hamilton	MA
66	Jake Bukowski	15	2:09:07	9:52	2/2	M01-17	M#	44	Stow	OH
67	Ronald May	21	2:09:15	9:52	3/3	M18-24	M#	45	Baldwinsville	NY
68	Stephanie Urban	49	2:09:53	9:55	5/8	F45-49	F#	23	Fayetteville	NY
69	Christel Donlick	41	2:10:05	9:56	3/6	F40-44	F#	24	Cortland	NY
70	Victor Gillette	28	2:11:18	10:02	3/3	M25-29	M#	46	Syracuse	NY
71	Amy Harmon	35	2:11:22	10:02	7/14	F35-39	F#	25	East Syracuse	NY
72	Thomas McCullough	64	2:13:11	10:10	3/6	M60-64	M#	47	Cazenovia	NY
73	Mark Friedman	39	2:15:11	10:20	9/10	M35-39	M#	48	McGraw	NY
74	Mark Godleski	46	2:15:54	10:23	3/4	M45-49	M#	49	East Syracuse	NY
75	Scott Clark	54	2:16:12	10:24	8/11	M50-54	M#	50	Fulton	NY
76	Thomas Lawson	47	2:16:33	10:26	4/4	M45-49	M#	51	Cazenovia	NY
77	Bunk Kochem	36	2:16:33	10:26	10/10	M35-39	M#	52	New Woodstock	NY
78	Tracie Revette	35	2:17:21	10:30	8/14	F35-39	F#	26	Cazenovia	NY
79	Robert Hiemenz	54	2:17:32	10:30	9/11	M50-54	M#	53	Liverpool	NY
80	Katelyn Lagatella	23	2:17:43	10:31	6/7	F18-24	F#	27	Syracuse	NY
81	Kevin Nelson	51	2:17:50	10:32	10/11	M50-54	M#	54	Owego	NY
82	Hannah Light-Olson	19	2:19:00	10:37	7/7	F18-24	F#	28	Ithaca	NY
83	Dennis Stadelman	54	2:20:57	10:46	11/11	M50-54	M#	55	Cicero	NY
84	Paul De Andrea	63	2:21:26	10:48	4/6	M60-64	M#	56	Franklin	NY
85	Colleen Ventura	30	2:22:29	10:53	2/7	F30-34	F#	29	Lafayette	NY
86	Carolyn McDonald	52	2:22:43	10:54	2/3	F50-54	F#	30	Kirkville	NY
87	Lauri Fauerbach Adams	45	2:23:07	10:56	6/8	F45-49	F#	31	Philadelphia	PA
88	Michael Terwilliger	61	2:23:15	10:57	5/6	M60-64	M#	57	Brooktondale	NY
89	Lisa Seyfried	39	2:24:01	11:00	9/14	F35-39	F#	32	Cortland	NY
90	Kimberly Ligas	38	2:24:01	11:00	10/14	F35-39	F#	33	Cortland	NY
91	Jennifer Fisler	43	2:24:51	11:04	4/6	F40-44	F#	34	Dillsburg	PA
92	Denise O'Neil	48	2:25:09	11:05	7/8	F45-49	F#	35	Syracuse	NY
93	Diane Rushford	43	2:25:31	11:07	5/6	F40-44	F#	36	Cicero	NY
94	Lisa Indrick	60	2:25:44	11:08	1/1	F60-64	F#	37	Lafayette	NY
95	Tia Rodriguez	35	2:27:35	11:16	11/14	F35-39	F#	38	Binghamton	NY
96	Alan Brown	59	2:28:09	11:19	5/5	M55-59	M#	58	Manlius	NY
97	Nicky Jennings	32	2:30:21	11:29	3/7	F30-34	F#	39	Syracuse	NY
98	Betsy Hyer	37	2:32:03	11:37	12/14	F35-39	F#	40	Pitcher	NY
99	Marisue Cigler	59	2:32:05	11:37	2/3	F55-59	F#	41	Chittenango	NY
100	Carlos Wallace	40	2:35:34	11:53	10/10	M40-44	M#	59	Lancaster	NY
101	Courtney Amidon	29	2:36:06	11:55	3/3	F25-29	F#	42	Lafayette	NY
102	Mary Coburn	40	2:37:49	12:03	6/6	F40-44	F#	43	Manlius	NY
103	Elaine Gordon	56	2:38:31	12:06	3/3	F55-59	F#	44	Cortland	NY
104	Sandi Vigliotti	48	2:40:08	12:14	8/8	F45-49	F#	45	Brewerton	NY
105	Meg Wilkie	30	2:49:10	12:55	4/7	F30-34	F#	46	Liverpool	NY
106	Vincent Colombo	63	2:49:11	12:55	6/6	M60-64	M#	60	Deposit	NY
107	Kristen Szarek	36	2:49:12	12:55	13/14	F35-39	F#	47	Rome	NY
108	Dawn DeVita	52	2:52:04	13:09	3/3	F50-54	F#	48	Binghamton	NY
109	Susan Pugh	32	2:54:34	13:20	5/7	F30-34	F#	49	Baldwinsville	NY
110	Melissa Phelps	30	2:54:34	13:20	6/7	F30-34	F#	50	Fulton	NY
111	Brandi Ferrini	34	2:54:35	13:20	6/6	M30-34	M#	61	Baldwinsville	NY
112	Lindsay Hoage	31	2:59:56	13:45	7/7	F30-34	F#	51	Syracuse	NY
113	Alison Small	39	3:01:53	13:53	14/14	F35-39	F#	52	Montrose	PA

Many thanks to volunteers Terry McConnell, Nancy Smith and Mickey Piscitelli who were in charge of the Thursday Night Fun Runs at Onondaga Lake Park, Greg Broton and his team who coordinated the Monday Night Fun Runs at Oneida Shores County Park, and Norm Deep, Jasper Royal, Mark Driscoll, Pat Piscitelli, Tony Geiss, Jack Hosp, Bob Nicholson, and Ron Johnson who gave their time to assist with our track meets up at Skytop.



**Syracuse Chargers Scholarship
Winners: This year's Scholarship
Winners are: Kyle Micho (Left) and
Jacob Wood (Right)**





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

2016 USA Masters 5 km Championships @ Syracuse Festival of Races

Sunday, October 2, 2016

Wouldn't it be terrific if our club could field complete male and female teams for the 40+/50+/60+/70+/and 80+ team divisions at this year's USA Masters 5km Championships?
There's no extra pressure...you just have to run your normal 5K race!

You must be a 2016 USATF member to enter the Championships portion of the race within a race.

If you do not have a 2016 USATF membership, you can get one online at <http://www.usatf.org/associations/info.asp?associationNumber=4> . Be sure to use 04-0092 when asked for your club affiliation. You must also meet the eligibility requirements which can be found at <http://www.usatf.org/Events---Calendar/2016/USATF-Masters-5-km-Championships/Athlete-Info/Eligibility-Requirements.aspx>

Any Masters woman who is interested in learning more or signing up for a Charger team, please contact Mickey @ mpiscitelli2@verizon.net. Any Masters man who is interested in learning more or signing up for a Charger team, please contact Greg @ tuttlegreg@hotmail.com

Festival Week Schedule

Wednesday, September 28
School Group Number and Shirt Pickup
(3K school group coordinators), 4:00-6:00 p.m.,
213 Scott Avenue, Syracuse

Saturday, October 1
Late Registration and Packet Pickup
Dick's Sporting Goods, DeWitt,
10:00 a.m. - 2:00 p.m.

**USATF Masters 5 km National
Championship Technical Meeting,**
8:00 p.m. Maplewood Suites Extended Stay

Sunday, October 2
All outside Manley Field House,
Comstock Ave. at E. Colvin St., Syracuse

Registration Tent Opens, 7:30 a.m.

Men's 5K, 8:50 a.m.
MVP Health Care® Women's 5K, 9:50 a.m.
3K Fun & Fitness Run, 10:45 a.m.
Tops Community Walk, 10:50 a.m.
Wellness Way, 8:00 a.m. - Noon

On-Site Awards Ceremony, 11:25 a.m.
USATF Championship Awards Brunch,
12:00 noon, Laurel Grand Ballroom
Maplewood Suites Extended Stay, Syracuse

**Please call (315) 446-6285 before
race weekend with any questions**

Individual Entry Form

Last Name		Date of Birth (MM-DD-YY)	
First Name		Initial	Gender
Mailing Address		Age on Race Day	
City		State	Citizenship
Daytime Telephone		2016 USATF Number	
5K Club Team, 3K School, College or Non-Profit Group		USATF Club #	
Expected Finishing Time	Email Address (example: sforentant@myisp.com)		

5K Races (\$22 until 6/30, \$25 from 7/1 to 9/15; \$30 by 10/1; \$35 race day) _____
3K Fun & Fitness Run (\$7 if under 18; \$10 for 18 and older; \$15 for all on race day) _____
Community Walk (\$5 if under 18; \$10 for 18 and older; \$15 for all on race day) _____
National Championship Award Brunch (\$16 prior to 9/29) _____

Preferred Shirt Size _____

Member of a 5K family team? Teammate relationship: _____
 H/W H/W 40+ M/D M/S F/S F/D B/S B/B S/S (must enter by 9/30 to score)

RELEASE: In consideration of the acceptance of my or my child's entry into any of the events of the 2016 Syracuse Festival of Races, I hereby make the following agreement: I know that running or walking in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all physical and psychological risks associated with running or walking in this event, including, but not limited to: falls; contact with other participants, vehicles, or other objects; the effects of the weather, including heat, cold, wind, or humidity; traffic and the conditions of the roads; and negligent acts of other participants, volunteers, or spectators, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers and similar wheeled conveyances, roller skates, roller blades, pets, and personal music players of any kind are not allowed in the races, and I agree to abide by all race rules. Having read this waiver and knowing these facts, and in consideration of your accepting my or my child's entry, I fully release and forever discharge the Syracuse Festival of Races, LLC; Syracuse Chargers Track Club, Inc.; the City of Syracuse; Syracuse University; and all other sponsoring organizations and institutions from any and all claims, demands, damages, causes of action, liabilities or expenses of any kind whatsoever, which occur either directly or indirectly, as a result of or in connection with my or my child's participation in the event, even if such consequences result from the negligence, fault, or carelessness of the organizers, volunteers, or sponsoring organizations. This release shall be binding on my heirs, administrators, successors and assigns, and shall inure to the benefit of the successors and assigns of the organizers and sponsoring entities. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me or my child while participating in or traveling to/from this event.

Signature: _____ Date: _____
 Parent/guardian signature if under 18: _____ Date: _____

Mail this completed entry with check payable to Syracuse Festival of Races to:
 Syracuse Festival of Races • 213 Scott Avenue • Syracuse, NY 13224 • (315) 446-6285

Calendar of Events

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

September 2016

25 Sun Falling Leaves 14 km, 9:00am. Utica, NY. Visit: <http://uticaroadrunners.org/races/falling-leaves/>

October 2016

2 Sun Syracuse Festival of Races 5k, 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.

SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Form

_____	Sex	Birth Date	Occupation / Club Interest
_____	_____	____/____/____	(_____) _____ - _____
_____	Sex	Birth Date	Telephone Number
_____	_____	____/____/____	_____
_____	Sex	Birth Date	Email Address
_____	_____	____/____/____	_____
_____	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			