



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

April 2013

Chargers Great, Ed Buckley, Dies at 91

We were saddened to learn that Ed Buckley, 91, of Clinton, died on March 2nd. Ed took up running after age 50 and became a many-time age-group national champion at a variety of track, road, and cross-country distances. Ed was also an accomplished cross-country skier, winning multiple age-group gold medals in Empire State Games competition.

Along with Ed's outstanding record as an individual and Chargers team member in TAC and USATF Championships, he continues to own the best men's age-78 and age-79 performances ever on the Syracuse Festival of Races 5K course.

We'll miss Ed's combination of gentle demeanor and competitive drive, his kindness to all, and his outstanding team spirit!

1999 5K XC Championships at Holmdel, NJ – 2nd Place 70 Team



Ed Buckley 3rd 75/79; Howard Rubin 2nd 70/74 & Nate White 2nd 80/84

Be Sure to Let Us Know About Your Notable Performances!

With the number of meets and races available to our members, we're always concerned that Chargers records will go unnoticed and unreported. To help us make sure that you or your family members receive credit for any outstanding performances, please don't feel shy about e-mailing either Evelyn White (NandEWhite@aol.com) or Nick Wetter (wetternick@yahoo.com).

We'd really like to make sure that the Chargers record parade continues without anybody's time, distance, or height being overlooked!

Got Seniors? Don't Forget to Remind Them to Apply for a Chargers College Scholarship!

As we head into spring (and high school graduation season), don't forget that the Chargers College Scholarship Committee is currently accepting applications for this year's awards. You can find a copy of the Scholarship application form in this edition of the *Newsletter* or on the Chargers web site.

Syracuse Chargers

-2-

Track Club, Inc.

Board of Directors

President

Mark Driscoll
449-9615
mdriscol@syr.edu

Administrative VP

Evelyn White
637-6211
nandewhite@aol.com

Secretary

Roger Hahn
446-7132

Treasurer

David Kennedy
569-3302

Scholastic Coach

Jim McCaul
342-1123

Open (Men)

David Patruno
423-7246

Open (Women)

Masters (Men)

Greg Tuttle
tuttlegreg@hotmail.com
430-9409

Masters (Women)

Mickey Piscitelli
mpiscitelli2@verizon.net
638-9662

Road Races Coord.

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

Membership Coord.

Julie Shafer
Julie.shafer.js@gmail.com

At Large

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

Program Coordinators

Charger Records

Nick Wetter
wetternick@yahoo.com

Charger Challenge

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

Special Olympics

Peter Rhodes
422-1037

Youth Programs

Mark Driscoll 449-9615
Jasper Royal 416-3811

Merchandise

Evelyn White
nandewhite@aol.com

Social

Mickey Piscitelli
mpiscitelli2@verizon.net
638-9662

Volunteers

Evelyn White, 637-6211
NandEWhite@aol.com

Scholarship Fund

John View

Summer Runs

Oneida Shores (Mon.)

Onondaga Lake Park

Jasper Royal
jhroyal@liverpool.k12.ny.us

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

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

The Syracuse Chargers Track Club Newsletter

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

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

Newsletter Staff

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

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

Chargers Membership Forms should be sent to:

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

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



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

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

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

Wahienhawi Hall
Julia Nagy
Christopher Ross
Rhianne Rushing
Adam Schickling
Emma Schickling

Jack Schickling
Leah Schickling
Megan Schickling
Rachel Schickling
Sadie Schickling
Lorraine Schunck

Haonhw'anjyanaiwehn Shenandoah
Jacob Wood
Paula Wood
Russell Wood

Entry Form in this Newsletter

April 14 (Sunday)	Youth Developmental Meet (12 and younger)
May 17 (Friday) 6:45 pm	Wilber-Duck Mile, Oneida
May 25 (Saturday)	1-2-3 Trail Run, Highland Forest
June 15 (Saturday)	Swamp Rat Runs, Oneida Shores

Charger Practice at Manley Field House Sunday March 17, 24 and 31 6 to 8 pm

Cazenovia July 4th Foot Races entry is available online at Get.Entered.com

Entering early helps us plan, and online entries saves volunteer time and insures accuracy. Reading someone else's handwriting isn't always easy--which I can attest to. Paper copies are also available. The entry form will be included in next month's *Newsletter*. Evelyn White, Race Director

R.I.P., Bill Buchanen

We were saddened to learn that Bill Buchanen, 75, of Syracuse, died on February 13th. Bill was a longtime Chargers member; a regular for many years at Sunnycrest track during the outdoor months and in Manley Field House during the indoor months; father of former Henninger HS XC and track runner, Lila Buchanen; and, with his son, Teddy, a regular in the father-son team competition at the Syracuse Festival of Races.

We'll miss Bill's cheerful outlook and his dedication to physical fitness!

J.P. Morgan Corporate Challenge® Syracuse Registration Opened March 13th!

March 13th was "Opening Day" for registration for the 2013 J.P. Morgan Corporate Challenge® in Syracuse, and more than two-dozen companies were quick to be among the first to register their teams online for Syracuse's largest road running event. As we count down the weeks to Tuesday June 18th, you can expect that www.ipmorganchasecc.com is going to be a very popular site!

If you'd like to register a team of four or more fulltime employees from your company, visit the web site and get started with registration. Company captains need to first register their companies, following which individual members of the company teams can register to run or walk in the event. A minimum of four team members are required (four men, four women, or a mixed team of two and two).

With last year's 7,928 entries the largest in our 15 consecutive years of more than 6,000 registered participants, the Corporate Challenge is publicizing an entry deadline of Friday, June 7th—or whenever we reach our 8,000-participant limit. We're recommending that interested companies and their employees not procrastinate with the registration process.

If you'd like to be part of the big event as a volunteer, please call (446-6285) or e-mail (daveoja@a-znet.com) Dave Oja!

Syracuse Festival of Races Seeks Volunteer to Coordinate Course Enthusiasm!

We're looking for an interested volunteer to coordinate the music and spectator activities along the course at the Syracuse Festival of Races. The 21st annual edition will be held on Sunday morning, October 6th, and it is possible for the person handling this position to also run in the event that morning. If you're interested in hearing more about the position, please call Dave Oja at 446-6285.

Chargers Age Group Records 12-13 Girls

40Y	Colleen Hayes	6.1	1/29/78	55m	Chris Campbell	7.3	3/18/95
50m	Jan Bonner	6.8	4/20/80	60m	Greg Spears	7.47	2/6/05
55m	Allison Stone	7.8	1/18/97	100Y	William Boatright	11.4	7/5/77
55m	Kelly Kuss	7.8	3/15/97	100m	Chris Campbell	12.4	6/16/94
55m	Kelly Kuss	7.8	12/20/97	200m	Chris Campbell	25.0	6/15/95
60m	Star Utter	9.31	2/6/05	220Y	Tarek Tabet	28.6	2/12/78
100Y	Anne Fitzsimmons	12.5	7/1/77	300m	Chris Campbell	42.5	1/22/95
100m	Shirley Hunter	13.2	7/18/79	400m	Chris Campbell	56.1	6/18/85
200m	Adrienne Kane	27.6	8/1/78	440Y	Bob Schilly	58.2	7/5/77
300m	Kelly Kuss	47.1	3/15/97	600m	Steven Paluch	1:51.2	3/15/97
40Y	Kristen Hagenlocher	63.6	6/9/74	800m	Wazell Hall	2:13.7	7/18/78
600m	Shauna Rollinson	1:57.7	2/28/87	880Y	Mike Dobreiner	2:30.6	2/15/75
880Y	Kristen Hagenlocher	2:28.1	6/9/74	1000m	Brent Vinch	3:03.2	2/13/83
1000m	Joanne Rainis	3:17.3	2/4/79	1500m	Roger Bodine	4:34.5	2/4/79
1500m	Colleen Eccles	5:06.8	3/16/96	1 mile	Brent Vinch	5:15.7	1/23/82
1 mile	Trina Bills	6:07.7	2/11/06	2000m	Robert Colvin	7:38.6	3/14/82
2000m	Chelsea McGuire	9:00.8	3/24/01	3000m	Will Von Zagorski	10:29.8	3/1/92
3000m	Jessica Howe	10:55.9	2/6/11	2 miles	Don Broton, Jr.	10:57.0	2/12/78
2 miles	Cathy Rayo	12:30.0	10/21/73	5km, track	Don Broton, Jr.	17:42.0	3/25/79
3 miles	Gretchen Hagenlocher	21:04.8	4/1/78	5km, road	Will Von Zagorski	17:53	9/22/92
5km (r)	April Andrews	19:53.8	7/4/87	8km	Will Von Zagorski	30:46	6/1/91
5 miles	Sharyn Gewanter	35:18	5/4/80	10km, road	Eric Anish	36:40	6/26/82
10km	Sharyn Gewanter	41:50	3/30/80	15km, road	John Aris	1:02:15	3/28/93
15km	Andrea Aris	1:05:55	7/11/93	10 miles	John I. LaGraff	1:08:40	9/12/76
10 miles	Gretchen Hagenlocher	1:14:45	9/1/77	20km	Tom Paris	1:25:40	8/8/76
50m HH	Laura Feller	10.7	3/11/89	30km	Robert Burke	2:07:22	3/19/79
55m HH	Danielle Lauzze	10.8	3/15/97	Marathon	John I. LaGraff	3:20:17	11/7/76
80m HH	Amy Lee	18.4	7/5/04	50m HH	Brian Moore	9.0	2/13/83
100m HH	Amy Lee	19.6	6/7/04	55m HH	Shawn Cooper	9.2	1/19/07
200m IH	Kelsey Brown	36.39	7/10/03	60m HH	Shawn Wilson	10.2	2/13/05
Long Jump	Juliet Armstrong	16-9	4/20/80	80mm HH,30"	Shawn Wilson	16.3	6/16/03
Triple Jump	Brittany Kubecka	23-5 1/2	6/27/09	80m HH	Shawn Wilson	16.54	7/10/03
High Jump	Marisa Turner	4-6	7/30/07	100m HH	Shawn Wilson	17.93	6/19/04
Pole Vault	Linda Hadfield	7-0	2/11/06	110m HH,36"	Jackson Honis	21.6	7/16/07
Shot Put	Ann Fitzsimmons	26-0	7/1/77	200m IH	Nicholas Wilson	34.97	6/29/02
Discus	Clair Radford	55-10	6/19/00	Long Jump	Brian Hall	18-8	3/4/79
Javelin	Clair Radford	66-7 1/2	6/11/00	Triple Jump	Jackson Honis	32-2	7/21/08
Turbo Jav.	Amy Lee	51-10	7/9/04	High Jump	Nicholas Wilson	5-3	7/1/02
Outdoor Pent	Amy Lee	1008	7/9/04	Pole Vault	James Lee	5-6	7/10/03
Indoor Pent.	Danielle Lauzze	2081	3/15/97	Shot Put,4kg	Carlos Wallace	32-6	2/17/89
				Discus, 1kg	Shawn Wilson	70-1 1/2	6/30/03
				Discus	Shawn Wilson	83-8	6/21/04
				Javelin, 600gr.	Shawn Wilson	130-10	6/7/04
				Hammer, 2kg	Shawn Wilson	80-1	7/30/03
				Hammer, 5kg	Shawn Wilson	64-3 1/2	6/21/04
				Outdoor Pent.	Shawn Wilson	1898	7/9/04
				Indoor Pent.	Shawn Wilson	1140	2/14/04

Chargers Age Group Records 12-13 Boys

40Y	Alan Burdick	5.6	3/18/78
50m	Brian Jackson	6.9	3/25/84
55m	Chris Campbell	7.3	1/22/95



14th Annual ONEIDA SAVINGS BANK WILBER-DUCK MILE

FLEET FEET Sports

"Central New York's Fastest Mile"

Sponsored by Syracuse Track Club and Fleet Feet Sports
To Benefit Fit Kids of Madison County and Oneida United Way
(1.0 miles)



Please bring a canned good to be donated to the Salvation Army

Friday, May 17, 2013

Wilber-Duck Chevrolet, 116 Broad St., Oneida, NY 13421

Registration and Start at Wilber-Duck Chevrolet

Race Day Registration & Packet Pick Up: 7:30 am - Start Time: 6:45 pm

Contact Person: Frank Duck 363-4600

FLIGHTS:
Females
Followed by Males
Followed by Walkers

Special this Year...
LIVE ENTERTAINMENT!

Entry fee: \$15.00 For Everybody Until May 10th - \$20.00 After

T-shirts: To All Registrants

Prizes: Awards To 1st 3 Finishers For Males And Females - \$50.00, \$25.00, \$10.00,
\$50.00 To Break Course Record, Awards To Each Age Group -19 & Under, 20-29,
30-39, 40-49, 50-59, 60+

Course: Flat And Fast With A 4 Street Loop

COURSE RECORD: Male: Matt LoPiccolo - time of 4:17, Female: Amanda Laytham - time of 4:56

This year the Oneida Savings Bank, Wilber-Duck Mile will be on May 17th at 7:00 pm. We will be contributing to the Oneida United Way along with the Fit Kids of Madison County. The program is designed to not only treat illness, but to strengthen our community. By taking part in the Wilber-Duck Mile we can help Fit Kids of Madison County.

PLEASE HELP MAKE THIS A GREAT EVENT!

The race is an official function with all proceeds going to support Fit Kids of Madison County and Oneida United Way. Special thanks to Napoleon's and Mike's Oneida Seafood for supplying the food. Special thanks to Oneida Savings Bank.

Featuring Oneida Police Department vs. Oneida Fire Department in a CAR PUSH!

WILBER-DUCK CHEVROLET - Registration

Mail to: 116 Broad St., Oneida, NY 13421 • Make checks payable to: Wilber-Duck Race
Numbers available Friday, May 17, 2013 at 7:30 am

Name: _____ Sex: _____ Age: _____ Telephone: _____

Street/City/State/Zip: _____

Expected Running Time: _____ Expected Walking Time: _____

Shirt Size: Medium Large X-Large (sizes may be limited for those who register on race day)

In consideration of being allowed to run in the Wilber-Duck Mile and recognizing the participation in the race may be hazardous, I, the undersigned, for myself, my heirs, executors, administrators and assigns and all those claiming through me irrevocably waive and release all rights for claims and damages I have or may have against the Wilber-Duck Mile Committee, all persons or entities related thereto, and any private property land owners for any and all injuries or damages suffered by me in the above event. I certify that I am in proper physical condition to complete this race.

Email Address: _____

Signature of runner: _____ Signature of parent (if runner is under 18) _____

It's Always A Great Day At Wilber-Duck Chevrolet

Syracuse Chargers All Comers
Indoor Meet 3/10/13 Manley
Field House, Syracuse Univ.
40 participants * Chargers

3000

Male	
30/34	
Eric Bray, 31	12:27.8
Female	
18/29 Open	
Becki Pierotti, 27	11:08.8*

55 meters

Male	
60/64	
Horace Hudson, 60	8.5
18/29 Open	
Joseph Darling, 24	7.4
16/17	
Aurel Lambert, 17	7.1
12/13	
Benjamin Micholowski	8.4
10/11	
Ventre Woolery, 10	8.5*
Zachary Medicis, 11	9.3*
8/9	
Chris Zajdel, 8	9.9*
St. Paul Cassell, 8	10.7*
7 & Younger	
Alijah Johnson, 7	10.1*
Josiah Cooper, 6	11.6
Ga'verri Collins, 4	14.3
Kaleb Cox, 4	15.8

Female	
12/13	
Alicia Nash, 12	9.3*
Lin Pounder, 12	9.3
10/11	
Olivia Chapman, 10	9.3*
Helen Nash, 10	9.6*
8/9	
Miguela Hunter, 9	9.2
Vanessa Woolery, 8	9.9*
Saniya Cooper, 8	10.4

800

Male	
60/64	
Bill Quinlisk, 61	2:55.1
Horace Hudson, 60	3:11.3
30/34	
Eric Bray, 31	2:53.1

14/15	
Solomon Lawrence, 14	2:14.6*
12/13	
AJ Wells, 13	2:53.3*
10/11	
Christian Cooper, 11	2:44.6
Zachary Medicis, 11	3:04.1*
8/9	
Micah Cooper, 9	3:00.1
Female	
8/9	
Alana, Cooper 9	3:20.2

1 Lap (youth)

Male	
12/13	
Benjamin Micholowski, 12	42.1
10/11	
Christian Cooper, 11	42.4
Zachary Medicis, 11	47.1*
8/9	
Micah Cooper, 9	47.4
Chris Zajdel, 8	54.2*
St.Paul Cassell, 8	57.3*
7 & Younger	
Alijah Johnson, 7	1:02.0*
Josiah Cooper, 6	1:07.2
Ga'verri Collins 4	1:28.9
Kaleb Cox, 4	1:37.0

Female	
12/13	
Alisha Nash, 12	48.7*
Lin Pounder, 12	53.2
10/11	
Olivia Chapman, 10	48.1*
Helen Nash, 10	52.0*
Emma Schickling, 10	54.0*
8/9	
Alana Cooper, 9	48.4
Miguela Hunter, 9	52.4
Saniya Cooper, 8	52.9
Vanessa Woolery, 8	54.2*
7 & Younger	
Leah Schickling, 6	1:28.6*

400

Male	
60/64	
Horace Hudson, 60	1:05.5
18/29 Open	
Michael Dee, 22	1:01.7*
Ian Schickling, 29	1:02.7

16/17	
Aurel Lambert, 17	57.7
10/11	
Christian Cooper, 11	1:12.1
Ventra Woolery, 10	1:15.1*
8/9	
Micah Cooper, 9	1:23.7
Female	
8/9	
Alana Cooper, 9	1:29.9
Miguela Hunter, 9	1:43.3

Mile

Male	
60/64	
Jim Miner, 64	6:24.8
55/59	
Mark Rybinski, 57	5:13.4
Gary Radford, 56	5:13.4
Terry McConnell, 58	6:09.2*
18/29 Open	
Michael Dee, 22	5:14.8*
40/44	
Javier Martinez, 42	4:59.2*
30/34	
Eric Bray, 31	6:20.4
18/29 Open	
Grant Sepiol, 18	5:45
16/17	
Antonio Martinez, 17	5:30.5
Mark Camenzuli, 16	5:56
Gary Kozlowski, 16	6:21.1
Nick Uliana, 17	6:22.3
14/15	
Solomon Lawrence, 13	5:05.3*

Thanks to our Volunteers

*Mark Driscoll
 Erin McConnell
 Patti Ford
 Pat Stagnitta
 Bill Quinlisk
 Jasper Royal
 Greg Spears
 Dave Oja
 Rick Lavin
 Karen Wright
 Evelyn White*

**Thanks also to:
 Syracuse University**



3/10/13 All Comers Meet
Thanks to our photographer Patti Ford



3000 meters Becki Pierotti Eric Bray



Volunteers: Dave Oja, Erin McConnell, Pat Stagnitta



Karen Wright

Evelyn White



Antonio Martinez & Javier Martinez



Recent Charger Age Group Records

55m (7 & under)	9.4	Da' Vine Bennett	2/16/13	Manley
Shot Put, 16lb. (20-24)	64-5	Rob Golabek	1/26/13	Geneva, OH
Weight Throw, 35lb (30-34)	66-0 1/2	Jesse Doty	3/2/13	Albuquerque, NM
Indoor Heptathlon (55-59)	3,600 pts.	Bob Doran	3/3/13	Kenosha, WI
60m HH (55-59)	11.54	Bob Doran	3/3/13	Kenosha, WI

Golabek Places 6th, Guarino 7th, Doty 9th At National Indoor Championships



Three Charger members qualified for, competed in, and placed well in their respective events at the USATF National Indoor Championships in Albuquerque, NM on March 2-3. **Rob Golabek** placed 6th in the shot put with a throw of 19.20 meters (63-0). **Nick Guarino** finished 7th in the 800 meter run (1:48.97). **Jesse Doty** was 9th in the weight throw with a toss of 20.13 meters (66-0 1/2). Jesse's effort broke his own Charger 30-34 age group record.

Congratulations to all three athletes for their fine efforts. Thanks in a large part to the efforts of Coach **Chris Popovici**, the Charger open competitive team is getting its name on the national map.

Jesse Doty's picture

55 Meter Dash Record For 7 And Under Broken By Da' Vine Bennett

Six year old **Da' Vine Bennett** broke the Charger 7 and under age group record in the 55 meter dash at the Chargers All Comers Meet in Manley Field House on February 16 with a time of 9.4. The old record of 9.6 was held jointly by **Jonathon Campbell** and **Nicholas Bono**. At the same meet **Solomon Lawrence's** one mile time of 5:15.8 missed the Charger boys 12-13 age group record held by **Brent Vinch** by a scant one-tenth of a second.

Guarino Brothers Run Blazing Mile Times

Nick Guarino placed second (4:03.21) and brother **Josh Guarino** finished third (4:08.92) for the mile run in the NYU Fastrack Challenge Meet at the New York City Armory on February 15. Nick's time was the second fastest ever for the mile run by a Charger, missing **Nick Stenuf's** 4:03.11 by a tenth of a second.

Laura Leff Third In Milrose Mile

West Genesee High School's **Laura Leff** finished third in the girls high school mile at the Milrose Games on February 16 at New York City's Armory. Laura ran the mile in 4:54.71, which qualified her for the New Balance Indoor National Championships in March.

The Leff family are Charger members. Laura's mother is **Grace Killory**. Both Grace and her sister **Marie Killory** ran competitively for the Chargers in the 1980's.

Charger Relay Team Second At Milrose Games

A Chargers mens team placed second in the distance medley relay at the Milrose Games in New York City on February 16 with a time of 9:58.26. The team was comprised of **Nick Guarino** in the 1200 meter leg (2:58.20); **Chris Popovici** in the 400 (52.76); **Justin Craddock** in the 800 (1:54.83); and **Josh Guarino** in the 1600 (4:12.48). The race was won by the New Jersey/New York Track Club (9:42.79).

Bob Doran Places 5th, Breaks Two Age Group Records At Indoor Heptathlon Nationals

Bob Doran finished fifth, 55-59, at the National Masters Indoor Heptathlon Championships in Kenosha, Wisconsin on March 2-3 with a total of 3,600 points, and broke his own Charger age group record in the process. Bob improved in five of the seven events from his results from the same meet last year. His 60 meter hurdle time of 11.54 is also a new Charger age group record, beating **Ken Moses'** time of 11.83, set in 2000. Bob's individual results were as follows:

<u>Day 1</u>				<u>Day 2</u>		
60m	LJ	SP	HJ	60mHH	PV	1000m
9.27	4.28m	8.41m	1.42m	11.54	2.20m	3:49.33
548 pts	504	519	577	566	333	553
Total Points: 3,600						

Joanne Singer Attains All American Status

Joanne Singer has been listed in the March issue of National Masters News as an All American. She attained that status by meeting the qualifying times in her age group in two events, the marathon, which she finished in 3:47:14 in 2009, and the 5km road run, which she ran in 19:50 in 2011.

Information on All American standards for masters athletes may be found in issues of National Masters News.

Results From Sam Hall

Former Charger and current subscriber **Sam Hall** placed second, 65-69, in the 100 meter dash (14.35) and the 200 meter dash (29.77) at the Florida International Senior Games in Lakeland on December 8. He also finished first in his age group in the 60 meter dash (9.01) and the 200 meter dash (29.88) at the JDL Fast Track Masters Meet in Winston Salem, NC on February 3.

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

_____ 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 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)

Calendar of Events

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

Races

April

13 HomeRun 5K & ½ Marathon, Hamilton <https://sites.google.com/a/colgate.edu/homerun>
14 Ithaca Skunk Cabbage Classic Run

May

5 Mountain Goat Run, Syracuse
17 14th Annual Oneida Savings Bank WILBER-DUCK MILE (in *Newsletter*)
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
Empire State Games Cancelled

August

8 (Thursday) Tromptown Run half-marathon, 5 KM www.tromptownrun.com
10 (Saturday) 3rd Annual Camillus Rotary "Mule Skinner" 5K Run at Towpath Days, Erie Canal Park, Camillus
Contact: George Mango (315)952-2256
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 June 27 thru Aug. 22

Track Meets

March

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](mailto:NandEWhite@aol.com)
For a full-page non-commercial entry form the fee is \$75. Again please email Evelyn White

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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

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

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