



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

March 2013

Thank You Volunteers; Congratulations Athletes



Julie Shafer
Overall Service Award



Corporate Friend of Running
Cazenovia Jewelry, *Ralph Monforte*



Marla Jabbour & Mark Driscoll
Nate & Evelyn White Award



Alana Pearl & Nick Ryan (F/M)
Jerry Schulz Section III Runners



Volunteers: *Krissie Oja*



Katie Oja



John View



Chris Popovici



Open Athletes: *Jake Basher, Field*



Durell Cull, LDR



Amanda LoPiccolo, LDR



Kim Standridge, Track



Masters Athletes: *Sue Gardinier*
Long Distance Running



Mary DaSilva



Pat Peterson
Track



Norm Deep
Field



Scott Weeks
Charlie Hackenheimer LDR
& Track Award

The following directors were re-elected at our Annual Meeting for another two years: Jim Alexander, Roger Hahn, Jim McCaul and Greg Tuttle.

An enjoyable meal and program was held at Glen Loch Mill in Jamesville on February 10th. Our thanks to Mickey Piscitelli for once again handling the arrangements.

Syracuse Chargers Track Club, Inc.

Board of Directors

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Mark Driscoll
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Volunteers

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NandEWhite@aol.com

Scholarship Fund

John View

Summer Runs

Onondaga Lake Park
(Thursday)

Oneida Shores (Mon.)

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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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

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

New Charger Members

Ty'Quan Caldwell
Logan Chapman
Paula Chapman
Richard Chapman
Kathy Corrado

Brian Haarer
Elena Haarer
Laura Haarer
Rob Golabek
Becki Pierotti

AJ Wells
Allen Wells
Mary Wells

Entry Form in this Newsletter

March 10 (Sunday)	Track Meets at Manley Field House (track events only)
April 14 (Sunday)	Youth Developmental Meet (12 and younger)
May 25 (Saturday)	1-2-3 Trail Run, Highland Forest

Correction of an error in last month's Newsletter

We are happy to report that **Mary DaSilva** has **not** had a knee replacement.

R.I.P. Charlie Mertens

We were saddened to hear about the death on January 19 of longtime Chargers member and frequent volunteer, Charlie Mertens, of Liverpool. For many years, Charlie has been something of a fixture at Onondaga Lake Park, running, walking, and biking.

He often helped as a race-day volunteer at the Corporate Challenge and the Syracuse Festival of Races, and we'll miss his jocularly and eagerness to help!

Calling All High School Seniors (and Their Parents)!

If you're thinking about college plans—and how to pay for them, don't overlook the Syracuse Chargers Track Club College Scholarship Program. We've been awarding grants to college-bound Charger members for years, and we want all of our members to be aware of this opportunity.

The SCTC Scholarships are based on high school academic, extra-curricular, and volunteer credentials. They're not based on athletic achievements in the running sports or otherwise.

Look for an SCTC College Scholarship application form on our website or in this issue of the *Newsletter* and apply.

I would like to volunteer to help at the following events:

_____ March 10	Track Meet	Manley Field House
_____ April 14	Youth Track Meet	Manley Field House
_____ May 25	1-2-3 Trail Run	Highland Forest

Name: _____ Tel. _____
Address: _____ E-Mail _____

Any preference regarding volunteer position? _____
Family or friends who'd also like to help? _____

Contact Race director or mail to Evelyn White, 118 Foxcroft Ln. Fayetteville NY 13066
Or e-mail to Evelyn at nandewhite@aol.com

Syracuse Chargers Age Group Records: 10-11 Girls

40y	Roslyn Thomas	5.5	7/25/79
50y	Alvina Robinson	6.9	8/1/79
50m	Kelly Kuss	7.4	4/9/95
55m	Armani Moore	7.7	2/14/04
60m	Armani Moore	8.1	3/14/04
100m	Lindsey Sadonis	13.7	7/14/96
200m	Briana Hall	29.0	6/29/98
220y	Terri Dunham	31.0	2/15/75
300m	Lindsey Sadonis	48.2	1/13/96
440y	Gretchen Hagenlocher	67.0	8/17/77
500m	Courtney Rollinson	1:50.7	2/23/85
600m	Heather Meno	2:16.3	2/8/81
880y	Gretchen Hagenlocher	2:28.0	8/17/77
1000m	Brenna Kincaid	3:30.2	1/18/04
1500m	Brenna Kincaid	5:19.35	7/30/03
1 mile	Gretchen Hagenlocher	6:00.0	7/5/77
2000m	Madison Searles	8:35.29	3/16/03
3000m	Brenna Kincaid	11:21.33	7/2/04
2 miles	Gretchen Hagenlocher	13:44.0	4/24/76
3 miles	Joanne Rainis	20:46.8	5/21/78
5km (r)	Brenna Kincaid	20:44	8/16/03
5 miles	Gretchen Hagenlocher	32:16	7/7/77
10km (r)	Gretchen Hagenlocher	45:55	6/18/77
10 miles	Gretchen Hagenlocher	1:19:27	9/12/76
55m hurdles	Kelly Kuss	11.7	12/11/94
80m hurdles	Amy Lee	19.1	6/16/03
400m hurdles	Kelly Kuss	1:30.4	6/28/95
Long Jump	Briana Hall	14-7	7/6/99
High Jump	Kelly Kuss	4-5 1/2	7/19/95
Shot Put	Brandi Agnew	18-0	6/11/01
Discus, 1kg	Amy Lee	38-9 1/2	7/10/03
Javelin, 200g	Kayli VanCleef	62-1 1/2	6/29/03
Hammer, 2kg	Amy Lee	40-3	7/14/03
Indoor Pent.	Amy Lee	521	3/16/03

Syracuse Chargers Age Group Records: 10-11 Boys

40y	Jeff Whitehead	5.0	7/25/70
50y	Ricky Dorsey	6.2	8/1/79
50m	Jordan Lester	7.1	4/13/96
55m	Jordan Lester	7.8	12/15/96
55m	Jordan Lester	7.8	2/16/97
55m	Jordan Lester	7.8	3/15/97
60m	James Royal	9.09	1/11/04
100m	Jordan Lester	13.9	7/14/96
200m	Jordan Lester	28.2	2.15.97
200m	Solomon Lawrence	28.39	6/27/10
220y	Jeff Owens	31.2	4/5/78
300m	Jordan Lester	46.1	2/9/97
400m	Solomon Lawrence	63.98	6/27/10
440y	Peter Lahm	72.5	2/15/75
600m	John Riordan	1:56.5	2/8/81
800m	Dan Wright	2:24.6	7/22/79
880y	Dan Wright	2:51.6	4/5/78
1000m	John Riordan	3:27.0	1/13/80
1500m	Jesse Contario	5:16.2	3/6/94
1 mile	Kevin Bond	5:39.9	
2000m	Chris Candido	8:30.0	1/19/86
3000m	Erik Sauer	11:00.1	1/16/99
2 miles	Dan Wright	12:41.0	4/5/78
5km (r)	Erik Sauer	18:51	10/4/98
8km (r)	Jesse Contario	34:22	3/12/94
6 miles (r)	Matt Riordan	37:53	8/15/76
10km (r)	Jesse Contario	41:15	5/20/94
15km (r)	Brian Hoffman	1:08:34	7/9/95
10 miles	Kevin Bond	1:18:04	7/29/77
50m hurdles	Larry Phillips	10.3	1/23/83
55m hurdles	Shawn Wilson	11.14	3/16/03
55m hurdles	Jackson Honis	11.1	7/17/06
80m hurdles	Shawn Wilson	18.68	7/13/02
100m hurdles	Shawn Wilson	19.0	6/17/02
Long Jump	Jeff Owens	15-0	1/29/78
High Jump	Brent Vinch	4-4	1/23/83
High Jump	Jason Grosvenor	4-4	1/19/86
High Jump	Shawn Wilson	4-4	1/12/03
Shot Put, 4kg	Brenton Spears	29-0	2/13/05
Discus, 1kg	P.J. Foti	69-5	7/15/02
Javelin, turbo	Shawn Wilson	96-11 1/2	7/13/02
Indoor Pent.	Shawn Wilson	884	3/16/03



Recent Charger Open Records

1 mile	2:20.32	Nicholas Guarino	2/1/13	NYC Armory
Shot Put, 16 lb.	64-5	Rob Golabek	1/26/13	Geneva, OH

Recent Charger Age Group Records

1 mile (20-24)	2:20.32	Nicholas Guarino	2/1/13	NYC Armory
Weight Throw, 35lb. (30-34)	65-0	Jesse Doty	1/19/13	Chapel Hill

Scott Weeks Part Of A World Relay Record

Scott Weeks teamed up with three other elite middle distance masters runners at the New York City Armory Track on January 25 to break the world indoor 40-49 year age group record with a time of 7:58.12. That is an average of under two minutes per runner. The listed record was 8:07.48. Scott posted the fastest leg of the race for his team, being timed in 1:57.8 and allowing a little slack for the others to break the eight minute barrier. Other members of the team were **Eric Nedeau**, **Chris Simpson**, and **Mark Gomes**, all from or originally from the Boston area.

It remains to be seen if the time is officially recognized by USATF, as it was a pick up team. At any rate, congratulations to Scott and the other members of the team for a remarkable effort.

Nick Guarino Breaks Charger 1000 Meter Record At NYC Armory

Nicholas Guarino fairly shattered the Charger 1000 meter record at the New York City Armory on February 1 when he was timed in 2:20.32. The previous Charger record was 2:25.21, set by **Scott Weeks**. Nick ran an exciting race, coming from the back of the pack and placing second to **Robby Andrews**, whose winning time of 2:17.90 was a scant .04 second off the American record.

The next day at the same meet Nick's brother **Josh Guarino** also placed second in his race, the mile run, with an extremely impressive time of 4:09.76. What a performance to only receive second billing in a Charger newsletter article.

Four First Place Chargers Performances At The Brockport Invitational

The staff at the Brockport Invitational on February 1 and 2 was gracious enough to allow four Charger athletes to enter this college meet, and each of the four took first place in an event. **Greg Selke** won the 5,000 meter run with a time of 15:49.26. **Justin Craddock** was the 500 meter victor at 1:08.56. **Leah Andrianos** was the first lady in the 800 meter run with 2:14.71. **Jake Basher** had the longest weight throw with a distance of 19.21 meters (63-0 1/4)

Scott Weeks Wins Hartshorne Masters Mile

Scott Weeks outdistanced a field of 49 masters men to win the Hartshorne Memorial Masters Mile at Cornell on January 20 with a time of 4:23.39. **Joanne Singer** was the first Charger woman's runner, finishing eighth in a field of 18 with a time of 5:55.05. Results of Charger members and subscribers are listed below.

Joanne Singer	52	5:55:05	8th
Patti Ford	57	6:47:44	13th
Scott Weeks	40	4:23:39	1st
Javier Martinez	42	5:02:59	13th
Bill Quinlisk	61	6:27:37	40th
Mike Defio	67	7:17:19	45th

Durrell Cull Places Second At Ithaca College Bomber Invitational

Durrell Cull finished second in the finals of the 60 meter dash (7.04) at the Ithaca College Bomber Invitational Track and Field Meet on February 3. Earlier he had won his heat with a time of 7.06. Durrell also won his heat of the 200 meter dash (23.38), placing him seventh overall.

Heidi Baumbach placed eighth in the one mile run (5:21.92). The results of several other Chargers competed in the meet are listed below.

Durrell Cull	60m	7.06	1st heat
	60m	7.04	2nd finals
	200m	23.38	1st heat; 7th overall
Douglas Beckman	60m	89.18	5th heat
Heidi Baumbach	mile	5:21.92	8th
Rob Kurcoba	200m	24.42	5th heat
Alex Looi	3km	9:22.03	8th heat

Scott Weeks Places Fourth At New Balance Meet

Scott Weeks finished fourth in the masters one mile run at the New Balance Indoor Grand Prix in Boston on February 3 with a time of 4:30.47.

Travis Chewning-Kulick Advances To High School State Qualifier In Pole Vault

Congratulations to Liverpool High School athlete and Charger member **Travis Chewning-Kulick** for winning the Class AA Sectional meet in the pole vault on February 6 with a vault of 12-6, thereby advancing him to the State Qualifier. (Thanks to his Mom Brenda for these unique pictures.)



Another Winning Weight Throw Performance For Jake Basher

In addition to his first place weight throw at the Brockport Invitational, mentioned above, **Jake Basher** also had the winning performance at the RIT meet on February 1 with a throw of 61-3 (18.67 meters)

Rob Golabek Qualifies For USATF Championships; Shatters Charger Open Record

New Charger member **Rob Golabek** broke the Charger open shot put record by more than 11 feet at the Spire Midwest Indoor Track and Field Open in Geneva, Ohio on January 26. Rob's throw of 64-5 (19.67 meters) qualifies him to compete in the USATF Indoor National Championships. The previous Charger record was 52-10 1/2, held by **Scott Power**.

Jesse Doty Qualifies For USATF Championships In Weight Throw

Jesse Doty qualified to compete in the USATF Indoor National Championships when he placed first in the weight throw at the Dick Taylor Invitational in Chapel Hill, NC on January 16 with a throw of 65-0 (19.8 meters). Jesse's performance is also a new Charger 30-34 age group record.

Marc Deneault Memorial Invitational - 2/16/2013 Barton Hall, Cornell University

1 Mile	3rd	Julianne Quinn	5:05.95
3000m	3rd	Julianne Quinn	10:10.26
	15th	Heidi Baumbach	10:45.6
60m	9th	Durell Cull	7:14
300m	6th	Rob Kurcoba	38:03
800m	24th	Phil Panebianco	2:03.33
1 mile	7th	Scott Weeks	4:24.9
	31st	Alexander Looi	4:43.85
3000m	17th	Greg Selke	9:03.63



Presents

The 34th Annual Swamp Rat Runs Saturday, June 15th 2013



Administered by the Syracuse Chargers Track Club

Location: Oneida Shores Park, Brewerton, New York; (Take Exit 31 off Rt. 81, then go left on Bartell Rd.)

For online registration and event details, please visit: <http://www.swampratrun.com>

To encourage online registration, we have eliminated all online processing fees! Save paper and a stamp!

Syracuse Chargers All Comers
Indoor Meet 2/16/13 Manley
Field House, Syracuse Univ.
48 participants * Chargers

3000

	Male	
16/17		
Anthony Feocco 17	11:40.7	
10/11		
Zachary Medicis, 11	14:46.9*	

55 meters

	Male	
18/29 Open		
Joseph Darling, 24	6.9	
16/17		
Mark Braughton, 17	6.8	
Daquan Mathis, 17	7.6	
14/15		
Nathan Guasente, 14	7.0	
12/13		
Nate Gay, 12	8.4*	
Damani Bennett, 13	9.2*	
10/11		
Zachary Medicis, 11	9.2*	
AJ Burnett, 10	9.3	
8/9		
St. Paul Cassell, 8	10.9*	
7 & Younger		
Da' Vine Bennett, 6	9.4*	
Josiah Cooper, 6	10.5	
George Newsome, 5	13.0	
Evan Lawton, 6	14.5	
Kaleb Cox, 4	16.3	

	Female	
18/29 Open		
Ashley Winn, 18	7.2	
16/17		
Ally Fox, 17	7.5	
Jade Jenkins, 17	8.0	
12/13		
Kaitlynn Young, 13	9.9	
10/11		
Olivia Chapman, 10	9.5*	
8/9		
Miguela Hunter, 9	9.3	
McKenna Johnston, 9	9.5*	
Megan Johnston, 8	11.0*	

800

	Male	
60/64		
Ken Iandolo, 62	3:28.7*	

Open 18/19		
Anthony Ostuni, 18	2:27.0*	
Shawn Webb, 18	2:46.9	
Bryson Mayes, 18	2:50.3	
16/17		
Avery Yarn, 17	2:26.3	
Anthony Feocco, 17	2:34.4	
14/15		
Thomas Iandolo, 15	2:49.8*	
12/13		
Soloman Lawrence, 13	2:28.7	
Allen Wells, 13	2:46.1*	
10/11		
Christian Cooper, 11	2:49.6	
Zachary Medicis, 11	3:01.7*	
8/9		
Micah Cooper, 9	3:02.0	
	Female	
14/15		
Kaylee Uhl, 15	2:34.8	
Kelsey Frank, 14	2:51.1	
8/9		
McKenna Johnston, 9	3:08.7*	
Alana, Cooper 9	3:20.2	
Olivia Norden, 9	3:35.6*	
7 & younger		
Amber Newsome, 7	4:16.5	

1 Lap youth

	Male	
12/13		
Damani Bennett, 13	56.6*	
10/11		
Christian Cooper, 11	43.6	
AJ Burnett, 10	50.7	
8/9		
Micah Cooper, 9	47.9	
St. Paul Cassell, 8	60.1*	
7 & Younger		
Da' Vine Bennett, 6	59.9*	
Josiah Cooper, 6	62.2	
	Female	
10/11		
Olivia Chapman, 10	47.0*	
8/9		
McKenna Johnston, 9	48.7*	
Miguela Hunter, 9	51.3	
Alana Cooper, 9	51.9	
7 & Younger		
Amber Newsome, 7	1:03.8	

400

	Male	
18/29 Open		
Ryan Connor, 20	58.8	
Bryson Mayes, 18	59.0	

Shawn Webb, 18	1:07.1
16/17	
Avery Yarn, 17	54.4
Mark Broughton, 17	57.5
Daguan Mathis, 17	1:02.6
14/15	
Nathan Guasente, 14	1:03.1
12/13	
Nate Gay, 12	1:15.4*
10/11	
Christian Cooper, 11	1:12.6
8/9	
Micah Cooper, 9	1:28.7
	Female
18/29 Open	
Ashley Winn, 18	1:03.2
16/17	
Ally Fox, 17	1:05.0
Jade Jenkins, 17	1:10.6
14/15	
Kaylee Uhl, 15	1:03.4
12/13	
Kaitlynn Young, 13	1:38.6*
8/9	
Alana Cooper, 9	1:29.6
Miguela Hunter, 9	1:37.5
Megan Johnston, 8	1:43.0*
7 & younger	
Amber Newsome, 7	1:52.7

Mile

	Male	
60/64		
Bill Quinlisk, 61	7:30.6	
Ken Iandolo, 62	7:30.7*	
Open 18/29		
Adam Zinger, 18	5:26.4	
12/13		
Solomon Lawrence, 13	5:15.8*	
Allen Wells, 13	6:21.9	
	Female	
18/29 Open		
Emma D'Ambro, 21	6:00.8	
Rachel Crosley, 20	6:37.5	
Laura Hough, 19	6:37.5	
Taylor Lewis, 20	6:41.3	
14/15		
Kelsey Frank, 14	6:06.1	

Thanks Volunteers: Mark Driscoll, Karen Wright, Bill Quinlisk, Jasper Royal, Greg Spears & Evelyn White

Thanks also to Syracuse University

2013 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: Jan. 13 -- 7 to 7:45 AM
Feb. 16 & Mar. 10 – 7:00-7:30
Entry Fee: None

Order of Events (Tentative)

Sunday, Jan. 13 th 7-11 am 8am 1st event	Saturday, Feb. 16 th 7-10am 7:30 am 1st event	Sunday, Mar. 10 th 7-10am 7:30 am 1st event
3000 meters	3000 meters	3000 meters
55 meter dash	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 - Jan. 13; Feb. 16; March. 10, 2013 -- 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.)

Syracuse Chargers Track Club Scholarship Application

The Syracuse Chargers Track Club, Inc. will award a minimum of two \$1,000 scholarship grants to SCTC members who have distinguished themselves through their volunteer activities within our community (not limited to Chargers events), academic achievement, and commitment to personal fitness. Applicants should have a record of volunteer service to the athletic community. In addition, the applicant must be a graduating senior, an SCTC member (at the time the application is submitted), and have maintained at least a B average throughout high school. Chargers members who wish to be considered for one of these awards should 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: _____
 Address: _____
 Home phone: _____ 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:

Volunteer activities specifically on behalf of the Syracuse Chargers Track Club:

WHY JANE CAN'T KEEP UP WITH JOHN

Male endurance athletes perform about 10 to 11 percent better than similarly trained females. This is true in a variety of sports from bicycling, cross-country skiing, swimming, rowing and running. Numerous studies have been conducted to find the cause for this difference. The answer is finally clear, and it all has to do with hormones.

Most of us know that the male hormone testosterone builds muscles. Big muscles are great for many tasks such as carrying a hundred pack in combat. They are however, not especially useful for endurance athletes. The other effect of testosterone is to promote the production of hemoglobin and increase the concentration of red blood cells. This, in effect, is natural and legal "blood doping." The net effect is an 11% increase in oxygen carrying ability of John's blood compared to Jane's. This increase is great for running and is one of the primary factors responsible for a higher VO2max in men over that of women.

This, however, is only part of the story behind faster male running. The other part concerns the female hormone estrogen, which tends to encourage the accumulation of body fat. This results in the average female athlete being 8 to 10 percentage points higher in fat. Obviously, this "dead weight" is not good for fast running times.

Studies seem to indicate that body fat accounts for approximately three quarters of the speed difference between the genders. The remainder is due to the VO2max and hemoglobin factor.

In science, every finding must be verified by several controlled tests. To level the playing field, ten male runners were subjected to some unpleasant routines. First, almost a liter of blood was withdrawn from each of them to make their oxygen carrying capacity equal to that of their female counterparts. This was blood doping in reverse. Next, the men were fitted with weighted vests from 5 to 23 pounds. The leaner men had to carry more weight.

Three days after the bloodletting, the weight loaded men and the naturally fat loaded women ran as far as they could in 12 minutes. The outcome was as predicted: the distance covered was almost identical for men and women.

Another study came to the same conclusion, after approaching the issue from the opposite direction. When the results of a 15-mile race were in, the researchers pored male and female runners who had turned in approximately identical times. Then they examined each for body fat and VO2max and found there was essentially no difference between the men and women.

The conclusion: men have the advantage of oxygen rich blood thanks to testosterone, and women have the disadvantage of higher body fat due to estrogen. So, if John is a little overweight and has what TV commercials call "low T," then he and Jane can run a 10K and finish side by side.

Sam Graceffo, MD

2013 Masters Championships

6/01/13	USA Masters 8 km Championships	Williamsburg, VA
8/09/13	USA Masters 1 Mile Championships	Pittsburgh, PA
	This date is tentative pending city approval	
10/06/13	USA Masters 5 km Championships	Syracuse, NY
10/20/13	USA Masters 5 km Cross Country Championships	Flemington, NJ
10/27/13	USA Masters 15 km Championships	Tulsa, OK
12/14/13	USATF Nat'l Club Cross Country Championships	
	Master Men 10 km, Master Women 6 km	

Calendar of Events

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

Races

April

14 Ithaca Skunk Cabbage Classic Run

May

5 Mountain Goat Run, Syracuse
18 Race for the Cure, Syracuse
25 **1-2-3 Trail Run/Highland Forest, contact Mark Driscoll 315/449-9615 (after 7 pm)**
27 Mon 9:28 am **22nd Annual Veterans' Memorial Day 5K Run, Contact: Camillus Parks & Rec. Dept. 315/487-3600**

June

1 Freihofer's Run For Women 5K, Albany
2-8 Senior Games (50 plus), Cortland www.nyseniorgames.com
15 (Saturday) **Hess Express Swamp Rat Races 10K, 5K & 1 mile Races**
contact: rnastasi@twcny.rr.com online: http://www.swampratrun.com
18 (Tuesday) **JP Morgan Corporate Challenge contact: daveoja@a-znet.com**

July

4 (Thursday) **Cazenovia July 4th Foot Races, contact: nandewhite@aol.com Online: GetEntered.com**
14 Boilermaker Registration – 15K closed <http://www.boilermaker.com/>
19-Aug. 1 Summer National Senior Games, Cleveland, Ohio
24-28 Empire State Games, Rochester www.empirestatesgames.org

August

8 (Thursday) Tromptown Run half-marathon, 5 KM www.tromptownrun.com
17 **Willow Bay 5K Run & Fitness Walk, Liverpool mpiscitelli2@verizon.net**

September

21 **Fayetteville 10K Classic contact: dkenn15@verizon.net Online: GetEntered.com**

October

6 (Sunday) **Syracuse Festival of Races, Masters 5K Championships contact: daveoja@a-znet.com**

**Summer Runs: Monday Night Runs, Oneida Shores
Thursday Night, Onondaga Lake Park**

Track Meets

March

10 (Sunday) **Chargers All Comers Meet (Schedule of events in Newsletter)**
10 Finger Lakes Runners Club Meet & Family Fun Day
22-24 USA Masters Indoor T&F Championships, Landover, MD

April

14 (Sunday) **Chargers Youth Development Meet (ages 12 and younger) (Schedule in Newsletter)**

Bold Print indicates a Charger Event

Please Volunteer to Help

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
HIGHLAND FOREST 1-2-3 Trail Run
Saturday 5/ 25 /2013 8:30 am

The race begins at 8:30 am and consists of one, two, or three loops on marked trails in Highland Forest. The course covers 10, 20, or 30 miles, with climbs of 1380', 2760', or 4140' respectively.

Bring the family!! There will be a short trail run for the children.

WHERE: Highland Forest is located about 3 miles east of Fabius NY on Rte. 80; see directions. The races start and finish at the Community House just across the road from the parking lot. There is no fee for parking, but the Park welcomes donations.

WHEN: Arrive at the Community House (across from the parking lot) by 7:30 am for race-day registration or 8:00 am if pre-registered.

ENTRY FEE: \$15.00; \$20.00 after Monday, May 20; \$30.00 race day registration. The entry fee includes beverages and food during the race and soup, bread and refreshments after the race. **Please pre-register. We would like to have a good estimation on the number of runners so we do not run out of food.**

FOR INFORMATION: contact the Race Director, Mark Driscoll at (315)449-9615 after 7:00 pm; mdriscol@mailbox.syr.edu

HIGHLAND FOREST 1-2-3 TRAIL RACE ENTRY FORM

Entry Fees: \$15.00, (\$20.00 after 5/20---\$30.00 race day 5/25)

Please make checks payable to "Syracuse Chargers Track Club, Inc." and mail entry to Mark Driscoll, 1112 Meadowbrook Drive, Syracuse, NY 13224.

Name: _____ Age (5/25/13): _____ Birthdate: _____

Street: _____ Tel.: _____ Sex: _____

City, ST ZIP _____ Club affiliation _____

How many loops do you plan on running? (you may switch during the race): 1 _____ 2 _____ 3 _____

WARNING: It is possible to sprain ankles, break bones, and encounter wildlife and insects such as black flies and/or bees. Carry medication if you are allergic. Trail running requires agility of foot and the ability to keep one eye on the trail and the other on the blazes (markers). Some will get lost momentarily. If there are no blazes in front of you, go back. You may encounter vehicles on the dirt roads and at crossings.

TRAIL CONDITION: The course is about 95% on hiking trails and 5% dirt roads. The trail is well marked (blazes on trees, and turns are marked).

TIME CUT-OFFS: The time cut-off for beginning the second loop is 3 hours. Cut-off time for a third loop is 4.5 hours.

REST ROOMS: There are rest rooms in a separate building near the Community House. No shower facilities at the park.

REFRESHMENTS: Water, sports drink and food will be provided on the course and at the start/finish. After the run, enjoy soup, bread, water, and sports drink in the Community House or the outdoor pavilion.

DIRECTIONS: Highland Forest is located 14 miles east of I-81 on Rte. 80. Take I-81 to Tully (exit 14) go east on Rte. 80 for 14 miles to the sign for Highland Forest. Make a right onto the access road and go up the hill about a mile to the parking lot.

WAIVER: I know that running in a trail race is a potentially hazardous activity. I agree I should not enter unless I am medically able and properly trained. I agree to abide by any decision of race official(s) relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and animals, the effects of weather (including high heat and/or humidity) and conditions of the trail, all such risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, Inc., Road Runners Club of America, Onondaga County and all of its companies, officers and/or employees, and all other sponsors or successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

(Parent or guardian's signature necessary if 17 years of age or younger)

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 for \$6 (Ash) Sm.____ Med.____ Lg.____ XLg.____ Y 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
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SYRACUSE CHARGERS TRACK CLUB
 Merchandise Order Form
 View Merchandise on www.syracusechargers.com

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