



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLV

Syracuse Chargers Track Club

May 2014

2014 Chargers Grand Slam Road Race Series



We're delighted to announce a new race series that incorporates many of the longtime favorites on the CNY road running calendar. The **Chargers Grand Slam** includes the **Hess Express Swamp Rat Races** (5K or 10K); the **Cazenovia 4th of July Foot Races** (5K or 10 Mile); the **Willow Bay 5K Run & Fitness Walk for Women**; the **Fayetteville Classic** (5 Miler); and the **Syracuse Festival of Races** (Men's 5K or MVP Health Care Women's 5K).

Open to runners and walkers of all ages, abilities, levels of experience, and club affiliation, the **Chargers Grand Slam** presents the goal of finishing four of the Grand Slam events (one each in four of the five prime months for road running in CNY). All who achieve that goal will earn the title of "**2014 Grand Slammer**" and receive a 2014 Grand Slammer tech shirt at the Last Chance Trail Run and Pancake Breakfast—to which all of our 2014 Grand Slammers will receive complimentary entry.

We'll cap the 2014 Chargers Grand Slam by drawing the name of one of our 2014 Grand Slammers. That lucky person will be our 2014 "Grandest Slammer" and will receive free entry to his or her choice of four 2015 Chargers Grand Slam events—and be pictured in the Grandest Slammer Hall of Fame on the Chargers Grand Slam web page.

There is no separate entry for participating in the Grand Slam. All you need to do is enter and be an official finisher of four of the five 2014 Chargers Grand Slam events. For more information, visit www.SyracuseChargers.org/slam.



**Hess Express
Swamp Rat Races**
Sat., June 14th



**Cazenovia 4th of July
Foot Races**
Fri., July 4th



**Willow Bay 5K Run &
Fitness Walk for Women**
Sat., August 16th



**Fayetteville
Classic**
Sat., Sept. 20th



**Syracuse
Festival of Races**
Sun., Oct. 5th

Syracuse Chargers Track Club, Inc.

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Oneida Shores

Onondaga Lake Park

At Large

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Pat Leone pat@leonetiming.com,
Bob Heimenz bobhiem@twcny.rr.com
Matt Oja, Matt.oja@gmail.com
Terry McConnell trmconn@syr.edu

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 8th of the month.

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Gabe Yankowitz, Physical Therapist
Sam Graceffo, MD

Chargers Membership Forms should be sent to:

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

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



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

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

Club Web Site: www.syracusechargers.org

New Charger Members

Celia Bertlesman
Julia Bertlesman
Mike Bertlesman
Paula Bertlesman

Adelaide McEachen
John McEachen
Beth McMahon
Jillian McMahon

Kate McMahon
Mike McMahon

Entry Forms in this Newsletter

May 16 (Fri. pm)	Wilber-Duck Mile	Oneida
May 24 (Sat.)	1-2-3 Trail Run	Highland Forest
May 26 (Mon.)	Veterans Memorial Day 5K Run	Camillus
June 14 (Sat.)	Hess Express Swamp Rat Races	Brewerton
June 28 (Sat.)	Yellow Brick Road	Chittenango
July 4 (Fri.)	Cazenovia July 4 th Foot Races	Cazenovia
August 16 (Sat.)	Willow Bay 5K Run & Fitness Walk for Women	Liverpool
October 6 (Sun.)	Syracuse Festival of Races	Syracuse

Volunteers are needed for the Chargers 1-2-3 Trail Run at Highland Forest. If you can help please contact: Mark Driscoll at mdriscoll@esf.edu.

Chargers All Comers Meet at Manley FieldHouse scheduled for April 19th has been canceled.

SCTC Board of Directors Welcomes Terry McConnell

Our Board of Directors is delighted to announce that our April 14 meeting included the appointment of Terry McConnell to fill a vacant position as an At-Large Director.

Terry previously served as on the Board as our Men's Open and Sub-Masters Representative from March 20, 1987 through April 6, 1990. He brings a wealth of knowledge and experience relating to the running sports, a long history of active involvement in the CNY running community, and the intellect and demeanor to be an outstanding contributor to our Board and the Club.

Got Seniors? Chargers College Scholarship Application by May 15!

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* and on the Chargers web site.

Special Olympic Practice at SRC Tuesday, April 22, 29; May 13 & 20

We have scheduled 4 more One Hour sessions at the SRC arena at OCC., these sessions will be at 6:30pm on Tuesday nights. We will walk, run, shoot basket ball, throw softballs, exercise and dance the hokey pokey. On May 6, we will attend a Syracuse Chiefs game, a new event for us. The game is at 7pm, however we will have a patio party at 6:15 pm with food before the game. Final details are still in the planning stage.

We could use a few more volunteers.

Peter Rhodes 446-9476 or per56@aol.com

Volunteer Coaches Wanted for New Runner Training Program Planned for Later This Year

Our Recreation and Fitness Committee is hoping to add a training program that will help non-runners and novice runners prepare to run a 5K race. As another service to our running community, the Chargers training program will be **absolutely FREE** to all interested participants.

If you'd enjoy helping to help design, coordinate, and/or coach a program of this sort, please contact Dave Oja (daveoja@festivalofraces.com) or Greg Tuttle (tuttlegreg@hotmail.com) and let us know. We have many longtime members who can offer a ton of valuable information to novices, and we'd love to have your help!

Syracuse Chargers All Comers
Indoor Meet 3/15/14 Manley
Field House, Syracuse Univ.
25 participants * SCTC

55 meters

40/44	Male	
John W, McEachen, 43		7.5*
Open 18/29		7.3
Joe Darling		9.5
12/13		10.1*
Elan Lazore, 12		10.2*
10/11		13.3*
Jackson Monterville, 11		13.9*
Sam Polcaro 11		8.8*
8/9		8.7*
St. Paul Cassell, 9		9.0*
7 & Younger		9.2*
Colin Atkinson, 7		9.5
JJ Johnston, 5		9.9
		10.8*
55/59	Female	
Luana Pesco-Koplowitz, 58		9.1*
12/13		10.5*
Celia Bertlesman, 12		12.6
10/11		16.3
Alexia Ostrander, 11		
McKenna Johnston, 10		
Savannah Kuhr, 11		
Katy McMahon, 11		
Claudia Brown, 11		
Molly Atkinson, 11		
8/9		
Julia Bertlesman, 9		
Megan Johnston, 9		
Ava Brown, 8		
7 & Younger		
Adelaide McEachen, 7		

800

40/44	Male	
John W. McEachen, 43		2:31.1*
Open 18/29		2:20.7*
Michael Dee, 23		2:16.2*
14/15		
Solomon Lawrence, 15		
	Female	
14/15		3:13.5
Lilly Maresco, 15		3:18.8
12/13		
Carli Arbon, 13		
	Male	
10/11		48.2*
Jackson Monterville, 11		51.5*
8/9		1:14.9*
St. Paul Cassell, 9		1:19.6*
7 & Younger		
Colin Atkinson, 7		
JJ Johnston, 5		
	Female	
12/13		45.2*
Celia Bertlesman, 12		45.1*
10/11		50.1*
McKenna Johnston, 10		50.4
Savannah Kuhr, 11		54.7
Claudia Brown, 11		
Katy McMahon, 11		
8/9		
Megan Johnston, 9		55.7*
Julia Bertlesman, 9		49.7*
Ava Brown, 8		1:10.2
7 & Younger		
Adelaide McEachen, 7		1:27.7*

As always, thanks to Syracuse University for allowing us to use Manley Field House for our meet

400

40/44	Male	
John W. McEachen, 43		1:00.5*
14/15		
Solomon Lawrence, 15		56.7*
	Female	
55/59		1:38.0*
Luana Pesco-Koplowitz, 58		
12/13		1:23.4*
Celia Bertlesman, 12		1:26.6
10/11		1:32.3*
Claudia Brown, 11		1:45.6
Savannah Kuhr, 11		1:46.4*
Katy McMahon, 11		
Molly Atkinson, 11		
8/9		
Julia Bertlesman, 9		1:34.0*
Megan Johnston, 9		1:40.0*
Ava Bown, 8		1:59.0
	Male	
Open (18/29)		4:58.3*
Michael Dee, 23		
11/12		7:45.4
Elan Lazore, 12		
	Female	
14/15		7:17.7
Lilly Maresco, 15		
12/13		7:38.7
Carli Arbon, 13		
10/11		
McKenna Johnston 10		7:19.3*
Alexia Ostrander, 11		7:55.5*

And thank you to volunteers for their help – Mark Driscoll, Julie Shaffer, Dave Oja, Matt Oja, Jasper Royal, Connor Buck, Shirley Hill, Karen Wright, and Evelyn White.



Syracuse Chargers Track Club Scholarship Application

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

1. A letter of recommendation written by an adult who has supervised, coordinated, or is otherwise familiar with your volunteer activities, particularly those that promote health and fitness.
2. **Either** a copy of your high school transcript **or** a teacher's or guidance counselor's letter of recommendation that focuses on your **academic** achievement and merits.
3. A **typed** essay of 300 to 400 words describing how your participation in athletics and the volunteer activities that support athletics demonstrates your commitment to lifetime fitness.

This form and all supporting materials should be mailed together and must be received by May 15.

Please mail this form and your other application materials to: John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078.

Applicant's name: _____ 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: _____

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

Recent Charger Age Group Records

55m (55-59)	Luana Pesco-Koplowitz	9.9	3/15/14	Manley
Shot Put, 2kg. (7&Under)	Georgia Deep	10-5	1/26/14	Felder
High Jump (8-9)	Jenna Deep	3-6.5	3/16/14	Albany
Shot Put, 6lb. (8-9)	Jenna Deep	16-8.25	3/16/14	Albany

Luana Pesco-Koplowitz Gets 55 Meter Record

Luana Pesco-Koplowitz broke the Charger women's 55-59 age group record at the Chargers All Comers Indoor Meet at Manley Field House on March 15 with a time of 9.9. The old record was 10.6 by **Margaret Kelly**.

Deep Sisters Set New Field Event Records

Jenna Deep broke the high jump record for Charger 8-9 girls at the Winter Express meet in Albany on March 16 with a height of 3-6 1/2. At the same meet, Jenna easily bettered her own Charger 6 lb. shot put record with a throw of 16-8 1/4.

Sister **Georgia Deep** broke Jenna's 2kg record for Charger girls 7 and under with a distance of 10-5 at the Felder meet on January 26.

Correction: It Was Josh Guarino Who Won At SPIRE Invitational

We reported in the April issue that **Nick Guarino** had placed first in the 1000 meter run at the SPIRE Track and Field Invitational in Geneva, Ohio on February 22. Actually, it was Nick's brother **Josh Guarino** who entered and won the race. Josh's time was 2:22.09.

Julie Quinn Runs An Impressive Half Marathon

Julie Quinn ran the New York City Half Marathon on March 16 in a time of 1:18:18. That is an average pace per mile of just under six minutes.

Doty, Peterson, LoPiccolo, Benoit Gain Top National Outdoor Rankings

Four members or former members of the Syracuse Chargers earned top national masters rankings for 2013 in outdoor track and field events, according to the April issue of National Masters News. **Pat Peterson** turned in the top 200 meter time of the year among 85-89 age women, and also posted the third best time in both the 100 meter and 400 meter dashes. **Barbara LoPiccolo** was ranked number one in the 65-69 women's hammer throw.

Jesse Doty ranked first, 30-34, in three events: the weight throw, the super weight throw, and the throws pentathlon. **Joe Benoit** was first a total of four times in two different age groups. He was tops in the super weight throw in both the 50-54 and the 55-59 age groups, and was also first, 55-59 in the weight throw and the ultra weight pentathlon. Most or all of Joe's efforts were made while he was a Charger.

Race Results Reminder

If you're a Chargers member representing the Chargers at a race or meet and think you may have set a Club record, please forward that information to Nick Wetter wetternick@yahoo.com.

And we're always looking for sharp photos (JPG files, please) of Chargers members competing in Chargers apparel. Feel free to send them to Newsletter editor Evelyn White (nandewhite@aol.com) for use in future editions of the *Newsletter*.

Listed below are the rankings of Chargers, as well as some Charger subscribers and former Chargers. As always, apologies to anyone whose name or ranking we omitted.

Fritz Schlereth (80-84)	100m	19.3	35th
	200m	41.6	29th
	400m	1:46.4	15th
	800m	3:56.2	8th
Jerry Bisson (80-84)	800m	4:23.12	19th
Ed Cox (85-89)	100m	17.23	4th
	200m	37.11	3rd
Don Hanlon (90-94)	100m	28.4	6th
Patricia Peterson (85-89)	100m	25.16	3rd
	200m	1:04.50	1st
	400m	3:19.32	3rd
Scott Weeks (40-44)	800m	1:57.00	2nd
	1500m	4:10.48	4th
Kevin Hanlon (55-59)	3000m	13:09.6	22nd
Stan More (60-64)	3000m	12:52.0	15th
David Rider (80-84)	high jump	1.05m	15th
	pole vault	1.65m	12th
	triple jump	6.27m	4th
	hammer	22.26m	17th
Jesse Doty (30-34)	shot put	10.32m	19th
	discus	34.67m	20th
	hammer	62.46m	6th
	weight throw	18.94m	1st
	super weight	13.16m	1st
	throws pentathlon	3331 pts.	1st
Norm Deep, Jr. (45-49)	hammer	34.38m	15th
	weight throw	11.59m	12th
	throws pentathlon	2312 pts.	13th
Chuck Yost (75-79)	shot put	9.65m	13th
	hammer	24.72m	12th
Barbara LoPiccolo (65-69)	hammer	27.14m	1st
Connie Ciccone (65-69)	hammer	17.14m	11th
Peter McGinnis (55-59)	pole vault	3.20m	22nd
Joseph Benoit (50-54)	discus	43.86m	23rd
	weight throw	17.85m	2nd
	super weight	9.72m	1st
Joseph Benoit (55-59)	weight throw	19.10m	1st
	super weight	10.06m	1st
	ultra weight pent.	4739 pts.	1st
Horace Hudson (60-64)	200m	27.7	33rd
	400m	1:01.15	14th
Samuel Hall (65-69)	100m	13.89	26th
	200m	28.46	15th
Coreen Steinbach (60-64)	200m	34.44	16th
	400m	1:13.05	2nd
	1500m	5:50.08	3rd
Patti Ford (55-59)	800m	3:24.3	20th
	mile	7:15.9	8th
	3000m	13:28.9	5th
Bill Quinlisk (60-64)	3000m	13:56.6	20th
Dave Eaton (40-44)	long jump	6.07m	6th

Chargers Age Group Records 65-69 Men

45m	Howard MacMillan	7.1	12/29/91
50m	Ed Lukens	7.3	2/28/87
50m	Ed Lukens	7.3	3/22/87
55m	Ed Cox	7.6	3/5/94
60m	Ed Cox	8.58	3/21/93
100m	Ed Cox	13.0	7/2/94
200m	Ed Cox	27.6	6/26/94
300m	Howard MacMillan	50.2	12/24/91
400m	Fred Schlereth	62.94	8/1/98
440y	Howard MacMillan	74.0	7/6/93
500m	Howard MacMillan	1:39.0	3/10/96
600m	Sam Graceffo	2:05.1	12/8/02
800m	John Allen	2:35.87	2/20/05
1000m	Sam Graceffo	3:41.0	1/5/02
1500m	Ed Stabler	5:19.6	11/11/94
1 mile	Ed Stabler	5:40.64	1/21/95
2000m	Sam Graceffo	7:49.3	3/16/03
3km	(r)Tim Collins	14:21	5/3/09
3000m	(t)Ed Stabler	11:10.0	1/3/94
2 miles	Kermit Caddrette	14:55.1	3/13/08
5km	(r)John Rastani	19:30	10/20/85
5km	(t)Howard Rubin	20:13.8	7/25/93
8km	(t)Tom Walnut	38:13.0	1/8/93
5 miles	(r)Howard Rubin	33:13	6/17/95
10km	(r)George Luke	41:46	5/25/08
10km	(t)Nate White	42:52.1	8/16/94
15km	(r)Ed Stabler	60:13	11/13/94
15km	(t)Tom Walnut	70:52.1	2/28/91
10 miles	(r)Howard Rubin	1:07:28	9/19/93
20km	Howard Rubin	1:25:23	8/7/83
1/2 marathon	Ed Stabler	1:29:48	8/11/94
25km	Ray Deschambeault	2:05:17	9/4/81
30km	Howard Rubin	2:19:12	4/2/95
Marathon	Ed Stabler	3:09:24	10/1/94
50km	(t) Don Brown	6:44:22	6/30/84
1500m walk	Bob Nicholson	10:17.96	6/8/12
3km walk	Roy Bragger	20:52.4	2/13/99
5km walk	(r)Bob Nicholson	35:39	6/7/12
10km walk	(r)Luigi Lombardi	1:40:32	8/1/04
50m HH	Ed Lukens	8.4	3/22/87
55m HH	Ed Lukens	9.5	1/15/89
60y HH	Ed Lukens	9.48	3/29/87
60m HH	Ed Lukens	10.14	1/15/89
60m HH	Ed Lukens	10.14	4/2/89
100m HH	Ed Lukens	18.3	7/12/92
110m HH	Ed Lukens	18.51	8/4/90
Long Jump	Ed Lukens	17-4	1/2
Triple Jump	Ed Lukens	35-7	1/2
High Jump	Ed Lukens	4-8	
High Jump	Ed Lukens	4-8	
Pole Vault	David Rider	8-0	
Shot Put, 4kg	Elmer Shaw	41-11	1/2
Shot Put, 5kg	Elmer Shaw	38-9	
Shot Put, 12#	Elmer Shaw	32-5	3/4
Shot Put, 16#	Gary Crawford	28-1	1/2

Chargers Age Group Records 65-69 Women

50m	Phyllis Meade	8.22	6/8/12
55m	Patricia Peterson	8.48	1/4/92
60m	Patricia Peterson	10.16	3/27/92
100m	Patricia Peterson	15.31	8/23/92
200m	Patricia Peterson	33.07	8/23/92
300m	Patricia Peterson	63.3	1/26/92
400m	Patricia Peterson	81.08	7/12/92
800m	Yvonne Tasker-Rothenberg	3:15.54	6/27/07
1500m	Yvonne Tasker-Rothenberg	6:32.08	9/14/07
1 mile	Gloria Brown	7:01.83	1/18/97
3km	(r) Sue Gardinier	13:56	5/3/09
3000m	(t) Yvonne Tasker-Rothenberg	14:36.	4/15/07
5km	(r) Gloria Brown	23:56	4/27/97
8km	(r) Gloria Brown	38:52	3/15/97
10km	(r) Gloria Brown	48:03	5/30/97
12km	Gloria Brown	59:44	5/17/97
15km	(r)Gloria Brown	1:14:32	1/25/97
10 miles	Gloria Brown	1:22:25	4/13/97
20km	Gloria Brown	1:44:27	8/2/97
1/2 marathon	Gloria Brown	1:47:43	2/9/97
50km, trail	Mary DaSilva	6:43:49	8/24/13
12 hr run, rd	Mary DaSilva	51.471 mi.	5/12/12
3000m walk	Gloria Brown	20:36.2	3/14/98
5000m walk, rd	Sharon Sonnacchio	40:05	6/5/08
55m HH	Patricia Peterson	13.6	1/12/92
60m HH	Patricia Peterson	14.0	2/15/92
80m HH	Patricia Peterson	18.8	7/12/92
300m IH	Patricia Peterson	1:10.5	8/1/92
Long Jump	Phyllis Meade	9-11	1/2
High Jump	Patricia Peterson	3-8	6/13/92
High Jump	Patricia Peterson	3-8	6/20/92
High Jump	Patricia Peterson	3-8	6/28/92
High Jump	Patricia Peterson	3-8	7/12/92
Shot Put	Karen Wright	23-5	1/4
Discus, 1kg	Connie Ciccone	43-9	7/19/10
Hammer, 3kg	Connie Ciccone	62-1	7/23/10
Indoor Pent.	Patricia Peterson	2318	2/19/93



FLEET FEET Sports

15th Annual ONEIDA SAVINGS BANK WILBER-DUCK MILE

FLIGHTS:
Females
Followed by Males
Followed by Walkers

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

"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)

Special this Year...
LIVE ENTERTAINMENT!

Friday, May 16, 2014

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

- Entry fee:** \$15.00 For Everybody Until May 11th - \$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 16th at 6:45 pm. We will be contributing to the Oneida United Way along with 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 Oneida Savings Bank, The Big Cheese, Napoleon Cafe, and Oneida Printshop.

WILBER-DUCK CHEVROLET - Registration

Mail to: 116 Broad St., Oneida, NY 13421 • Make checks payable to: Wilber-Duck Race
Numbers available Friday, May 16, 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 TRACK CLUB
HIGHLAND FOREST 1-2-3 Trail Run
Saturday 5/ 24 /2014 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. **The 30 mile course is now part of the USATF Niagara Association Ultra Series.**

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 19; \$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 5/19---\$30.00 race day 5/24)
Please make checks payable to "Syracuse Chargers Track Club, Inc." and mail entry to Mark Driscoll, 1112 Meadowbrook Drive, Syracuse, NY 13224.

Name: _____ Age (5/24/14): _____ 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 _____ (Niagara Ultra Series)

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., USATF, 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)

COME ENJOY THE MEMORIAL DAY FESTIVITIES IN CAMILLUS

MEMORIAL DAY

MONDAY, MAY 26, 2014 - 9:28 A.M.

CAMILLUS, NEW YORK

23rd 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

Table with 2 columns: Age Group, Men and Women. Rows include: - 9 & under, - 10 to 14, - 15 to 19, - 20 to 24, - 25 to 29, - 30 to 34, - 35 to 39, - 40 to 44, - 45 to 49, - 50 to 54, - 55 to 59, - 60 to 64, - 65 to 69, - 70 & up

RACE FACTS

- Starting Time.....9:28 A.M.
- Starting line.....Village of Camillus, 1st 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 19, 2014. 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 5-19-2014 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)



The 35th Annual Swamp Rat Runs Saturday, June 14th 2014

Administered by the Syracuse Chargers Track Club



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

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

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

Times:	Girls Fun Run Mile	8:30 AM
	Boys Fun Run Mile	8:50 AM
	5K Chris A. Taddeo Memorial Run (USATF Certified)	9:10 AM
	10K Run (USATF Certified)	10:00 AM



Scan this QR Code to register online

****Mail Pre-Registration Deadline is Monday, June 9th 2014****

Entry Fees:	5K/10K Pre-Entry	\$20.00	* Price includes T-shirt
	5K/10K Race Day Entry	\$25.00	* Price includes T-shirt if available
	Mile Fun Run Pre-Entry	\$10.00	* Price includes T-shirt
	Mile Fun Run Race Day Entry	\$15.00	* Price includes T-shirt if available

Awards: Ribbons for all finishers in the Boys & Girls Fun Run Miles
5K & 10K: 1st Male & Female overall, Top Three 14 & Under, 15-19, 5-year age groups to 80+

ChronoTrack Timing for all races provided by Leone Timing (www.leonetiming.com)

**As always, there will be plenty of free gifts and post-race refreshments for all runners!
RACE PACKETS available on race day starting at 7:15 am at the Oneida Shores Beach Pavilion**

PSN/BIB

Entry Form

Make checks payable to Syracuse Chargers Track Club and mail check and entry form to:
Richard Nastasi, 9573 Shepard Drive, Brewerton, New York 13029

Last Name

First Name

Sex

Age as of 6/14/14

Street Address

City

State

Zip

Phone #

5k(3.1 mi.)

10k(6.2 mi.)

Mile Fun Run

T-Shirt Size
YL S M L XL

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

Failure to date and sign release will invalidate your entry. Parent or Guardian's signature necessary if under 18 years of age.

Signature: _____ Date: _____

Eleventh Annual Chittenango Yellow Brick Road 8K Run & 5K Walk

Beautiful Course through Scenic Chittenango!

Info on Chittenango Lions Website

<http://chittenangolions.org/Events/YBRR/YBRR.html>

ATF Certified NY12076JG

Sponsored By The Chittenango Lions Club and many other volunteers

Sat. June 28, 2014

Check In At 7:30 a.m.

Free Fun Run at 8:30

Race to Start at 9:00 a.m.

Starting and ending at the Chittenango Fire Barn

Pre-registration \$20 - Day of the Race Registration \$25

On Line Registration:

Free Fun Run for Youths Under 16

T Shirts and Refreshments for All Runners

Electronic Timing by Chittenango Cross Country Club

Age Group Awards: 3 awards, male and female in the following age groups

12-15 16-19 20-29 30-39 40-49 50-59 60-69 70 and above

In consideration of accepting this entry, I the undersigned, intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the sponsors, race officials and volunteers, and assignees, for any and all injuries suffered by me in said event. I also attest to and verify that I am physically fit and have trained sufficiently for the completion of this race.

Mail to: Stephen D. Waite

6990 Bolivar Road

Chittenango, N.Y. 13037

Checks Payable to: Chittenango Lions Club

315-687-7114

<Waites30@hotmail.com>

_____	_____	__	__	__
<i>Last Name</i>	<i>First Name</i>	<i>MI</i>	<i>Sex</i>	<i>Shirt</i>
				<i>Size</i>
_____	_____	__		
<i>Street Address</i>	<i>City</i>	<i>State</i>		
_____	() _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Zip</i>	<i>Phone Number</i>	<i>Fun Run</i>	<i>8K Run</i>	<i>5K Walk</i>
				<i>Age (as of</i>
				<i>June 28, 2014)</i>

Signature: _____

Parent Signature (under 18): _____

Email address: _____

*** Donations gratefully accepted to the Town of Sullivan Food Cupboard ***

IMPROVE YOUR RUNNING WITHOUT RUNNING

Specificity. We have all heard of it. The exercises most closely resembling the specific sport for which you are training are the most helpful in improving performance. The often-repeated statement is: if you want to improve your running, you have to run...period. Weight lifting and other forms of cross training commonly employed by runners are good general conditioning exercises, but they are not specifically related to running.

But what if you can't add any more running to your schedule without incurring injury? Or what if you can't run as much as you would like because of worn out knees or something similar that is keeping you off the road, trail or track? What most people do in these cases is some form of cross training. It can be a good cardio and strength workout and may make you more injury resistant, but, we are told, it won't make you run better.

A study from California places all of this in serious doubt. In the nine-week study a group of fairly experienced runners were divided in half. One group continued to run while the other used the exercise bike exclusively. Both trained four times per week for 45 minutes. The workouts were identical except one was on the track and the other on the bike. Twice per week they did a long, continuous workout at 80 to 85% max heart rate. This is a good tempo run. The other two days they did intervals involving six two-minute hard segments and four one minute hard efforts, each separated by a one-minute easy recovery.

After nine weeks the two groups showed essentially identical improvement scores. The bikers improved their aerobic fitness and running performance as much as the runners. This is quite remarkable since they had not run a single step! The authors point out that the findings might not apply to very highly trained elite runners who have nearly maxed out their fitness and performance level.

The finding is quite surprising since running and biking are so different. Running is weight bearing while biking is not. They also involve different muscle groups and movements. Biking has none of the ankle flexion, and toeing off which is such an important part of the running movement. But in spite of this, there is convincing evidence that quality biking workouts can improve running performance for many individuals.

This study made me wonder about the benefits of the elliptical machine. I have not been able to find any scientific studies designed to determine if using the elliptical trainer improves running performance. I suspect it does. Elliptical workouts are more closely relate to running than biking since they are both weight bearing. Also, the oval course the feet take is closer to the running movement than the circular motion on the bike. Several sources point out that the elliptical can be useful in training runners to speed up their cadence. Just keep the indicator on RPM and maintain between 160 and 190 strides for as long as possible or conduct intervals at that speed with short rests. Forty seconds hard followed by twenty easy works well for me.

Bottom line: Biking and possibly other forms of cross training are better at improving running performance than previously thought.

Sam Graceffo, MD

**Past Issues of the *Chargers Newsletter* Never Get Old!
Revisit Them Any Time at
<http://www.syracusechargers.org/newsletter/newsletter.html>**

--2014 Chargers Grand Slam Events-- Finish four or more 2014 Grand Slam races and win a Grand Slam tech shirt plus free entry for the Last Chance Trail Run & Pancake Breakfast. Grand Slam races include: 6/14—Hess Express Swamp Rat 5K or 10K; 7/4—Cazenovia July 4th 5K or 10 Miler; 8/16—Willow Bay 5K Run & Fitness Walk for Women; 9/20—Fayetteville Classic 5 Miler; 10/5—Syracuse Festival of Races Men's 5K or MVP Health Care Women's 5K. Visit www.syracusechargers.org/slam for details.

42nd Annual CAZENOVIA JULY 4th FOOT RACES 2014

Dan Sutton Memorial Race

**Administered by the Syracuse Chargers Track Club
and the Cazenovia High School Cross Country and Volleyball Programs**

Registration deadline is July 1st **no-day-of-race entries.**

Entries Received by June 24 - \$20; **Online Registration only:** June 25 through June 29 - \$25; June 30-July 1 - \$30
T-shirts to first 1,000 entries; size not guaranteed **Online: GetEntered.com**

Events: 8:00 am 5k (3.1 mile) race (USATF Certified NY-06042-JG)
8:10 am 1 mile fun run (USATF Certified NY06041-JG)
8:45 am 10 mile race around Cazenovia Lake (USATF Certified NY-06043-JG)
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 Mi Race

Facilities: Facilities are limited, so please come dressed to run. Parking is limited so arrive early and car pool!
Packet Pick up: Cazenovia High School on the morning of the race from 6:45am - 8:00am.
Results: Electronic timing for 5K and 10 Miles provided by Leone Timing
Questions? Contact: Evelyn White at 315/637-6211 or NandEWhite@aol.com Website: 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



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

2014 Cazenovia July 4th Foot Races

10 miles _____ 5 km _____ 1 Mile Fun Run _____ (shirt optional \$5)
\$20 thru June 24 No Fee

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, Inc.; mail to SCTC, 118 Foxcroft Ln., Fayetteville, NY 13066

<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Last Name	First Name	Sex	Age as of 7/4/14
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Street Address	City	State	Zip
Birth Date ___/___/___	Phone # _____	E-mail: _____	Shirt Sizes: ___YL ___S ___M ___L ___XL

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, 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 inconsideration 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 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: _____

Chary Griffin, salesperson
Berkshire Hathaway CNY Realty
(315) 282-1721 cell
chary@charygriffin.com

The Syracuse Chargers Track Club
Presents the 21st Annual
Willow Bay 5K Run & Fitness Walk for Women
Saturday, August 16, 2014, 9:00 AM
Willow Bay in Onondaga Lake Park, Liverpool, NY



Course: Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near the Yacht Club; and finish at Willow Bay. To get to the start, enter the park via Long Branch Road.

Entry: Pre-register by mail (post-marked by August 9) for \$25, via www.GetEntered.com or register on race morning for \$35 at Willow Bay between 7:30 and 8:45 am.

***Remember:** No entry fee for women 65 years or older!! Attractive tee shirts distributed to the first 275 entrants. Race packets may be picked up at Fleet Feet on Route 31 in Clay on Thursday, Aug 14, from 5:00 -7:00 pm. Packets will also be available on site on race morning.

Needs: Bathrooms are available throughout the park. Refreshments will be provided for all runners and walkers following the race. Come dressed to run.

Awards: Overall Top 3 finishers; top three teams in each family category: Mother-Daughter, Sister-Sister, Grandmother-Granddaughter & Aunt-Niece

Age-group awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, and then 5 year age groups to 85+. Overall and age group awards will not be duplicated.

Door Prize drawings will be held at the awards ceremony. You must be present to win!

Double Your Fun Challenge: If you double your finish time and it is less than your age on race day, you win a special prize!

To enter, please make your check payable to "Syracuse Chargers Track Club" and mail it with a completed entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027.

Questions? Phone: (315) 638-9662, email: mpiscitelli2@verizon.net or visit SyracuseChargers.org/willow



--2014 Chargers Grand Slam Event--

Finish four or more 2014 Grand Slam races and win a Grand Slam tech shirt plus free entry for the Last Chance Trail Run & Pancake Breakfast. Grand Slam races include: 6/14—Hess Express Swamp Rat 5K or 10K; 7/4—Cazenovia July 4th 5K or 10 Miler; 8/16—Willow Bay 5K Run & Fitness Walk for Women; 9/20—Fayetteville Classic 5 Miler; 10/5—Syracuse Festival of Races Men's 5K or MVP Health Care Women's 5K. Visit www.syracusechargers.org/slam for additional details.

ENTRY FORM

Name _____ Age (on 8/16/14) _____ D.O.B. ____/____/____

Address _____ Phone (____) ____ - _____

City _____ State ____ ZIP _____ E-Mail _____

Circle Shirt Size: Small Medium Large X-Large (size guaranteed if entry received by Aug 1)

Family Team Categories (circle as many as apply and name your teammate(s); team members complete individual applications and mail them in the same envelope)

Mother-Daughter Sister-Sister Grandmother-Granddaughter Aunt-Niece

Willow Bay 5K Run & Fitness Walk Waiver

I know that running or walking is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running and 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 Village of Liverpool, Town of Salina, Onondaga County, Onondaga Lake Park, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I understand that bicycles, skateboards, strollers, baby joggers, rollerblades, animals, iPods and MP3 players are not allowed in the race, and I will abide by this guideline.

Participant's Signature _____ Date _____

Parent's Signature if under 18 _____ Date _____

Calendar of Events

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

May

- 16 (Fri) 15th Annual Oneida Savings Bank Wilber-Duck Mile (entry form in *Newsletter*)
18 West Trail Extension Grand Opening Run and Walk
- 26 (Mon) 23rd Annual Veterans' Memorial Day 5K Run 9:28A.M. Village of Camillus
Contact: Camillus Parks and Recreation Department – (315)487-3600 (see *Newsletter*)

June

- 1-8 The Empire State Senior Games are on schedule for June 1-8, 2014 - Save the Date
7 Oswego County Hospice, 5K Walk / Run for Hope Landing Marina Kim McPherson
mmcphers@twcny.rr.com
- 14 **Hess Express Swamp Rat Races** Contact: rnastasi@twcny.rr.com
Online: runsSignup.com
- 17 (Tues.) **JP Morgan Corporate Challenge** www.jpmorganchasecc.com/events.php?city_id=13
Contact – Dave Oja 315-446-6285
- 21 **2014 USATF Niagara Association Open and Masters Outdoor Track & Field Championships**
at Penfield High School, Penfield, Direct link for complete meet information and registration
available at: <http://www.usatf.org/Events---Calendar/2014/USATF-Niagara-Open-and-Masters-Track---Field-Champ.as> **OPEN** to all athletes (ages 14 to 99+) not just USATF members
- 28 Chittenango Yellow Brick Road 8K Run & 5K Walk (entry form in *Newsletter*)
<http://chittenangolions.org/Events/YBRR/YBRR.html>

July

- 4 (Fri.) **42nd July 4th Foot Races** contact: nandewhite@aol.com **Caz4thRun.org**
No day of race entries. Online: GetEntered.com
- 26 Harborfest 5k Run/Walk, Oswego Contact: plevine@oswegoymca.org EzRaceReg.com

August

- 7 (Thurs.) Tromptown Run Half-Marathon and 5 KM www.tromptownrun.com
- 16 (Sat.) **Willow Bay 5K Run & Fitness Walk for Women**, Contact: mpiscitelli2@verizon.net,
Online: GetEntered.com
- 16 Tour de Loop 15 mile Ride and 30/50 Mile Race \$30 30/50 Mile Race until 8/1/14; \$35 after;
Contact: Trish Levine 598-9622 EzRaceReg.com
- 23 Loop Around the Lake, Fulton YMCA 5K walk/Run & 15K Contact: Trish Levine 598-9622

September

- 6 The Dunkin Run – ARC Race 2014 www.arcrace.org ½ Marathon, 5K, 3K walk, mi
20 **Fayetteville 5 Mile Classic** contact: **David Kennedy**

October

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

November

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

Bold Print – SCTC Event

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** Register Online: RunSignUp.com
8103 Lobos Lane, Liverpool, NY 13090

Membership Fee (12 months) : Family and/or Individual \$15 Individual Student (**HS or younger**)\$10
 Make checks payable to: **Syracuse Chargers Track Club, Inc.**

Club T-shirts: Syracuse Chargers Track Club T-Shirts are available for \$6 Sm.____ Med.____ Lg.____ XLg.____ Youth Lg.____

Additional Contributions: To insure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in track and field, cross country, and road running, we appreciate your additional financial support. Enclosed is my tax deductible contribution:
 \$10 _____ \$20 _____ \$30 _____ \$40 _____ \$50 _____ \$100 _____ Other \$ _____

MEMBERSHIP WAIVER: I know that running and volunteering to work in club races and other activities can be hazardous. I agree not to participate in Club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity.

I freely and voluntarily assume all risks associated with competing, volunteering, and all other activities in which the Club is involved. Such risks include, but are not limited to: falls, contact with other participants, the dangerous or negligent behavior of other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or other facilities, and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

 Signature(s) _____ Date _____

I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of the minor(s)

 Parent's or Guardian's Signature if under 18 years of age _____ Date _____

Syracuse Chargers Track Club, Inc.
 118 Foxcroft Lane
 Fayetteville, New York 13066 – 2570

Return Service Requested

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

SYRACUSE CHARGERS TRACK CLUB
 Merchandise Order Form
 View Merchandise on www.syracusechargers.org

Name: _____
 Address: _____
 Email: _____
 Phone: _____ For Info. contact: nandewhite@aol.com

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets – Men (s-m-l-xl-xxl), Women (s-m-l)			22.00	
Uniform shorts - Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00 20.00	
Women's Shimmels (s,m) Women's low cut Shorts (s,m) Men's Black Field Shorts (s-m-l) White Tech T-shirts w/Charger logo Women: (xs, s-m) Men: (s-m-l)			32.00 22.00 25.00 13.00	
T-Shirts, Short Sleeve – Ash Gray Adult (s-m-l-xl) Youth (lg/14-16) Adult (xxl-xxxl)			6.00 7.00	
T-Shirts, Long Sleeve - White Adult (s-m-l-xl-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