



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

June 2013

Scott Weeks Ranked Second In The World



Scott Weeks has been ranked as second in the world in the 800 meter run for 40-44 year olds in 2012 with a time of 1:55.92, according to the Masters Athletics Track and Field World Rankings. The top ranked runner is **Anthony Whiteman** of Great Britain with a time of 1:48.22. Scott's time of 4:06.99 also ranked him 25th in the 1500 meter run.

Patricia Peterson also received world ranking, placing fourth, 85-89 in the 200 meter dash with a time of 57.70, and seventh in the 100 meter dash with 24.73. These two members of our club, along with masters sprinter **Ed Cox**, are unquestionably world class masters athletes.

Our Free Onondaga Lake Park Thursday Evening Runs Will Resume in June

The Chargers' Onondaga Lake Park Thursday Evening Runs will return in 2013, thanks to Jasper Royal, who will be the coordinator. Karen Wright and Bob Nicholson and hopefully a few others have or will also volunteer to share the responsibility of overseeing the events!

The runs are tentatively scheduled to begin on Thursday, June 27th, with the traditional start times of 6:20 p.m. for the children's 400m and 6:30 for the 2-mile, 5K, 8K, and 10K distances.

Check the Chargers web site (www.syracusechargers.org) for updates.

We would love to have some additional volunteers for the J.P.Morgan Corporate Challenge on several different days. See page 3

Syracuse Chargers

Track Club, Inc.

-2-

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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 per year.

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

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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"**

Board Meetings generally held the 3rd Tuesday of the month at 7 pm.
Call 637-6211 for information.

Club Web Site: www.syracusechargers.org

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

New Charger Members

Mitchell Miller

Entry Forms in this Newsletter

| | |
|-------------------------|--|
| June 15 (Saturday) | 24 th Swamp Rat Runs, Oneida Shores |
| June 22 (Saturday) | 10 th 8K Yellow Brick Run & 5K Walk, Chittenango |
| July 4 (Thursday) | 41 st Cazenovia Footraces 10 mile, 5K, 1 Mile |
| August 17 (Saturday) | 20 th Willow Bay 5K Run & Fitness Walk, Liverpool |
| September 15 (Saturday) | Fayetteville 10K Classic |

Corporate Challenge® on Pace to Host the Largest Syracuse-Area Road Race Field Ever!

Since registration opened in March, the number of companies entering the J.P. Morgan Corporate Challenge® has been on a record-breaking pace, with 240 companies already entered by early May. We're planning to host more than 8,000 walkers and runners in the June 18th event, each of whom will be net-timed from starting line to finish line, down and back on the Onondaga Lake Parkway. Corporate teams of at least four fulltime employees can register at www.jporganchasecc.com until June 7th or when our field limit is reached (whichever comes first).

Should you be available to help out as a volunteer in conjunction with the big event, we'd love to have your help—either before, on, or following race day, Tuesday, June 18th. We'd love a few additional helping hands to distribute T-shirts at the Carousel Center between 11:00 a.m. and 6:00 p.m. (or any part thereof) on Friday, June 14th. We'd love a few additional helpers for light-duty site preparation during the afternoons of Sunday or Monday, June 16th and 17th. Obviously, we'll need A LOT of help at all times of the day on race day, Tuesday, June 18th. And we'd love some additional helping hands on Wednesday morning, June 19th, to help wrap up the historic event. ***If you and/or family members or friends are available and interested in pitching in, please call Dave Oja 446-6285.***

Syracuse Festival of Races: Early Entries for an Unusually Late Race Date

Not since the amazing year of 2002 has Syracuse Festival of Races Sunday fallen as late on the calendar as October 6th. That was the year that the SFoR hosted (what most would agree edges the 2009 SFoR as) the finest road race field ever to compete in a Syracuse-area road race. Eleven years later, here we are in the year of an ultra-late Columbus Day, and we're expecting more amazing performances at the Syracuse event known for excellence.

But the late calendar placement doesn't appear to be delaying entries. As of early May, we'd already received 5K entries from New York, Massachusetts, Colorado, Ohio, and Canada. The early-bird entry fee is still available, so now is a great time to make your plans to be part of an amazing event on Sunday, October 6th. Visit www.FestivalofRaces.com for additional details.

Syracuse Festival of Races Seeks Awards Coordinator and Non-Profit Groups Coordinator

In order to permit others on our race committee to wear fewer hats this year, we'd love to identify a pair of new race committee members who would enjoy joining the SFoR management team: an Awards Coordinator, and a Non-Profit Groups Coordinator.

The **Awards Coordinator** is almost exclusively a race weekend responsibility. As one might guess, the position's responsibilities consist of coordinating the handling, transporting, and distributing of the various awards and giveaways to participants. It's a job that can be done excellently even by someone who is running or walking in one of the Festival of Races events.

The **Non-Profit Groups Coordinator** is the point person for communication with representatives of the various non-profit groups whose participation in the SFoR is coupled with their fundraising efforts. That involves both some telephone and e-mail communication with the various non-profit groups in the months prior to race day (Sunday, September 30th), and your presence at the race site on Sunday morning to oversee the set-up of and arrangement of the non-profits' tables and/or tents.

If you are interested in either of these positions on our race committee, please call Dave Oja at 446-6285.

Recent Charger Age Group Records

| | | | | |
|------------------|---------|------------------|---------|-------------|
| 60m hh (55-59) | 11.54 | Bob Doran | 3/3/13 | Kenosha, WI |
| 100m (85-89) | 17.35 | Ed Cox | 4/27/13 | Penn Relays |
| 10 miles (80-84) | 2:49:12 | Sheldon Kall | 5/5/13 | Syracuse |
| 1 mile (12-13) | 5:07.5 | Solomon Lawrence | 1/27/13 | Ithaca |

Results From Bucknell Bison Classic (April 13, Bucknell University)

| | | | |
|-----------------|-------------|----------|-----------------------|
| Seth Yernye | 800m | 1:58.81 | 52nd |
| | 5km | 15:02.92 | 36th |
| Justin Craddock | 800m | 1:57.24 | 38th |
| | 1500m | 3:59.35 | 58th (personal best) |
| Heidi Baumbach | 5km | 18:44.71 | 64th |
| Brittany Burns | 5km | 17:22 | 14th |
| Nick Guarino | 1500m | 3:53.60 | 29th |
| Greg Selke | 5km | 15:26.09 | 85th (personal best) |
| Alex Looi | 5km | 15:43.21 | 109th (personal best) |
| Josh Guarino | 1500m | 3:55.49 | 35th |
| Julie Quinn | 3km steeple | 10:54.75 | 9th |

Three Chargers Compete In Penn Relays; Ed Cox Better's Charger Record

Ed Cox broke the Charger 100 meter dash record for 85-89 year olds when he finished fifth in the age 75 and over division at the Penn Relays on April 27 with a time of 17.35. New Charger **Wenley Louis** placed sixth in the Mens Olympic Development division of the long jump with a distance of 22-11 3/4. **Nick Guarino** placed 12th in the Olympic Development division of the mile run with a time of 4:12.02.

Ed was the oldest runner in his heat, as much as ten years older than some of the competitors. Even so, he ran faster than half of the other runners. Wenley reportedly has a 25 foot long jump to his credit, so we might expect some outstanding performances from him in meets to come.

Guarino Brothers Finish One-Two At Cortland Classic

Brothers **Nick** and **Josh Guarino** placed first and second in the 800 meter run at the Cortland Classic Invitational at SUNY Cortland on April 20. Nick's winning time was 1:54.89. Josh was clocked in 1:56.20.

Jesse Doty Has Best Throw At Rochester Meet

Jesse Doty recorded the longest hammer throw at the University of Rochester Spring Invitational on March 30 with a distance of 194-04 (60.77 meters).

Julie Quinn Wins Steeplechase At Big Red Invitational

Julie Quinn won the 3km steeplechase at the Big Red Invitational at Cornell on April 28 with a time of 10:48.26. **Chris Popovici**, who coordinates the Charger elite development team, placed 30th in a large field of 1500 meter competitors with a time of 4:04.50.

Bob Doran's Hurdle Time Is An Age Group Record

As a follow up to a previous report of **Bob Doran's** heptathlon efforts, Bob's 60 meter high hurdle time of 11.54 at the Masters Indoor Heptathlon Championships in Kenosha, Wisconsin on March 3 is a new Charger 55-59 age group record, surpassing the time of 11.83 by **Ken Moses**, set in 2000.

Age Group Record At Goat For Sheldon Kall

Sheldon Kall, age 81, has a Charger age group 10 mile record as a result of the 2:49:12 time he registered at the Mountain Goat Run on May 5. According to Charger records no 10 mile time has ever been recorded in the 80-84 age group.

Solomon Lawrence's Mile Time At Ithaca Is An Age Group Record

The one mile that Charger member **Solomon Lawrence** ran in 5:07.5 at the Finger Lakes Running Club indoor meet in Ithaca on January 27 is a new Charger 12-13 age group record. The old record was 5:15.7, run by **Brent Vinch** in 1982. Congratulations to Solomon.

Luana Does It Again

Luana Pesco Koplowitz ran the North Face Endurance Run 50K trail race in Bear Mountain, New York on May 4th. This race is considered one of the most difficult trail races on the east coast due to the elevation changes (about 10,000 feet) and the difficult terrain (very rocky and includes climbing over large boulders on the course). There is also a 50-miler, as well as marathon, ½ marathon, 10K and 5K races during the weekend.

Luana was the oldest female competitor in the 50K and placed 1st in her age group (56-65). She came in the mid-pack amongst all female competitors (56 out of 98 women in all age groups). Her time in the race was 8 hours and 7 minutes, which was over 1 hour faster than her time last year. Her time qualifies her for the UTMB (Ultra du Mont Blanc) trail ultramarathon in Switzerland for 2014.”

Niagara USATF takes over WNY Ultra Series

Jessica Snyder , the chairperson, has informed us the 8 Mile Trail championship with the Mendon Mauler Trail race is on June 1st and the Ultra Championship during the Cayuga Trails 50 on June 8th. As of now the area doesn't have a mountain championship, but may try working on something there in the future. For the prize breakdown for these championships see: <http://www.usatf-niagara.org/sports/mountain-ultra-trail>

Chargers Age Group Records 16-17 Boys

| | | | |
|---------------|------------------|-----------|----------|
| 40y | Mike Egan | 5.2 | 3/18/78 |
| 50m | Chris Coleman | 5.7 | 12/22/84 |
| 55m | Adam Payne | 6.6 | 2/2/92 |
| 55m | Travis Blount | 6.6 | 1/22/95 |
| 55m | Dave Angell | 6.6 | 3/15/97 |
| 100y | Dino Campbell | 10.2 | 7/8/78 |
| 100m | James Drake | 10.9 | 7/7/82 |
| 100m | Earl Moss | 10.9 | 7/16/83 |
| 200m | James Drake | 22.0 | 8/13/82 |
| 220y | John Weakfall | 23.9 | 7/77 |
| 300m | Jesse Mikell | 36.9 | 2/13/83 |
| 300m | Jesse Mikell | 36.9 | 2/27/83 |
| 400m | James Drake | 49.0 | 8/14/82 |
| 440y | Kevin Didio | 53.0 | 8/77 |
| 500m | Ed Arrington | 1:10.0 | 2/23/85 |
| 600m | Scott Marinich | 1:26.9 | 3/22/87 |
| 800m | Jay Thompson | 1:55.1 | 8/10/85 |
| 880y | Don Paige | 2:01.6 | 7/28/74 |
| 1000m | Jim Nicholson | 2:45.1 | 1/9/83 |
| 1500m | John Hickman | 4:04.5 | 8/18/84 |
| 1 mile | Ben White | 4:13.43 | 6/18/05 |
| 2000m | Don Broton | 5:57.7 | 3/14/82 |
| 3000m | Brian Clas | 8:51.0 | 2/3/90 |
| 2 miles | Zack Karpinski | 12:10.1 | 3/16/08 |
| 3 miles | Dave Dobrzynski | 14:42.0 | 8/26/73 |
| 5km (r) | Jason Meany | 15:07 | 10/15/97 |
| 5km (t) | Aaron Emery | 15:26.63 | 7/24/89 |
| 5 miles | John Hickman | 25:59 | 7/21/84 |
| 10km (r) | John Evans | 31:51 | 8/16/75 |
| 10km (t) | Jim Nicholson | 31:24.3 | 8/11/83 |
| 15km (r) | Jim Nicholson | 48:54 | 7/10/83 |
| 10 miles | John Rayo | 51:02 | 7/25/75 |
| 20km | John Evans | 1:11:56 | 8/5/73 |
| 1/2 Mar. | Kevin Collins | 1:16:22 | 8/11/88 |
| 30km | Chris Shepardson | 1:48:27 | 3/20/83 |
| Marathon | Jeff Foster | 3:38:51 | 3/24/84 |
| 1000m walk | Dan Talcott | 4:12.0 | 3/13/83 |
| 1500m walk | Dan Talcott | 6:32.7 | 8/13/82 |
| 1 mi. walk | Dan Talcott | 7:08.82 | 3/7/83 |
| 3km walk | Dan Talcott | 14:54.0 | 4/23/83 |
| 2 mi. walk | Dan Talcott | 15:36.0 | 8/13/82 |
| 3 mi. walk | Dan Talcott | 23:56.0 | 8/13/82 |
| 5km walk (r) | Dan Talcott | 25:55 | 7/5/82 |
| 5km walk (t) | Dan Talcott | 25:45.0 | 8/13/82 |
| 5 mi walk (r) | Dan Talcott | 43:01 | 11/21/82 |
| 5 mi walk (t) | Dan Talcott | 44:07 | 11/6/82 |
| 10km walk (r) | Dan Talcott | 53:06 | 3/20/83 |
| 10km walk (t) | Dan Talcott | 55:11.0 | 11/21/82 |
| 15km walk (r) | Dan Talcott | 1:24:40 | 11/6/82 |
| 10 mi. walk | Dan Talcott | 1:31:53 | 11/28/82 |
| 20km walk | Dan Talcott | 1:56:50 | 11/6/82 |
| 25km walk | Dan Talcott | 2:54:23 | 5/2/82 |
| 30km walk | Dan Talcott | 3:16:36 | 5/2/82 |
| 35km walk | Dan Talcott | 4:13:50 | 5/2/82 |
| 40km walk | Dan Talcott | 4:55:43 | 5/2/82 |
| Mar. walk | Dan Talcott | 5:09:50 | 5/2/82 |
| 1 hour walk | Dan Talcott | 6mi-475yd | 11/21/82 |
| 55m HH, 39" | Ray Panek | 8.0 | 1/91 |
| 55m HH, 39" | Ray Panek | 8.0 | 3/3/91 |
| 55m HH, 39" | Ray Panek | 8.0 | 1/11/92 |
| 55m HH, 39" | Ray Panek | 8.0 | 2/2/92 |
| 55m HH, 42" | Ray Panek | 8.3 | 1/1/91 |
| 110m H, 39" | Brian Buck | 14.8 | 8/17/79 |
| 110m H, 42" | Kevin Anderson | 15.5 | 7/24/82 |
| 400m IH | Brian Buck | 54.2 | 7/19/80 |
| 440y IH | Brian Buck | 58.1 | 6/24/79 |
| 3km Steeple | Chris Shepardson | 10:20.3 | 6/18/83 |
| Long Jump | Brian Jackson | 22-9 1/2 | 8/1/84 |
| Triple Jump | Jeff Whitehead | 45-7 | 8/1/84 |
| High Jump | Kym Orr | 6-9 | 7/19/81 |
| Pole Vault | John Dwyer | 13-6 | 7/11/76 |

| | | | |
|---------------|-------------------|--------|---------|
| Shot Put, 12# | Chris Hall | 57-9 | 8/14/82 |
| Shot Put, 16# | Chris Hall | 51-6 | 7/16/83 |
| Discus, 1.6kg | Trenton Patterson | 163-0 | 7/13/85 |
| Javelin | Kevin Richardson | 181-0 | 7/11/79 |
| Hammer, 12# | Chris Hall | 179-5 | 8/11/83 |
| Hammer, 16# | Chris Hall | 139-10 | 7/24/82 |
| Weight, 35# | Pete Traina | 39-1 | 8/25/70 |
| Weight, 56# | Pete Traina | 38-9 | 7/6/71 |
| Weight, 74# | Pete Traina | 20-11 | 9/10/71 |
| Indoor Pent. | Ray Panek | 3451 | 3/14/92 |
| Outdoor Pent | Jim Vaughn | 2118 | 7/25/84 |
| Decathlon | Chris Brown | 5219 | 8/10/83 |

Chargers Age Group Records 16-17 Girls

| | | | |
|---------------|--------------------|-----------|----------|
| 50y | Linda Cupit | 6.5 | 1/26/75 |
| 55m | Amira Felton | 7.4 | 1/27/91 |
| 100y | Linda Cupit | 11.4 | 4/12/75 |
| 100m | Jazmine Herbert | 12.84 | 6/24/12 |
| 200m | Leashia Rahr | 25.5 | 7/15/96 |
| 220y | Mary Rybinski | 26.4 | 6/9/74 |
| 300y | Linda Cupit | 39.6 | 2/1/76 |
| 300m | Jeanne Lyon | 46.7 | 2/22/80 |
| 400m | Leashia Rahr | 57.4 | 6/17/95 |
| 440y | Linda Cupit | 59.8 | 4/27/75 |
| 600y | Mary Rybinski | 1:31.2 | 2/3/74 |
| 600m | Heather Whitmore | 1:45.5 | 3/15/97 |
| 880y | Katy Schilly | 2:16.6 | 12/8/72 |
| 1000y | Mary Seybold | 2:40.2 | 1/26/74 |
| 1000m | Sarah Verdoliva | 3:10.0 | 1/18/04 |
| 1500m | Catey Shanahan | 4:35.0 | 8/18/84 |
| 1 mile | Katy Schilly | 4:53.0 | 6/30/78 |
| 2000m | Kim Winslow | 7:22.4 | 3/18/84 |
| 3000m | Kathy Mills | 9:48.6 | 6/28/75 |
| 2 miles | Katy Schilly | 10:40.0 | 6/9/73 |
| 5km (r) | Ann Nicholson | 18:35 | 7/4/93 |
| 5km (t) | Ann Nicholson | 17:57.0 | 6/22/93 |
| 8km (r) | Tracey Bunce | 30:08 | 5/5/91 |
| 5 miles | Hope Wynkoop | 33:04 | 8/25/83 |
| 10km (r) | Katy Schilly | 36:09 | 10/6/74 |
| 10km (t) | Jennifer Rhines | 38:18.4 | 8/2/90 |
| 15km (r) | Hope Wynkoop | 1:00:40 | 7/8/78 |
| 10 miles | Katy Schilly | 1:02:24 | 7/27/78 |
| 20km | Michelle Sierzant | 1:27:28 | 6/6/84 |
| Marathon | Mary Durgin | 3:14:00 | 11/29/81 |
| 1500m walk | Marie Killory | 8:28.0 | 6/15/80 |
| 1 mi. walk | Katie Monco | 10:22.4 | 12/20/98 |
| 3km walk | Rebecca Soderholm | 18:59.4 | 3/20/88 |
| 5km walk | Laura Feller | 29:13 | 7/31/97 |
| 10km walk | Laura Feller | 64:11 | 8/1/97 |
| 50y HH | Betsey Fey | 8.0 | 12/17/83 |
| 50m HH | Beth Sierzant | 8.2 | 1/19/85 |
| 55m HH | Nell Campbell | 9.2 | 12/19/99 |
| 100m HH, 33" | Sarah Kranzler | 14.5 | 6/21/97 |
| 330y IH | Erica Hagenlocher | 46.3 | 4/27/75 |
| 400m IH | Erica Hagenlocher | 1:06.8 | 6/9/74 |
| 440y IH | Grace Killory | 1:17.0 | 6/79 |
| 2km Steeple | Kayleigh Wheelless | 8:07.60 | 8/2/02 |
| 3km Steeple | Kayleigh Wheelless | 12:54.72 | 7/25/03 |
| Long Jump | Antonika Owens | 17-6 1/2 | 8/6/94 |
| Triple Jump | Antonika Owens | 39-7 | 8/6/94 |
| High Jump | Cathy Golden | 5-7 | 6/18/83 |
| Pole Vault | Katie Wilmer | 10-6 | 7/10/03 |
| Pole Vault | Katie Wilmer | 10-6 | 2/14/04 |
| Shot Put, 4kg | Shari Zembek | 41-4 1/2 | 1/6/90 |
| Discus | Monica Ridgeway | 110-7 3/4 | 7/28/05 |
| Javelin | Cassie Quackenbush | 109-2 | 8/7/83 |
| Weight, 20# | April Rushey | 19-3 1/2 | 1/16/99 |
| Heptathlon | Janeen Bonner | 4200 | 8/18/84 |



Presents



PEPSI BEVERAGES COMPANY



The 34th Annual Swamp Rat Runs

Saturday, June 15th 2013



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 |
| | 5 Kilometer Run (USATF Certified) | 9:10 AM |
| | 10 Kilometer Run (USATF Certified) | 10:00 AM |



Scan this QR Code to register online

****Mail Pre-Registration Deadline is Monday, June 10th 2013****

| | | | |
|--------------------|------------------------------------|----------------|--|
| 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

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| | | | |
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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

| | | | |
|----------------------|--|---------------------------------------|---------------------------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Last Name | First Name | Sex | Age as of 6/15/13 |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Street Address | City | State | Zip |
| Phone # _____ | <input type="checkbox"/> 5k(3.1 mi.) | <input type="checkbox"/> 10k(6.2 mi.) | <input type="checkbox"/> Mile Fun Run |
| | 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 Syracuse Chargers Track Club
 Presents the Twentieth Annual
Willow Bay 5K Run & Fitness Walk for Women
 Saturday, August 17, 2013, 9:00 AM
 Willow Bay in Onondaga Lake Park, Liverpool, NY
www.SyracuseChargers.org/Willow

Course: Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near Yacht Club; and finish at Willow Bay. Enter the park via Longbranch Road.

Entry: Pre-register by mail (post-marked by August 11) for \$25, via  www.active.com or register on race morning for \$35 at Willow Bay between 7:30 and 8:30 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 **The Bikery**, located at 7556 Van Buren Road, Baldwinsville, on Thursday, Aug 15, from 5:00 -7:00 pm. Packets will also be available on site on race morning.

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

Awards: **Top 3 finishers** overall; 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, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65- 69, 70-74, 75-79, 80-84, 85 +. Overall and age group awards will not be duplicated.
 There will be drawings for **door prizes** 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!

Please make your check payable to: "Syracuse Chargers Track Club" and mail your check and entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027. Questions? 315 638-9662 or mpiscitelli2@verizon.net

***** Entry Form *****

Name _____ Age(on 8/18/13)_____ D.O.B. _____
 Address _____ Phone _____
 _____ Zip _____ E-Mail _____

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; team members should 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, Baby joggers, rollerblades, animals, and iPods and MP3 players are not allowed in the race, and I will abide by this guideline.

Signature _____ Date _____
 (If under 18, both participant and parent/guardian must sign)

Fayetteville 10K Classic
11th Annual—Saturday, September 21, 2013
To Benefit the Syracuse Chargers Track Club's College Scholarship Program
Held in connection with the Fayetteville Festival also at Beard Park



Schedule: 9:00 a.m. 10-Kilometer Race
 10:00 a.m. Children's 100m, 200m, and 400m races
 10:30 a.m. Awards Ceremony

Packet Pick-up: 8:00-8:45 a.m. on Saturday, September 21st at Beard Park in Fayetteville. Please come dressed to run.

10K course will start and finish near Beard Park taking runners around a single-loop course consisting of Route 257, Manlius Center Rd., North Burdick St., Route 5 to Clinton St. and ending on Lincoln St.

The Children's Races will be held entirely within Beard Park.

Entry Fee: \$20 if received by Sept. 18; \$25 for the 10K on the 20th & on race morning beginning at 8:00 a.m.
 The Children's Races are FREE for all children 12 and younger - \$5 for t-shirt.

Awards: 10K age-group awards to the top three males and top three females in each of the following age groups:
 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 plus ..
Cazenovia Jewelry Half-Century Award for 1st male and female finisher age 50 or older
 Souvenir ribbons to children in the Children's Races

Results by Leone Timing. Results will be posted at the race and will also be available online at Leonetiming.com or www.syracusechargers.org.

Questions: Visit www.syracusechargers.org/fville10k or call David Kennedy 569-3302 (dkenn15@verizon.net)

Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, electronic headsets (other than hearing aids) present hazards to runners and walkers and are prohibited in the race.

2013 Fayetteville 10K Classic Entry Form

Please make your check payable to the Syracuse Chargers Track Club
 mail to: Fayetteville Classic, 118 Foxcroft Lane, Fayetteville, NY 13066

10K Race _____ **Scholarship Donation:** _____ **Children's 100m** _____ **200m** _____ **400m** _____
 (\$20 by 9/18; \$25 on 9/21) Children's Runs (12 & younger) are Free (Shirt \$5)

| | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--|--|--|--|--|--|--|--|--|--|--|------------|--|--|--|--|--|-------|-----|--|--|--|--|-----|-------------------|--|
| Last Name | | | | | | | | | | | | First Name | | | | | | | | | | | | Sex | Age as of 9/21/13 | |
| Street Address | | | | | | | | | | | | City | | | | | | State | Zip | | | | | | | |

Phone: _____ E-mail: _____ Date of Birth ___/___/___ T-Shirt: __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 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 Village of Fayetteville 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 or Guardian's signature if 17 yrs. or younger: _____ **Date:** _____



**RUN
WALK
VOLUNTEER
FUNDRAISE**

Manley Field House

Sunday, Oct. 6, 2013



**21st ANNUAL
SYRACUSE
FESTIVAL OF RACES
COME
ENJOY
AMAZING!**

REGISTRATION OPENING SOON AT
WWW.FESTIVALOFRACES.COM



USATF Membership Application

New Member Renewal (from previous year – USATF Number _____)

Please print or type information

| | | |
|----------------------|----------------------|----------------------|
| Last Name | First Name | Initial |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

Address

| | | |
|----------------------|----------------------|----------------------|
| City | State | Zip Code |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

Sex M/F Age Today Date of Birth - - (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen Yes No If no, country of Citizenship

Phone Number - -

Club No. Club Name

Email

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

Track Field Road Running/LDR Cross Country Ultra-Marathon Mountain/Trail Race Walking

Membership Category Codes

Please use the codes below – you may indicate one or more categories.

- | | |
|-------------------------------|----------------------------|
| AT: Athlete | PA: Parent |
| DA: Disabled Athlete | OF: Official -uncertified |
| CH: Coach-uncertified | OA: Official – Association |
| CD: Developmental certified | ON: Official - National |
| C1: Coach - Level 1 certified | OM: Official - Master |
| C2: Coach - Level 2 certified | AD: Administrator |
| C3: Coach - Level 3 certified | |

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application

- - (MM-DD-YYYY)

Important information: Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

Youth members: New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.

OPTION 1



JOIN ONLINE AT
www.USATF-Niagara.org
 You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

OPTION 2

MAIL TO YOUR LOCAL ASSOCIATION
 Mail the completed application and appropriate membership fees to



USATF Niagara Association
 49 Tumbleweed Drive
 Pittsford, NY 14534-2547

| | |
|--|---------------------|
| Adult Membership (19 yrs & over) | \$ _____ |
| \$ 30.00 (1-year) | \$ 80.00 (3-years) |
| \$ 55.00 (2-years) | \$ 100.00 (4-years) |
| Youth Membership (18 yrs & under) | \$ _____ |
| \$ 20.00 x _____ = | |
| # of membership years | |

CONTRIBUTIONS (TAX DEDUCTIBLE) \$ _____

Please direct my contribution to LDR Youth

Masters T & F RW Association Programs

Unrestricted

TOTAL \$ _____

Please make checks payable to USATF-Niagara

Calendar of Events

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

Races

May.

25
27 Mon

1-2-3 Trail Run/Highland Forest, contact Mark Driscoll
22nd Annual Veterans' Memorial Day 5K Run.

June

1
2-8
15 (Saturday)
18 (Tuesday)
22

Freihofer's Run For Women 5K, Albany
NY Senior Games (50 plus), Cortland www.nyseniorgames.com
Hess Express Swamp Rat Races 10K, 5K & 1 mile Races <http://www.swampratrun.com>
J.P. Morgan Corporate Challenge contact: www.jporganchasecc.com
10th Annual 8K Yellow Brick Road Run & 5K Walk Entry Form in this *Newsletter*

July

4 (Thursday)
19-Aug. 1

Cazenovia July 4th Foot Races, contact: nandewhite@aol.com Online: GetEntered.com
Summer National Senior Games, Cleveland, Ohio

August

8 (Thursday)
10 (Saturday)

10

17

Tromptown Run half-marathon, 5 KM www.tromptownrun.com
3rd Annual Camillus Rotary "Mule Skinner" 5K Run at Towpath Days, Erie Canal Park, Camillus
Contact: George Mango (315)952-2256
Bergen 5K Run & Walk - **USATF Niagara Assoc. Open & Masters Championship**
contact: www.bergen5k.com;
Willow Bay 5K Run & Fitness Walk, Liverpool mpiscitelli2@verizon.net

September

7
21

Arc Race, Long Branch Park, 5K, ½ Marathon, 3K Fun Walk, Kids Mile Run contact: arcrace.org
Fayetteville 10K Classic contact: dkenn15@verizon.net Online: GetEntered.com

October

6 (Sunday)

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

Summer Runs: Monday Night, 6 pm Oneida Shores June 17 thru Aug. 12
Thursday Night, 6 pm Onondaga Lake Park June 27 thru Aug. 22

Track Meets

June 23

Niagara Open/Masters Outdoor Track & Field Championships at Hilton HS, Hilton NY

July 6-7

USATF East Region Masters Outdoor T&F Championship, (RIT) Rochester, NY
<http://www.usatf-niagara.org> You must be a USATF member to compete

Bold Print indicates a Charger Event or a championship event

Summer Tuesday night Youth Practice (Charger members only – 15 years of age and younger)
contact Coach Royal at jhroyal@liverpool.k12.ny.us, 416-3811

No fee for listing your race or meet on our calendar---email information to NandEWhite@aol.com
For a full-page non-commercial entry form the fee is \$75. Again please email Evelyn White

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____
 Birth Date _____ Occupation/Club Interest _____

Mailing Address - Street or P.O. Box Telephone Number _____

 City State Zip E-mail Address _____

I would like to receive Charger info. by e-mail Yes__ No__

Primary Fields of Interest: **Membership Status:** **I would like to help with:**

____ Road Running ____ Track Running _____ New _____ Track Meets ____ Road Races
 ____ Race Walking ____ Field Events _____ Renewal _____ Coaching _____
 ____ Physical Fitness ____ Youth Development _____

 Other (please specify interest) _____

**Mail this form and check to: Julie Shafer, Membership Coordinator
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

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

Return Service Requested

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

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

| Merchandise (circle both type and size) | Quantity | Size | Cost | Total |
|--|----------|----------------|--|----------------|
| Uniform Singlets – Men (s-m-l-xl-xxl), Women (s-m-l) | | | 22.00 | |
| Uniform shorts - Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l) | | | 20.00 20.00 | |
| Women's Shimmels (s,m) Women's low cut Shorts (s,m) Men's Black Field Shorts (s-m-l) White Tech T-shirts w/Charger logo Women: (xs, s-m) Men: (s-m-l) | | | 32.00 22.00 25.00 13.00 | |
| T-Shirts, Short Sleeve – Ash Gray Adult (s-m-l-xl) Youth (lg/14-16) Adult (xxl-xxxl) | | | 6.00 7.00 | |
| T-Shirts, Long Sleeve - White Adult (s-m-l-xl-xxl) | | | 8.00 | |
| Sweatshirts w/hood (ash) (youth lg) Adults (s-m-l-xl-xxl) | | | 25.00 30.00 | |
| Make checks payable to: | | Postage | | +\$3.00 |
| Syracuse Chargers Track Club, Inc. | | | Total | |

and mail to Evelyn White at address on page 2 of the Newsletter