



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIX

Syracuse Chargers Track Club

May 2015

Your Syracuse Chargers Your Syracuse Chargers

Central New York

SCTC Scholarship

July 4th Foot Races

Swamp Rat Runs

WALKERS

Gazenovia

Highland Forest 1-2-3 Trail Run

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Sunday Walkers Program

Road & Trail Racing

Highland Forest Trail Runs

Summer Developmental Meets

HIGH FIVE

Oneida Shores Runs

Track & Field

Onondaga Lake Park Runs

Last Chance Trail Run & Pancake Breakfast

Syracuse Chargers Track Club, Inc.

Board of Directors

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Jasper Royal 416-3811

Merchandise

TBD

Awards Banquet

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Volunteers

TBD

Scholarship Award

John View
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Sunday Walkers Program

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tuttlegreg@hotmail.com

Summer Runs

TBD

Oneida shores

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Onondaga Lake Park

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tuttlegreg@hotmail.com

Indoor Meets/Practices

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Webmaster

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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 \$15.00 per year.

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Sam Graceffo, MD

Material should reach Dave Talcott, 566 McLean Road,
Owego, NY 13827 or e-mail dwtalcott@juno.com
by the 20th of the month - April 20th for May issue.

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 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

Welcome New Members:

Jan Clark Anne Corbett Colleen Corbett Daniel Corbett James Corbett
Laura Corbett Patrick Corbett

Renewing Members:

Tim & Kevin Collins Gloria Colton Thomas Fondy Miklos Gratzner Warren Havens Jr.
Michael & Teresa Filipski Hohreiter Family Patrick Lynn Nicholson Family Sinclair Family
Luana Pesco Koplowitz Win Skeele Spera Family Kurt Stanton Roy Whipple
Terry McConnell, Patricia Ford & Erin McConnell Fritz Schlereth, Heidi Kadick & Scott Kadick
John View & Lorraine Schunck Murphee Hayes & Joe Wheeler

Charger Age Group Record Correction

Jenna Deep's F 10-11 record in the Shot Put was listed as 19 ft, 8 in under "Recent Charger Age Group Records", but as 18 - 9 in the F 10-11 records given later in the newsletter. I am happy to report that the longer distance is the correct one: Jenna's record has been corrected to 19 ft, 8 in, but she will have to wait until the next cycle to see it correctly listed in the newsletter. There is always the web-site, but that brings us to our next topic ...

Records listings on the club website

Records that have been listed in the newsletter since January have not yet been updated on the club website. The website is currently being re-designed, and I hope to bring the records on the site back into sync in the near future.

A Brief History of Age Group Competition

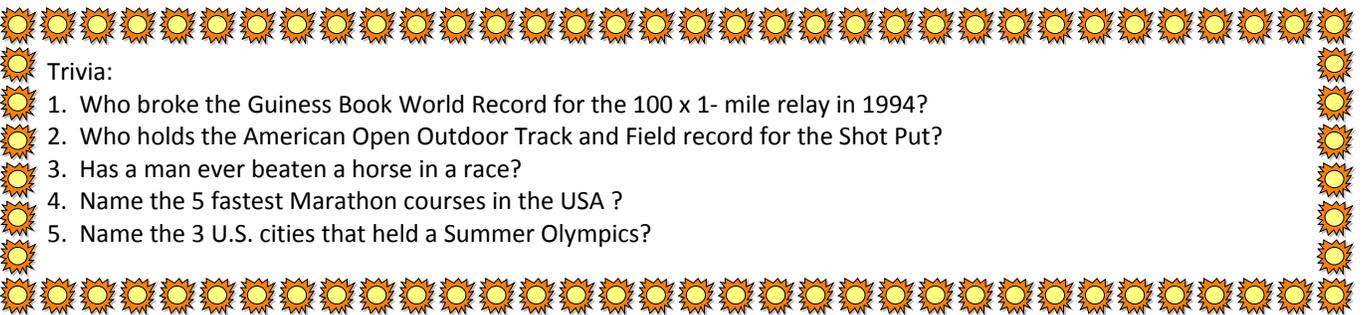
Our club maintains records for ages ranging from 7 and under to 90-94 for both sexes. It is not that we have anything against our 95+ athletes – just that we have yet to hear any reports of marks set by them in competition. Among nonagenarian females, the only mark we have on record is Elsie Adams' 45.43 in the 50m dash. So ladies, please ... be my guest!

Not so long ago, track and field athletes generally retired at the time they received their college diplomas and headed to the gym one last time to clean out their lockers. A thirty year old man in the 1950s who had the temerity to enter a track meet found himself competing against collegiate athletes – with generally predictable results. (If you were an adult female, forget about it – women weren't allowed to run anything longer than 800m in international competition until the 1500m was introduced at the Moscow Olympics in 1972.)

Then, in the 1960's, everything began to change, mainly through the efforts of a gentleman with the oddly appropriate name of David Pain. He founded a USA Masters Track and Field Team and organized and promoted "masters miles" that were held in conjunction with several significant collegiate meets.

Interest in masters' competition continued to grow during the 1970s with the founding of such organizations as the World Association of Veteran Athletes (WAVA) and the Masters Long Distance Running Committee of TAC (The Athletics Congress - the ancestor of the current USATF.) The first issue of *National Masters News* (NMN) appeared in 1977. It included reports on a number of national and regional masters' competitions with 10 year age groups.

A check of Chargers newsletters from the early 1980s shows that 10 year age groups in the masters' division - with catch-all age groups of 50+ for females and 60+ for males – were generally the norm at that time.



Trivia:

1. Who broke the Guinness Book World Record for the 100 x 1- mile relay in 1994?
2. Who holds the American Open Outdoor Track and Field record for the Shot Put?
3. Has a man ever beaten a horse in a race?
4. Name the 5 fastest Marathon courses in the USA ?
5. Name the 3 U.S. cities that held a Summer Olympics?

In 1989, WAVA published its first set of Age Factors in NMN. These are tables of numbers that are used to age-grade races based upon theories that predict how performance in endurance and sprint events declines with advancing age. Revised tables were released in 1994, 2006, and again in 2010. Recent changes in the tables have been relatively minor, suggesting that the science behind them is reaching a stage of maturity. (The most recent table was published by WMA, the new name for WAVA.)

Since their introduction, WAVA's tables included factors for 5 year age-groups beginning with ages 30-34 and continuing to 100-104 in the most recent edition. Following WAVA's lead, most race directors in the 1990s switched to award structures based upon 5 year age divisions, and today it is very rare to find races that still use 10 year age groups. It is worth pointing out that the Chargers have always used 5 year divisions in the Masters age groups, all the way back to our earliest records published in the early 1970s.

Next month we will take a look at age group competition in the youth division – a subject that is not entirely without controversy.

Monday Nights Fun Runs at Oneida Shores County Park
6:30pm
Brewerton, New York
Monday Night Oneida Shores Fun Runs start heating up in June!



The days are longer and there is plenty of daylight in the evening to go out and enjoy the fresh air.

We have 8 weeks to challenge you and your friends and family members.

The Fun Runs start on **Monday, June 22nd** and continue through August 10th.

If you have ever competed in the Swamp Rat Runs, you will be very familiar with these 5k and 10k fun runs. The starting time is **6:30pm** at the parking lot near the tennis courts. You will leave the park via an access road. You will turn left at the top and run along Muskrat Bay Road until the 5K or 10K turnaround.

There will be a water stop at the 5K turnaround.

Restrooms are available near the start/finish, but please come dressed to run.

Program Description:

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.

See page 10 for sign-up form.

Sunday Walkers Program

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

Table with 2 columns: Men and Women, and age ranges. Includes categories like - 9 & under, - 10 to 14, etc.

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 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 MI.

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)



Presents
The 36th Annual Swamp Rat Runs
 Saturday, June 20th 2015

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 15th 2015****

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	\$12.00	* 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)

Packet pickup available on Friday, June 19th at Fleet Feet Sports Clay from 11:00 am to 3:00 pm
 and on race morning 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:
 SCTC, 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 6/20/15
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Street Address	City	State	Zip
Phone # <input type="text"/>	5k(3.1 mi.) <input type="checkbox"/>	10k(6.2 mi.) <input type="checkbox"/>	Mile Fun Run <input type="checkbox"/>
	T-Shirt Size		
	YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>		

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: _____

THE RIGHT DOSE

If you have a headache and take one aspirin, it will probably do nothing. If you take two, your headache will be relieved. If you take 20, you may die or at least have gastric bleeding. When it comes to exercise, finding the optimal amount and intensity is not easy. This is a major topic of research with many studies coming out and some with conflicting findings. Two months ago I reported here on one study that found prolonged or fast running led to early death. This was bad news for many dedicated runners. Fortunately there are two new studies that put that conclusion in doubt.

The two studies were reported in *JAMA Internal Medicine*. The government recommendation is 150 minutes of moderate exercise per week. The first study found that people who exercised a little, but didn't even meet the 150 minutes (21 min per day), reduced their mortality rate by 20% over the sedentary people. Those who made it to 150 had a 31% reduction. Those who made it up to 450 minutes (one hour per day) had a 39% reduction in premature death. Those who went above this figure did not gain any additional benefits, but they did not lose any benefits either. It is important to note that all these figures are based on moderate exercise such as walking. Running, even slow running, is considered intense exercise.

The second study was even more encouraging for runners. Those who spent 30% of exercise time in strenuous activity reduced their death rate by 9% compared to those who exercised the same amount of time, but all at a moderate level. Individuals who spent more than 30% in the intense zone gained an additional 13%. Finally, and thankfully, these researchers couldn't find any increase in mortality among the most dedicated and serious exercisers.

These studies looked at overall mortality rates. There is still some troubling research pointing to increased rates of atrial fibrillation among runners due to heart enlargement. Let's hope this is incorrect.

The bottom line regarding mortality seems to be trending toward the idea that a little running is good, and more might be even better. Let's hope it stays this way.

Sam Graceffo, MD

	<p>The Charger Challenge has been around for a long time. The purpose is to encourage people to be active while providing motivation in the form of milestone awards and recognition.</p> <p>The Chargers Challenge is now FREE for Chargers members and a small fee for non-members!!!</p> <p>Walk or run and record your miles. With milestone of 100, 250, 500, 1000, or even 10,000 miles everyone can participate. There is even a family category. For more information see the Registration Form on page 19.</p>
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Race Walk Corner:

Pan American Race Walking Cup Trials

The qualifying race for the Pan American Race Walking Cup was held April 12th in Harry Wright park in Whiting, NJ. Charger Dave Talcott finished 10th among the American Men and was the third Master in the race finishing the 20km race in 1:43:26. Close behind was Charger Erin Taylor-Talcott who clinched a spot on the team that will compete May 9th and 10th in Arica, Chile. Erin was the fifth women with a time of 1:44:11. Erin will represent Team USA but not at 20km. For the first time in history a women's 50km race will be held, and Erin will participate in that event. It will be the NACAC Women's Championship. This is a big step for Women's Race Walking. Erin was the first women allowed to compete in a men's Olympic Trials when she qualified and fought to be allowed to compete in 2012. She has already qualified for the Women's Olympic Trials at 20km for 2016 and also the Men's 50km. Until 2014 women received no prize money at the national 50km championships while the men had a very lucrative pot. Erin took USA Track and Field to task and she won giving women another step at equality in the only track and field event that has a male component in the Olympics but not a female component.

If you are interested in learning to Race Walk, please contact Dave or Erin at dwtalcott@juno.com.



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.

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

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

April 4th: Roman Runners Fort to Fort 10K Race: This race has been completed.

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

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

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

Look for updates, standings and individual results in the newsletter and at our website (www.syracusechargers.org) as the year unfolds. Any questions about the Cup can be addressed to Jim Moragne at 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)

Delivery of monthly Chargers newsletter

There has been discussion on how the members of the club receive the monthly newsletter. As of now each member is mailed a copy of the newsletter and the newsletter is posted on the club's website around the time of the mailing, <http://www.syracusechargers.org/newsletter/newsletter.html>.

Recently there have been requests to receive the newsletter via e-mail instead of a printed copy. We are now giving every member the option of receiving the newsletter by US Mail or by e-mail. The requested delivery method has been added as a question on the membership renewal form.

If you would like to begin to receive the newsletter via email, please send an email to Julie Hernandez at Julie.shafer.js@gmail.com or wait until your next membership renewal and indicate your preference then.



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

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: _____

Onondaga Lake Park Thursday Night Fun Runs
6pm start
Liverpool, New York



It is the no fee summer place to be!

It's 5pm and you are finished with work and ready for some exercise.

Please join us at Onondaga Lake Park for 13 Thursdays of fun. We start Thursday, June 4th!

For 13 consecutive weeks you can show up and be timed at the 2 mile, 5K, or 8K distance.

Children can run in the Kid's 400 meter dash which will start at 5:45pm.

Park at the Salt Museum parking lot and jog down to the start line in front of the Yacht Club. You will be asked to sign a waiver to cover your participation for the entire series. Since the asphalt trail on which you will be running will remain open to the public, you will be given a bib number to wear just so the other park users know that you are part of the event....they may even grant you right of way!

All fun runners will start at 6pm regardless of which distance you select. There will be 3 cones placed out on the course. There will be one indicating the 2 mile turnaround, one for the 5K turnaround and the final one at the 8K turnaround. Our volunteer timer will announce your finish time as you cross the line. You are responsible for remembering your time and listing it on the index card that you will be given. It is that easy!

Hope to see you at the Yacht Club at Onondaga Lake Park on Thursday, June 4th. Get there by 5:30pm to sign in for the 5:45pm Kid's Run or the 6pm Fun Runs.

There is a restroom nearby, but please come dressed to run!

Dates:

June 4th	5:45pm	July 23	5:45pm
June 11	5:45pm	July 30	5:45pm
June 18	5:45pm	August 6	5:45pm
June 25	5:45pm	August 13	5:45pm
July 2	5:45pm	August 20	5:45pm
July 9	5:45pm	August 27	5:45pm
July 16	5:45pm		

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

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

101	Virginia Truax	F	61	56:46	9:09	Clayville	NY	152	Stephen Barth	M	61	1:04:16	10:21	New Hartford	NY
102	Paula Candella	F	44	56:53	9:10	Whitesboro	NY	153	Kaylee Baldwin	F	17	1:04:24	10:22	Oswego	NY
103	Courtney Bastian	F	20	56:53	9:10	West Edmeston	NY	154	Scott Thompson	M	35	1:04:27	10:23	Schuyler Lake	NY
104	William Gibson	M	30	56:59	9:11	Clayville	NY	155	Sarah Gates	F	31	1:04:39	10:25	Remsen	NY
105	Chris Hackett	M	44	57:07	9:12	Rome	NY	156	Annika Heacock	F	12	1:05:10	10:30	Yorkville	NY
106	Chad Gerrard	M	43	57:09	9:12	Blossvale	NY	157	Dorothy Massinger	F	64	1:05:25	10:32	Herkimer	NY
107	Mark Engelbert	M	42	57:16	9:13	Rome	NY	158	Ross Edkins	M	35	1:05:35	10:34	Whitesboro	NY
108	Matthew Gallimo	M	24	57:19	9:14	Whitesboro	NY	159	Heather Evans	F	35	1:05:35	10:34	New Hartford	NY
109	Stephen Clark	M	39	58:05	9:21	Rome	NY	160	Ryan Buckley	M	38	1:06:04	10:38	Yorkville	NY
110	Sue Tucker	F	55	58:15	9:23	Ilion	NY	161	Catherine Boucher	F	30	1:06:04	10:38	Evans Mills	NY
111	Breanna Longo	F	22	58:18	9:23	Frankfort	NY	162	Crystal Usyk	F	32	1:06:13	10:40	Newport	NY
112	Robert Longo	M	55	58:19	9:23	Frankfort	NY	163	Mark Desjardins	M	65	1:06:27	10:42	Marcy	NY
113	Sarah Elleman	F	31	58:44	9:28	Utica	NY	164	Betsy Bernabe	F	44	1:06:32	10:43	Rome	NY
114	Christina Reilly	F	43	58:44	9:28	Whitesboro	NY	165	Mike Kohli	M	45	1:06:39	10:44	Rome	NY
115	Todd Hoffman	M	51	58:46	9:28	Rome	NY	166	Michelle Williams	F	47	1:06:44	10:45	Camden	NY
116	Crystal Overstreet	F	32	58:48	9:28	Syracuse	NY	167	Lori Muller	F	41	1:06:44	10:45	Taberg	NY
117	Frank Giardino	M	58	59:03	9:31	Rome	NY	168	Wayne Murphy	M	56	1:06:54	10:46	New Hartford	NY
118	Jim Moragne	M	64	59:07	9:31	Ilion	NY	169	David Linn	M	58	1:07:17	10:50	Rome	NY
119	Kathryn McCauley	F	27	59:22	9:34	Whitesboro	NY	170	Kim Smith	F	42	1:07:22	10:51	Rome	NY
120	Marny Kinne	F	39	59:27	9:35	Vernon Center	NY	171	Jennifer Williams	F	35	1:07:35	10:53	Whitesboro	NY
121	Scott Gwilt	M	44	59:41	9:37	Whitesboro	NY	172	Joyce Richardson	F	61	1:07:43	10:54	Rome	NY
122	Jennifer Capron	F	35	59:54	9:39	Boonville	NY	173	Daniel Marraffa	M	61	1:07:43	10:54	Rome	NY
123	Edith O'Rourke	F	49	59:55	9:39	Boonville	NY	174	Kevin Montano	M	21	1:07:45	10:55	Sauquoit	NY
124	Lisa Spadafore	F	27	59:55	9:39	Liverpool	NY	175	Jeremy Cloutier	M	31	1:08:06	10:58	Herkimer	NY
125	Denise Warzala	F	42	1:00:06	9:41	New Hartford	NY	176	Dodi Stewart	F	43	1:08:06	10:58	Mohawk	NY
126	Rena Winton	F	54	1:00:07	9:41	Edmeston	NY	177	Janine Manieri	F	35	1:08:14	10:59	Herkimer	NY
127	Jerry Talerico	M	55	1:00:14	9:42	Utica	NY	178	Cassie Winter	F	47	1:08:31	11:02	Taberg	NY
128	Jessica Manieri	F	37	1:00:19	9:43	Herkimer	NY	179	Amy Weakley	F	40	1:08:31	11:02	Taberg	NY
129	Melissa Vanallen	F	41	1:00:21	9:43	Blossvale	NY	180	Becky D'Aiuto	F	44	1:09:13	11:09	Rome	NY
130	Paul Fitzpatrick	M	66	1:00:56	9:49	Rome	NY	181	Laura Hash	F	50	1:10:38	11:22	Rome	NY
131	Samantha Gibson	F	27	1:01:31	9:54	Clayville	NY	182	Amanda Hash	F	22	1:10:38	11:22	Rome	NY
132	Kelly Entwistle	F	29	1:01:31	9:54	Clayville	NY	183	Rich D'Accurzio	M	76	1:11:32	11:31	Utica	NY
133	Andrea Pattington	F	20	1:01:35	9:55	Taberg	NY	184	James Bartkowiak	M	44	1:11:35	11:32	Utica	NY
134	Justin Murphy	M	55	1:02:15	10:01	Syracuse	NY	185	Aris Bird	F	28	1:11:41	11:33	Raquette Lake	NY
135	Rob Ichihana	M	62	1:02:27	10:03	Herkimer	NY	186	Lindsay D'Aiuto	F	21	1:12:03	11:36	Rome	NY
136	Nicole Smith	F	38	1:02:45	10:06	Williamstown	NY	187	Kristen Szarek	F	35	1:13:03	11:46	Rome	NY
137	Dom Demarco	M	67	1:02:46	10:06	Lee Center	NY	188	Karl Jones	M	47	1:13:37	11:51	New Hartford	NY
138	Amanda McGovern	F	27	1:02:52	10:07	Rome	NY	189	Terry Gatley	M	60	1:14:10	11:57	Rome	NY
139	Leslie Beauchamp	F	47	1:02:58	10:08	Eagle Bay	NY	190	Alan Salmon	M	62	1:14:32	12:00	Boonville	NY
140	Phil Felice	M	54	1:02:58	10:08	Rome	NY	191	David Burke	M	60	1:14:32	12:00	Rome	NY
141	Tanya Norton	F	39	1:03:08	10:10	Boonville	NY	192	Ashley Kaplan	F	29	1:15:11	12:06	Rome	NY
142	Sheila Collea Tracy	F	47	1:03:10	10:10	Whitesboro	NY	193	Terry Fellows	F	53	1:15:56	12:14	Newport	NY
143	Robert Ficks, Jr.	M	55	1:03:16	10:11	West Hartford	CT	194	Kelly Fellows	F	23	1:15:56	12:14	Newport	NY
144	Christina Cook	F	29	1:03:16	10:11	Rome	NY	195	Christopher Hanson	M	49	1:16:08	12:16	Hastings	NY
145	Lori Sieffert	F	33	1:03:20	10:12	Whitesboro	NY	196	Lisa Matte	F	45	1:18:54	12:42	Rome	NY
146	Michael Sieffert	M	34	1:03:20	10:12	Whitesboro	NY	197	Amy Clarey-Turner	F	39	1:19:45	12:50	Verona	NY
147	Derek Alexander	M	34	1:03:26	10:13	Mohawk	NY	198	Amanda Koch	F	26	1:20:12	12:55	North Adams	MA
148	Cheryl Robinson	F	35	1:03:26	10:13	Edmeston	NY	199	Christy Deking	F	34	1:22:58	13:22	Bridgewater	NY
149	Lauren Gallimo	F	30	1:03:46	10:16	Whitesboro	NY	200	Amy Edkins	F	35	1:23:43	13:29	Whitesboro	NY
150	Kim Proper	F	56	1:03:47	10:16	Sylvan Beach	NY	201	Jennifer Dainotto	F	40	1:28:50	14:18	New Hartford	NY
151	Samantha Davis	F	18	1:04:05	10:19	Oswego	NY								

NYS Woodsmen's Field Days Inc.
10K Foot Race & 5K Woodsmen's Walk
Entry Form

Last Name: _____
 First Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Age:(As of 8/21/15): _____
 Sex: _____ Phone:(____) _____
 Walker: _____ or 10K Racer: _____
 T-Shirt size: S _____ M _____ L _____ XL _____
 E-Mail Address: _____

Waiver

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk 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/walk. I assume all risk associated with running/walking in this event including, but not limited to, fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road and any contact with animals. All such risk being known 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 NYS Woodsmen's Field Days Corporation, The Town And Villages of Boonville, Adirondack Central School System, Race Organizers and Sponsors, Their Representatives and Successors from all claims and liabilities of any kind arising out of my participation in this event. I also give permission to the event sponsors to use any or all photos taken of me in future advertising of the event(s).

Name: _____

Date: _____

**If under 18, Parent Signature
 required:** _____

Mail completed entry form with check payable to NYS Woodsmen's Field Days, Inc. to:
NYS Woodsmen's Field Days, Inc. - PO Box 123 - Boonville, NY 13309

To print form: In your browser's top menu click on "File" - "Print" - "OK"



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 1st **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

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 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



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 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, 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: _____

Syracuse Chargers Records for Age Group Females 12-13 years

40y	Colleen Hayes	6.1	1/29/1978	55m	Chris Campbell	7.3	3/18/1995
50m	Jan Bonner	6.8	4/20/1980	60m	Greg Spears	7.47	2/6/2005
55m	Allison Stone	7.8	1/18/1997	100y	William Boatright	11.4	7/5/1977
55m	Kelly Kuss	7.8	3/15/1997	100m	Chris Campbell	12.4	6/16/1994
55m	Kelly Kuss	7.8	12/20/1997	200m	Chris Campbell	25	6/15/1995
60m	Star Utter	9.31	2/6/2005	220y	Tarek Tabet	28.6	2/12/1978
100y	Anne Fitzsimmons	12.5	7/1/1977	300m	Chris Campbell	42.5	1/22/1995
100m	Shirley Hunter	13.2	7/18/1979	400m	Chris Campbell	56.1	6/18/1985
200m	Adrienne Kane	27.6	8/1/1978	440y	Bob Schilly	58.2	7/5/1977
300m	Kelly Kuss	47.1	3/15/1997	600m	Steven Paluch	1:51.2	3/15/1997
440y	Kristen Hagenlocher	63.6	6/9/1974	800m	Wazell Hall	2:13.7	7/18/1978
600m	Shauna Rollinson	1:57.7	2/28/1987	880y	Mike Dobreiner	2:30.6	2/15/1975
880y	Kristen Hagenlocher	2:28.1	6/9/1974	1000m	Brent Vinch	3:03.2	2/13/1983
1000m	Joanne Rainis	3:17.3	2/4/1979	1500m	Roger Bodine	4:34.5	2/4/1979
1500m	Colleen Eccles	5:06.8	3/16/1996	1 mile	Solomon Lawrence	5:07.5	1/27/2013
1 mile	Trina Bills	6:07.7	2/11/2006	2000m	Robert Colvin	7:38.6	3/14/1982
2000m	Chelsea McGuire	9:00.8	3/24/2001	3000m road	Jeremy Burton	10:30	4/28/1990
3000m road	Laura Feller	12:45	4/25/1992	3000m	Will Von Zagorski	10:29.8	3/1/1992
3000m	Jessica Howe	10:55.9	2/6/2011	2 miles	Don Broton Jr.	10:57.0	2/12/1978
2 miles	Cathy Rayo	12:30.0	10/21/1973	5km track	Don Broton Jr.	17:42.0	3/25/1979
3 miles	Gretchen Hagenlocher	21:04.8	4/1/1978	5km road	Will Von Zagorski	17:53	9/22/1992
5km road	April Andrews	19:53.8	7/4/1987	8km	Will Von Zagorski	30:46.0	6/1/1991
5 miles road	Sharyn Gewanter	35:18.0	5/4/1980	10km road	Eric Anish	36:40.0	6/26/1982
10km road	Sharyn Gewanter	41:50.0	3/30/1980	15km road	John Aris	1:02:15	3/28/1993
15km road	Andrea Aris	1:05:55	7/11/1993	10 miles	John I. LaGraff	1:08:40	9/12/1976
10 miles	Gretchen Hagenlocher	1:14:45	9/1/1977	20km	Tom Paris	1:25:40	8/8/1976
50m HH	Laura Feller	10.7	3/11/1989	30km road	Robert Burke	2:07:22	3/19/1979
55m HH	Danielle Lauzze	10.8	3/15/1997	marathon	John I. LaGraff	3:20:17	11/7/1976
80m HH	Amy Lee	18.4	7/5/2004	50m HH	Brian Moore	9	2/13/1983
100m HH	Amy Lee	19.6	6/7/2004	55m HH	Shawn Cooper	9.2	1/19/2007
200m IH	Kelsey Brown	36.39	7/10/2003	60m HH	Shawn Wilson	10.2	2/13/2005
high jump	Marisa Turner	4ft 6in	7/30/2007	80m HH	Shawn Wilson	16.54	7/10/2003
pole vault	Linda Hadfield	7ft	2/11/2006	80m HH 30in	Shawn Wilson	16.3	6/16/2003
triple jump	Brittany Kubecka	23-5 1/2	6/27/2009	100m HH	Shawn Wilson	17.93	6/19/2004
long jump	Juliet Armstrong	16-9	4/20/1980	110m HH 36in	Jackson Honis	21.6	7/16/2007
turbo javelin	Amy Lee	51-10	7/9/2004	200m IH	Nicholas Wilson	34.97	6/29/2002
shot put	Ann Fitzsimmons	26-0	7/1/1977	high jump	Nicholas Wilson	5ft 3in	7/1/2002
discus	Clair Radford	55-10	6/19/2000	pole vault	James Lee	5ft 6in	7/10/2003
javelin	Clair Radford	66-7 1/2	6/11/2000	triple jump	Jackson Honis	32-2	7/21/2008
indoor pentathlon	Danielle Lauzze	2081	3/15/1997	long jump	Brian Hall	18-8	3/4/1979
outdoor pentathlon	Amy Lee	1008	7/9/2004	discus 1kg	Shawn Wilson	70-1 1/2	6/30/2003
				discus 2kg	Damian Panek	87-2	6/25/2014
				hammer 2kg	Shawn Wilson	80-1	7/30/2003
				hammer 5kg	Shawn Wilson	64-3 1/2	6/21/2004
				javelin 600g	Shawn Wilson	130-10	6/7/2004
				shot put 4kg	Carlos Wallace	32-6	2/17/1989
				indoor pentathlon	Shawn Wilson	1140	2/14/2004
				indoor pentathlon	Damian Panek	1813	1/25/2015
				outdoor pentathlon	Shawn Wilson	1898	7/9/2004

Syracuse Chargers Records for Age Group Males 12-13 years

40y	Alan Burdick	5.6	3/18/1978
50m	Brian Jackson	6.9	3/25/1984
55m	Chris Campbell	7.3	1/22/1995



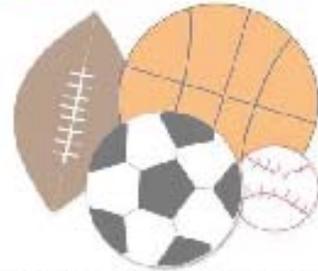
SPRING FITNESS!!

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**



THE CHARGER CHALLENGE

A program designed to provide guidance, incentive and long-term motivation to runners and walkers through awards and recognition. Runners and walkers of all ages, abilities and levels of experience, are welcome to participate. Participants do not have to be Syracuse Chargers Track Club members. Three programs different Charger Programs are available. Whether you exercise for enjoyment, weight loss/maintenance, social or competitive reasons, you are encouraged to take on the Charger Challenge!

PROGRAM RULES, AWARDS AND ENTRY FEES:

All Challenge Programs require an application and are free for Syracuse Chargers members. Non-Chargers members will pay the appropriate entry fees listed below. Upon receipt, applicants are sent a log sheet for recording dates and miles run/walked, along with procedural instructions and GUIDELINES FOR NEW RUNNERS. When mileage reaches award levels, log sheets need to be submitted to receive award. Participants' achievements are also recognized in the Syracuse Chargers Track Club Newsletter.

THE CHARGER CHALLENGE

A program designed for higher mileage walkers/runners, or those seeking a longer term goal.

Entry Fee: \$5/person Non-Chargers, FREE for Chargers members

Awards: 500 miles T-Shirt
1000 miles Patch or Ribbon

2500 miles Long-Sleeve T-Shirt
5000 miles Trophy
10000 miles A plaque (to be presented at the annual awards banquet)

Mileage: All actual mileage covered can be recorded

THE CHARGER 500 MILE CHALLENGE

Aimed towards junior or senior participants, those new to a running/walking program, or those with physical limitations

Entry Fee: \$5/person for Non-Chargers
FREE for Chargers members

Awards: 100 miles Ribbon
250 miles Patch
500 miles T-shirt

Actual mileage up to 3 miles per day can be recorded

THE FAMILY CHALLENGE

Family members combine their mileage towards a common goal!

Entry

Fee: \$20 total for Non-Chargers members, includes up to 4 immediate family members residing at the same address. FREE for Chargers Members.

Awards: 5000 miles 1 plaque and up to 4 T-shirts

CHARGER CHALLENGE APPLICATION FORM

Challenge Program Desired: **Charger Challenge** **Family Challenge** **500 Mile Challenge**
Name(s): _____ E-mail _____
Age(s) _____ Shirt Size(s): S M L XL
Address: _____
Telephone: _____ Charger Member? (Y) (N) Fee Enclosed \$ _____
(Payable to Syracuse Chargers Track Club)

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 you 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 of carelessness on the part other persons named in this waiver. I grant permission to use for legitimate purpose any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s) _____ Date _____

I am signing this waive 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).

Parents' or Guardian's Signature if under 18 years Date _____

SYRACUSE CHARGERS TRACK CLUB
HIGHLAND FOREST 1-2-3 Trail Run
Saturday May 30, 2015 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.

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 7:00 AM for race-day registration or 7:30 AM if preregistered.

ENTRY FEE: \$15.00; \$20.00 after Monday, May 25; \$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



Please use  at <https://runsignup.com/> if you can, it is much easier for me.

HIGHLAND FOREST 1-2-3 TRAIL RACE ENTRY FORM

Entry Fees: \$15.00, (\$20.00 after 5/15---\$30.00 race day 5/30)

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 _____

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 known 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)

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 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.

May

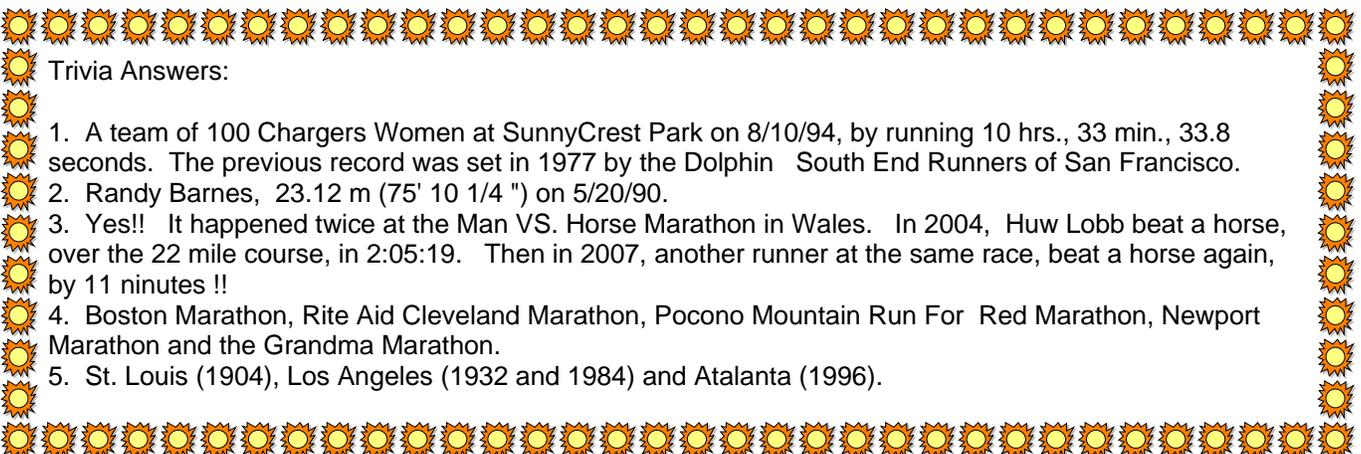
17 Sun USA 15k Race Walk Champs, Riverside, CA 8:00am. Contact Dave Snyder or visit www.usatf.org
25 Mon 24th Annual Veterans Memorial Day 5k Run, 9:28am, Camillus, NY. Contact Camillus Parks & Rec at 315-487-3600. Entry Blank included in this issue.
30 Sat Freihofers Run for Women 5k, Albany, NY. Visit www.freihofersrun.com
30 Sat **HIGHLAND FOREST 1-2-3, 8:00am, Highland County Park, Fabius, NY. See entry blank in this issue.**
31 Sun USA 5km Race Walk Championships, Albany, NY. Contact Don Lawrence at walk2agoal@gmail.com or visit www.usatf.org

June

4 Thurs **ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net**
7 Sun USA 10km Race Walk Champs, St. Louis, MO. Contact Ginger Mulanax or visit www.usatf.org
9 Tue JP Morgan Chase Corporate Challenge 3.5 miles, Onondaga Lake Park 6:30pm. Visit www.jpmorganchasecc.com
11 Thurs **ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net**
13 Sat USATF Niagara 10,000m race walk championships with 5,000 and 20,000, Owego HS, Owego, NY 7:00am. Contact: Dave Talcott at dwtalcott@juno.com or call 607-223-4361.
18 Thurs **ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net**
20 Sat **SWAMP RAT RUNS Kids 1 Mile/5k/10k 8:30/9:10/10:00, Oneida Shores Park, Brewerton, NY. Visit www.swampratrun.com Entry blank included in this issue.**
21 Sun Utica Roadrunners Summer Sizzle 5 Mile, 8:30am, Town of Deerfield Wilder Park, Deerfield, NY. Visit www.uticaroadrunners.org. Entry blank included in this issue.
22 Mon **ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org**
25 Thurs **ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net**

- 29 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- July**
- 2 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 4 Sat CAZENOVIA JULY 4th FOOT RACES, 5k and 10 mile 8:30am, Cazenovia, NY. Visit www.syracusechargers.org. Entry blank included in this issue.
- 6 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- 9 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 13 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- 16 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 20 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- 23 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 27 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- 30 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- August**
- 3 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- 6 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 10 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- 13 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 15 Sat WILLOW BAY 5K RUN & FITNESS WALK FOR WOMEN, 5k 8:30am, Cazenovia, NY. Visit www.syracusechargers.org. Entry blank included in this issue.
- 20 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 21 Fri North Country "Toe" Path Trekkers Woodmen's 10k, 6:00pm, Boonville, NY. Visit www.lewisfirst.com/toepathtrekkers/
- 27 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- October**
- 4 Sun Syacuse Festival of Races 5k, 8:50am, Syracuse, NY. Visit www.festivalofraces.org

Bold Print—SCTC Event

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- Trivia Answers:
1. A team of 100 Chargers Women at SunnyCrest Park on 8/10/94, by running 10 hrs., 33 min., 33.8 seconds. The previous record was set in 1977 by the Dolphin South End Runners of San Francisco.
 2. Randy Barnes, 23.12 m (75' 10 1/4 ") on 5/20/90.
 3. Yes!! It happened twice at the Man VS. Horse Marathon in Wales. In 2004, Huw Lobb beat a horse, over the 22 mile course, in 2:05:19. Then in 2007, another runner at the same race, beat a horse again, by 11 minutes !!
 4. Boston Marathon, Rite Aid Cleveland Marathon, Pocono Mountain Run For Red Marathon, Newport Marathon and the Grandma Marathon.
 5. St. Louis (1904), Los Angeles (1932 and 1984) and Atlanta (1996).

SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Application

_____ (M)(F) _____	_____	
Name	Birth Date	<u>I would like to help with:</u>
_____ (M)(F) _____	_____	<input type="checkbox"/> Track Meets
Name	Birth Date	<input type="checkbox"/> Road Races
_____ (M)(F) _____	_____	<input type="checkbox"/> Coaching
Name	Birth Date	<input type="checkbox"/> Special Olympics
_____ (M)(F) _____	_____	<input type="checkbox"/> Other: _____
Name	Birth Date	
_____ (M)(F) _____	_____	
Name	Birth Date	

Mailing Address – Street or P.O. Box			Telephone
_____	_____	_____	_____
City	State	Zip	E-mail Address
			I would like to receive Charger information by e-mail Yes___ No___

<u>Method of Receiving the Monthly Newsletter:</u>	<u>Membership Status:</u>	<u>Primary Fields of Interest:</u>
<input type="checkbox"/> printed and to arrive via US Mail	<input type="checkbox"/> New	<input type="checkbox"/> Road Running <input type="checkbox"/> Track Running
<input type="checkbox"/> sent to my e-mail inbox	<input type="checkbox"/> Renewal	<input type="checkbox"/> Race Walking <input type="checkbox"/> Field Events
		<input type="checkbox"/> Physical Fitness <input type="checkbox"/> Youth Development

Mail this form and check to: Julie Hernandez, Membership Coordinator Register Online: RunSignUp.com
P.O. Box 2354, Liverpool, NY 13089-2354

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___ Y Lg___

Additional Contributions: Purpose is to ensure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in Track and Field, Cross Country, and Road Racing. We appreciate your additional financial support.

Enclosed is my tax deductible contribution: \$10 ___ \$20 ___ \$30 ___ \$40 ___ \$50 ___ \$100 ___ Other \$_____

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

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

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

Signature(s) _____
Date

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

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

Syracuse Chargers Track Club, Inc.
P.O. Box 2354
Liverpool, New York 13089-2354

Return Service Requested

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

SYRACUSE CHARGERS TRACK CLUB
Merchandise order Form
 View merchandise at: www.syracusechargers.org

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	Total			