



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLV

Syracuse Chargers Track Club

January 2014



Last Chance Trail Run/Pancake Breakfast

A very cold and snowy day.

Thank you for volunteering – Mark Driscoll, race director, Marla Jabbour, Kamal Jabbour, Karen and Sean Kelly, Tracy Crompt, Sam Sampere, Bob Hiemenz, David Kennedy, Greg Tuttle, Terri Clark, Evelyn White, Len Smith, Dave Oja, and Matt Oja. Also thanks to the Highland Forest staff and the Highland Forest Nordic Ski Patrol volunteers.

Annual Meeting and Awards Banquet Scheduled for February 1st

Our annual Awards Banquet is scheduled for the Best Western Plus at Carrier Circle, 2-5 pm, Saturday, February 1st -- a reservation form is elsewhere in this *Newsletter*. We hope you will attend. A nice way to thank our volunteers, honor our outstanding athletes, and enjoy a great meal with friends.

This year awardees to date are Sue Gardiner, Scott Weeks, Pat Peterson, Ed Cox, Barb LoPiccolo, Norm Deep, Brittany Burns, Julie Quinn, Josh and Nick Guarino, Andrea Damad, Bryce Millar, Annika Avery, David Kennedy, Dave Patruno, Pat Piscitelli, Jim Cox, Mike Buselli, Chuck Milazzo, and the Stolicker Family,

Happy Holidays!

Syracuse Chargers

-2-

Track Club, Inc.

Board of Directors

President

Mark Driscoll
449-9615
mdriscol@syr.edu

Administrative VP

Evelyn White
637-6211
nandewhite@aol.com

Secretary

Roger Hahn
446-7132

Treasurer

David Kennedy
569-3302

Scholastic Coach

Jim McCaul
342-1123

Open (Men)

David Patruno
423-7246

Open (Women)

Masters (Men)

Greg Tuttle
tuttlegreg@hotmail.com
430-9409

Masters (Women)

Mickey Piscitelli
mpiscitelli2@verizon.net
638-9662

Road Races Coord.

Dave Oja 446-6285
daveoja@a-znet.com

Membership Coord.

Julie Shafer
Julie.shafer.js@gmail.com

Program Coordinators

Charger Records

Nick Wetter
wetternick@yahoo.com

Charger Challenge

Ed Polly 446-5637
102 Rosewell Meadow
DeWitt, NY 13214
Golfnrun@twcny.rr.com

Special Olympics

Peter Rhodes
422-1037

Youth Programs

Mark Driscoll 449-9615
Jasper Royal 416-3811

Merchandise

Evelyn White
nandewhite@aol.com

Social

Mickey Piscitelli
mpiscitelli2@verizon.net
638-9662

Volunteers

Evelyn White, 637-6211
NandEWhite@aol.com

Scholarship Fund

John View

Summer Runs

Oneida Shores

Onondaga Lake Park

At Large

James Alexander
vorlonsrule@verizon.net
Pat Leone
420-4921, pat@leonetiming.com
Bob Hiemenz
699-3311 bobhiem@twcny.rr.com
Chris Raulli
craulli88@gmail.com

Send Merchandise orders to: **Evelyn White**
118 Foxcroft Ln., Fayetteville, NY 13066

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

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

The Syracuse Chargers Track Club Newsletter

Published monthly by the SCTC. Subscriptions are \$15 per year.

Material should reach Evelyn White, 118 Foxcroft Lane, Fayetteville, NY 13066, or e-mail NandEWhite@aol.com by the 10th of the month.

Newsletter Staff

Evelyn White, Editor (NandEWhite@aol.com) 637-6211
(Calendar of Events, Road Race Results, Entry Forms)
Nick Wetter (Track & Field Results & Charger Records)
email: wetternick@yahoo.com

Contributing Writers: **Nick Wetter** (track & field)
Gabe Yankowitz, Physical Therapist
Sam Graceffo, MD

Chargers Membership Forms should be sent to:

Julie Shafer, SCTC Membership Coordinator
8103 Lobos Lane
Liverpool, NY 13090

Changing your address? Let Julie know as soon as possible (399-8553) or julie.shafer.js@gmail.com). Also if you are going away for an extended period let Julie know or the *Newsletter* will be returned to us and we are charged the first class fee for "return to sender" service. It will **not** be forwarded.



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

Board Meetings generally held the 3rd Tuesday of the month at 7 pm. Call 637-6211 for information.

Club Web Site: www.syracusechargers.org

New Charger Members

Windsor Ardner	Alexander Brimstein	Jeffrey Heim	Lanell Jones
Nazere Jones	Priscilla Jones	Swanzetta Jones	Troy Jones
Andrew Omoregie			

Entry Forms in this Newsletter

January 26	Highland Forest Snowshoe Race (NYS Snowshoe Championship)
February 1	Annual Mtg. and Award Buffet
February 23	Track Meets (running events only), Manley Field House

Indoor Practice for Charger Members Only at Manley Field House 6-8 pm

Sunday – January 12, 19 & 26; February 2, 16 & 23; March 2, 9, 16, 23 & 30

Call for nominations for the 2014 Arnie Briggs Good Guy Award

We're now accepting nominations for the 2013 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, and Joe Ribyat. 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.

Nominations should be mailed to Roger Hahn, 5206 Hook Circle, Jamesville, NY 13078, or emailed to rchahn@syr.edu. **Complete nominations received by January 31** will be considered for the 2014 award; any received thereafter will be included in our list of 2015 nominees.

Male Single-Age List of Festival of Races Course Records: Eight 2013 Improvements!

As with the women's single-age Syracuse Festival of Races course records list (see last month's issue of the *Chargers Newsletter*), the men's single-age list has become tremendously difficult to improve upon. Nevertheless, our 2013 field produced eight improvements to the list, despite the puddles that dotted our 5K course.

Check out the complete, up-to-date list included in this issue, ranging from the Chargers' own **Teshale Kelly's**, age-7 course record (23:06) to **Willis Moses'** age-87 CR of 32:29. In between those book-end performances, you'll find six other 2013 male single-age CRs, including: **Kristian Blauch's** 15:29 at age-47; **Kevin Miller's** 15:51 at age 51; **Brian Pilcher's** 16:22 at age 57; **Peter Mullin's** 17:48 at age 62; **Lloyd Hansen's** 18:28 at age 65; and **Doug Goodhue's** 19:32 at age 71.

What inspirations they are to all of us, and what a great opportunity for any CNY runner to be able to run with them here in Syracuse every year on the Sunday before Columbus Day weekend!



Syracuse Festival of Races

Fastest Male Performances on Our Course By Single-Age through 2013



<u>Age</u>	<u>Name</u>	<u>Residence</u>	<u>Time</u>	<u>Age-Graded %</u>	<u>Year</u>
5	Teshale Kelly	Camillus, NY	40:18	49.04%	2011
6	Josh Aitken	Jamesville, NY	32:21n	57.80%	2010
7	Teshale Kelly	Camillus, NY	23:06n	77.02%	2013
8	Erik Sauer	Pennellville, NY	22:49	74.59%	1995
9	Dan Whitmore	Liverpool, NY	20:34	79.53%	1996
10	Erik Sauer	Pennellville, NY	19:21	81.58%	1997
11	Andrew McDougal	Peru, NY	17:35	86.98%	2001
12	Austin Lane	Gansevoort, NY	18:26	80.67%	2005
13	Andris Goncarovs	Trumansburg, NY	16:33	87.63%	2005
14	Jordan McDougal	Peru, NY	16:06	88.13%	2001
15	Jordan McDougal	Peru, NY	15:19*	90.89%	2002
16	Josh McDougal	Peru, NY	14:59	91.40%	2001
17	Josh McDougal	Peru, NY	14:38*@	92.30%	2002
18	Shadrack Kosgei	Kenya	13:30	98.81%	2002
19	Charles Njeru	Kenya	14:53	88.53%	2001
20	LHoussine Siba	Kingston, NY	14:07	92.36%	1993
21	Khalid Khannouchi	Morocco	14:02(!)	92.28%	1993
22	Dejene Berhanu	Ethiopia	13:41	94.31%	2002
23	Tekeste Kebede	Ethiopia	13:45	93.81%	2002
24	Gilbert Okari	Kenya	13:27	95.91%	2002
25	Peter Githuka	Kenya	13:38(!)	94.62%	1998
26	Sammy Ng'eno	Kenya	13:55	92.69%	2000
27	Moses Macharia	Kenya	13:36	94.85%	2002
28	John Itati	Kenya	13:27(!)CR	95.92%	2002
29	John Itati	Kenya	13:43(!)	94.13%	2003
30	John Itati	Kenya	13:45(!)	94.05%	2004
31	Paul Mwangi	Irvington, NY	14:03	92.25%	1998
32	Tim Hacker	Madison, WI	13:52(!)	93.76%	1995
33	Davis Kamau	Kenya	14:09	92.22%	1998
34	Paul Mwangi	Ossining, NY	14:05	93.08%	2001
35	Paul Mbugua	Kenya	13:56	94.58%	1998
36	Nelson Ndereva	Kenya	14:32	91.23%	2003
37	Paul Mbugua	Kenya	14:17	93.47%	2000
38	Greg Lyons	Australia	14:42	91.48%	1999
39	Mike Platt	DeWitt, NY	15:32	87.22%	2001
40	Kevin Castille (40+ CR)	Nicholasville, KY	14:25(!)	94.68%	2012
41	John Tuttle	Douglasville, GA	14:31	94.73%	2000
42 (tie)	Steve Boyd	Kingston, ON	15:00	92.37%	2005
42 (tie)	David O'Keefe	Orchard Park, NY	15:00	92.37%	2001
43	Sean Wade	Houston, TX	14:52*	93.90%	2009
44 (tie)	Francis Burdett	Worcester, MA	15:16	92.15%	2009
44 (tie)	Andrew Masai	Rochester, NY	15:16	92.15%	2004
45	Jerry Kooymans	Markham, ON	15:32	91.27%	2000
45	Kristian Blaich	Decatur, GA	15:34	91.07%	2011

46	Jerry Kooymans	Markham, ON	15:29	92.28%	2001
47	Kristian Blai	Decatur, GA	15:29n	93.01%	2013
48	Peter Magill	South Pasadena, CA	15:00*	96.75%	2009
49	Peter Magill	South Pasadena, CA	15:20*	95.41%	2010
50	Dennis Simonaitis	Draper, UT	15:24	95.82%	2012
51	Kevin Miller	Olathe, KS	15:51	93.86%	2013
52	David Cannon	Seattle, WA	16:17	92.05%	2008
53	Tom Ryan	Cape Elizabeth, ME	16:15n	92.99%	2009
54	David Cannon	Seattle, WA	16:05n	94.75%	2010
55	David Cannon	Seattle, WA	16:14	94.65%	2011
56	Brian Pilcher	Ross, CA	16:23n	94.59%	2012
57	Brian Pilcher	Ross, CA	16:22*	95:54%	2013
58	Dale Campbell	Huntington Beach, CA	17:24	90.58%	2011
59	Roger Price	Piscataway, NJ	17:45	89.57%	2008
60	Doug Winn	Portland, OR	17:10n	93.42%	2010
61	William Dixon	Brattleboro, VT	17:37	91.85%	2008
62	Peter Mullin	Houston, TX	17:48n	91.73%	2013
63	Terry McCluskey	Vienna, OH	17:57n	91.75%	2011
64	William Dixon	Brattleboro, VT	17:54n	92.85%	2011
65	Lloyd Hansen	Bloomfield Hills, MI	18:28	90.85%	2013
66	Doug Goodhue	Milford, MI	18:18*	92.50%	2008
67	Doug Goodhue	Milford, MI	18:40n	91.53%	2009
68	Doug Goodhue	Milford, MI	18:14n*	94.59%	2010
69	Doug Goodhue	Milford, MI	19:18n	90.29%	2011
70	Carl Grimm	Rochester, NY	21:38n	81.47%	2009
71	Doug Goodhue	Milford, MI	19:32n	91.34%	2013
72	Ed Whitlock	Milton, ON	19:06	94.67%	2003
73	Bill Spencer	Litchfield, NH	21:12n	86.54%	2009
74	Thom Weddle	Minneapolis, MN	22:39n	82.26%	2012
75	William Riley	Centerville, MA	21:15n	89.16%	2011
76	Nate White	Fayetteville, NY	24:10	79.82%	1995
76	Ralph Garfield	Manalapan, NJ	24:09n	79.88%	2011
77	Ed Buckley	Clinton, NY	24:49	79.25%	1998
78	Ed Buckley	Clinton, NY	26:06	76.92%	1999
79	Ed Whitlock	Milton, ON	21:16n	96.51%	2010
80	Dudley Healy	Chatham, NJ	24:52	84.51%	1994
81	Dudley Healy	Chatham, NJ	26:02	82.79%	1995
82	Nate White	Fayetteville, NY	32:11	68.81%	2001
83	Dudley Healy	Chatham, NJ	29:04	78.41%	1997
84	Willis Moses	Vestal, NY	32:37n	72.06%	2010
85	Willis Moses	Vestal, NY	33:03n	73.52%	2011
86	Willis Moses	Vestal, NY	33:20n	75.52%	2012
87	Willis Moses	Vestal, NY	32:29n	80.50%	2013
88	Hugh Campbell	Wilmington, DE	26:42n*#W	102.03%	2012
89	none thus far				
90	Henry Sypniewski	Cheektowaga, NY	33:46*#W	88.41%	2008
91	Henry Sypniewski	Cheektowaga, NY	38:47n*	81.04%	2009
92	Henry Sypniewski	Cheektowaga, NY	41:00n*	81.07%	2010
93	Henry Sypniewski	Cheektowaga, NY	47:38n*	74.15%	2011

n = net time; (!) = overall Men's 5K winner that year; * = surpasses U.S. Men's 5K Single-Age Record; # = surpasses U.S. Men's 5K Single-Age Record; @ = U.S. Men's 5K Junior Record

Chargers Age Group Records 45-49 Men

50m	Tom Fondy	6.7	3/10/85
50m	Tom Fondy	6.7	3/17/85
55m	Bill Mathis	7.0	12/20/98
60m	Bill Mathis	7.83	3/27/98
100m	Sam Hall	12.0	8/4/90
200m	Sam Hall	24.56	7/7/91
300m	Horace Hudson	40.3	1/16/99
400m	Horace Hudson	55.6	6/20/98
400m	Horace Hudson	55.77	7/24/98
440y	Ed Stabler	59.8	1976
500m	Tom Fondy	1:18.9	2/23/85
600y	Wally McRae	1:34.0	2/10/79
600m	Wes Rehberg	1:36.9	3/17/85
800m	Don Masterson	2:06.1	8/12/90
880y	Ed Stabler	2:14.6	2/76
1000y	Bob Brock	2:34.5	3/29/80
1000m	Dave Cole	2:47.5	1/16/05
1500m	John Dwyer	4:23.5	8/6/93
1 mile	Mark Rybinski	4:44.80	3/27/04
2000m	Mark Rybinski	6:19.6	3/16/03
3000m	David O'Keefe	9:09.64	1/10/04
2 miles	Ed Stabler	10:16.8	2/10/79
3 miles	Ed Stabler	16:26.5	1976
5km (r)	John Thorpe	16:02	9/4/95
5km (t)	David O'Keefe	15:16.61	5/25/04
8km (r)	David O'Keefe	25:47	3/6/04
8km (t)	Mike Fitzpatrick	32:27.7	1/27/12
5 miles (r)	John Thorpe	26:51	9/15/96
5 miles (t)	Ed Stabler	28:09	4/30/76
6 miles (r)	Bob Brock	32:14	9/24/78
6 miles (t)	Ed Stabler	33:00.0	10/76
10km (r)	David O'Keefe	32:20	5/30/04
10km (t)	Peter Davis	35:02.19	8/1/04
15km (r)	John Thorpe	51:37	11/10/96
15km (t)	Terry McConnell	59:06.1	3/22/01
10 miles	David O'Keefe	53:46	5/2/04
20km	George Luke	1:11:12	9/7/86
1/2 marathon	John Thorpe	1:14:17	10/96
25km	David Pearce	1:36:18	5/5/85
30km	Ed Stabler	1:43:56	?
Marathon	Bob Brock	2:41:01	4/20/81
50km	Bill O'Brian	3:40:13	12/16/79
40 miles	Bill O'Brian	4:57:23	5/26/79
50 miles (r)	Bill O'Brian	6:20:15	10/11/80
50 miles (t)	Bill O'Brian	6:27:21	7/7/79
100 miles (r)	Richard Wilkins	22:28:27	7/16/00
24 hour run	Ray Smith	100 miles	3/27/87
1 mi. walk	David Talcott	7:29.8	6/1/05
3km walk	Nelson Fisher	15:47	2/24/90
5km walk (r)	David Talcott	26:12	5/7/05
5km walk (t)	Julius Grossman	32:26.9	8/9/86
8km walk (r)	David Talcott	43:50	6/25/05
10km walk (r)	David Talcott	52:45	4/2/05
15km walk (r)	David Talcott	1:22:11	5/22/05
10 mi walk (r)	David Talcott	1:31:25	7/4/05
20km walk	David Talcott	1:50:36	5/22/05
35km walk	Nelson Fisher	3:40:44	8/6/88
40km walk	Nelson Fisher	4:20:32	9/11/88
55m HH	Mark Honis	8.8	3/16/07
60m HH	Robert Doran	9.95	3/23/01
110m HH	Mark Honis	17.2	7/26/08
300m IH	Horace Hudson	44.7	7/11/99
400m IH	Horace Hudson	61.70	8/1/98
3km steeple	John Allen	12:28.7	8/6/88
Long Jump	Mark Honis	19-1 1/2	2/16/07
Triple Jump	Robert Doran	36-5 1/2	8/14/99

High Jump	Robert Doran	5-5 3/4	3/25/00
High Jump	Robert Doran	5-5 3/4	4/1/00
Pole Vault	Peter McGinnis	13-0	3/11/00
Shot Put, 12#	Harry Schwarze	40-10 1/2	7/23/89
Shot Put, 16#	Norm Deep, Jr.	40-7 1/2	7/19/13
Discus, 1kg	David Wright	134-1/47/	25/84
Discus, 1.5kg	Norm Deep Jr.	104-7 3/4	10/6/12
Discus, 1.75kg	Norm Deep Jr.	101-6	10/6/12
Discus, 2kg	Norm Deep Jr.	93-11	7/19/13
Hammer	Pat Lynn	142-7	6/23/98
Javelin	David Wright	140-3	8/9/86
Weight, 20lb	Norm Deep Jr.	55-4 3/4	10/6/12
Weight, 25lb	Norm Deep Jr.	49-8 3/4	10/6/12
Weight, 35lb	Pat Lynn	41-9 3/4	3/28/99
Weight, 56lb	Pat Lynn	26-9	3/28/99
Weight Pent.	Norm Deep Jr.	2,896	7/19/13
Indoor Pent.	Robert Doran	3102	3/26/99
Outdoor Pent	Tim Collins	2905	8/6/88
Indoor Hept	Robert Doran	3845	4/2/00

Chargers Age Group Records 45-49 Women

55m	Irene Thompson	7.6	12/16/01
60m	Irene Thompson	8.59	3/1/00
100m	Irene Thompson	14.10	8/6/99
200m	Irene Thompson	27.62	8/6/99
300m	Irene Thompson	45.3	1/15/00
400m	Irene Thompson	63.12	8/6/99
600m	Estelle Hahn	2:28.2	3/22/87
800m	Irene Thompson	2:35.6	1/00
1000m	Patti Ford	3:10.3	1/13/01
1500m	Patti Ford	4:51.38	12/17/00
1 mile	Patti Ford	5:18.10	1/20/01
2000m	Patti Ford	7:19.6	3/16/02
3000m	Patti Ford	10:23.10	12/29/00
5km (r)	Kelly Dworak	18:41	9/6/08
5km (t)	Kelly Dworak	18:51.47	8/2/07
8km (r)	Suzanne Gardinier	32:39	6/4/88
5 miles	Nancy Frisillo	36:45	6/24/90
10km (r)	Kelly Dworak	38:46	11/4/07
10km (t)	Barbara Blaszak	41:12.5	1/19/96
15km (r)	Kelly Dworak	58:42	9/1/08
15km (t)	Patti Ford	67:53.1	2/26/04
10 miles	Kelly Dworak	65:53	7/4/08
1/2 marathon	Kelly Dworak	1:22:04	9/21/08
25km	Lennie Tucker	1:56:30	5/5/85
Marathon	Kelly Dworak	2:56:54	11/18/07
50km (t)	Lennie Tucker	5:26:10	5/19/84
50 miles (t)	Lennie Tucker	10:39:47	5/28/84
100km (t)	Lennie Tucker	13:52:14	5/28/84
24 hour run	Lennie Tucker	87mi. 1357yd	5/28/84
55m HH	Irene Thompson	9.2	3/11/00
60m HH	Irene Thompson	10.19	3/25/00
80m HH	Irene Thompson	13.65	7/12/01
100m HH	Irene Thompson	15.3	6/24/01
400m IH	Irene Thompson	71.87	7/12/01
Long Jump	Irene Thompson	15-2	12/29/01
Triple Jump	Irene Thompson	30-1/2	7/10/00
High Jump	Irene Thompson	4-6 3/4	3/11/00
High Jump	Irene Thompson	4-6 3/4	3/25/00
Shot Put, 4kg	Kathy Cirina	31-8 1/4	1/22/94
Discus	Kathy Cirina	88-11 1/2	8/4/90
Javelin	Kathy Cirina	93-1 1/4	8/96
Hammer (4kg)	Kathy Cirina	76-3	6/25/96
Weight Throw, 20#	Kathy Cirina	33-11	1/18/97
Wgt. Pentathlon	Kathy Cirina	2284	6/10/97
Pentathlon, Indoor	Irene Thompson	3641	3/11/00
Heptathlon	Irene Thompson	4688	8/6/99



Syracuse Chargers Track Club Annual Meeting & Awards Banquet



Celebrate with our Athlete and Volunteer Award Winners for 2013!

Saturday, February 1, 2014

2-5 pm

Buffet to include:

- Tossed Green Salad with Choice of Dressings
- Rolls and Butter
- Fresh Fruit Bowl
- Herbed Tomato and Cucumber Salad
- Tuscan-Roasted Potatoes
- Green Beans Almondine
- Boneless Herb Grilled Chicken Breast
- Pasta Primavera (vegetarian)
- Sliced Roast Beef
- Chocolate Cake, Carrot Cake and assorted fruit pies
- Coffee, Tea, Iced Tea, Decaffeinated Coffee & Decaffeinated Tea

Best Western Plus at Carrier Circle

6555 Old Collamer Road South
East Syracuse, New York
(Exit 35 of NYS Thruway)



Cost:	Adult Charger Member	\$15
	Non-member Adult	\$20
	Children 5-14 years	\$10
	Children 4 & younger	No Charge

Yes! I am planning to attend the SCTC Annual Meeting and Awards Banquet on Saturday, February 1.

Please find enclosed my personal check made payable to: Syracuse Chargers Track Club

Please mail to: Mickey Piscitelli 4091 Cortina Road Baldwinsville, New York 13027

Name(s): _____ Phone: _____

_____ E-mail _____

Check Total: _____



2014 Syracuse Chargers All Comers Indoor Meets Manley Field House, Syracuse University

Note: These are running only meets, there are no field events.
Competitors may enter a maximum of three events per meet.

Registration: Sunday . Feb. 23, Saturday, Mar. 15, Saturday, April 19 – 6:45-7:30 am
Entry Fee: None

Order of Events (Tentative)

Sunday, Feb. 23 7-10 am 7:30 am 1st event	Saturday, Mar. 15 7-10 am 7:30 am 1st event	Saturday, April 19 7-10am 7:30 am 1st event
3000 meters	3000 meters	3000 meters
100 meters	55 meter dash	55 meter dash
800 meters	800 meters	800 meters
One lap (youth only)	One lap (youth only)	One lap (youth only)
400 meters	400 meters	400 meters
Mile R/RW	Mile R/RW	Mile R/RW

Questions or to volunteer contact Mark Driscoll at mdriscol@esf.edu

Syracuse Chargers All Comers Indoor Meet - Feb. 23; March 15; April 19, 2014 -- Syracuse Univ.

Name: _____ **M** _____ **F** _____ **Age:** _____ **Birthdate:** _____

Address (Street): _____ **Club/School** _____

City, State _____ **Phone #** _____

Guardian's address if different from above: _____

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., Syracuse University, 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.)

Miscellaneous Results

Charger Subscribers Dave and Erin Talcott also did well Brazil for the WMA Masters Champs

Dave reports that Erin won gold in the 35-39 age group (1st in the 5,000 meter Race Walk (26:06, 1st in the 10km Race Walk (54:04 – course was 500 meters long), and 1st in the 20km Race Walk (1:49:16 – 1 kilometer long). Her team also won silver in the 20km Race Walk Team Competition.

He was 6th in the 5,000 meter in 24:10, 6th in the 10km road race walk in 52:02 (500 meters long) and 4th in the 20km road race walk in 1:46:36 (it was actually a ½ marathon)

They next did the USA 50km Race Walk Championships in Coconut Creek, FL on November 24th. Erin was second overall beating 2012 Olympian John Nunn with her 4:50:40 time in the 85 degree heat. Her time was good enough for a World 35-39 Age Group Record, and was the 5th best 50km ever walked by an American Woman. (Erin holds 3 of the top 5). Dave was 3rd in the race in 5:00:26.

Murphee Hayes (40) finishes ING NY Marathon, November 3 rd in 3:28.11

Julie Quinn runs 2:52.42 in Philadelphia Marathon, November 17th

It was a 12 minute personal best for Julie (25). She was on sub 2:50 pace until the final 10k finishing as the 17th overall female.



Chris Raulli, 25 2:34.03 and Oliver Blaise Jr., 67 5:49.58 also completed the Philadelphia Marathon.

Jingle Bell Run 5K, Nov. 17

Michael Dee (22) 1st 17:55; Ian Spera (17) 2nd 17:59

Luana Pesco Koplowitz was overall 2nd in the women's veterans' division for the USATF Niagara Ultra series for 2013. She had a total of 206.34 points over 3 ultra races (one 100K and two 50Ks). She hopes to continue running more ultras next year.

The First Annual St. Mary's Ugly Christmas Sweater 5K, Cortland, NY December 7

1st Michael Dee 22 17:37 5:41 10th Jeff Cronk 45 21:36 6:58 1 M40-49

Greg Page Relays at Cornell on 12/7

Men 5000 Meter Run
2nd Nick Guarino 15:26.47 3rd Josh Guarino 15:31.40
Men 60 Meter Hurdles 2nd Andrew Omoregie 8:31

Calendar of Events

February 1 Syracuse Chargers TC Annual Meeting & Award Buffet
June 14 Hess Express Swamp Rat Races
June 17 JP Morgan Corporate Challenge
July 4 Cazenovia July 4th Foot Races(40)
October 5 Festival of Races
November 9 Burn Run

**No fee for listing your race or meet on our calendar---email information to NandEWhite @aol.com
For a full-page non-commercial entry form the fee is \$75. Again please email to Evelyn White**

Highland Forest 5 & 10k Snowshoe Race – Sunday, Jan 26th, 2014

This is the New York State Snowshoe Championship and a qualifier for Nationals in Woodford, Vt.

Benefits; Team Red White & Blue – a Veterans Advocacy Group

Date/Time; Sunday Jan 26 racing starts @10am at the Highland Forest Park Skyline lodge

Registration; Form can be downloaded online from Bike Loft website; www.bikeloft.com, mailed in or faxed to 315-655-4784, or emailed to chary@charygriffin.com

Entry Fee; in advance \$15 until Jan 10th, afterwards \$20 and race day \$25 – kids are free –

Course; wooded forest trails, single track, groomed and un groomed trails and hills – if there is less than 1 inch of snow, the race still remains a qualifier and Championship, however, sneakers/trail shoes and traction aids will be used. Be prepared for both as Highland has an elevation of 3,000ft and snow is present when other places have none!

Requirements; Minimum snowshoe size= 120 sq inch surface, to qualify for Nationals you must be a USSSA Member prior to the race-join at www.snowshoeracing.com or at the race.

Aid Stations; water & Heed at start & finish

Loaner Shoes; racing snowshoe rental available at Bike Loft East and Highland Park has rentals available as well and a limited number of loaners on site.

Facilities; Spacious newly constructed Skyline Lodge with fireplace, refreshments, rentals, horse drawn sleigh rides and sledding hill

Directions; from NYS Throughway, go to Rt. 81 south, exit at Tully and head east on Rt. 80 for 8 miles to Highland Forest Park in Fabius, NY

Awards; Door prizes, unique finisher medallions to the first 50 finishers, age group awards & overall winners- kids awards too!

Race Director; Chary Griffin – email chary@charygriffin.com 315-382-1721

Mail or fax entries to Chary Griffin, 4704 E. Lake Rd, Cazenovia, NY 13035 fax-315-655-4784 or my email chary@charygriffin.com

Name _____ Age _____ Birthdate _____ Gender _____

Address _____

Email _____ Team Red White & Blue? ___yes ___No

10K National qualifier _____ 5k _____ 5k Jr qualifier _____ fun run _____

Are you a USSA member today? _____

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Mailing Address - Street or P.O. Box Telephone Number _____

 City State Zip E-mail Address _____

I would like to receive Charger info. by e-mail Yes__ No__

Primary Fields of Interest: _____
 Road Running Track Running
 Race Walking Field Events
 Physical Fitness Youth Development

Membership Status: _____
 New
 Renewal

I would like to help with: _____
 Track Meets Road Races
 Coaching
 Special Olympics Program

**Mail this form and check to: Julie Shafer, Membership Coordinator
8103 Lobos Lane, Liverpool, NY 13090**

Other (please specify interest) _____



Membership Fee (12 months) : Family and/or Individual \$15 Individual Student (**HS or younger**)\$10

Make checks payable to: **Syracuse Chargers Track Club, Inc.**

Club T-shirts: Syracuse Chargers Track Club T-Shirts are available for \$6 Sm.____ Med.____ Lg.____ XLg.____ Youth Lg.____

Additional Contributions: To insure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in track and field, cross country, and road running, we appreciate your additional financial support. Enclosed is my tax deductible contribution:
\$10 _____ \$20 _____ \$30 _____ \$40 _____ \$50 _____ \$100 _____ Other \$ _____

MEMBERSHIP WAIVER: I know that running and volunteering to work in club races and other activities can be hazardous. I agree not to participate in Club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity.

I freely and voluntarily assume all risks associated with competing, volunteering, and all other activities in which the Club is involved. Such risks include, but are not limited to: falls, contact with other participants, the dangerous or negligent behavior of other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or other facilities, and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s) Date

I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of the minor(s)

Parent's or Guardian's Signature if under 18 years of age Date

Syracuse Chargers Track Club, Inc.
118 Foxcroft Lane
Fayetteville, New York 13066 – 2570

Return Service Requested

Non-Profit Organization U.S. POSTAGE PAID Syracuse, NY Permit No.876
--

SYRACUSE CHARGERS TRACK CLUB
 Merchandise Order Form
 View Merchandise on www.syracusechargers.org

Name: _____
 Address: _____
 Email: _____
 Phone: _____ For Info. contact: nandewhite@aol.com

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 20.00	
Women's Shimmels (s,m) Women's low cut Shorts (s,m) Men's Black Field Shorts (s-m-l) White Tech T-shirts w/Charger logo Women: (xs, s-m) Men: (s-m-l)			32.00 22.00 25.00 13.00	
T-Shirts, Short Sleeve – Ash Gray Adult (s-m-l-xl) Youth (lg/14-16) Adult (xxl-xxxl)			6.00 7.00	
T-Shirts, Long Sleeve - White Adult (s-m-l-xl-xxl)			8.00	
Sweatshirts w/hood (ash) (youth lg) Adults (s-m-l-xl-xxl)			25.00 30.00	
Make checks payable to:		Postage		+\$3.00
Syracuse Chargers Track Club, Inc.			Total	

and mail to Evelyn White at address on page 2 of the Newsletter