



# NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVIII

Syracuse Chargers Track Club

April 2015

Photos from the Syracuse Chargers Youth Developmental Meet, Sunday, March 22, 2015  
Manley Field House, Syracuse University



## Syracuse Chargers Track Club, Inc.

### **Board of Directors**

#### **President**

Mickey Piscitelli  
638-9662  
mpiscitelli2@verizon.net

#### **Vice President**

Mark Driscoll 449-9615  
mndriscol@syr.edu

#### **Administrative VP**

TBD

#### **Secretary**

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#### **Open (Men) Coordinator**

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Patruno@aol.com

#### **Open (women) Coord.**

TBD

#### **Masters (Men)**

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#### **Masters (Women)**

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#### **Road Races Coord.**

TBD

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#### **Youth Programs**

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mndriscol@syr.edu  
Jasper Royal 416-3811

#### **Merchandise**

TBD

#### **Awards Banquet**

Linda Oja  
LindaOja@a-znet.com  
446-6285

#### **Volunteers**

TBD

#### **Scholarship Award**

John View

#### **Sunday Walkers Program**

Greg Tuttle 430-9409  
tuttlegreg@hotmail.com

#### **Summer Runs**

TBD

#### **Oneida shores**

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GBroton@nscsd.org

#### **Onondaga Lake Park**

Greg Tuttle 430-9409  
tuttlegreg@hotmail.com

#### **Indoor Meets/Practices**

Mark Driscoll 449-9615

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

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

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### **The Syracuse Chargers Track Club Newsletter**

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

#### **Staff:**

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Owego, NY 13827 or e-mail dwtalcott@juno.com  
by the 20th of the month - April 20th for May issue.

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#### **Chargers Membership Forms should be sent to:**

Julie Hernandez, 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](http://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](http://www.syracusechargers.org)**

**Wemcome New Members:**

Anthony Baker	Miliyan Bufford	Alden Carroll	Elliot Carroll
Michael Carroll	Miles Carroll	Paula Carroll	Vanessa Eberhard
Dekon Gallup	Kimberly Gallup	Trenton Gallup	Samuel Gray
Aiden Griffin	Byron Griffin	Dominic Griffin	Latoya Griffin
Hayden Hemlock	Hayden Hemlock III	Karmala Hemlock	Keegan Hemlock
Kylee Hemlock	Pierce Hemlock	Valerie Hemlock	Horace Hudson
Kristina Kronauer	Dylan McCarthy	Jaymari Newsome	David Ortman
Benjamin Petrella	Ethan Pforter	Kendrick Smith	Prince Smith
Cullmon Washington Jr.	Mary White	Sacario Williams	Mallory Woytowicz
Benjamin Zinger			

**Recent Charger Age Group Records**

F 10-11	Indoor Triathlon	Jenna Deep	505 points	1/25/2015
F 10-11	Indoor Triathlon	Megan Johnston	505 points	1/25/2015
F 10-11	Shot Put	Jenna Deep	19ft. 8in.	2/1/2015
M 7 and under	Indoor Triathlon	Joseph Johnston	70	1/25/2015
M 70-74	Mile	Ray Kneer	6:37.3	3/1/2015
M 8-9	55m HH	Augustine Panek	13.4	2/1/1015

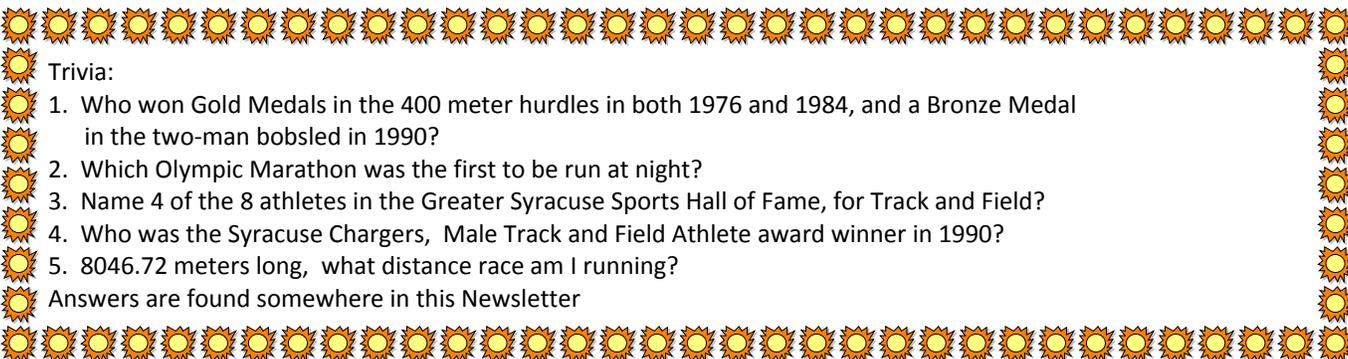
For ages 9-10 the USATF indoor multi-event is the Triathlon. Events are the Shot Put (6 lb.), the High Jump, and the 200m (for girls. Boys run the 400m.) USATF youth age groups, unfortunately, do not align with our traditional Charger record age groups. Thus, 10 year old Chargers members are eligible for a record in the Triathlon, while their 11 year old elders must complete the Pentathlon. Amy Lee, with 521 points, continues to hold the Chargers F10-11 record in the Indoor Pentathlon.

Ray Kneer’s 6:37.3 displaces longtime Newsletter columnist Sam Graceffo’s 6:39.7 from 2007, and Jenna Deep’s shot put record supplants the 18ft mark held by Brandi Agnew since 2001.

**Carly Bensen Finishes Indoor Track Season Strong**

West Genesee runner Carly Bensen capped off an excellent indoor track season with a win in the Freshman Mile at the New Balance Indoor Nationals, March 15. Her time was 5:02.35, which is the number 5 performance in NYS according to Dyestats. Carly was the winner of this year’s Chargers Jerry Schulz Section 3 Female XC Runner of the Year award. Her other notable indoor track times include a 2:55.09 in the 1000m at the Section 3 State Qualifier, also ranked as number 5.

New Balance Indoor Nationals is one of 3 annual meets hosted by the National Scholastic Athletics Foundation that showcase scholastic talent in track and cross country. This year’s indoor event was held at the Armory in NYC.



Trivia:

- Who won Gold Medals in the 400 meter hurdles in both 1976 and 1984, and a Bronze Medal in the two-man bobsled in 1990?
- Which Olympic Marathon was the first to be run at night?
- Name 4 of the 8 athletes in the Greater Syracuse Sports Hall of Fame, for Track and Field?
- Who was the Syracuse Chargers, Male Track and Field Athlete award winner in 1990?
- 8046.72 meters long, what distance race am I running?

Answers are found somewhere in this Newsletter

## Bryce Millar also Lights up the Indoor Track

Bryce, winner of the Chargers Section 3 Male XC Runner of the Year award, continued as the FM Hornets go-to runner during the indoor track season. Among his notable performances were 4:27.96 in the 1600m at Leagues (2/11, a meet where he also finished 2<sup>nd</sup> in the 1000m), and 9:24.32 in the 3200m for a win at Sectionals (2/25).

## Our new Website Manager manages fast time at Syracuse Half

Chris Raulli, who recently signed on as Chargers website manager, placed 4<sup>th</sup> overall in the Third Annual Syracuse Half Marathon, held on March 22. Chris recorded a net time of 1:12:54. (Jared Burdick won the race in 1:09:34.) Conditions on race morning were challenging, to say the least. The start had to be delayed to allow time for salt to melt ice on the course.

## Venerable Charger Records

As promised last month, here are the top 10 oldest Charger records on the books:

M1819	5 miles road	Daryl David	25:52.0	8/5/1969
M1819	25km road	Bruce Derrick	1:28:41	8/9/1969
M1819	25km road	Bill Field	1:28:41	8/9/1969
M1011	40y	Jeff Whitehead	5.0	7/25/1970
MOPEN	weight throw 74lb	Tom Miller	30-0	8/10/1970
M2024	weight throw 35lb	Tom Miller	63-7	8/14/1970
M1617	weight throw 35lb	Pete Traina	39-1	8/25/1970
MOPEN	weight throw 28lb	Tom Miller	80-0	8/25/1970
MOPEN	25km road	Skip Meno	1:23:32	9/6/1970
M1617	weight throw 56lb	Pete Traina	38-9	7/6/1971

I confess that I don't recognize many of the names in this list. It would be interesting to hear from people who remember these athletes and who can update us on what they are doing now, and on any stories behind their listed performances.

The M18-19 25 km record appears to have been a tie, perhaps deliberate. Jeff Whitehead's 40y mark looks safe since the event is seldom run by anyone except college football players trying out for the NFL, and people like that are highly unlikely to be (a) Chargers members, and (b) 10-11 years old.

Lionel "Skip" Meno is a name many of us will recognize. Skip served as Superintendent of the Syracuse City School District for 9 years and went on to be a Deputy Commissioner of Education for the State of New York, and then Commissioner of Education for the State of Texas from 1991-1995. From 1999-2007 he was Dean of the College of Education at San Diego State. His 25 km record is pretty impressive: the equivalent of five 16:45 5 km repeats without a break in between!



## Getting to the Starting Line

If you are a runner or walker and you are looking here for inspiration and motivation and maybe a little kick in the pants to get you out the door and keep you focused and connected to the sport that we love, well, you are on the right path. I will give it a shot. Our long, and I do mean l-o-n-g winter is finally behind us! Let's break out the light weight shirts and store away those thermal tights. Yes, let's wash those Gore-Tex jackets and put them to the back of the closet. The days of wind-chill in the single digits are over...at least for a few months.

This is the time of year to run through your neighborhood and find all of those coins that are visible now that the snow has melted. My next-door neighbors just found the dog they'd thought ran away. It turns out that he happened to be outside during one of our storms and froze in place right next to their Japanese maple.

Another way to know that it is safe to venture outdoors again is that our Charger Sunday evening Open and Youth practice sessions at Manley have come to an end. Yes, Sunday, March 29<sup>th</sup> was our last one of the winter.

Dig out that sunscreen and use it liberally as we have turned a corner! If you have not signed up for a race since New Year's Day, you need to get moving. If you have raced within the last two months, kudos to you, but let's not rest on our laurels. You need to start looking around for your next challenge.

I have a few suggestions for you. April showers bring May races. If you have never tried the **Highland Forest**, you are in for a muddy, I mean, challenging route in Highland Forest. You can cover one 10 mile loop or double or even triple your fun. Some people register and then just hang-out in the woods just beyond sight of the finish line for a few hours just so they can enjoy Marla's delicious soup! This year it will be on Saturday, May 30<sup>th</sup>.

By the time this newsletter arrives in your homes, the first of our **CNY Running Club Cup** races will have taken place. The first was the Fort to Fort 10K in Rome, NY which took place earlier this month. Yes, we told you all about this new series in our March newsletter. Remember to register as a Charger for these races as there is a team competition based on your age-graded performance. Next one in the series is the Summer Sizzle 5 mile race on Sunday June 21<sup>st</sup> hosted by the Utica Roadrunners. Now this is the very day after our own **Swamp Rat Runs** at Oneida Shores Park. So, you will be very busy that weekend as we have the 5K and 10K in Brewerton on Saturday, June 20<sup>th</sup>. Don't forget the Girls and Boys Fun Run Mile races that kick-off the morning. Bring your swimsuit. By the time the 10K is wrapping up, the beach should be open. Did I mention that we have a new title sponsor for the Swamp Rat Runs? Spera's has stepped up as title sponsor of these runs.

Yes, you know Spera's as that old-fashioned full-service meat market and deli. I've known about Spera's fine reputation for years and I'm a vegetarian!

Run safely,  
Mickey

### Program Description:

# Sunday Walkers Program

Sunday Walkers Program  
Sundays at 11:00 am.

A 10 week program

Program is "Free" to Chargers members or Town of DeWitt residents.  
Walks start at DeWitt's Ryder Park and continue on the Erie Canal Park.

Each Participant will be provided a Syracuse Chargers pedometer.  
The program will conclude on June 28 th., will an awards Picnic at Ryder Park.

For more information contact: Greg Tuttle, Program Coordinator at:  
315-430-9409 or by email, [tuttlegreg@hotmail.com](mailto:tuttlegreg@hotmail.com).

See page 10 for sign-up form.





**43rd Annual CAZENOVIA JULY 4th FOOT RACES 2015**  
 Dan Sutton Memorial Race  
 Administered by the Syracuse Chargers Track Club  
 & the Cazenovia High School Cross Country and Volleyball Programs



Registration deadline is July 1<sup>st</sup> **No day-of-race entries.**

Entries Received by June 24 - \$20 **Online Registration Only:** June 25 - June 29 - \$25 June 30 - July 1 - \$30

T-shirts to first 1100 entries; size not guaranteed **Website:** Caz4thRun.org

**Events:** 8:00 am 5k (3.1 mile) race (USATF Certified NY-06042-JG)  
 8:10 am 1 mile fun run (USATF Certified NY-06041-JG)  
 8:45 am 10 mile race around Cazenovia Lake (USATF Certified NY-06043-JG)

**All Races start near Cazenovia High School**

**Awards:** 5K age group awards (top three) for men and women in the 0-13, 14-19, and then 5 year age groups.  
 10-mile age group awards (top three) for men and women in the 0-19 and then five-year age groups.  
**Cazenovia Jewelry Half-Century Award** for first 50+ man & woman finisher in 5K & 10 M Races

**Facilities:** Facilities are limited, so please come dressed to run. Parking is also limited so arrive early and car pool!

**Packet Pick up:** Friday, July 3 at Fleet Feet Sports-Dewitt from 11:00 am to 3:00 pm  
 On race morning at Cazenovia High School from 6:45 am - 8:45 am

**Results:** Timing & Results for 5K and 10 Mile races provided by Leone Timing

**Questions:** E-mail [info@caz4thrun.org](mailto:info@caz4thrun.org)

*Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, any electronic headsets (except for hearing aid) present hazards to runners and are prohibited in the race. Any wheelchair participants and those with adaptive devices will start the 10 Mile Race prior to 8:45 am and will need to e-mail [info@caz4thrun.org](mailto:info@caz4thrun.org) to make proper arrangements.*



**The John Dermody Insurance Group**  
 315 569-3434 & 607 756-4440  
 5 Ledyard Avenue, Cazenovia, NY 13035  
 3660 The Park, Cortland, NY 13045  
 17 Zane Road, Binghamton, NY 13901

**CHARY GRIFFIN, Salesperson**  
 Berkshire Hathaway CNY Realty  
 315-382-1721 - cell  
[chary@charygriffin.com](mailto:chary@charygriffin.com)



**Registration after June 24 Online only-- \$25 6/25-6/29, Shirt Not Guaranteed; \$30 6/30-7/1)**

Make checks payable to **Syracuse Chargers Track Club** and mail to: **PO Box 133 // Bridgeport, NY 13030**

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Last Name	First Name	Sex	Age as of 7/4/15
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Street Address	City	State	Zip

CNY Club Cup Team: \_\_\_\_\_ E-mail: \_\_\_\_\_

T-Shirt Size: YL  S  M  L  XL

Check Event: 5K  10M  Mile Fun Run (Free or \$5 with T-Shirt)

**Participant Waiver for Race Registration**

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, strollers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. 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, the Town of Cazenovia, the Village of Cazenovia, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, 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 all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature if under 18 years: \_\_\_\_\_ Date: \_\_\_\_\_

Welcome to the "High Five" section. This section is a new addition to the Syracuse Chargers' Newsletter. Members of the Chargers are invited to send in their "happy" news...whether it is a setting a new PR, or placing in your age group at a race, or completing a marathon...whatever you are pumped up about and want to share.

This section will enable you to get a virtual "high five" via the newsletter for a job well done.

I will start out: On March 15th I went to Walkill, NY and competed in the Shamrock Scramble. It had a 5k walk at 8:30 followed by a 5k run at 9:30. I was able to do both winning the walk in 24:42 and finishing 3rd in my age group (50-54) in the 5k run in 20:12. I came home a bit tired but happy... Dave Talcott

Please send your happy news via e-mail to [dwtalcott@juno.com](mailto:dwtalcott@juno.com)



## 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 Kuyahooro 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 4<sup>th</sup>: Roman Runners Fort to Fort 10K Race:** This race has been completed.

**June 21<sup>st</sup>: 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 4<sup>th</sup>: 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 21<sup>st</sup>: 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

Look for updates, standings and individual results in the newsletter and at our website ([www.syracusechargers.org](http://www.syracusechargers.org)) as the year unfolds. Any questions about the Cup can be addressed to Jim Moragne at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com)

# 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)

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# Sunday Walkers Program

Sundays 11 a.m. at Town of DeWitt's Ryder Park

5400 Butternut Drive, East Syracuse

April 26, 2015 - June 28, 2015

Presented by the Syracuse Chargers Track Club Inc.

In conjunction with the Town of DeWitt Parks and Recreation  
Dept.

Questions? Contact: Greg Tuttle

(315) 430-9409

Tuttlegreg@hotmail.com

Mail form to: Greg Tuttle

9450 Chalkstone Course 20-2

Brewerton, NY 13029

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## Sunday Walkers Program

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, ZIP \_\_\_\_\_ Tel. No. \_\_\_\_\_

Email \_\_\_\_\_

A Syracuse Chargers Member \_\_\_\_\_ A Town Of DeWitt Resident \_\_\_\_\_

**Program Waiver:** I know that walking is a potentially hazardous activity. I should not enter and walk unless I am medically able and properly trained. I assume all risks associated with walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic and/or the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and for anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Town of DeWitt, New York State, New York State Canal Corporation, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

## EXERCISE AND CANCER

It has long been known that being aerobically fit lowers an individual's chance of developing cardiovascular problems (heart attacks and strokes). Now a study from the University of Vermont, and reported in *JAMA Oncology*, shows that being fit also lowers cancer risk.

In the study, 14,000 men between 46 and 50 years of age were tested for their cardio-respiratory fitness levels by making them run or walk on a treadmill to the point of exhaustion. This was considered a much more accurate way to determine fitness than simply asking how much aerobic exercise in which they engaged.

Three groups were established: the unfit - who could not run or walk a mile in less than 12 minutes; the fit - who could break the 12 minute barrier; and the most fit - who could get under 11:30.

Years later, after all participants had turned at least 65, they were evaluated for incidence of lung, colon and prostate cancer. Results determined that fitness did not offer protection to the diagnosis of prostate cancer, but it did lower the incidence of lung and colon cancer. Those who could break 12 minutes, but not 11:30, started to see improvements in cancer protection. When the highest fitness men (under 11:30) were compared to the lowest fitness group, they had reduced their risk of lung cancer by 55% and their risk of colorectal cancer by 44%. In addition, the study showed that even after developing cancer, the survival rate was improved if one had been aerobically fit when in his fifties. The survival rate was improved for prostate cancer, although the incidence was not. The risk of cardiovascular disease was reduced by 68%. Regardless whether or not these men stayed fit after leaving their fifties, the cancer protection continued.

Lead researcher Dr. Susan Lakoski said, "Men who are physically fit are expected to have lower levels of cancer-related sex hormones, enhanced immunity and lower inflammation. These effects may act together to inhibit cancer as well as risk of dying from cancer or heart disease." It is believed that tumors are more sensitive to chemotherapy because of improved blood flow in fit individuals.

Although the study was done on men only, it is assumed the findings would be similar for women. Lakoski stressed that the study shows an association between fitness and protection from cancer but not necessarily a cause-and-effect relationship.

Clearly, the benefits of cardio exercise go beyond heart health and can last for years. Only twenty-one percent of men and sixteen percent of women engage in sports or exercise. This and so many other studies show that exercise is good medicine. So get your heart rate to fifty percent above resting level during exercise and thus improve your cardio-respiratory fitness level.

Sam Graceffo, MD

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

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

#### **Race Walk Corner:**

#### **Taylor-Talcott sets USA Age Group mark**

At the Bytown Walkers 1 hour race in Ottawa on March 29th, Charger Erin Taylor-Talcott broke her own 35-39 American outdoor 3,000 meter record with a 14:09.7 clocking. Her previous record was 14:38 set last year at the same event. The record capped off a 3 week racing stint in Europe where she finished 16th in the Lugano 20km Racewalks in Lugano, Switzerland in a PR 1:41:02 and she followed that up with a 17th place finish in the Dudinska 20k in Slovakia where she walked 1:43:47. Erin finished the hour at 11,244 meters. Husband Dave completed 11,609 meters for third place overall and a Charger 50-54 record.

**COME ENJOY THE MEMORIAL DAY FESTIVITIES IN CAMILLUS**  
**MEMORIAL DAY**  
 MONDAY, MAY 25, 2015 - 9:28 A.M.  
 CAMILLUS, NEW YORK

# 24th Annual Veterans Memorial Day 5k Run



- 15, 000 parade spectators will greet you along the parade/race course
- Free – runners refreshments during awards ceremony immediately after finish
- Run along the same route the 1996 Olympic Torch followed on the way to Atlanta
- Enter the last kilometer along the historic Camillus- Erie Canal Trail and finish at the historic Sims Store

**SPECIAL RACE DAY INFORMATION**

**Parking**

This is a point-to-point race. Plan your packet pickup, warm-up and parking accordingly, it is 1 mile from village to finish line. Suggested parking along Newport Road, Van Alstine Road and DeVoe Road and jog to start.

## *Age Groups*

Men and Women	
- 9 & under	- 40 to 44
- 10 to 14	- 45 to 49
- 15 to 19	- 50 to 54
- 20 to 24	- 55 to 59
- 25 to 29	- 60 to 64
- 30 to 34	- 65 to 69
- 35 to 39	- 70 & up

**RACE FACTS**

- Starting Time..... 9:28 A.M.
- Starting line..... Village of Camillus, 1<sup>st</sup> block west of West Genesee Street and Newport Road.
- Packet pick-up/race day registration at Camillus Senior Center on First Street. Packets can be held until finish.  
**Packet pick- up and late registration 7:30 to 9:00 a.m. only.**
- Pre-registration by mail... \$10.00, deadline: must be postmarked by May 18, 2015. **Late/race day fee \$15.00**
- Split times/Mile markers... 1M, 2M and at finish
- Award ceremony... 3 deep in each age group for men & women  
 Awards will begin at 10:15 A.M.

- T-shirts..... To the first 300 entries
- Certified..... Yes!!! (NY-07039-JG)
- **Information... Call 487-3600, Camillus Parks and Recreation Department**

-----  
**OFFICIAL ENTRY FORM VETERANS -MEMORIAL DAY 5K RUN**

Make check or money order payable to: Camillus Parks and Recreation Department. Mail completed entry form postmarked no later than 5-18-2015 to: Camillus Parks and Recreation Department, 4600 West Genesee Street, Syracuse, NY 13219

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Birthdate \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Shirt Size: M L XL Age \_\_\_\_\_  
 (Month/Day/Year) (Day of Race)

**E-mail Address** \_\_\_\_\_

In consideration of my entry being accepted, I intend to be legally bound, and do hereby release, for myself, my heirs, executors and administrators waive and release rights and claims for damage which I may have or which may hereinafter accrue to me against the Town of Camillus, its respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in consideration with my association with or entry of participation in this race. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever. **I have read the above release and understand that I am entering this event at my own risk.**

\_\_\_\_\_  
 (date) (signature) (parent or guardian signature if under 18)

**Syracuse Chargers Youth Developmental Meet    Sunday, March 22, 2015  
Manley Field House, Syracuse University**

**55 Meters – Girls**

Nylah Lewis, 3	18.8
MaKayla Grobsmith, 3	28.8
Naomi Bergh, 5	12.0
Miliyan Bufford, 9	11.3
Vera Colantonio, 9	11.4
Madie Phillips, 10	10.0
Marissa Johnson, 10	10.4
Devon Bergh, 10	11.6
Kylee Hemlock, 11	9.7
Sophia Colantonio, 11	12.2

**One Lap (approx. 257 Meters) – Girls**

MaKayla Grobsmith, 3	1:39.9
Nylah Lewis, 4	2:27.4
Naomi Bergh, 5	1:29.4
Vera Colantonio, 9	58.9
Miliyan Bufford, 9	1:26.7
Marissa Johnson, 10	59.1
Madie Phillips, 10	59.6
Devon Bergh, 10	68.5
Kylee Hemlock, 11	54.1
Sophia Colantonio, 11	1:10.2

**55 Meters – Boys**

Elijah Bailey, 3	13.3
Abram Bergh, 4	15.7
Alonzo, 6	12.3
Pierce Hemlock, 6	15.6
Quinten Lewis, 7	10.5
Jaymari Newsome, 8	10.1
Armando, 8	12.6
Noah Colantonio, 9	10.0
Remir Ratchford, 9	10.3
St. Paul Cassell, 10	9.6
Hayden Hemlock, 10	9.6
Xzavier Lewis, 11	9.0
Ian Denny, 11	9.2
Samuel Phillips, 11	9.2
Sacario Williams, 11	10.0
Caleb Bergh, 12	9.7
Marcus Markland, 12	10.9

**One Lap (approx. 257 Meters) – Boys**

Elijah Bailey, 3	1:15.5
Abram Bergh, 4	1:43.5
Alonzo, 6	1:09.3
Pierce Hemlock, 6	1:36.9
Quinten Lewis, 7	1:00.9
Jaymari Newsome, 8	1:01.3
Remir Ratchford, 9	50.2
Noah Colantonio, 9	54.5
Hayden Hemlock, 10	49.0
St. Paul Cassell, 10	51.5
Samuel Phillips, 11	50.4
Ian Denny, 11	53.5
Xzavier Lewis, 11	1:07.9
Sacario Williams, 11	1:24.6

The meet concluded with the running of the **4 x ½ lap relays**.  
A good time was had by all!

Many thanks to the meet director Mark Driscoll, coach Jasper Royal, and their volunteer staff of Shirley Hill, Ron Williams and Mickey Piscitelli.

Miscellaneous Charger Results:

Polarbar Last Chance Qualifier—Ohio Northern University  
March 7, 2015

Men's 800 Meter run:  
1. Nick Guarino 1:52.87  
2. Josh Guarino 1:53.41

Midwest Indoor T&F Open, SPIRE Institute, Geneva, OH  
Jan 30, 2015

Men's 800 meter run:  
3. Josh Guarino 1:54.12  
Men's 1 Mile Run:  
2. Josh Guarino 4:13.56

North Coast Indoor Open, SPIRE Institute, Geneva, OH  
Jan 24, 2015

Men's 800 meter run:  
1. Nicholas Guarino 1:54.08  
2. Josh Guarino 1:54.17  
Men's 3000meter run:  
3. Josh Guarino 8:41.73  
4. Nicholas Guarino 8:43.29

John Thomas Terrier Indoor, Boston University, Jan 30, 2015  
Men's 3000 meter run:  
26. Alex Brimstein 8:18.59





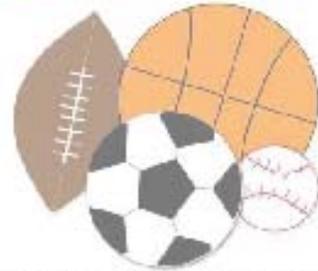
# SPRING FITNESS!!

APRIL - MAY 2015

**FREE**

**SPRING MEET**

**FREE**



 *The Syracuse Chargers Track Club Special Olympics program invites you to join them in a track and fitness program.*

**Skill testing will be held in running, walking, softball toss, soccer kick, basketball and football.**

**Training Dates:**

Monday, April 20	Training	6:30 -- 7:30 p.m.	SRC Arena @ Onondaga CC
Monday, April 27	Training	6:30 -- 7:30 p.m.	SRC Arena @ Onondaga CC
Monday, May 04	Training	6:30 -- 7:30 p.m.	SRC Arena @ Onondaga CC
Monday, May 11	Training	6:30 -- 7:30 p.m.	SRC Arena @ Onondaga CC
Monday, May 18	Competition	6:30 -- 7:30 p.m.	SRC Arena @ Onondaga CC
Monday, June 01	Picnic	6:00 -- 7:00 p.m.	Cedar Bay Park

**Weather permitting, a 30 minute outside walk will start each week at 6:40 p.m.**

**Ribbons will be awarded to all contestants, on May 18th after the competition.**

**Directions: From the Route 175 entrance of Onondaga Community College, take the first right on the roundabout. Then take the next immediate left to the SRC Arena and park in the parking lots provided.**

*Remember: All participants should wear running shoes or sneakers and appropriate clothing. Running in street clothing can be very uncomfortable. You are encouraged to bring a water bottle.*



**For more information,  
Contact Peter Rhodes at 422-1037 or 446-9476 Or Julie Maslin at 473-5059  
per56@aol.com julia.maslin@opwdd.ny.gov**

## Nutrition for Life

By: Maureen Fauler, MHA, RD, CDN

Is food a friend or foe? Sometimes we seem to be in a fight with food. So, why is food important? Food gives us the energy to do the things we love. Food plays a major role in good health. Food lessens effects of and prevents diseases such as osteoporosis, obesity, high blood pressure, heart disease, certain cancers, and gastrointestinal problems. Food provides necessary nutrients and it tastes good.

Making sense of conflicting nutrition information can help us better understand nutrition. Does the information provide recommendations that promise a quick fix? Does the information espouse dire warnings of dangers from a single product or regime? Are the nutrition claims that sound too good to be true? Are the nutrition recommendations based on a single study or published without peer review? Does the information provide dramatic statements that are refuted by reputable scientific organizations? Are the nutrition recommendations from studies that ignore differences among individuals or groups?

If you can answer yes to any of these questions, the nutrition information may be trying to lead you in the wrong direction. It can be difficult these days to figure out what to believe when it comes to nutrition. Nutrition like all other sciences is constantly evolving. As research continues, nutrition advice can change. We know there are no magic bullets. Are white flour and white sugar poison? Can I lose 15 pounds over the weekend? Sometimes new recommendations based on single studies, or without peer review are what hit the news. We are all different. That's why, ads for weight loss products say "individual results may vary."

Some proven guidelines will usually work for all of us. Many of us need to eat within our calories needs, be more active, and make wiser food choices. Sounds simple enough, but how can we do this? We can consume adequate nutrients within our caloric needs by consuming a variety of nutrient-dense foods and beverages. Consuming a variety of foods from the basic food groups while choosing foods with low amounts of saturated and Trans fats, cholesterol, added sugars, salt, and alcohol. We can maintain our body weight in a healthy range by balancing calories from foods and beverages with the calories we expend. Engaging in regular physical activity will promote overall health and a healthy body weight.

For wiser food choices, there are certain food groups to encourage. We can try to consume a sufficient amount of fruits and vegetable, two cups of fruit and 2 ½ cups of vegetables a day, or "Strive for 5" servings of fruits and vegetables each day. Consume 3 or more ounces of whole-grain products per day. Consume 3 cups of fat-free or low-fat milk, or dairy products per day. Go lean with protein by baking, broiling, or grilling your 5-6 oz of fish, beans, meats and poultry each day. Make the most of the added sources of fat in your diet by limiting solid fats like butter, margarine, shortening and emphasize vegetable oils such as olive oil. These are just basic guidelines, depending on your size and activity level, the number of servings will vary to maintain a healthy weight.

You may see lists of "Super" or "power" foods. Many foods in the various listings of "super" or "power" foods are foods that contain antioxidants and fiber. Antioxidants are manmade of natural substances, found in food that may delay or prevent some types of cell damage. Some of the antioxidants that have been identifies are Vitamins A, C, and E, along with beta carotene, lutein, lycopene and selenium. Fruits and vegetables, especially berries and citrus fruit contain antioxidants.

At the end of the day, maintaining good nutrition can be easier than we think. In the end it comes down to balance, moderation and variety. Balancing our caloric intake with our energy output, moderation in what we consume, and variety in what we choose to eat.

Note on the Author:

Maureen Fauler, MHA, RD, CDN is a Registered Dietitian with over 20 years of experience. Fauler works FT and enjoys exercising in her spare time. She usually runs 4-6 days per week and takes several other classes at the YMCA.



Fauler has a Bachelor of Science degree in Food and Nutrition, is a Registered Dietitian Nutritionist through the Academy for Nutrition and Dietetics, and a Certified Dietitian Nutritionist through New York State. Fauler also has a Masters degree in Health Administration. Fauler has provided many presentations to the community. Presentation topics include "The Truth about Nutrition: Fads, Facts and Fakes", "Nutrition for Life" and "Careers in Nutrition" (for high school students).

**Syracuse Chargers Records for Age Group Males 10-11 years**

**Syracuse Chargers Records for Age Group Females 10-11 years**

40y	Jeff Whitehead	5.0	7/25/1970
50y	Ricky Dorsey	6.2	8/1/1979
50m	Jordan Lester	7.1	4/13/1996
55m	Jordan Lester	7.8	12/15/1996
55m	Jordan Lester	7.8	2/16/1997
55m	Jordan Lester	7.8	3/15/1997
60m	James Royal	9.09	1/11/2004
100m	Jordan Lester	13.9	7/14/1996
200m	Solomon Lawrence	28.39	6/27/2010
200m	Jordan Lester	28.2	2/15/97
220y	Jeff Owens	31.2	4/5/1978
300m	Jordan Lester	46.1	2/9/1997
400m	Solomon Lawrence	63.98	6/27/2010
440y	Peter Lahm	72.5	2/15/1975
600m	John Riordan	1:56.5	2/8/1981
800m	Dan Wright	2:24.6	7/22/1979
880y	Dan Wright	2:51.6	4/5/1978
1000m	John Riordan	3:27.0	1/13/1980
1500m	Jesse Contario	5:16.2	3/6/1994
1 mile	Kevin Bond	5:39.9	date unknown
2000m	Chris Candido	8:30.0	1/19/1986
3000m	Erik Sauer	11:00.1	1/16/1999
2 miles	Dan Wright	12:41.0	4/5/1978
5km road	Erik Sauer	18:51	10/4/1998
10km road	Jesse Contario	34:22.0	3/12/1994
6 miles(r)	Matt Riordan	37:53.0	8/15/1976
10km road	Jesse Contario	41:15.0	5/20/1994
15km road	Brian Hoffman	1:08:34	7/9/1995
10 miles	Kevin Bond	1:18:04	7/29/1977
50m HH	Larry Phillips	10.3	1/23/1983
55m HH	Shawn Wilson	11.14	3/16/2003
55m HH	Jackson Honis	11.1	7/17/2006
60m HH	Sebastian Panek	13.98	1/25/2015
80m HH	Shawn Wilson	18.68	7/13/2002
100m HH	Shawn Wilson	19.0	6/17/2002
high jump	Brent Vinch	4ft 4in	1/23/1983
high jump	Jason Grosvenor	4ft 4in	1/19/1986
high jump	Shawn Wilson	4ft 4in	1/12/2003
long jump	Jeff Owens	15-0	1/29/1978
discus lkg	P.J. Foti	69-5	7/15/2002
javelin turbo	Shawn Wilson	96-11 1/2	7/13/2002
shot put 4kg	Brenton Spears	29-0	2/13/2005
indoor pentathlon	Shawn Wilson	884	3/16/2003
40y	Roslyn Thomas	5.5	7/25/1979
50y	Alvina Robinson	6.9	8/1/1979
50m	Kelly Kuss	7.4	4/9/1995
55m	Audrey Norden	7.6	2/2/2014
60m	Armani Moore	8.1	3/14/2004
100m	Lindsey Sadonis	13.7	7/14/1996
200m	Briana Hall	29.0	6/29/1998
220y	Terri Dunham	31.0	2/15/1975
300m	Lindsey Sadonis	48.2	1/13/1996
440y	Gretchen Hagenlocher	67.0	8/17/1977
500m	Courtney Rollinson	1:50.7	2/23/1985
600m	Heather Meno	2:16.3	2/8/1981
880y	Gretchen Hagenlocher	2:28.0	8/17/1977
1000m	Brenna Kincaid	3:30.2	1/18/2004
1500m	Brenna Kincaid	5:19.3	7/30/2003
1 mile	Gretchen Hagenlocher	6:00.0	7/5/1977
2000m	Madison Searles	8:35.3	3/16/2003
3000m	Brenna Kincaid	11:21.3	7/2/2004
2 miles	Gretchen Hagenlocher	13:44.0	4/24/1976
3 miles	Joanne Rainis	20:46.8	5/21/1978
5km road	Brenna Kincaid	20:44	8/16/2003
5 miles road	Gretchen Hagenlocher	32:16.0	7/7/1977
10km road	Gretchen Hagenlocher	45:55.0	6/18/1977
10 miles	Gretchen Hagenlocher	1:19:27	9/12/1976
55m HH	Kelly Kuss	11.7	12/11/1994
80m HH	Amy Lee	19.1	6/16/2003
400m IH	Kelly Kuss	1:30.4	6/28/1995
high jump	Kelly Kuss	4'-5 1/2"	7/19/1995
long jump	Briana Hall	14'-7"	7/6/1999
shot put	Jenna Deep	18'-9"	2/1/2015
discus lkg	Amy Lee	38'-9 1/2"	7/10/2003
hammer 2kg	Amy Lee	40'-3"	7/14/2003
javelin 200g	Kayli VanCleef	62'-1 1/2"	6/29/2003
indoor pentathlon	Amy Lee	521	3/16/2003
triathlon	Jenna Deep	505	1/25/2015
triathlon	Megan Johnston	505	1/25/2015

## The Virtues of Volunteering for Your Club

We are all busy people with lots of responsibilities and our time is valuable. Most of us are either full-time students or work full-time at our jobs. You may think that you are too busy to volunteer, but perhaps you can find the time. Volunteering is an opportunity to connect with the other members of your running community. If you have first aid training or you're interested in events management, volunteering can provide an excellent way to gain invaluable work experience, or draw on the skills you already possess. Many enjoy the social aspect of volunteering as an on-course marshal and seeing the smiles on some of the faces as they run by. You get all the excitement of race day without actually running it! You will feel good about yourself for enabling your pals to compete and achieve their goals on a safe course.

If you are super organized and efficient, perhaps packet pick-up or day of race registration is the place for you. Are you a pro on your I-pad? You could volunteer to write up results from our fun runs or track meets. Perhaps you are new to running or usually stick to the shorter distances. Have you ever run on trails? Watching others persevere at a longer distance, or on a surface other than asphalt, may give you the motivation to go out there and do it yourself. Sometimes just being there and seeing the determination of the runners will make you realize that you want to try it too!



“If you want to lift yourself up, lift up someone else.” [Booker T. Washington](#)  
Volunteers are invaluable and our race directors will be delighted to hear from you.

Please contact Mickey at [mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net) to volunteer at any of these upcoming Charger events:

Highland Forest 1-2-3 (Sat. May 30)  
Swamp Rat Runs (Sat. June 20)  
Onondaga Lake Park Thursday Night Fun Runs (June 4 – Aug 20)

### Calendar of Events

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

#### April

- |    |     |                                                                                                                                                                                                                                                                                                                                                                                       |
|----|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11 | Sat | Good Samaritan 5k, Longbranch Park, Liverpool, NY. 10:00am. Visit <a href="http://www.goodsamaritanrun.org">www.goodsamaritanrun.org</a>                                                                                                                                                                                                                                              |
| 11 | Sat | DAR 5k, Green Lakes State Park, Fayetteville, NY 9:30am. Visit <a href="http://www.daraces.org">www.daraces.org</a>                                                                                                                                                                                                                                                                   |
| 12 | Sun | 6 Legged 5k, Onondaga Lake Park, Syracuse, NY. 9:30am. Visit <a href="http://www.fleetfeetsyracuse.com/events/six-legged-5k">www.fleetfeetsyracuse.com/events/six-legged-5k</a>                                                                                                                                                                                                       |
| 12 | Sun | Skunk Cabbage Classic 10k/Half Marathon, Ithaca, NY. 10:00am. Visit <a href="http://www.fingerlakesrunners.org">www.fingerlakesrunners.org</a> or contact: Alex Kleinerman at 607-592-1710, <a href="mailto:ak235@cornell.edu">ak235@cornell.edu</a>                                                                                                                                  |
| 19 | Sun | Pink Elk 5K Run/Walk, Vestal Elks Lodge, Vestal, NY 11:00am. Contact Jake Brown at <a href="mailto:wmjbbrown@gmail.com">wmjbbrown@gmail.com</a> .                                                                                                                                                                                                                                     |
| 19 | Sun | Earth Day Half Marathon & 5k, Baldwinsville, NY 8:30am. Contact Michael Samoraj at <a href="mailto:willowhwc@gmail.com">willowhwc@gmail.com</a> or 315-663-5539 or visit <a href="http://www.willowhwc.com/#!earth-day-half-marathon--5k/c1bq2">http://www.willowhwc.com/#!earth-day-half-marathon--5k/c1bq2</a>                                                                      |
| 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 <a href="mailto:Nicole@yellowjacketracing.com">Nicole@yellowjacketracing.com</a> or 585-732-1090 or visit <a href="http://www.flowercitychallenge.com">www.flowercitychallenge.com</a> . |
| 26 | Sat | Rochester Regional Health System Flower City Challenge 1/2 Marathon 7:30am and 5k 7:45am, Rochester, NY. Contact <a href="mailto:Nicole@yellowjacketracing.com">Nicole@yellowjacketracing.com</a> or 585-732-1090 or visit <a href="http://www.flowercitychallenge.com">www.flowercitychallenge.com</a> .                                                                             |
| 26 | Sun | The Color Run 5K, Broome CC Campus, Binghamton, NY 9:00am. Contact Joanne Weir at 607-771-8888 x399 or <a href="mailto:joanne.weir@yourmha.com">joanne.weir@yourmha.com</a>                                                                                                                                                                                                           |

#### May

- |    |     |                                                                                                                                                                                                                                                                                                  |
|----|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3  | Sun | Greater Binghamton Bridge Run Half-Marathon and 5K, NYSEG Stadium, Binghamton, NY. Visit <a href="http://www.triplecitiesrunnersclub.org3">www.triplecitiesrunnersclub.org3</a>                                                                                                                  |
| 3  | Sun | Mountain Goat 10 Mile, Syracuse, NY 9:15am. Visit <a href="http://www.mountaingoatr.com">www.mountaingoatr.com</a>                                                                                                                                                                               |
| 9  | Sat | Girl Up 5K Run/Walk, Otsiningo Park, Binghamton. 10:00am. Visit <a href="http://www.triplecitiesrunnersclub.org">www.triplecitiesrunnersclub.org</a> .                                                                                                                                           |
| 10 | Sun | Show your Swell 5k for HAE, Longbranch Park, Liverpool, NY 10:00am. Contact Chris Koeppe at <a href="mailto:zoomkoeppe@yahoo.com">zoomkoeppe@yahoo.com</a> or visit <a href="http://www.runsignup.com/race/ny/liverpool/showyourswell5k">www.runsignup.com/race/ny/liverpool/showyourswell5k</a> |
| 10 | Sun | Thomas B Trail Runs, 13k/26k/52k Ithaca, NY. 7:00am. Visit <a href="http://www.fingerlakesrunners.org">www.fingerlakesrunners.org</a>                                                                                                                                                            |



**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](http://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](http://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-Shorts 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
	<b>Total</b>			