



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

March 2015

“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.” This mission statement is on the inside cover of the Newsletter, and every year the club recognizes a few of the invaluable folks that help to make this club a success in accomplishing the mission. These include athletes and volunteers. Below are this year’s recipients. ***Thank you, and congratulations!***



Bev Halderman
Outstanding Volunteer Service



Julie Quinn - Open Female LDR
Athlete of the Year



Nick Guarino - Open Male Track &
Field Athlete of the Year



Terri Clark
Volunteer Service Award



Sue Gardinier - Master Female LDR
Athlete of the Year



Alex Brimstein - Open Male LDR
Athlete of the Year



Deb Clary
Volunteer Service Award



Alice Carroll - Masters Female Track
& Field Athlete of the Year



Scott Weeks
Charlie Hackenheimer Award
Male Masters LDR Athlete of the Year

Syracuse Chargers Track Club, Inc.

Board of Directors

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Merchandise

TBD

Awards Banquet

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Volunteers

TBD

Scholarship Award

John View

Summer Runs

TBD

Oneida shores

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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

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Material should reach Dave Talcott, 566 McLean Road,
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by the 8th of the month.

Chargers Membership Forms should be sent to:

Julie Shafer, SCTC Membership Coordinator
P.O. Box 2354
Liverpool, NY 13089-2354

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:

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

Club Web Site: www.syracusechargers.org

Thank You Dave Oja (editorial)

Change isn't handled well by some, and the news that Dave Oja would be taking a break from some of the many tasks that he performed for the Syracuse Chargers Track Club hit me a bit hard. I first became a Charger back in 1981 and individuals such as mad dog Lavin, Nick Wetter, Evelyn and Nate White, Dave Oja, Mark Driscoll, Jasper Royal, and the McKeever's (among others) were fixtures who gave selflessly. With the passing of Nate and Evelyn, Nick enjoying his retirement elsewhere, and now the news of Dave it seems like the end of an era. Motivation for giving of themselves came from within.

I would like to personally thank Dave for everything he has done for the Club. While no one knows all that you have done, it was and is truly appreciated.

Recent Charger Age Group Records

| | | | | |
|---------|-------------------|------------------------|---------|-----------|
| M 70-74 | 5000m track | Ray Kneer | 21:26 | 1/11/2015 |
| M 70-74 | 2 Miles | Ray Kneer | 14:23 | 2/8/2015 |
| F Open | 50km trail | Luanda Pesco Koplowitz | 6:52:16 | 11/1/2014 |
| M 8-9 | 60m HH | Augustine Panek | 15.77 | 1/25/2015 |
| M 8-9 | Indoor Pentathlon | Augustine Panek | 239 | 1/25/2015 |
| M 10-11 | 60m HH | Sebastian Panek | 13.98 | 1/25/2015 |
| M 12-13 | Indoor Pentathlon | Damian Panek | 1813 | 1/25/2015 |
| M 85-89 | 5000m road | Joseph Conrad | 34:02 | 2/14/2015 |

The Indoor Pentathlon for male competitors is 60m Hurdles, Long Jump, Shot Put, High Jump, and 1000m Run, contested in that order. An athlete's mark in each event is converted to a point score using tables produced by the IAAF, and the total of points from all 5 events constitutes an athlete's mark for the pentathlon. There are only two tables, one for males and one for females. Very young and very old competitors are sometimes unable to exceed the zero point level in some events. (Yet another Panek – Ray, Jr. – competed in the master's division, scoring a very creditable 2572 points. The Charger record in his age group is 2969, set by Bob Doran in 1996.)

Venerable Records

Old records acquire a mystique that grows over time. On the one hand, very old records seem "due" to be broken, and on the other, the very fact that they have lasted so long argues that they are particularly difficult to break. They might stand for a long time to come.

At present, the oldest individual record in Track and Field is Jarmila Kratochvílová's women's 800m standard of 1:53.28, run in Munich on July 26, 1983. Kratochvílová was not pushed in the race, running nearly even splits (56.1) and finishing approximately 7 seconds in front of the second place finisher.

To put this mark in perspective, here are the gold medal times in all Olympic Games since 1983:

| | | | |
|------|-------------|---------|---------------|
| 1984 | Los Angeles | 1:57.6 | D. Melinte |
| 1988 | Seoul | 1:56.10 | S. Wodars |
| 1992 | Barcelona | 1:55.54 | E. VanLangen |
| 1996 | Atlanta | 1:57.73 | S. Masterkova |
| 2000 | Sydney | 1:56.15 | M.Mutola |
| 2004 | Athens | 1:56.38 | K. Holmes |
| 2008 | Beijing | 1:54.87 | P. Jelimo |
| 2102 | London | 1:56.19 | M. Savinova |

Savinova's time was the list leader in 2012. More recent list leaders, 1:56.72 in 2013, and 1:57.67 in 2014, do not suggest the record is in danger any time soon. Jelimo has come closest, having run 1:54.01 in Zurich two weeks after the 2008 Olympics.

Pop quiz: How old are the oldest Charger records? Are they older or younger than the corresponding world records? To be sure, Charger records have not been kept for as long as world records, although - as noted last month - they have been kept for a very long time. Charger records are not as difficult to break as world records, but there are not nearly as many people trying to break them. Next month we will take a look at some of the very oldest Charger records and speculate about how soon (if ever) they may be broken. Who knows? Perhaps somebody will break one of them between now and then.

Syracuse Chargers Records for Age Group Females 8-9 years

| | | | |
|---------------|----------------------|----------|------------|
| 40y | Vinita Armstrong | 5.8 | 7/10/1979 |
| 45m | Jenna Lester | 7.1 | 2/9/1997 |
| 50m | Brenna Kincaid | 7.9 | 3/23/2003 |
| 55m | Jenna Notar | 8.4 | 2/11/2000 |
| 60m | Chloe Royal | 9.80 | 1/11/2004 |
| 100m | Briana Hall | 15.03 | 7/14/1996 |
| 200m | Briana Hall | 30.61 | 7/14/1996 |
| 220y | Jean Schlueter | 38.1 | 4/5/1978 |
| 300m | Avasa Campbell | 53.9 | 1/22/1994 |
| 400m | Briana Hall | 72.7 | 7/9/1996 |
| 440y | Gretchen Hagenlocher | 73.8 | 7/13/1975 |
| 600m | Aisha Palmer | 2:10.6 | 2/28/1987 |
| 800m | Brenna Kincaid | 2:47.43 | 3/16/2003 |
| 880y | Kathy Parsons | 3:32.0 | 2/12/1978 |
| 1000m | Lilly Hanlon | 3:56.3 | 1/16/2005 |
| 1500m | Brenna Kincaid | 5:41.0 | 2/9/2003 |
| 1 mile | Brenna Kincaid | 6:09.7 | 2/20/2003 |
| 2000m | Brenna Kincaid | 7:54.73 | 3/16/2003 |
| 3000m track | Brenna Kincaid | 13:01.11 | 1/12/2003 |
| 3000m road | Michelle Kline | 19:16 | 4/25/1992 |
| 5km road | Maia Henry | 22:44 | 10/5/2008 |
| 8km | Nicole Boisey | 42:16.0 | 10/12/1985 |
| high jump | Jenna Deep | 3-6 1/2 | 3/16/2014 |
| long jump | Jenna Lester | 12-5 1/2 | 2/24/1997 |
| turbo javelin | Jenna Deep | 41-6 | 6/23/2013 |
| shot put 6lb | Jenna Deep | 18-1 | 8/5/2014 |
| triathlon | Jenna Deep | 319 pts. | 7/19/2014 |
| 1500m walk | Melissa Allen | 11:43.2 | 7/8/1980 |
| 1 mile walk | Maddie Rivers | 15:06.0 | 1/22/2012 |

Syracuse Chargers Records for Age Group Males 8-9 years

| | | | |
|-------------------|------------------|----------|------------|
| 40y | Jeff Hernden | 5.2 | 7/18/1979 |
| 50y | Alfon Finch | 7.5 | 8/16/1978 |
| 50m | Jordan Lester | 7.7 | 6/19/1995 |
| 55m | Jamal Johnson | 8.0 | 2/11/2000 |
| 60m | Garrett Clarke | 9.93 | 2/6/2005 |
| 100m | Dan Grace | 14.4 | 8/4/1979 |
| 200m | Dan Grace | 30.9 | 7/25/1979 |
| 220y | Joey Bollettieri | 33.3 | 4/5/1978 |
| 300m | Jordan Lester | 50.8 | 1/13/1996 |
| 400m | Stephen Younis | 77.1 | 7/18/1979 |
| 600m | Jesse Contario | 2:06.0 | 2/21/1993 |
| 880y | Matt Riordan | 2:50.5 | 2/15/1975 |
| 1000m | Jesse Contario | 3:42.9 | 1/23/1993 |
| 1500m | Jesse Contario | 5:40.4 | 2/7/1993 |
| 1 mile | Jesse Contario | 6:05.9 | 3/21/1993 |
| 3000m road | Aiden Bradshaw | 15:05 | 5/1/2011 |
| 3000m | Jesse Contario | 11:55.7 | 3/20/1993 |
| 5km road | Dan Whitmore | 20:34 | 10/6/1996 |
| 10km road | Jesse Contario | 46:09.0 | 3/7/1993 |
| 10 miles | Benjamin Webster | 1:30:34 | 7/4/1985 |
| 50m HH | Matt Jackson | 14.6 | 3/25/1984 |
| 60m HH | Augustine Panek | 15.77 | 1/25/2015 |
| high jump | Jason Owens | 3ft 9in | 2/12/1978 |
| high jump | Geoff Greenfield | 3ft 9in | 3/18/1979 |
| high jump | Ivan Dupree | 3ft 9in | 3/18/1979 |
| long jump | John Riordan | 13-0 | 2/4/1979 |
| shot put 6lb | Eric Butler | 21-5 | 8/5/1981 |
| shot put 8lb | Chris Larmondra | 17-6 1/2 | 12/18/1988 |
| discus 1kg | Eric Butler | 52-9 | 7/51/81 |
| indoor pentathlon | Augustine Panek | 239 | 1/25/2015 |

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 Turtle at 315-430-9409 or at turtlegreg@hotmail.com.

Past Issues of the *Chargers Newsletter*
Never Get Old!

Revisit them any time at:
<http://www.syracusechargers.org/newsletter/newsletter.html>

CNY Running Club Cup 2015

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

There are four races in the Cup thus far. A fifth race (TBA) will be added in September or October. The four announced races are:

April 4th: Roman Runners Fort to Fort 10K Race: *"The race starts on the Rome Free Academy campus and quickly goes down a gradual hill for 300 meters, then remains relatively flat for most of the run. The course follows Floyd Ave. toward downtown Rome and crosses Black River Blvd. Runners will be directed to run on sidewalks for a short distance to the fort. Runners then enter the Fort Stanwix grounds, following part of a perimeter gravel path then up a few stairs into the fort through an open door. A national park ranger will be there to remind you to duck and watch your head. You will exit the fort on another side and return to a concrete sidewalk then paved roads. The second half of the race is the same as the first in reverse. The 300 meter hill is a challenging ascent at the end of the race as you finish near the front entrance of RFA."* - Eric Lauber, Roman Runners

June 21st: Utica Roadrunners Summer Sizzle 5 Mile Race: *"This is a fast 5 miles over roads and firm trails in the Town of Deerfield Wilderness Park on Walker Road in Deerfield. This is the same location as the Skeleton Run, but it will be primarily a road race. The course consists of rolling hills with beautiful views of the Mohawk Valley from Miller Road. As it's on Father's Day, we have unique competing categories, such as 'Father-Son/Daughter, Mother-Son/Daughter, Brother-Sister, Spouse Pair, plus the usual overall winners in men and women's categories. Post race, we'll have fruit, beverages and unique prizes outdoors at the Deerfield Park pavilion."* - Dennis Johnson, Utica Roadrunners

July 4th: July 4th Cazenovia Foot Races: 5K: *"Start your Independence Day off with a "bang" by running in this challenging USATF certified 5K road race through the streets of picturesque Cazenovia, New York which claims 27 sites on the National Register of Historic Places. This loop course has something for everyone...a steep and steady climb, a screaming downhill, stretches of flat and fast, ending with a gradual downhill finish right beside the lake inside Lakeland Park. Post-race refreshments include pop-sicles to help cool you down after this summertime holiday challenge!"* - Mickey Piscitelli, Syracuse Chargers

August 21st: Toe Path Trekkers Woodsmen's Field Days 10K Race: *"The 25th Annual NYS Woodsmen's 10K Footrace is a challenging run thru the village and countryside of Boonville NY. Cows and horses usually outnumber the human spectators at times on the course! We saved the big hill for the end of the run, after that it's all downhill! Our 10K is held in conjunction with the 68th NYS Woodmen's Field Days, if you've never been you gotta see it at least once! Come back on Saturday for the 12th Annual Woodsmen's Classic Canoe & Kayak Race on the historic Black River feeder canal. Runners can qualify for the biathlon by pre registering on the 10K application or online. The 25th Annual NYS 10K Footrace.....where else can you get a bigger age group award!"* - Mike Green, Toe Path Trekkers

The **Fort To Fort 10K** is coming up in a hurry, so sign up for it soon. Register at: <http://www.getentered.com/Search/event.aspx?id=30096>. Look for updates, standings and individual results in the newsletter and at our web site as the year unfolds. Any questions about the Cup can be addressed to Jim Moragne at jmoragn1@twcny.rr.com

LATEST RESEARCH ON MASSAGE

Many races offer free massages to the tired and sore runners completing their ordeal. The massage therapists work vigorously while runners line up for a trip to the table. I have never availed myself of the offer, but now I can see that I might have been better off going to the massage table than the food table.

A study of post-exercise leg massage was conducted at the University of Chicago and reported in the *Archives of Physical Medicine and Rehabilitation*. Since exercise-induced muscle soreness is easy to induce in out of shape individuals, researchers started with 36 sedentary young adults. They were separated into three groups: exercise-induced muscle injury plus massage; exercise-induced injury only; and massage therapy only.

The subjects in the first two groups did bilateral leg presses till they were quite sore. Immediately afterward groups one and three received a thirty-minute leg massage. The unfortunate subjects in the second group did the workout but received nothing, while those in the third group did not workout and got a massage.

Results were evaluated in two ways: self reported soreness on a scale of one to ten and leg blood flow. The exercise plus massage group reported no lingering soreness after 90 minutes, whereas the exercise-only group had soreness that lasted 24 hours. Quite impressive! Blood flow was measured at 90 minutes, 24 hours, 48 hours and 72 hours. Once again, the massage groups did much better than the non-massage group. For 48 hours the two massage groups had increased blood flow. At 72 hours all groups were equal.

A related study, published in *The International Journal of Sports Physical Therapy*, showed the usefulness of self-massage in warding off delayed muscle soreness. In this study, 22 men were required to perform ten sets of ten stiff-legged dead lifts. This was enough of a workout for these out of shape men to report considerable muscle soreness 48 hours later when they returned to the lab. Next, half were instructed to perform 10 minutes of roller release massage on one leg, while the others rested for 10 minutes. Ten minutes after the massage or the rest, tests were conducted. These involved pressure point threshold (PPT) and self-reporting of soreness. Both of the measures indicated less soreness and pain in the massage group compared to the rest group. Very surprisingly, although only one leg touched the roller, both legs showed some benefit.

The weight of evidence now shows that massage is not just a “feel-good” experience as I and many others suspected. It’s really very valuable, especially after a hard work out.

Sam Graceffo, MD

Committee Opportunities

Regardless of whether you have been a SCTC member for many years or for just a few months, we encourage you to actively participate in the club by becoming a committee member.

“I’ve learned that you shouldn’t go through life with a catcher’s mitt on both hands. You need to be able to throw something back.” – Maya Angelou

We currently have vacancies for the following committees:

| | |
|-----------------------------|-------------------|
| Communications/Social Media | Competitive Teams |
| Long Distance Running | Track & Field |
| Recreation and Fitness | Volunteer |
| Youth | |

If you have an interest in serving on one or more of the above committees, please contact Mickey at mpiscitelli2@verizon.net for more information.

The University of Wisconsin Madison Neuromuscular Biomechanics Lab is conducting a survey regarding the running behaviors of women who have had children and we are requesting your participation. We are conducting this survey to find out more information regarding how pregnancy and child birth may have changed your running habits. If you are a female who has had at least 1 child you may be eligible to participate. The following link will take you to questions that will ask you about exercise and running history before, during and following pregnancy. We ask that you only complete this survey once.

https://uwmadison.qualtrics.com/SE/?SID=SV_9uhSyb1KrP8SpXT

2015 Charger Award Recipients - Continued from front page



Barb Cudney
Volunteer Service Award



MVP Health Care
Corporate Friend of Running Award



Bryce Millar - Section 3 Male XC
Runner of the Year



Mark Driscoll - Nate & Evelyn
White Lifetime Service Award



Tom Twichell
Arnie Briggs Good Guy Award



Carly Benson - Jerry Schulz Award
Section 3 Female XC Runner of the
Year

Award winners who were unable to attend included: Alyssa Smith, Open Female T&F Athlete of the Year; Ed Cox, Masters Male T&F Athlete of the Year; Dave Talcott, Volunteer Service Award; Kevin Guerin, Volunteer Service Award..

Race Walk Corner:

Taylor-Talcott sets USA Age Group mark

At the USATF Indoor Track and Field Championships held in Boston at the Reggie Lewis Center on March 1st, Race Walker and Charger Member Erin Taylor-Talcott set an American 35-39 record in the seldom contested two mile race walk with a clocking of 15:35.54. Erin placed fifth overall in the race. To qualify walkers had to either walk a mile in 7:30 or a 3,000 meters in 14:40.

USATF-New England Masters Indoor Championships:

Providence, Rhode Island hosted the 2015 version of the USATF New England Association Indoor Masters Track and Field Championships on February 1st. The 3,000 meter race walk was contested as one of the first events. Dave Talcott and Erin Taylor-Talcott traveled out to get in a good speed session. Dave (54) led the masters field for the first 800 before Erin (36) put on a bit of surge. Dave stuck with her as the pair went through half way (1,500) in just a couple ticks over 7 minutes. Erin proved too strong as she crossed the mile spit in 7:32 and went on to win in 14:07.74 to qualify to compete in the USA Indoor Open Track and Field Championships. Dave finished in a season best 14:12.63.

USATF East Region 3,000m Indoor Championships

The Thomas Jefferson Community Center was the site of the USATF Eastern Regional 3,000 meter Race Walk Championships on February 8th. Dave Talcott won easily in 14:43.4. Not finished for the day, Dave ran the mile in 6:04.5, ran a 34 second 200 meters and then walked a 15:07.1 during the 3,000 meter running race.

Any closet race walkers in the club, please send the Newsletter coordinator any results of competitions you enter.

Syracuse Chargers All-Comers Meet #2 – January 18, 2014, Manley Field House, Syracuse University

| | | | | | | | |
|-------------------|-----|----------------------|---------|-------------------|------------|------------------|-----------|
| 800m | | | | | 400m Cont. | | |
| Nick Ashton | M17 | Whitesboro | 02:13.4 | Emmanuel Fischer | M18 | | 63.1 |
| Mike Dee | M23 | | 02:18.3 | Charles Hendricks | M29 | Syr. Chargers | 69.6 |
| Sascha Scott | F39 | | 02:24.2 | Joe Mora | M53 | GVH | 1:10.8 |
| Katie Nolan | F17 | Bainbridge-Guilford | 02:29.1 | Mark Hanlon | M13 | Syr. Chargers | 1:24.0 |
| John McEachen | M44 | Syr. Chargers | 02:30.4 | | | | |
| Charles Hendricks | M22 | Syr. Chargers | 02:36.5 | One Mile | | | |
| Alex Villalba | F15 | FM | 02:42.5 | Mike Dee | M23 | | 05:03.3 |
| Mark Hanlon | M13 | Syr. Chargers | 03:04.5 | Joe Mora | M53 | GVH | 05:12.4 |
| Kyle Potrzeba | M13 | Syr. Chargers | 03:11.4 | Eli Barbour | M13 | Syr. Chargers | 05:53.5 |
| Savannah Kuhr | F12 | Gillette Road Middle | 03:12.7 | Alex Villalba | F15 | FM | 05:58.3 |
| Morgan Ashton | F14 | Whitesboro | 03:25.3 | Nick Ashton | M17 | Whitesboro | 06:27.8 |
| Amanda Aitken | F8 | JD Elementary | 03:53.5 | Ruth Yanai | F56 | | 06:50.7 |
| Tyler Aitken | M11 | JD Middle | 04:00.0 | Mark Hanlon | M13 | Syr. Chargers | 07:05.7 |
| 55 m | | | | Kyle Potrzeba | M13 | Syr. Chargers | 07:25.9 |
| Levar Sealey | M18 | Bronx Tigers | 6.2 | Morgan Ashton | F14 | Whitesboro | 07:56.5 |
| Emmanuel Fischer | M18 | | 7.0 | Ken landolo | F64 | | 09:09.0 |
| Antonio Owens | M15 | Syr. Chargers | 7.4 | 3000m | | | |
| John McEachen | M44 | Syr. Chargers | 7.5 | Jason Mintz | M35 | Strong Hearts | 09:50.1 |
| Rebecca Brown | F20 | Bryant & Stratton | 7.8 | George Young | M33 | | 10:14.7 |
| Katie Nolan | F17 | Bainbridge-Guilford | 7.9 | Sascha Scott | F39 | | 10:36.1 |
| Eli Barbour | M13 | Syr. Chargers | 8.3 | Jack Bernard | M43 | Syr. Track Club | 10:40.1 |
| Savannah Kuhr | F12 | Gillette Road Middle | 8.7 | Loren Davies | M47 | Syr. Chargers | 11:27.2 |
| Mark Hanlon | M13 | Syr. Chargers | 9.2 | Charles Hendricks | M29 | Syr. Chargers | 11:27.3 |
| Rich Carpenter | M58 | | 9.3 | Mark Hanlon | M13 | Syr. Chargers | 13:15.5 |
| Bob Nicholson | M67 | Syr. Chargers | 10.0 | Moir Fayle | F16 | Lowville Academy | 15:04.2 |
| Elijah Bailey | M3 | Syr. Chargers | 13.0 | Samantha Aitken | F13 | JD Middle | 16:20.4 |
| MaKayla Grobsmith | F3 | Syr. Chargers | 18.2 | Amanda Aitken | F8 | Syr. Chargers | 16:43.8 |
| 400m | | | | Lauri Francis | F57 | | 17:31.5 |
| Levar Sealey | M18 | Bronx Tigers | 54.3 | Ken landolo | M64 | | 18:08.6 |
| Nick Ashton | M17 | Whitesboro | 57.2 | One Lap (youth) | | | |
| John McEachen | M44 | Syr. Chargers | 58.9 | MaKayla Grobsmith | F3 | Syr. Chargers | 02:53.3 |
| Travis Russel | M18 | | 60.1 | Elijah Bailey | M3 | Syr. Chargers | took a |
| George Young | M33 | | 60.2 | | | | short cut |

THE 28th ANNUAL FORT TO FORT RUNS

To benefit the

American Red Cross - Rome Area Chapter

***** SATURDAY, APRIL 4, 2015 *****

*****Rome Free Academy, 95 Dart Circle, Rome, NY *****

CHIP TIMING by LEONE TIMING

REGISTRATION: 7:30 - 8:45 am Race Day

START TIMES: Fun Run - 8:45 am --- 5K Run and Walk - 9:00 am --- 10K Run - 9:00 am

AWARDS: Special Wicking T-Shirts (men's and women's cut) to first 500 entrants!
5-Year age groups
Refreshments!

REGISTRATION FEES: Pre-registration on or before April 1, 2015 - \$20.00

Morning of Race - \$25.00

Student - \$15.00

In consideration of acceptance of this application, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, administrators and assigns waive and release any and all rights and claims for damages I may have against Rome City School District, Griffiss Business and Technology Park and the City of Rome, their representatives and successors for any and all injuries suffered by me at the races to be held in Rome, New York, on April 4, 2015. I verify that I am physically fit and have trained sufficiently for the competition of this race.

Printed Name: _____ Age (on 4/4/15): _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Signature: _____ e-mail: _____

Parent Signature if under 18: _____

Event: *Circle one*

Shirt Size: *Circle one*

5K Walk 5K Open 10K Open Small Medium Large X-Large

➤

➤ Make checks payable to *Roman Runners* and mail to Cindy Reynolds, 1101 N. George St., Rome, NY 13440

➤

REGISTER ONLINE @ www.getentered.com



**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 thereby.

Signature of Participant : _____ Date: _____

_____ Date: _____

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

Syracuse Chargers Track Club has new President.

Let Me Introduce Myself

Many of you already know me as either a long time member of our Board of Directors, or as the race director of the Charger race, the Willow Bay 5K Run & Fitness Walk for Women. Today, I am writing to you as the newly-elected President of the Syracuse Chargers Track Club. I am so very proud of our club which, as you know, is dedicated to the development of all aspects of track & field, long distance running, and race walking in Central New York. We support youth developmental programs and encourage individuals of all age groups and abilities to participate in local, regional, and national and international track & field, distance running, and race walking events. Yes, those last two sentences are a modification of our mission statement and those words are as true today as they were when the club was founded back in 1969.

We all enjoy the feeling of success and achievement, and that is why we set goals for ourselves. There are many types of goals. Some of your goals may be living a healthy lifestyle, building self-confidence, becoming more competitive, making new friends, increasing your endurance, winning your age-group at a race, etc. Some of your goals may not be event-specific or even sport-specific, but, in my opinion, all good and useful goals share a similar trait and that is that they must be achievable. Creating goals helps direct one's efforts and provides motivation. I am in the habit of goal-sharing because I believe that it motivates one to work harder and allows one to strive for success while being accountable to others. I also believe in writing them down on paper, so, with your permission, I would like to share my goals for the Syracuse Chargers Track Club with you now.

*I would like to see our membership grow.

*I would like to see more members of our community participating in our races, indoor trainings, and fun runs.

*I would like to have more volunteers at our events. This includes wonderful races such as our own Highland Forest 1-2-3, Swamp Rat, Cazenovia, etc. which cannot take place without your help as volunteers. We also need volunteers to promote the SCTC by working at membership tables at other area races and expos.

*I would like vacancies filled on our club committees.

So, those are my goals. We are in this together. The club cannot be successful unless we are all invested in making it so. I invite each and every one of you to contact me via e-mail with any ideas you might have that would help move us toward any and all of these goals. In addition, I would be happy to have you share your goals with me.

I am looking forward to a great year and hope that you are too!

Sincerely,

Mickey Piscitelli
mpiscitelli2@verizon.net

Syracuse Chargers Indoor Track Activities

Community Fitness Events Welcoming the General Public

March 2015

There is one indoor all-comers meets left this year - March 14th at Manley Field House on the Syracuse University Campus. Entry into the meets is FREE!

There are also 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.

MARCH:

Sun., Mar. 22 Youth (12 & under) Meet, Manley Field House, 8:00 – 10:00 a.m.

Sun., Mar. 22 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.

Sun., Mar. 29 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.

March

- 14 Sat SCTC All Comers Meet, Manley Field House-SU 7:00-10:00am, visit www.syracusechargers.org
- 15 Sat 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 Sat John McKenna Memorial 5K, Recreation Park, Binghamton, NY 10:00am. Contact: mckenna5k@binghamtoncrew.org
- 21 Sat Running of the Bears 5K, Vestal High School, NY 9:00am. Contact Sue Darpino at sjdarfino@vestal.k12.ny.us.
- 22 Sun Syracuse Half Marathon, OnCenter, Syracuse, NY. Visit www.syracusehalf.com
- 28 Sat 2nd March Madness Four Miler, Vestal Rail Trail Coal House, Vestal, NY Noon. Visit www.triplecitiesrunnersclub.org
- 29 Sun 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

- 4 Sat Fort to Fort Races, 5k/10k, Rome, PA 9:00am Visit www.romanrunners.com
- 5 Sun Run for Your Heart 5k, Vestal Rail Trail Coal House, Vestal, NY 1:00pm. Visit www.triplecitiesrunnersclub.org.
- 11 Sat Good Samaritan 5k, Longbranch Park, Liverpool, NY. 10:00am. Visit www.goodsamaritanrun.org
- 11 Sat DAR 5k, Green Lakes State Park, Fayetteville, NY 9:30am. Visit www.daraces.org
- 12 Sun 6 Legged 5k, Onondaga Lake Park, Syracuse, NY. 9:30am. Visit www.fleetfeetsyracuse.com/events/six-legged-5k
- 12 Sun Skunk Cabbage Classic 10k/Half Marathon, Ithaca, NY. 10:00am. Visit www.fingerlakesrunners.org or contact: Alex Kleinerman at 607-592-1710, ak235@cornell.edu
- 19 Sun Pink Elk 5K Run/Walk, Vestal Elks Lodge, Vestal, NY 11:00am. Contact Jake Brown at wmjbrown@gmail.com.
- 19 Sun Earth Day Half Marathon & 5k, Baldwinsville, NY 8:30am. Contact Michael Samoraj at willowhwc@gmail.com or 315-663-5539 or visit <http://www.willowhwc.com/#!earth-day-half-marathon--5k/c1bq2>
- 25 Sat Rochester Regional Health System Flower City Challenge Duathlon (5k run, 20 mile bike/5k run) and Triathlon (5k run, 20 mile bike, 3 mile paddle) 7:30, Rochester, NY. Contact Nicole Mau at Nicole@yellowjacketracing.com or 585-732-1090 or visit www.flowercitychallenge.com.
- 26 Sat Rochester Regional Health System Flower City Challenge 1/2 Marathon 7:30am and 5k 7:45am, Rochester, NY. Contact Nicole@yellowjacketracing.com or 585-732-1090 or visit www.flowercitychallenge.com.
- 26 Sun 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 Sun Greater Binghamton Bridge Run Half-Marathon and 5K, NYSEG Stadium, Binghamton, NY. Visit www.triplecitiesrunnersclub.org3
- 3 Sun Mountain Goat 10 Mile, Syracuse, NY 9:15am. Visit www.mountangoatrun.com
- 9 Sat Girl Up 5K Run/Walk, Otsiningo Park, Binghamton. 10:00am. Visit www.triplecitiesrunnersclub.org.
- 10 Sun Show your Swell 5k for HAE, Longbranch Park, Liverpool, NY 10:00am. Contact Chris Koepppe at zoomkoepppe@yahoo.com or visit www.runsignup.com/race/ny/liverpool/showyourswell5k
- 10 Sun Thomas B Trail Runs, 13k/26k/52k Ithaca, NY. 7:00am. Visit www.fingerlakesrunners.org
- 17 Sun USA 15k Race Walk Champs, Riverside, CA 8:00am. Contact Dave Snyder or visit www.usatf.org
- 17 Sun National Distance Running Hall of Fame 5k, 1/2 Marathon and 1/2 Marathon 2-Person Relay, 8:00am, Utica, NY. Contact Mary MacEnroe at 315-724-4525 e-mail Mary@boilermaker.com or visit www.distancerunning.com/hofrace/index.html.
- 23 Sat Run Wild for the Binghamton Zoo, Vestal Rail Trail Coal House, Vestal, NY. 10:00am. Visit www.triplecitiesrunnersclub.org
- 30 Sat A Room to heal Pajama 5k, Otsiningo Park, Binghamton. Visit www.triplecitiesrunnersclub.org
- 30 Sat Freihofers Run for Women 5k, Albany, NY. Visit www.freihofersrun.com
- 30 Sat LeMoyne College 2015 Dolphin Dash 5k, 10:00am Syracuse, NY. Contact Melissa Furminger at 315-445-4563 or e-mail at alumni@lemoyne.edu or visit www.dolphinonline.org/dolphindash.
- 31 Sun USA 5km Race Walk Championships, Albany, NY. Contact Don Lawrence at walk2agoal@gmail.com or visit www.usatf.org
- 31 Sun Art Keay Memorial 5k/10k/20k Race Walk, Hanlan Point, Toronto, Canada. Visit www.ontarioracewalkers.org

June

- 6 Sat Tortoise & hare 10k and Trail Run, Ithaca, NY 9:00am. Visit www.fingerlakesrunners.org
- 6 Sun USA 10km Race Walk Champs, St. Louis, MO. Contact Ginger Mulanax or visit www.usatf.org
- 13 Sat Smithville Day 5k Run and Walk, 9:30am, Smithville Flats, NY. Contact Tim Hanna at 607-656-7680, e-mail info@SmithvilleDay.org or visit www.smithvilleday.org
- 13 Sat USATF Niagara 10,000m race walk championships with 5,000 and 20,000, Owego HS, Owego, NY. Contact: Dave Talcott at dwtalcott@juno.com or call 607-223-4361.
- 14 Sun A Walk/Run/Roll in Lauren's Shoes 5k, 11:00am, Woodlawn Beach Grove, Lake Erie. Contact John Krans at makelemonaideforcp@hotmail.com
- 17 Wed Ithaca Twilight 5k, Stewart's Park, Ithaca. 7:00pm. Visit www.fingerlakesrunners.org
- 19 Fri Owego Strawberry 5k-Kids 1 mile, Owego, NY 7:00pm. Contact Christine Hafer at crhafer@yahoo.com or visit <https://runsignup.com/Race/NY/Owego/OwegoStrawberryShake5KRunWalk>
- 20 Sat Vestal XX 20 K Road Race, Vestal Senior Center, Vestal, NY. 8:00am. Visit www.triplecitiesrunnersclub.org.

July

- 4 Sat Cazenovia 4th of July Races, 5k and 10 mile 8:30am, Cazenovia, NY. Visit www.syracusechargers.org**

August

- 6 Thu Tromptown Runs 1/2 Marathon/5k, DeRuyter, NY 6:00pm. Contact Win Skeelee at winskeelee@hotmail.com or visit www.tromptownrun.com
- 22 Sat Loop Around the Lake 15k/5k, Fulton, NY. Contact Karen Crisfulli at kdavies4@aol.com
- 26 Sat Race for Hunger 5k, Seneca Meadows Wetlands Preserve, Seneca Falls, NY 9:00am. Contact Jen Stanton at drjlstanton@gmail.com or visit: http://www.senecameadows.com/5k_race_for_hunger.php

September

- 12 Sat Glen Iris 5k, Letchworth State Park, Catile, NY 10:00am. Contact Michele Duryea at gleniris5k@gmail.com or visit http://castilelibrary.blogspot.com/p/blog-page_13.html
- 13 Sun USA 40km Race Walk Champs, Ocean Twp,NJ 7:30am. Contact Elliott Denman or visit www.usatf.org or www.shoreac.org

October

- 10 Sat Montezuma Aqueduct 5k run/walk, 10:00am, Montezuma, NY. Contact Cheryl Longyear at 315-776-4656 or visit www.montezumarun.com
- 24 Sat Rylie J's Boo and Brew 5K , Geneva, NY 3:00pm. Contact Jen Stanton at drjlstanton@gmail.com or visit: <http://www.ryliejsbooandbrew5k.com/register.html>
- 25 Sun USA 30km Race Walk Champs, Valley Cottage, NY 8:00am. Contact Dave McGovern or visit www.usatf.org

November

- 22 Sun USA 50km Race Walk Champs, Santee, CA 7:00am. Contact Philip Dunn or visit www.usatf.org

December

- 13 Sat It's a Wonderful Run 5k, Seneca Falls, NY 4:40pm. Visit: www.itsawonderfulrun.com
- 26 Sat Upstate Holiday Classic, Niagara Indoor Champs, 8:30am, RIT, Henrietta, NY .

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 13089-2354

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: P.O. Box 2354, Liverpool, NY 13089-2354 | Postage | | 3.00 | + 3.00 |
| | Total | | | |