



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLV

Syracuse Chargers Track Club

January 2015

2015 Chargers Awards Banquet & Annual Meeting

Once a year SCTC members have the opportunity to come out and celebrate the achievements of our most outstanding athletes of 2014 and recognize the invaluable contributions of our volunteers as we present the 2015 Volunteer award recipients! Please join with us:

Sunday, February 8, 2015 1 – 3 p.m.
Comfort Inn & Suites, 6701 Buckley Road, Syracuse 13212

The Buffet will include: London Broil, Chicken Marsala, Eggplant Parmesan, Garlic Mashed Potatoes, Green Beans Almondine, Garden Salad, Fresh Fruit Salad, Coffee, Tea, and Desserts. A cash bar will be open at 12:30 p.m. for pre-Banquet socializing. The buffet will be served at 1:00 p.m.

Our Annual Meeting and awards presentations will follow.

Prices:	Chargers Members age 15 & older	\$15.00
	Non-Members age 15 & older	\$20.00
	Children ages 5 through 14	\$10.00
	Children age 4 & younger	No Charge

Awards Banquet Reservation Form

I'm looking forward to attending this year's Chargers Annual Meeting and Awards Banquet on Sunday, February 8, starting at 1:00 p.m.! Please reserve a place for each of the individuals listed below, and find enclosed my check in the amount of \$_____ (payable to "Syracuse Chargers Track Club, Inc.")

_____	_____
_____	_____
_____	_____

Should we need to contact you, what phone and e-mail are best?

Phone: _____ E-Mail: _____

Please mail your reservation form and payment by January 31st to:
Linda Oja, 213 Scott Avenue, Syracuse, NY 13224.

Syracuse Chargers Track Club, Inc.

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daveoja@a-znet.com

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TBD

Awards Banquet

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Volunteers

TBD

Scholarship Award

John View

Summer Runs

TBD

Oneida shores

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Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices

Mark Driscoll 449-9615

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

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

The Syracuse Chargers Track Club Newsletter

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

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Gabe Yankowitz, Physical Therapist
Sam Graceffo, MD

Material should reach Dave Talcott, 566 McLean Road,
Owego, NY 13827 or e-mail dwtalcott@juno.com
by the 8th of the month.

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
(339-8553) 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 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:

Dave Oja
213 Scott Avenue
Syracuse, NY 13224

Club Web Site: www.syracusechargers.org

Welcome New Charger Members

Daniel Allen	Moriah Allen	Annette Blair	Lynn Blair
Meghan Blair	Seth Blair	Lawanda Broome	Marisa Capozzi
Leslie Daus-Chandler	Jerome Davis	Kanye Davis	Tyrone Davis
Alex Devine	Denise Devine	Lauren Devine	Josephine Doe
Dinna Dossen	Serina Dossen	Fre'Keisha Dreher	Allen Garnes
Calvin Garnes	Carlton Garnes	Kyle Garnes	Makayla Grobsmith
Stanley Grobsmith	Jailon Harrison	Jervon Harrison	Charles Hendricks
Krystal Jones	Jahari Kaigler-Mustafa	Timothy Kaigler	Amire Kirkland
Anthony Kirkland	Hannah Leone	Deklan Maloof	Kass Merrick
Alexis Mitchell	Dairyona Mitchell	Darius Mitchel	Darrin Mitchell
Jamiya Mitchell	Melissa Mustafa	Anari Neusome	Kyle Potrzeba
Lian Quince	Sean Satchwell	Kaelyn Searcy	Bryan Short
Rayla Swift	Adrian Thornton	James Thornton	Jennifer Thornton
Maria Thornton	Sha'Marryah Williams	Sha'Myah Williams	Shane Williams III
Tamara Willis	Kaymani Wright	Nicole Wright	

Recent Charger Age Group Records

24 hour run (rd) Mary DaSilva 62.2006 mi. 5/24/14 Cleveland, OH

Mary DaSilva's 24 Hour Run Is An Open Record

The previously reported 24 hour road run of 62.2006 miles, completed by Mary DaSilva on May 24 in Cleveland, Ohio, is a Charger open women's record.

Sascha Scott, Michael Dee Win Two Events At Charger Meet

Sascha Scott and Michael Dee placed first in two events apiece at the Syracuse Chargers All-Comers Track and Field Meet #1 at Manley Field House on December 14. Sascha was the first woman to finish the 3000 meter (10:35.6) and 800 meter (2:23.5) runs. Michael won the men's 800 meter (2:18.1) and mile (5:02.7) runs.

Outdoor Pentathlon Results For Damain Panek

Damain Panek completed the outdoor pentathlon during a Felder meet at Nottingham on July 9 with a total score of 1884 points. His individual results for the pentathlon were:

100m hurdles	20.64
long jump	4.36m
200m	29.64
discus	24.63m
1500m	5:20.04

Loren Davies Third In Age Group

Loren Davies placed third, 45-49, at the Sixth Annual Its A Wonderful Run 5km in Seneca Falls on December 14 with a time of 19:33. There were 3,172 finishers in the race, including 111 in Loren's age group.

Erin Taylor-Talcott wins USA 50km Race Walk Championships

Erin Taylor-Talcott, a Charger member from Owego, NY, won the USA 50km Race Walk Championships on December 14th in Santee, CA. Erin, the defending champion, was the favorite, but was challenged for the first 47km by first time 50km competitors Susan Randall of Ohio and Katie Burnett from Washington. The lead was exchanged many times before Erin pulled away over the two 1.25km laps for the win. Her time of 4:38:11 is a World Masters Athletics 35-39 record and also an American 35-39 record. Katie (26) finished in 4:39:42 with Susan fading a bit at the end but with a very credible 4:42:34. Husband Dave Talcott (54) finished 7th among the men in 4:53:26.

“THE ZATOPEK PHENOMENON”

The most basic rule of training is: Stress + Rest = Growth. We have to do something really tough (stress) and then give the body time to rest in order to achieve growth or improvement. Friedrich Nietzsche said, “That which does not kill us makes us stronger.” But that is only half of the formula.

Serious runners are often great at pushing themselves close to the point of self-destruction, but often are not as good at believing in the importance of rest. The benefits are illustrated by an incident that happened in 1950 to Emil Zatopek.

For those who might not be familiar with Zatopek, a short introduction is in order. Many authorities have called him the greatest distance runner of all time. At the Helsinki Games in 1952, he became the only man in Olympic history ever to win the three long-distance events: the 5,000 meters, 10,000 meters and the marathon. In all three he set Olympic records.

He trained harder than any runner had up to that point. He ran 18 miles every day on the track. After a few 200-meter intervals, he ran 40 400-meter speed intervals with a 200-meter jog between. Then finished off with a few 200's. When there was heavy snow, he ran in a pair of army boots. He certainly knew how to push the envelope as far as hard training.

Roger Bannister, the first human to break 4 minutes in the mile, once saw Zatopek running and said, “He isn't human in his achievement. While he goes for a 20 mile training run on his only free day, we lie here panting and moaning that the Gods are unkind to us.”

In order to be fully beneficial, the hard work must be accompanied by some rest periods. Zatopek was not accustomed to taking time off. But after a period of very intensive training in preparation for the European Games in Brussels, he became so ill he required hospitalization for two weeks. He was released only 2 days before the 10K race and won it by a full lap. The enforced rest helped him to run faster than ever. Two days later he won the 5K by 23 seconds.

The amazing upswing in performance after a period of rest has been referred to as the “Zatopek Phenomenon” ever since. Exercise physiologist and swim coach David Costill reported another example of this rebound experience. He was training the swim team with intense workouts in preparation for the state finals when a plumbing problem developed which required draining the pool. No other facilities were available so the team had to go without swimming for two weeks before the big meet. To everyone's surprise, they blew the competition away and set several personal bests. Once again, enforced rest did its magic.

After his stint in the hospital followed by great racing, Zatopek learned the value of downtime. Before every major race he had a week of reduced total distance but kept the speed the same.

It is important to point out that the rest period won't do any good unless intense training precedes it, which takes us back to the basic formula: Stress + Rest = Growth. Stress plus additional stress eventually leads to injury or reduced performance. So we need to remember the “Zatopek Phenomenon.” Hard day-easy day is one way to incorporate rest. A day or two off from running each week is another way. Most important is the taper down time before big races. If you are running hard and leave out the rest part of your training, your body will start telling you, first in a whisper, and then growing into a scream: TAKE SOME TIME OFF.

Sam Graceffo, MD

Past Issues of the *Chargers Newsletter* Never Get Old!
Revisit them any time at:
<http://www.syracusechargers.org/newsletter/newsletter.html>

Are You Interested in “Walking” For Fitness??

The Chargers Recreation And Fitness Committee is looking for:
1 to 2 new committee members.

We will be looking at starting a Chargers Program For Walkers in the spring of 2015.

If interested, contact Greg Tuttle at 315-430-9409 or at tuttlegreg@hotmail.com.

Syracuse Chargers Open Women's Records

40y	Lynn Rosenthal	5.3	1/29/78
45m	Irene Thompson	6.2	1/11/87
50y	Linda Cupit	6.5	1/26/75
50m	Cathy McKeever	6.7	2/27/82
50m	Irene Thompson	6.7	3/24/87
50m	JoAnn Angotti	6.7	2/6/88
60y	Chris Schilly	6.9	2/3/74
55m	Irene Thompson	7.2	2/87
55m	JoAnn Angotti	7.2	1/17/88
55m	Irene Thompson	7.2	3/22/92
55m	Musu Jackson Buckner	7.34	2/2/08
60m	Andrea Bader	8.03	2/20/10
100y	Linda Cupit	11.4	4/12/75
100m	Zanderland Dixon	12.1	7/26/80
200m	Zanderland Dixon	24.8	7/26/80
220y	Chris Schilly	25.1	6/9/74
300y	Linda Cupit	39.6	2/1/76
300m	Janine Schilly	43.1	1/24/82
440y	Chris Schilly	55.4	4/6/84
600y	Chris Schilly	1:24.0	
600m	Carolyn Eich	1:43.0	2/27/83
800m	Kim Standridge	2:05.80	4/20/12
880y	Chris Schilly	2:12.3	2/23/75
1000y	Katy Schilly	2:36.4	2/1/76
1000m	Kim Standridge	2:47.62	1/14/12
1500m	Amanda LoPiccolo	4:16.48	6/17/09
1 mile	Amanda LoPiccolo	4:44.19	4/25/09
2000m	Mary Ann Weibel	6:37.4	1/19/86
3000m (r)	Betsy Kneale	10:38	4/2/90
3000m (t)	Amanda LoPiccolo	9:16.10	2/13/09
2 miles	Katy Schilly	10:19.0	2/22/76
5km (r)	Amanda Laytham	16:43	8/30/09
5km (t)	Amanda LoPiccolo	15:52.70	5/30/09
8km	Kristin White	28:19	2/10/01
5 miles	Chrissie Morganti	29:11	3/17/90
10km (r)	Katy Schilly	34:44	8/15/76
10km (r)	Andrea Burke	34:44	10/8/84
10km (t)	Amanda Laytham	34:07.82	6/9/07
15km (r)	Amanda LoPiccolo	53:58.6	11/7/10
10 miles (r)	Kaitlin O'Sullivan	59:52	5/3/09
10 miles (t)	Lennie Tucker	1:29:49	6/28/81
20km	Melissa LeCasse	1:11:26	9/2/84
1/2 marathon	Amanda LoPiccolo	1:17:53	11/20/11
25km	Deb Froehlich	1:43:18	5/1/83
30km	Caryl Andrew	1:54:32	3/24/85
Marathon	Marion Teitsch	2:40:32	5/12/84
50km (r)	Lorrie Marnell	5:21:56	7/5/97
50km (t)	Lennie Tucker	5:26:10	5/19/84
50km (trail)	Mary DaSilva	6:54:32	8/24/13
60km (r)	Sister Nicolette	5:55:44	3/8/81
50 miles (r)	Lennie Tucker	7:41:22	11/15/81
50 miles (t)	Lennie Tucker	8:05:54.0	6/27/81
12 hour run (r)	Mary DaSilva	57.564 mi.	5/14/11
100km (t)	Lennie Tucker	13:13:19.0	7/4/82
100km (trail)	Luana P-Koplowitz	14:04:17	8/24/13
2 hour run	Lennie Tucker	14.75 mi.	6/30/84
24 hour run (r)	Mary DaSilva	62.20066 mi.	9/21/14
24 hour run (t)	Lennie Tucker	91.94 mi.	7/4/82
100 mi. (trail)	Luana P-Koplowitz	28:20:06	5/24/14
50m HH	Janet Adams	8.1	3/15/86
55m HH	April Rushey	9.0	3/15/97
60m HH	Melissa St. Vil	9.61	2/6/05
80m HH	Irene Thompson	13.65	7/12/01

100m HH (30")	Sarah Kranzler	14.5	6/2/97
100m HH (33")	Cathy Golden	15.1	8/7/83
300m IH	Grace Killory	53.8	8/15/80
400m IH	Diane Thompson	64.49	7/27/00
2km steeplechase	Tonya Dodge	7:02.71	8/14/99
3km steeplechase	Tonya Dodge	10:10.83	5/12/01
1 mile walk	Ellen Minkow	7:29.4	1973
3km walk	Laura Feller	15:26.66	1/18/04
5km walk (r)	Laura Feller	26:25	4/26/03
5km walk (t)	Laura Feller	25:56.59	4/29/06
8km walk (t)	Laura Feller	45:18.0	7/20/03
10km walk(r)	Laura Feller	52:41	6/3/06
1 hour walk	Laura Feller	10,630m	7/20/03
15km walk	Laura Feller	1:22:33	8/20/06
20km walk	Laura Feller	1:50:08	4/9/06
Long Jump	Sharon Gleasman	17-6 1/2	2/27/83
Triple Jump	Antonikka Owens	40-8 3/4	2/7/04
High Jump	Sharon Gleasman	5-11 1/4	5/18/84
Pole Vault	Linda Hadfield	10-11	7/26/07
Shot Put, 8 lb.	Patrina Thomas	44-4 1/2	8/9/85
Shot Put, 4kg	Shari Zembeck	44-1	7/25/92
Discus	Shari Zembeck	150-8	5/22/92
Javelin	Janet Adams	137-7 3/4	8/8/85
Hammer, 4kg	Monica Ridgeway	144-4	7/13/07
Weight Throw, 20 lb.	Monica Ridgeway	45-5 1/4	7/13/07
Weight Throw, 30 lb.	Kathleen Pierce	22-10	3/29/87
Weight Pentathlon	Monica Ridgeway	3,125 pts.	7/13/07
Indoor Pentathlon	April Rushey	2690	3/15/97
Outdoor Pentathlon	Chris Schilly	3132	8/25/73
Heptathlon	Janet Adams	4580	8/14/81

Syracuse Chargers Open Men's Records

40y	Dave Levitt	4.8	3/18/78
40y	Henry Smith	4.8	8/25/73
45m	Al Walton	5.3	1/11/87
45m	Al Walton	5.3	2/5/89
50m	Chris Coleman	5.7	12/22/84
50m	Chris Coleman	5.7	3/10/85
55m	Al Walton	6.2	3/15/89
60m	Durell Cull	6.94	2/19/12
100y	Robert Vaughn	9.5	7/12/80
100m	Sean Bernstein	10:45	7/24/13
200m	Sean Bernstein	21:31	7/25/13
220y	Tony Basile	22.9	7/13/73
300y	Al Walton	32.79	3/29/87
300m	Nigel Shepard	36.0	1/24/82
400m	Lubert Lewis	47.25	6/2/01
440y	Tom Stoyan	51.2	7/20/71
500m	Lubert Lewis	1:03.12	1/28/01
600y	Phil Rougeux	1:12.9	1/20/85
600m	Nick Stenuf	1:20.11	1/9/09
800m	Lubert Lewis	1:46.72	6/24/00
880y	Tom Carter	1:56.4	5/18/83
1000y	Fran Verdoliva	2:15.6	1/25/81
1000m	Nicholas Guarino	2:20.32	2/1/13
1500m	Bruce Fischer	3:40.0	6/72
1 mile	Nick Stenuf	4:03.11	1/30/10
2000m	Jerry Jurick	5:22.6	2/2/85
3000m (r)	J.L. O'Donnell	8:56	4/25/92
3000m	Derek Treadwell	8:06.13	6/6/06
2 miles	Tom Dalton	8:43.7	2/6/83
3 miles	Dave Dobrzynsky	14:05.0	1975
5km (r)	Mark Andrews	14:21	8/25/02
5km (t)	Tom Dalton	14:11.2	4/11/81

5 miles (r)	Mark Andrews	23:35	3/15/03
5 miles (t)	George Bodine	28:30	8/25/83
10km (r)	Tom Dalton	29:29	6/14/81
10km (t)	Tom Dalton	29:20.6	5/28/81
15km (r)	Jerry Lawson	44:50	3/89
15km (t)	Ron Shaiko	52:44	4/11/86
10 miles (r)	Mike McMaster	49:45	3/31/85
20km	Tom Carter	1:01:50	1/29/83
1/2 marathon	John Trowse	1:06:15	9/17/85
25km(r)	Skip Meno	1:23:32	9/6/70
25km (t)	Bob Nugent	1:41:11.7	10/17/10
30km (r)	Bill Fisher	1:36:42	3/23/80
30km (t)	Bob Nugent	2:03:34.57	10/17/10
2 hour run (t)	Bob Nugent	18.1651 mi.	10/17/10
Marathon	Kevin Collins	2:17:37	6/17/95
20 miles (t)	Bob Nugent	2:14:15.0	10/17/10
50km	Aaron Robertson	3:20:12	3/6/11
60km	Sam Paris	4:19:56	1978
40 miles	Sam Paris	4:47:47	6/4/78
50 miles (r)	Bill O'Brian	6:20:15	10/4/80
50 miles (t)	Bill O'Brian	6:27:21.0	7/7/79
100km (r)	Sam Paris	8:42:12	11/24/79
100km (t)	Bill O'Brian	9:46:35.0	7/4/82
12 hour run (r)	Mark Seigers	87.256 mi.	5/15/10
100 miles (r)	Mark Seigers	15:40	2/18/12
100 miles (t)	Sam Graceffo	17:49:19.0	4/2/88
24 hour run	Bill O'Brian	114.32 miles	7/4/82
50m HH	Keith Norwood	6.8	3/15/86
55m HH	Ron Andrews	7.34	2/14/04
60m HH	Ron Andrews	7.86	2/3/04
60m HH	Ron Andrews	7.7	2/15/03
110m HH	Ron Andrews	13.71	6/12/04
400m IH	Wayne Jones	52.8	8/10/85
440y IH	Brian Buck	58.1	6/24/79
3km steeple	Justin Wood	9:03.40	4/23/09
1000m walk	David Talcott	4:07.0	2/12/89
1500m walk	David Talcott	6:12.9	2/10/89
1 mile walk	David Talcott	6:39.9	8/9/89
2000m walk	David Talcott	9:16.5	2/2/85
3000m walk	David Talcott	13:05.4	1/21/90
2 mile walk	David Talcott	13:57.0	7/30/89
5km walk (r)	David Talcott	21:41	9/23/89
5km walk (t)	David Talcott	23:13.7	8/27/89
8km walk (r)	David Talcott	36:25	8/19/89
5 mi. walk (r)	David Talcott	37:55	4/2/83
5 mi. walk (t)	David Talcott	41:42.0	11/21/82
10km walk (r)	David Talcott	46:24	9/9/89
10km walk (t)	David Talcott	47:36.0	4/29/89
15km walk (r)	David Talcott	1:11:46	8/5/89
15km walk (t)	David Talcott	1:15:13.9	2/10/93
10 mi. walk (r)	David Talcott	1:18:03	12/26/82
10 mi. walk (t)	David Talcott	1:18:05.0	4/24/83
20km walk (r)	David Talcott	1:36:21	6/15/89
20km walk (t)	David Talcott	1:41:10.0	11/21/82
1/2 mar. walk	David Talcott	1:53:26	10/24/82
25km walk (r)	David Talcott	2:11:45	5/1/83
25km walk (t)	David Talcott	2:23:06.5	6/26/93
30km walk	David Talcott	2:41:36	6/15/89
35km walk	David Talcott	3:16:13	9/26/82
40km walk	David Talcott	3:49:56	9/26/82
Marathon walk	David Talcott	4:08:50	10/24/82
50km walk	Jim Miner	5:28:21	6/25/88
1 hr. walk (t)	David Talcott	7 mi. 1017yd.	11/21/82
2 hr. walk (t)	David Talcott	14mi 1412yd.	11/21/82
Long Jump	Jeff Whitehead	23-9 3/4	8/8/86

Triple Jump	Maurice Etheredge	50-3	1/1/9/86
High Jump	Kym Orr	7-2 1/4	1/18/87
Pole Vault	Mike Thompson	16-8 3/4	1/29/00
Shot Put, 12#	Chris Hall	57-9	8/14/82
Shot Put, 16#	Rob Golabek	64-5	1/26/13
Discus	Scott Powers	156-0	7/22/97
Javelin	Kevin Richardson	201-3	5/4/85
Hammer, 16#	Jesse Doty	238-11	6/14/09
Wt. Throw, 28#	Tom Miller	80-0	8/25/70
Wt. Throw, 35#	Jesse Doty	71-6 3/4	2/9/07
Wt. Throw, 56#	Tom Miller	43-11	8/3/71
Wt. Throw, 74#	Tom Miller	30-0	8/10/70
Wt. Throw, 98#	Joe Benoit	12-6	8/14/11
Wt. Throw, 200#	Joe Benoit	5-11	8/14/11
Wt. Throw, 300#	Joe Benoit	2-9	8/14/11
Weight Pentathlon	Scott Powers	3732	6/1/97
Indoor Pentathlon	Ray Panek	3451	3/14/96
Outdoor Pentathlon	Mike Roux	2834	6/29/97
Decathlon	Tim Kane	6830	8/18/84

Syracuse Chargers All-Comers Meet #1 – December 14, 2014, Manley Field House, Syracuse University

<p>3000 meters</p> <ol style="list-style-type: none"> 1. Sascha Scott (39), Syracuse Chargers, 10:35.6 2. Ryan Homeyer (20), 11:31.4 3. Charles Hendricks (28), 11:45.2 4. Samantha Aitken (13), Jamesville-Dewitt, 14:52.3 5. Amanda Aitken (8), 17:44.4 6. David Aitken (42), 17:55.8 7. Ken Iandolo (64), 18:46.7 <p>55 meter dash</p> <ol style="list-style-type: none"> 1. Tyra Sims (17), Corcoran, 8.0 2. Carlton Garnes (9), 9.4 3. Mary DaSilva (68), Syracuse Chargers, 9.6 4. Erica Howard (12), Cazenovia, 9.7 5. Amanda Aitken (8), 10.7 <p>800 meters</p> <ol style="list-style-type: none"> 1. Michael Dee (23), 2:18.1 2. Sascha Scott (39), Syracuse Chargers, 2:23.5 3. Charles Hendricks (28), 2:36.3 4. Michael Girard (18), Alfred State, 2:47.3 	<ol style="list-style-type: none"> 5. Samantha Aitken (13), Jamesville-Dewitt, 3:47.1 6. Amanda Aitken (8), 3:47.7 7. David Aitken (42), 4:14.5 <p>Youth Run (One Lap – 257.627 meters!)</p> <ol style="list-style-type: none"> 1. Carlton Garnes (9), 50.7 2. Erica Howard (12), Cazenovia, 51.0 <p>400 meters</p> <ol style="list-style-type: none"> 1. Allen Garnes (15), Cicero-North Syracuse, 58.0 2. Charles Hendricks (28), 74.7 3. Calvin Garnes (13), Cicero-North Syracuse, 75.0 4. Mary DaSilva (68), Syracuse Chargers, 1:26.9 5. Erica Howard (12), Cazenovia, 1:28.5 <p>Mile Run</p> <ol style="list-style-type: none"> 1. Michael Dee (23), 5:02.7 2. Sam Barber (14), Cicero-North Syracuse, 5:11.6 3. Ken Iandolo (64), 9:16.5
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Join Us To Recognize Some of Our Top Volunteers and Athletes on February 8th

There's still time for you to make reservations for our annual Awards Banquet, which is scheduled for 1:00 p.m. on Sunday, February 8th, at the Comfort Inn & Suites on Buckley Road. In addition to serving (for a very brief portion of the program) as our annual meeting, the Banquet gives the Chargers provides our annual opportunity to formally recognize some of our top volunteers and most successful athletes of the previous year.

As you can see on the reservation page elsewhere in this issue of the *Newsletter*, we have a delicious and varied menu awaiting us. Awards will include the Nate and Evelyn White Lifetime Service Award, the Charlie Hackenheimer Award, the Jerry Schulz Award, and the SCTC Corporate Friend of Running Award. Athlete awards will range from the top Section 3 high school cross country runners for 2014 to outstanding performers in track, field, and long distance running who are in their late eighties.

We hope you'll be able to join us and enjoy the afternoon socializing with other Chargers members and friends!

Don't Overlook Our Sunday Evening Training and Exercise Sessions!

Don't forget that Chargers practice sessions in the friendly confines of Manley Field House are available from now through the end of March for all of our members on most Sunday evenings from 6:00 to 8:00. You can walk, run, or do a little speedwork with others, always in shorts and T-shirts regardless of the weather outside. Please remember to bring your current Chargers membership card. We hope to see you there!

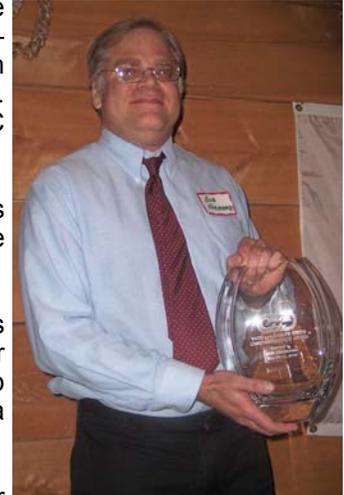
Sincere Thanks to Bob Hiemenz!

Longtime Chargers Board member and webmaster Bob Hiemenz has decided to take a break from his extensive volunteer service to the SCTC. Bob's more than two decades as a Chargers volunteer began with his helping at races and meets, and then becoming one of our Club's key volunteers in the area of road race timing and results. He later took responsibility for the management and content updates of the SCTC website.

Bob's nearly thirteen years as a member or our Board began in 2002, when he was appointed as an at-large Director. Bob also served as our Club's president for one term, May 18, 2004 through April 19, 2005.

In recognition of his many important volunteer contributions to the Club, Bob has been recognized with our Volunteer Service Award (1992), Outstanding Volunteer Service Award (2003), and Nate & Evelyn White Lifetime Service Award (2010). Bob also received volunteer award recognition from the Road Runners Club of America (RRCA) in 2001.

Many sincere thanks to Bob for all that he has done on behalf of the Club and our members! We all hope that this will be a hiatus rather than a permanent retirement!



Are You a People Person? We're Seeking a Chairperson for Our Volunteer Committee!

If interested, please contact SCTC President, Dave Oja (446-6285, or daveoja@a-znet.com).

Anyone Interested in Directing the Cazenovia July 4th Foot Races?

As a result of the passing of Evelyn White last June, we are seeking a volunteer with significant volunteer experience in road race operations to serve as the race director of the Cazenovia July 4th Foot Races. If interested, please contact SCTC Road Race Coordinator, Dave Oja (446-6285, or daveoja@a-znet.com).

Is There a Volunteer Webmaster in the House?

Terry McConnell has graciously volunteered to handle content updates on the Chargers website on an interim basis as we seek a volunteer to handle the webmaster position. We invite any of our members who has experience in website development and management to let us know if you'd be interested in assisting the Club in that capacity. Please contact Dave Oja (daveoja@a-znet.com) if you're interested or would like additional information.

National Open/Masters Indoor 5,000 meter Race Walk Championships at Upstate Holiday Classic

For the third year in a row, the USA Track and Field 5,000 meter Open/Masters Indoor Race Walk Championships were a part of the Upstate Holiday Classic. This year the meet also doubled as the USATF Niagara Association Championships. Thirty one athletes took part in the competition that was divided into two sections. The first section was dubbed the fast heat. This heat also allowed competitors to go on to 10,000 meters and have a shot at setting an American record at the very seldom walked distance. Nine states or countries were represented including California, Michigan, South Carolina, New Jersey, Ohio, Canada, El Salvador, Pennsylvania and Russia. In the Open races, defending champion Mike Mannozi had his hands full with 21 year old Jonathan Hallman. Jonathan was one of the athletes who was continuing on to 10,000 in an attempt at besting the current American Record of 44:36 set by John Knifton in 1974. Jonathan led the 5,000 but let Mike go with 2 laps to go which allowed Mike to ease to the title in 22:08. Jonathan would split the 5,000 in 22:15 and go on to walk 45:36. In the women's race, Henrietta native Miranda Melville was hole for the holidays. She celebrated with an easy win with her 22:54.83. It was a few ticks off her PR of 22:40 from last year. Miranda finished second in the 2012 US Olympic Trials. Second was Rochester's Katie Burnett who walked 24:37. Katie split 14:30 for 3,000 and that time qualified her to compete in the USA Indoor Championships. In third, and the first Masters Woman was Charger Erin Taylor-Talcott (36) in 25:07.13. Erin was also continuing on the 10,000 where she faded a bit but had enough for a new American Open Record of 51:11.87. In the Men's Masters division, Pegasus AC's Zbigniew Sadlej took off from the gun and blazed to a 22:26 win. Teammate David Swarts was second in 24:09. In third, just two weeks after doing the 50km in California, Charger Dave Talcott (54) walked 25:07.45. Syracuse Track Club's Jim Miner (66) finished second in the 65-69 age division, just 1.27 seconds out of first place.



**Manley Field House, Syracuse University
Indoor Track Meets**

Note: These are **running only** meets, there are no field events.

Registration: 7:00 - 7:30 am

Entry Fee: None

Order of Events (Tentative)

Sunday, 12/14/14 7-10 am 7:30 am 1st event	Sunday, 1/18/15 7-10 am 7:30 am 1st event	Sunday, 2/15/15 7-10 am 7:30 am 1st event	Saturday, 3/14/15 7-10 am 7:30 am 1st event
3000 meters	3000 meters	3000 meters	3000 meters
55 meter dash	55 meter dash	55 meter dash	55 meter dash
800 meters	800 meters	800 meters	800 meters
One lap (youth)	One lap (youth)	One lap (youth)	One lap (youth)
400 meters	400 meters	400 meters	400 meters
Mile R/RW	Mile R/RW	Mile R/RW	Mile R/RW

Questions or to volunteer contact Mark Driscoll, 449-9615

Syracuse Chargers All Comers Indoor Meets – 2014 and 2015 -- Syracuse University.

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 there-by.

Signature of Participant : _____ Date: _____

_____ Date: _____

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

Last Chance Trail Run and Pancake Breakfast and Grand Slam Finishers

Whether running or walking on, over, under, or around fallen trees; stepping in ice water streams that have no safe crossing, or enjoying the warmth of Skyline Lodge for aroma therapy (as the smell of pancakes, maple syrup, coffee and sausages fills the air) - the Last Chance Trail Run and Pancake Breakfast was a great success. The annual event took place at the Skyline Lodge, Highland Forest in Fabius, NY on December 20th.

Part of the festivities included recognizing the Grand Slam finishers for 2014. Below are a few of the recipients—on the left are Bob Haas and Sam Graceffo. Below on the right are: Andrew Trapasso, Kitty Doupe, Connie Ciccone, Joe Beard, Lloyd Besaw, Sue Gardinier, and Natalie McBane.



Bill Dunham Recognized for Grand Slam Volunteering

In addition to our recognizing at the Last Chance Trail Run and Pancake Breakfast the eleven individuals who achieved 2014 Chargers Grand Slam status, we were happy to recognize the volunteer commitment that Bill Dunham made to the 2014 Chargers Grand Slam Series. As far as we can determine, Bill is the only person who helped on race day at all five of the 2014 Chargers Grand Slam events.

Many thanks to Bill and to everyone who volunteered on behalf of a Chargers event or program in 2014!

Syracuse Chargers Indoor Track Activities

Community Fitness Events Welcoming the General Public

January 15, 2014 – March 31, 2015

There are three indoor all-comers meets left this year - January 18th, February 15th, and March 14th at Manley Field House on the Syracuse University Campus. Entry into the meets is FREE!

To prepare for those meets, there are a series of Open and Youth practice sessions at Manley. The dates and times are listed below. The sessions are free for Syracuse Charger members - but remember to bring your membership card to get in.

For additional information, please visit www.syracusechargers.org or call Mark Driscoll at 449-9615.

JANUARY:

- Sun., Jan. 18 All-Comer Indoor Track Meet, Manley Field House, 7:00 – 10:00 a.m.**
- Sun., Jan. 18 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sun., Jan. 25 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.

FEBRUARY:

- Sun., Feb. 1 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sun., Feb. 8 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sun., Feb 15 All-Comer Indoor Track Meet, Manley Field House, 7:00 – 10:00 a.m.**
- Sun., Feb. 15 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sun., Feb. 22 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.

Syracuse Chargers Track Club Scholarship Application



The Syracuse Chargers Track Club, Inc. will award as many as three \$1,000 scholarship grants to SCTC members who have distinguished themselves through their: volunteer activities within our community (including but not limited to Chargers events); academic achievement; and commitment to personal fitness. All applicants should have a record of volunteer service to the athletic community. In order to qualify for consideration for one of these awards, an applicant must be a graduating high school senior, an SCTC member at the time the application is submitted, and the holder of at least a B average throughout high school. Anyone who wishes to be considered for one of these awards must provide the information requested below and submit this form along with the following:

1. A letter of recommendation written by an adult who has supervised, coordinated, or is otherwise familiar with your volunteer activities, particularly those that promote health and fitness.
2. **Either** a copy of your high school transcript **or** a teacher's or guidance counselor's letter of recommendation that focuses on your **academic** achievement and merits.
3. A **typed** essay of 300 to 400 words describing how your participation in athletics and the volunteer activities that support athletics demonstrates your commitment to lifetime fitness.

This form and all supporting materials should be mailed together and must be received by May 15.

Please mail this form and your other application materials to:
John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078.

Applicant's name: _____ Home phone: _____

Address: _____ E-mail: _____

Your date of birth: _____

Your high school(s): _____

High school average: _____ Class ranking: _____ SAT/ACT score(s): _____

College or university that you're most likely to attend: _____

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

Calendar of Events

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

January

- 17, 24 TCRC January Freeze Races, 10km, 10:00am Otsiningo Park, Binghamton. Visit www.triplecitiesrunnersclub.org
- 16 Freeze Out Homelessness 5k, 7:00pm, OCC—Syracuse. Visit www.rescuemission.donorpages.com/syracusefreezeout5k2015
- 18 Winter Chill 5k, 10:00am, Cass Park near Ice Rink, Ithaca. Contact www.fingerlakesrunners.org
- 18 SCTC All Comers Meet, Manley Field House-SU 7:00-10:00am, visit www.syracusechargers.org**
- 24 Hartshorne Masters Mile Invitational Cornell University. Visit www.fingerlakesrunners.org
- 25 Winter Chill 5k, 10:00am, Cass Park near Ice Rink, Ithaca. Contact www.fingerlakesrunners.org
- 31 PA State Snowshoe Championship 5K 8:00am, Spring Mt. Ski Area, Spring Mount, PA 19478. Contact: Ed Myers, Edmyers52@hotmail.com. 484-941-5728.

February

- 1 Super Couch Potato 5k, 11:00am Onondaga Lake Park. Visit www.syracusetrackclub.org
- 1 Felder-SRC Track Meet, SRC Arena, OCC 2:00-6:00pm. Visit www.felder-syracuse.org
- 1 Winter Chill 5k, 10:00am, Cass Park near Ice Rink, Ithaca. Contact www.fingerlakesrunners.org
- 8 Finger Lakes Indoor Meet, 2 Mile, 800, 1500, 2x400 Valentines Relay, 4x400 relay 9:00am Barton Hall, Cornell University. Visit www.fingerlakesrunners.org or contact Rob Kurcoba at rk556@cornell.edu
- 14 Cupid's Chase 5K Run, Otsiningo Park, Binghamton, NY. 10:00 am. Visit www.triplecitiesrunnersclub.org
- 14 Cupid's Chase 5k Run, Onondaga Lake Park, Syracuse, NY. 10:00am. Visit www.comop.org/cupidschase
- 14 3rd Annual Run With Your Hun –Valentine's Day 5K. Noon, Vestal Rail Trail Coal House . Visit www.triplecitiesrunnersclub.org
- 14 Feel the Love 5K and 3K Walk, Cortland Regional Medical Center, 11:00am. Contact: jkolo72@hotmail.com
- 15 SCTC All Comers Meet, Manley Field House-SU 7:00-10:00am, visit www.syracusechargers.org
- 22 Lake Effect 1/2 Marathon, 9:30am, Onondaga Lake Park. Visit www.lakeeffecthalfmarathon.com.
- 28 Freeze Out to End Homelessness 5k, Broome CC Campus, Binghamton, NY, 10:00am. Contact: Vikke Collazo, 607-624-7431, victoria.collazo@rmsyr.org

March

- 8 The 12th Annual Celebrate Life Half-Marathon, Rock Hill, NY. Contact: myriamloor@hvc.rr.com
- 8 School House to White House 5k, Pulaski, NY. 1:00pm. Visit www.pulaskischoolhouse5krun@webnode.com
- 14 SCTC All Comers Meet, Manley Field House-SU 7:00-10:00am, visit www.syracusechargers.org
- 14 14th Annual St. Patrick's 4 Miler, St. Patrick's Church, Binghamton, NY. 10:00am. Contact Vince Kelley at 607-729-3340 (evenings) or runnerkelley@yahoo.com.
- 21 John McKenna Memorial 5K, Recreation Park, Binghamton, NY 10:00am. Contact: mckenna5k@binghamtoncrew.org
- 21 Running of the Bears 5K, Vestal High School, NY 9:00am. Contact Sue Darpino at sjdarmino@vestal.k12.ny.us.
- 22 Syracuse Half Marathon, OnCenter, Syracuse, NY. Visit www.syracusehalf.com

- 28 2nd March Madness Four Miler, Vestal Rail Trail Coal House, Vestal, NY Noon. Visit www.triplecitiesrunnersclub.org
- 29 42nd Annual Forks XV (15) Km Run, Chenango Forks HS, NY 2:00pm. Contact Sue Cain at suestevepat@yahoo.com or visit www.triplecitiesrunnersclub.org
- April
- 2 Fort to Fort Races, 5k/10k, Rome, PA 9:00am Visit www.romanrunners.com
- 3 Run for Your Heart 5k, Vestal Rail Trail Coal House, Vestal, NY 1:00pm. Visit www.triplecitiesrunnersclub.org.
- 11 Good Samaritan 5k, Longbranch Park, Liverpool, NY. 10:00am. Visit www.goodsamaritanrun.org
- 11 DAR 5k, Green Lakes State Park, Fayetteville, NY 9:30am. Visit www.daraces.org
- 12 6 Legged 5k, Onondaga Lake Park, Syracuse, NY. 9:30am. Visit www.fleetfeetsyracuse.com/events/six-legged-5k
- 12 Skunk Cabbage Classic 10k/Half Marathon, Ithaca, NY. 10:00am. Visit www.fingerlakesrunners.org
- 19 Pink Elk 5K Run/Walk, Vestal Elks Lodge, Vestal, NY 11:00am. Contact Jake Brown at wjmbrown@gmail.com.
- 26 The Color Run 5K, Broome CC Campus, Binghamton, NY 9:00am. Contact Joanne Weir at 607-771-8888 x399 or joanne.weir@yourmha.com

May

- 3 Greater Binghamton Bridge Run Half-Marathon and 5K, NYSEG Stadium, Binghamton, NY. Visit www.triplecitiesrunnersclub.org3
- 3 Mountain Goat 10 Mile, Syracuse, NY 9:15am. Visit www.mountaingoatrunk.com
- 9 Girl Up 5K Run/Walk, Otsiningo Park, Binghamton. 10:00am. Visit www.triplecitiesrunnersclub.org.
- 10 Thomas B Trail Runs, 13k/26k/52k Ithaca, NY. 7:00am. Visit www.fingerlakesrunners.org
- 23 Run Wild for the Binghamton Zoo, Vestal Rail Trail Coal House, Vestal, NY. 10:00am. Visit www.triplecitiesrunnersclub.org
- 30 A Room to heal Pajama 5k, Otsiningo Park, Binghamton. Visit www.triplecitiesrunnersclub.org
- 30 Freihofers Run for Women 5k, Albany, NY. Visit www.freihofersrun.com
- 31 USA 5km Race Walk Championships, Albany, NY. Contact Don Lawence at walk2agoal@gmail.com

June

- 6 Tortoise & hare 10k and Trail Run, Ithaca, NY 9:00am. Visit www.fingerlakesrunners.org
- 6 USATF Niagara 20,000m race walk championships, Owego HS, Owego, NY. Contactt Dave Talcott at dwtalcott@juno.com
- 17 Ithaca Twilight 5k, Stewart's Park, Ithaca. 7:00pm. Visit www.fingerlakesrunners.org
- 20 Vestal XX 20 K Road Race, Vestal Senior Center, Vestal, NY. 8:00am. Visit www.triplecitiesrunnersclub.org.

Bold Print—SCTC Event

If you have events you would like listed in the Syracuse Chargers Newsletter, please e-mail information and entry blank to: dwtalcott@juno.com. Events will be listed as space is available.

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: _____ **Membership Status:** _____ **I would like to help with:** _____

Road Running Track Running New Track Meets Road Races

Race Walking Field Events Renewal Coaching

Physical Fitness Youth Development Special Olympics Program

Mail this form and check to: **Julie Shafer, Membership Coordinator** Register Online: RunSignUp.com
8103 Lobos Lane, Liverpool, NY 13090

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.
P.O. Box 2354
Liverpool, New York 13089

Return Service Requested

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

SYRACUSE CHARGERS TRACK CLUB
Merchandise order Form
 View merchandise at: www.syracusechargers.org

Name: _____

Address: _____

E-Mail: _____ **Phone:** _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: 213 Scott Avenue, Syracuse, NY 13224	Postage		3.00	+ 3.00
	Total			