



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLV

Syracuse Chargers Track Club

February 2014

1st Sunday Night Practice Session at Manley Field House



Randy Hall & Otis Dowdell

Join Us To Recognize Some of Our Top Volunteers and Athletes on February 1st

There's still time for you to make reservations for our annual Awards Banquet, which is scheduled for 2:00 p.m. on Saturday, February 1st, at the Best Western Carrier Circle. In addition to serving (for a very brief portion of the program) as our annual meeting, the Banquet gives the Chargers an 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 2013 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—and we promise to set you free in plenty of time for you to watch S.U.'s men's basketball team outscore Duke that evening!

Syracuse Chargers

Track Club, Inc.

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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.

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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

Colin Atkinson	Shannon Moore Carlson	Jonathan Dana	Tara Polcaro
David Atkinson	St. Paul Cassell	Barbara Mackey	Eric Russell
Kristin Atkinson	Alex Chirico	Nicole Mackey	John Wall
Molly Atkinson	Bill Collins	Jackson Monterville	Leia Wall
Jerome Brislin	Emily Collins	Brian Polcaro	Lylie Wall
Jerry Brislin	Jack Collins	Elizabeth Polcaro	Nichole Wall
Theresa Brislin	Yvonne Collins	Samuel Polcaro	Troi Wall

Entry Forms in this Newsletter

February 1	Annual Mtg. and Award Buffet
February 23	Track Meets (running events only), Manley Field House

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!

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

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

J.P. Morgan Corporate Challenge® Set for Tuesday, June 17th; Entry Opens in March

The Syracuse edition of the 2014 J.P. Morgan Corporate Challenge® is scheduled for Tuesday evening, June 17, at Onondaga Lake Park. Nearly 8,000 entered in 2014, we're expecting another huge crowd at the Syracuse area's largest road race.

As always, the 3.5-mile race is open to teams of runners or walkers who are full-time employees of area companies, and individual entries are not permitted. For additional information about the event, click on the Syracuse link on the Corporate Challenge® Series home page at www.jporganchasecc.com. The registration link will go live in early March, so start rounding up your teammates today!

New: Online Membership Renewal

For those members that prefer to renew Chargers membership online, you will notice some changes. We have switched to a new service called **RunSignUp**. The new service has a very straight forward user interface—no magazine offers or whatever—and the fee is a bit lower. The transition should be seamless to you—just click on the Join option from the home page of SyracuseChargers.org, and then click on the Register Online link or logo near the bottom.

Chargers Age Group Records 50-54 Men

50m	Earl Cline	6.5	2/9/86
55m	Earl Cline	7.1	1/5/86
60m	Bill Mathis	7.97	3/25/00
100m	Earl Cline	12.17	5/4/86
200m	Sam Hall	24.9	6/7/97
300m	Tom Fondy	40.8	3/20/88
400m	Paul Stelmaszyk	56.12	8/13/94
440y	Tom Walnut	63.1	1977
500m	Fred Schlereth	1:16.5	3/15/87
600y	Fred Schlereth	1:24.9	3/18/84
600m	Fred Schlereth	1:37.8	3/17/85
800m	John Allen	2:12.7	8/4/90
880y	Tom Walnut	2:22.0	1977
1000y	Bob Brock	2:39.8	3/25/84
1000m	Bob Milner	2:53.9	1/22/89
1500m	Bob Milner	4:29.0	7/2/86
1 mile	Bob Milner	4:51.0	1/17/88
2000m	Bob Milner	6:29.8	1/19/86
3000m	Vince Colgan	9:28.6	3/9/91
2 miles	Bob Milner	10:21.5	2/28/88
5km (r)	Bob Milner	16:31	10/19/86
5km (t)	Ed Stabler	16:37.2	2/13/83
8km (t)	Larry Abramhamson	33:41.8	2/24/94
5 miles (r)	Ray Kneer	27:28	9/9/95
10km (r)	Ed Stabler	33:46	6/23/79
10km (t)	Ed Stabler	34:56.6	8/13/82
15km (r)	Ray Kneer	52:50	11/7/93
15km (t)	Ed Stabler	53:53.8	3/1/84
10 miles (r)	Ray Kneer	56:28	9/19/93
10 miles (t)	Tom Walnut	1:00:52	4/76
20km	Ray Kneer	1:11:52	8/7/93
1/2 marathon	Ray Kneer	1:15:50	6/27/93
25km (r)	Ray Kneer	1:32:45	7/31/94
25km (t)	Bob Nugent	1:41:11.7	10/17/10
30km (r)	Ed Stabler	1:51:50	3/21/82
30km (t)	Bob Nugent	2:03:34.57	10/17/10
Marathon	Ed Stabler	2:33:08	4/20/81
2 hour run (t)	Bob Nugent	18.1651 mi.	10/17/10
20 miles (t)	Bob Nugent	3:14:15.0	10/17/10
50km	Sam Graceffo	3:52:50	6/26/91
40 miles	Bill O'Brian	5:03:33	11/15/81
50 miles (r)	Bill O'Brian	6:25:38	11/15/81
50 miles (t)	Sam Graceffo	6:53:30	6/5/88
100km (t)	Bill O'Brian	9:46:35	7/4/82
100 miles (t)	Sam Graceffo	17:49:19	4/2/88
24 hr run (t)	Bill O'Brian	114.32 mi.	7/4/82
55m HH	Earl Cline	9.2	1/5/86
55m HH	Robert Doran	9.2	3/14/04
60m HH	Robert Doran	9.98	3/26/04
100m HH	Paul Stelmaszyk	16.7	6/15/94
110m HH	Earl Cline	18.4	7/17/85
400m IH	Paul Stelmaszyk	70.1	8/2/97
3m steeple	Bob Milner	11:23.7	5/5/89
3km walk	Julius Grossman	20:19.9	3/23/88
5km walk (r)	Ron Reed	35:09	4/3/04
20km walk	Nelson Fisher	1:57:39	8/5/93
50km walk	Nelson Fisher	5:35:24	8/7/93
Long Jump	Earl Cline	19-7	7/19/86
Triple Jump	Earl Cline	36-1 1/2	7/19/86
High Jump	Robert Doran	5-4 1/4	3/26/04
Pole Vault	Peter McGinnis	11-6 1/4	4/17/09
Shot Put, 6kg	Jim Nichols	45-6 1/2	3/25/00
Shot Put, 16#	Harry Schwarze	40-7	7/18/90
Discus, 1.5kg	Joe Benoit	160-0	7/18/10
Discus, 1.6kg	Joe Benoit	149-1 1/2	8/7/11
Discus, 2kg	Joe Benoit	131-9	6/12/10
Javelin	Tim Collins	126-4	7/25/93
Hammer, 6kg	Joe Benoit	60-11 3/4	7/31/11
Weight, 35lb	Joe Benoit	46-9 3/4	10/6/12
Weight, 56lb	Joe Benoit	32-9 3/4	10/6/12
Weight, 98lb	Joe Benoit	12-6	8/14/11
Weight, 200lb	Joe Benoit	5-11	8/14/11
Weight, 300lb	Joe Benoit	2-9	8/14/11
Weight Pent.	Duncan Payne	1735	7/8/11
Ultrawt Pent	Joe Benoit	3539*	8/14/11
Indoor Pent.	Robert Doran	3281	3/26/04

Outdoor Pent	Tim Collins	2694	8/7/93
Indoor Hept	Robert Doran	4209	3/7/04
Decathlon	Tim Collins	5314	7/27/92

*used 35 pound weight rather than 25 pound; age graded

Chargers Age Group Records 50-54 Women

55m	Nadine Lowenstein	8.53	3/3/96
55m	Nadine Lowenstein	8.4	2/16/97
55m	Nadine Lowenstein	8.4	4/1/97
60m	Kathy Cirina	9.0	3/14/99
100m	Kathy Cirina	14.2	8/2/97
200m	Nadine Lowenstein	30.13	6/25/96
200m	Kathy Cirina	30.1	6/20/98
300m	Kathleen Cirina	50.3	1/15/00
400m	Nadine Lowenstein	67.73	7/14/95
600m	Kathleen Collins	2:09.9	3/15/98
800m	Coreen Steinbach	2:34.90	3/29/03
1000m	Yvonne Rothenberg	3:51.6	7/27/94
1500m	Coreen Steinbach	5:19.6	12/14/04
1 mile	Coreen Steinbach	5:36.49	3/27/04
3km (r)	Joanne Singer	11:37	5/5/13
3000m (t)	Coreen Steinbach	11:24.74	2/22/04
5km (r)	Nancy Frisillo	19:05	10/4/92
5km (t)	Kelly Dworvak	21:16.51	7/27/12
8km	Nancy Frisillo	32:08	5/23/93
10km (t)	Coreen Steinbach	41:16.5	12/20/03
15km (r)	Nancy Frisillo	60:14	11/8/92
15km (t)	Coreen Steinbach	67:19.5	2/26/04
10 miles	Nancy Frisillo	67:32	9/9/95
20km	Nancy Frisillo	1:27:51	8/3/96
1/2 marathon	Nancy Frisillo	1:30:49	10/12/96
25km	Nancy Frisillo	1:54:12	7/31/94
30km	Jean O'Hara	2:53:33	3/24/85
Marathon	Lennie Tucker	3:40:20	5/6/90
12 hr. run (r)	Laurel Baum	33.334 mi.	5/15/10
80m Hurdles	Barbara Stewart	22.87	7/27/96
Long Jump	Kathy Cirina	13-8	8/2/97
Triple Jump	Kathy Cirina	28-1	8/2/97
High Jump	Kathy Cirina	4-0 1/2	7/28/00
Pole Vault	Barbara Stewart	6-6	7/20/96
Shot Put, 4kg	Kathy Cirina	34-1	8/2/97
Discus	Kathy Cirina	88-2	8/2/97
Javelin	Kathy Cirina	92-3	8/2/97
Hammer (4kg)	Barbara LoPiccolo	97-9	6/6/02
Weight Throw, 20#	Barbara LoPiccolo	35-6 1/2	3/22/02





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 USATF Niagara Championships Calendar
 Come out and join us for these high-caliber races across multiple disciplines! You are going to see these events anyway... why not become a USATF Niagara member for 2014 and compete for medals, trophies...and bragging rights!
A Sport for EVERYONE...for Life!
 Follow us Facebook and Twitter @USATFNiagara

2014 *USATF Niagara* Championships Calendar

May 25th	10km Road Walk Championships	PACB.ca/events.org
May 25th	10km Road Championships	WindsorStar.com
June 1st	Niagara Ultra / 50km National Championships	CayugaTrailBlitz.com
June 7th	Junior Olympic Track and Field	USATF-Niagara.org
June 20th	Open and Masters Track and Field	USATF-Niagara.org
July 12th	Trail Championships	TrailRun.org
August 2nd	5km Road Championships	RogersRoadRun.com
September 14th	Cross County Championships (open membership)	USATF-Niagara.org
October 5th	1000 Running 10km Road Championships	TrentonSports.com
October 12th	Half Marathon Road Championships	LundyPlace.com
November 2nd	Trail Cross County Championships	USATF-Niagara.org
November 9th	Junior Olympic Cross County Championships	USATF-Niagara.org
December 6th	Senior Track and Field Championships	USATF-Niagara.org

(including the USA 1000 Race Walk Championships)

Check Facebook for each of these events to stay up to date on details.

Membership of USATF Niagara is necessary to compete for association medals and awards.

Become a member today! USATF-Niagara.org/membership

Membership is not necessary to compete at the race.

Trailcross National Championships, 1000 Niagara Racewalk

Recent Charger Age Group Records

mile (35-39)	Sascha Scott	5:12.0	12/15/13	Felder
long jump (7&under)	Teshale Kelly	11-8	12/15/13	Felder

Sascha Scott, Teshale Kelly Get Records At Felder Meet

Sascha Scott broke the Charger 35-39 Charger record for the one mile run, (5:12.0) and **Teshale Kelly** eclipsed the 7 and under long jump record (11-8) at the Felder Meet on December 15.

Sean Kelly	55m	8.44
	200m	30.6
Mary DaSilva	55m	9.64
Teshale Kelly	55m	9.94
	200m	37.4
	long jump	11-8
Karen Kelly	55m	12.14
	200m	45.3
Carol Rider	55m	17.34
	mile	9:45.7
Richard Terpening	mile	5:05.0
Sascha Scott	mile	5:12.0
Liz Besio	mile	7:13.5
Wally McRae	mile	8:50.5
Michael Dee	800m	2:24.1
	mile	5:05.0
Jenna Deep	55m	9.7
	high jump	3-2
	long jump	9-5
Tom Daley	high jump	4-4

Results From Upstate Holiday Classic

Justin Craddock won the 1500 meter run and several other Charger members and subscribers performed well at the Upstate NY Holiday Classic Indoor at RIT on December 28.

Justin Craddock	1500m	4:09.13	1 st
Seth Yernye	1500m	4:09.24	2 nd
	3000m	9:14.19	6 th
Nick Guarino	3000m	8:37.46	2 nd
Josh Guarino	3000m	8:41.59	3 rd
Andrew Omoregre	60m HH	8.64	5 th
Chris Raulli	5000m	15:57.72	7 th
David Talcott	5km racewalk	24:41.36	4 th

Chargers Men Second At USATF Niagara Open Cross Country Championships

Led by **Ryan Millar**, the Chargers men placed second to the Syracuse Track Club at the USATF Niagara Open Cross Country Championships at Cornell University Golf Course on November 10. Three Charger women, led by **Leah Andrianos**, competed in the meet but did not have a complete team result. The distance of the course was approximately 8 kilometers.

<u>Men's Race</u>					
Ryan Millar	26:35.0	4 th	Robert Dunham	30:17.7	28 th
Nick Guarino	26:53.0	7 th	<u>Women's Race</u>		
Josh Guarino	27:10.2	8 th	Leah Andrianos	24:46.3	7 th
Scott Weeks	28:18.1	16 th	Kelly Stevens	2:5:06.7	9 th
Greg Selke	28:28.8	17 th	Heidi Baumbach	25:19.8	10 th

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 mdriscoll@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.)

ARE YOU A SUPER RESPONDER?

I have always believed that if you took a group of people who have never exercised and started them moving, they would all show improvements in aerobic fitness. Turns out this belief, like many others, is wrong.

In the new book "Sports Gene," author David Epstein outlines a study of 481 previously untrained folks. All were tested extensively in the lab to get baselines. Some were a bit better than others, though all were essentially couch potatoes.

Then came the training and findings. All spent five months of identical stationary bike training three times per week under strictly controlled lab supervision. The main focus was on determining how aerobic fitness improved. To do this VO2max was carefully measured. This is a pretty good indicator of how fast you might cycle or run.

The researchers expected to find that all responded to the aerobic training. However, there was a group of about 15% of the total that showed essentially no improvement in VO2max. They did improve in terms of blood pressure, insulin levels, weight and cholesterol, but their aerobic capacity didn't budge. They were referred to as the *non-responders*. That was the first surprise.

The second surprise was that another group of about 15% at the other end of the spectrum were *super responders*. They took off like on jet fuel and improved performance by 50%. The other 70% in the middle were *medium responders*. When the pre and post exercises results were compared, there was no correlation. This means there was no way to predict from the initial testing how well anyone would respond.

Another study used sets of identical twins and showed that trainability is largely genetic. Some twin sets were *high responders*, some were *non-responders* and some were *medium responders*, but both siblings responded the same way.

Nancy Tinari, a Canadian high school student, ran a short race in gym class in 1975. She was totally untrained and had never even run before, but her teacher was so amazed by her time he told her she could become an Olympic runner. Sure enough she competed in the 10K at Seoul and still holds the 15K Canadian record.

To further highlight the role of genetics, an Australian researcher studied 1900 young men who were totally untrained. All were tested and six were found to have aerobic capacities on par with collegiate runners. The "naturally fit six" owed their hidden talent to being born with unusually large blood volumes. They came out of the box this way, already blood doped. Like Nancy Tinari, they had elite-level aerobic endurance before training. How lucky can you get?

All of these studies focus on trainability of aerobic capacity. But someone who is not very responsive to this kind of training may be genetically endowed with trainability in other areas. These may include sprinting, jumping, throwing, weight lifting or even non-athletic areas. In fact, another study focused on building upper arm muscle strength and yielded the same results of zero to 250% improvement. We all have genetically based talents, which we may not be aware of just like the "naturally fit six."

It is estimated that half of outstanding athletic performance is due to genetics and the rest to hard work. In the words of the great Steve Prefontaine, "To give anything less than your best is to sacrifice the gift."

Sam Graceffo, MD

2014 Resolution -- Please Volunteer!

Calendar of Events

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

June

- 14 **Hess Express Swamp Rat Races**
17 (Tuesday) **JP Morgan Corporate Challenge**

July

- 4 (Friday) **Cazenovia July 4th Foot Races, contact: nandewhite@aol.com**
Online: GetEntered.com Reg. online only June 25-July 1. No race day entries.

September

- 6 The Dunkin Run – ARC Race www.arcrace.org

October

- 5 (Sunday) **Syracuse Festival of Races, 5K, USATF Masters Championships**
contact: Dave Oja 446-6285 www.festivalofraces.com

November

- 9 Burn Run, East Syracuse Contact: John Minnick, johnjm1@msn.com

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

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

Track Meets

- January 25 (Sat.)** 47th Annual Hartshorne Mile , Cornell Univ. thartshorne@twcny.rr.com.
February 16 Millrose Games
February 23 (Sunday) **Manley Field House 7-10 am** (Running Events only)
March 15 (Saturday) **Manley Field House 7-10 am** (Running events only)
March 14-16 USA Masters Indoor Championships, Reggie Lewis Track & Athletic Ctr., Boston
April 19 (Saturday) **Manley Field House 7-10 am** (Running Events only)

Winter Meets -Cornell University, <http://fingerlakesrunners.org>

Bold Print indicates a Charger Event or a championship event

*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 Evelyn White*

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.

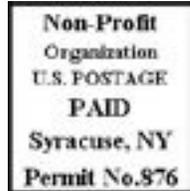
Signature(s) Date

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.
 118 Foxcroft Lane
 Fayetteville, New York 13066 – 2570

Return Service Requested



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)			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