



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLV

Syracuse Chargers Track Club

June 2014



Megan Johnston 2:39; Coach Royal; McKenna Johnston 1st in Mt. Goat Kids Run 2:09

Chargers Grand Slam Set to Begin at the Hess Express Swamp Rat Races on June 14



Don't forget that you can get your first **Chargers Grand Slam** event into the "done" column on June 14 by finishing either the 5K or the 10K at the **Hess Express Swamp Rat Races**. Following Swamp Rat, Grand Slammers will set their sights on the **Cazenovia 4th of July FootRaces** (5K or 10 Mile); the **Willow Bay 5K Run & Fitness Walk for Women**; the **Fayetteville Classic** (5 Miler); and the **Syracuse Festival of Races** (Men's 5K or MVP Health Care Women's 5K).

There's no separate entry for participating in the Grand Slam. All you need to do is enter and be an official finisher of four of the five 2014 Chargers Grand Slam events. For more information about the Series—including special awards for all 2014 "Grand Slammers"--visit www.SyracuseChargers.org/slam.

Chargers Long Distance Running Event Season Starts May 24 With the Highland Forest 1-2-3

Don't overlook the Highland Forest 1-2-3, which will be here before you know it: Saturday, May 24th. Runners will have the option of completing one, two, or three loops of the beautiful Highland Forest 10-mile trail, and enjoy an ultra marathon of post race refreshments when they're finished. You'll find an entry form inside this month's issue of the *Chargers Newsletter*.

Syracuse Chargers Track Club, Inc.

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Evelyn White
NandEWhite@aol.com

Scholarship Award

John View

Summer Runs

Oneida Shores

Onondaga Lake Park

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

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

The Syracuse Chargers Track Club Newsletter

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

Material should reach Evelyn White, 118 Foxcroft Lane, Fayetteville, NY 13066, or e-mail NandEWhite@aol.com by the 8th of the month.

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Sam Graceffo, MD

Chargers Membership Forms should be sent to:

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

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



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

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

Club Web Site: www.syracusechargers.org

New Charger Members

Alexandra Campbell
Joseph Campbell
Jack Johnson
Elan Lazore,

Stephanie MacDermet
Delaney Phelan
Terry Phelan
Brigid Heenan

Lars Stout
Kim Van Kamp

Entry Forms in this Newsletter

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

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

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

Since registration opened on March 12, the number of companies entering the J.P. Morgan Corporate Challenge® has been on a record-breaking pace, with 271 companies already entered by early May.

We're planning to host more than 8,000 walkers and runners in the June 17th 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 6th 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 17th. We'd love a few additional helping hands to distribute T-shirts at Destiny USA between 11:00 a.m. and 6:00 p.m. (or any part thereof) on Friday, June 13th. We'd love a few additional helpers for light-duty site preparation during the afternoons of Sunday or Monday, June 15th and 16th. Obviously, we'll need A LOT of help at all times of the day on race day, Tuesday, June 17th. And we'd love some additional helping hands on Wednesday morning, June 18th, to help wrap up the historic event.

If your and/or family members or friends are available and interested in pitching in, please call Dave Oja anytime at 446-6285.

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

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

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

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

Recent Charger Age Group Records

marathon (75-79)	Kermit Cadrette	5:50:52	4/21/14	Boston
10 mi. (35-39)	Sascha Scott	1:02:07	5/4/14	Syracuse
10 mi. (55-59)	Liz Besio	1:18:02	5/4/14	Syracuse
10 mi. (70-74)	Carol Rider	1:52:15	5/4/14	Syracuse
10 mi. (80-84)	Sheldon Kall	2:41:42	5/4/14	Syracuse
3km, rd (45-49)	Loren Davies	10:46	5/4/14	Syracuse
3km, rd (80-84)	Fritz Schlereth	20:43	5/4/14	Syracuse
3km, rd (60-64)	Stan More	13:38	5/4/14	Syracuse

Tim Collins Named Masters All American

The April issue of National Masters News named Tim Collins an All American for a shot put effort of 11.32 meters (37 feet, 1.5inches) that he recorded during a local indoor pentathlon on January 16. Tim points out that this is not a Charger record; Elmer Shaw still holds that and most of the other weight records in the men's 70-74 age group. However, Tim's indoor pentathlon score of 2,860 points during the same competition will be an age group record once we confirm whether the score was age graded.

Kermit Cadrette Breaks Charger Marathon Record

Kermit Cadrette broke the Charger 75-79 age group record for the marathon when he was clocked in 5:50:52 at the Boston Marathon on April 21.

Charger members also running Boston were Alex Looi, 25 2:46:14; James Schoonmaker, 63 3:35; and Linda Owens, 56 4:44:36.

Tom Homeyer: He Just Likes To Run

Tom Homeyer completed his 40th Boston Marathon this year, an awesome feat! In a way it brings back memories of Arnie Briggs, ex-mail carrier and venerated Charger, who reportedly completed 98 marathons during his lifetime. Tom may have done Arnie one better by preparing to complete his 10th Comrades Marathon in South Africa in June of this year. The Comrades Marathon covers a distance of approximately 89 kilometers (about 55 miles) often on steep roads, and Tom reportedly has completed the course nine times. He will be running for his "green bib number", which means that once he has completed the course for the tenth time his running number will be retired.

I recall once in the early 1970's when the Chargers and the Syracuse Track Club were feuding over philosophical and personality issues and many of our local track and field athletes were taking sides, former high school track and field coaching icon Jerry Riordan said of Tom Homeyer, "He just likes to run." Would that we all had followed that philosophy.

Four New Charger Records At Mountain Goat 10 Miler

We have recorded four new Charger records from the Mountain Goat 10 Mile Run on May 4. They belong to Sascha Scott, 35-39 (1:02:07); Liz Besio, 55-59, (1:18:02); Carol Rider, 55-59 (1:52:15) and Sheldon Kall 80-84 (2:41:42).

Alex Looi And Julie Quinn Set PR's In Half Marathon

Both Alex Looi and Julie Quinn set personal records at the New York City Half Marathon on March 16. Alex's time of 1:13:05 placed him 74th among the men. Julie was the 21st woman with a time of 1:18:18.

You Might Have A Charger Record

If you are a Chargers member, and you ran this year's Mountain Goat 3km road run, you might want to check the age group records on the Chargers web site. There is no record listed for 3km on the road in many of the age groups, and the Mountain Goat conducts one of the only such races around. Missing are records for men in these age groups: 10-11, 16-17, 18-19, 20-24, 55-59, 70-74, and 85 and over. In the women's categories we do not have records for: 7 and under, 10-11, 16-17, 18-19, 35-39, 55-59, 60-64, and 70 and over.

Three new records were detected in this year's Mountain Goat 3km. They belong to Loren Davies, 45-49 (10:46); to Fritz Schlereth, 80-84 (20:43); and to Stan More, 60-64, 13:38.

If you think you might have a record, send a message to Nick Wetter at the email address listed on the inside of the front cover of your newsletter. Let us know also if you think you might have a record from an earlier 3km road run. In fact, let us know if you think you have a record for any road race or track and field event. Include as much information as you can (time/distance, date and name of event, etc.) and we will try to dig out the results for verification.

Luana Pesco Koplowitz reports she ran the Mohonk Preserve 50-mile endurance ultramarathon in New Paltz, NY on Saturday, May 3rd. Her time was 10:45:05. The race had a total of 105 participants in the solo division. There were no age group awards, just awards for the 1st, 2nd and 3rd overall male and female winners. Luana was 35th out of 105 runners and the 10th female out of total of 41 women runners. She was the 2nd oldest female at age 58, but interestingly, the oldest woman was 75 years old and completed the race in a little over 13 hours, which was really impressive!

Volunteers Are What Make Our All-Volunteer Organization Go

So please consider helping at an event or two this year. No experience is necessary, and we have all kinds of race-day tasks that you'll enjoy. Please contact the race coordinators directly if you can help.

Sat., May 24	Highland Forest 1-2-3	Mark Driscoll	449-9615
Sat., June 14	Hess Express Swamp Rat 5K & 10K	Pat Leone	pat@leonetiming.com
Tues., June 17	J.P. Morgan Corporate Challenge®	Dave Oja	446-6285
Fri., July 4	Cazenovia 4 th of July Foot Races	Evelyn White	nandewhite@aol.com

Syracuse Festival of Races: Big Entry Discount Runs Though June 30

Don't overlook one of the biggest bargains in road racing. The \$22 entry fee for either the **Men's 5K** or the **MVP Health Care Women's 5K** at the Syracuse Festival of Races (Sunday, Oct. 5) is available through June 30. You'll find an entry form printed in this month's issue of the Newsletter, and you can download more (or register online) at www.FestivalofRaces.com.

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, October 5), 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 might be interested in either of these positions on our race committee, call Dave Oja at 446-6285.



SYRACUSE CHARGERS TRACK CLUB
HIGHLAND FOREST 1-2-3 Trail Run
Saturday 5/ 24 /2014 8:30 am

The race begins at 8:30 am and consists of one, two, or three loops on marked trails in Highland Forest. The course covers 10, 20, or 30 miles, with climbs of 1380', 2760', or 4140' respectively. **The 30 mile course is now part of the USATF Niagara Association Ultra Series.**

Bring the family!! There will be a short trail run for the children.

WHERE: Highland Forest is located about 3 miles east of Fabius NY on Rte. 80; see directions. The races start and finish at the Community House just across the road from the parking lot. There is no fee for parking, but the Park welcomes donations.

WHEN: Arrive at the Community House (across from the parking lot) by 7:30 am for race-day registration or 8:00 am if pre-registered.

ENTRY FEE: \$15.00; \$20.00 after Monday, May 20; \$30.00 race day registration. The entry fee includes beverages and food during the race and soup, bread and refreshments after the race. **Please pre-register. We would like to have a good estimation on the number of runners so we do not run out of food.**

FOR INFORMATION: contact the Race Director, Mark Driscoll at (315)449-9615 after 7:00 pm; mdriscol@mailbox.syr.edu

HIGHLAND FOREST 1-2-3 TRAIL RACE ENTRY FORM

Entry Fees: \$15.00, (\$20.00 after 5/19---\$30.00 race day 5/24)
Please make checks payable to "Syracuse Chargers Track Club, Inc." and mail entry to Mark Driscoll, 1112 Meadowbrook Drive, Syracuse, NY 13224.

Name: _____ Age (5/24/14): _____ Birthdate: _____

Street: _____ Tel.: _____ Sex: _____

City, ST ZIP _____ Club affiliation _____

How many loops do you plan on running? (you may switch during the race): 1 _____ 2 _____ 3 _____ (Niagara Ultra Series)

WARNING: It is possible to sprain ankles, break bones, and encounter wildlife and insects such as black flies and/or bees. Carry medication if you are allergic. Trail running requires agility of foot and the ability to keep one eye on the trail and the other on the blazes (markers). Some will get lost momentarily. If there are no blazes in front of you, go back. You may encounter vehicles on the dirt roads and at crossings.

TRAIL CONDITION: The course is about 95% on hiking trails and 5% dirt roads. The trail is well marked (blazes on trees, and turns are marked).

TIME CUT-OFFS: The time cut-off for beginning the second loop is 3 hours. Cut-off time for a third loop is 4.5 hours.

REST ROOMS: There are rest rooms in a separate building near the Community House. No shower facilities at the park.

REFRESHMENTS: Water, sports drink and food will be provided on the course and at the start/finish. After the run, enjoy soup, bread, water, and sports drink in the Community House or the outdoor pavilion.

DIRECTIONS: Highland Forest is located 14 miles east of I-81 on Rte. 80. Take I-81 to Tully (exit 14) go east on Rte. 80 for 14 miles to the sign for Highland Forest. Make a right onto the access road and go up the hill about a mile to the parking lot.

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

Signature: _____ Date: _____

(Parent or guardian's signature necessary if 17 years of age or younger)



PEPSI BEVERAGES COMPANY



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

Administered by the Syracuse Chargers Track Club



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

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

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

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



Scan this QR Code to register online

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

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

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

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

As always, there will be plenty of free gifts and post-race refreshments for all runners!

RACE PACKETS available on race day starting at 7:15 am at the Oneida Shores Beach Pavilion

PSN/BIB

Entry Form

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

Last Name

First Name

Sex

Age as of 6/14/14

Street Address

City

State

Zip

Phone #

5k(3.1 mi.)

10k(6.2 mi.)

Mile Fun Run

T-Shirt Size
YL S M L XL

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

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

Signature: _____ Date: _____

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

Beautiful Course through Scenic Chittenango!

Info on Chittenango Lions Website

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

ATF Certified NY12076JG

Sponsored By The Chittenango Lions Club and many other volunteers

Sat. June 28, 2014

Check In At 7:30 a.m.

Free Fun Run at 8:30

Race to Start at 9:00 a.m.

Starting and ending at the Chittenango Fire Barn

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

On Line Registration:

Free Fun Run for Youths Under 16

T Shirts and Refreshments for All Runners

Electronic Timing by Chittenango Cross Country Club

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

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

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

Mail to: Stephen D. Waite

6990 Bolivar Road

Chittenango, N.Y. 13037

Checks Payable to: Chittenango Lions Club

315-687-7114

[<Waites30@hotmail.com>](mailto:Waites30@hotmail.com)

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

Signature: _____

Parent Signature (under 18): _____

Email address: _____

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

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



42nd Annual CAZENOVIA JULY 4th FOOT RACES 2014

Dan Sutton Memorial Race

Administered by the Syracuse Chargers Track Club

and the Cazenovia High School Cross Country and Volleyball Programs

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

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

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

Races start near Cazenovia High School

Awards: 5K age group awards (top three) for men and women in the 0-13, 14-19, and then 5 year age groups.
10-mile age group awards (top three) for men and women in the 0-19 and then five-year age groups.

Cazenovia Jewelry Half-Century Award for first 50+ man & woman finisher in 5K & 10 Mi Race

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

Packet Pick up: Cazenovia High School on the morning of the race from 6:45am - 8:00am.

Results: Electronic timing for 5K and 10 Miles provided by Leone Timing

Questions? Contact: Evelyn White at 315/637-6211 or NandEWhite@aol.com Website: Caz4thRun.org

Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, any electronic headsets (except for hearing aid) present hazards to runners and are prohibited in the race



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

CHARY GRIFFIN, Salesperson
Berkshire Hathaway CNY Realty
315-382-1721 - cell
chary@charygriffin.com

2014 Cazenovia July 4th Foot Races

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

Registration after June 24 Online only-- \$25 6/25-6/29, shirt not guaranteed; \$30 6/30-7/1)

Make checks payable to: Syracuse Chargers Track Club, Inc.; mail to SCTC, 118 Foxcroft Ln., Fayetteville, NY 13066

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Last Name	First Name	Sex	Age as of 7/4/14
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Street Address	City	State	Zip
Birth Date ____/____/____	Phone # _____	E-mail: _____	Shirt Sizes: __YL __S __M __L __XL

Participant Waiver for Race Registration

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules.

Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club the Town of Cazenovia and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____

Charly Griffin, salesperson
Berkshire Hathaway (NY) Realty
(315) 382-1721 Cell
charly@charygriffin.com

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



- Course:** Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near the Yacht Club; and finish at Willow Bay. To get to the start, enter the park via Long Branch Road.
- Entry:** Pre-register by mail (post-marked by August 9) for \$25, via www.GetEntered.com or register on race morning for \$35 at Willow Bay between 7:30 and 8:45 am.
***Remember: No entry fee for women 65 years or older!!** Attractive tee shirts distributed to the first 275 entrants. Race packets may be picked up at Fleet Feet on Route 31 in Clay on Thursday, Aug 14, from 5:00 -7:00 pm. Packets will also be available on site on race morning.
- Needs:** Bathrooms are available throughout the park. Refreshments will be provided for all runners and walkers following the race. Come dressed to run.
- Awards:** Overall Top 3 finishers; top three teams in each family category: Mother-Daughter, Sister-Sister, Grandmother-Granddaughter & Aunt-Niece
Age-group awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, and then 5 year age groups to 85+. Overall and age group awards will not be duplicated.
Door Prize drawings will be held at the awards ceremony. You must be present to win!
Double Your Fun Challenge: If you double your finish time and it is less than your age on race day, you win a special prize!



To enter, please make your check payable to "Syracuse Chargers Track Club" and mail it with a completed entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027.
Questions? Phone: (315) 638-9662, email: mpiscitelli2@verizon.net or visit SyracuseChargers.org/willow

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

----- ENTRY FORM -----

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

Address _____ Phone (____) ____-____

City _____ State ____ ZIP _____ E-Mail _____

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

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

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

Willow Bay 5K Run & Fitness Walk Waiver

I know that running or walking is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running and walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and or the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and for anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Village of Liverpool, Town of Salina, Onondaga County, Onondaga Lake Park, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I understand that bicycles, skateboards, strollers, baby joggers, rollerblades, animals, iPods and MP3 players are not allowed in the race, and I will abide by this guideline.

Participant's Signature _____ Date _____

Parent's Signature if under 18 _____ Date _____

Charger Age Group Records 70-74 Women

50m	Pat Peterson	8.6	6/7/98	5km (t)	Nate White	22:04.0	2/1/90
55m	Pat Peterson	9.84	3/18/00	8km (r)	Nate White	35:50	1/13/90
60m	Pat Peterson	10.42	3/22/97	8km (t)	Nate White	37:59.7	1/8/93
60m	Pat Peterson	10.42	3/28/98	5 miles	Ray Kneer	35:21	9/8/13
100m	Pat Peterson	16.15	8/15/98	10km (r)	Nate White	44:18	9/23/89
200m	Pat Peterson	30.08	8/1/98	10km (t)	Nate White	45:04	7/30/89
400m	Pat Peterson	82.52	8/1/98	12km	Howard Rubin	1:01:46	2/26/00
800m	Yvonne Rothenberg	3:32.85	12/9/13	15km (r)	Nate White	1:08:55	11/11/89
1500m	Yvonne Rothenberg	:32.22	12/9/13	15km (t)	Tom Walnut	1:17:11.	2/23/96
3km, road	Sue Gardinier	14:22	5/5/13	10 miles	Ray Kneer	1:16:30	7/4/13
5km, road	Sue Gardinier	23:43	10/6/13	20km	Howard Rubin	1:38:54	8/1/98
10km, road	Carol Rider	1:02:35	9/15/12	1/2 marathon	Ray Kneer	1:43:14	8/6/12
10 mi.	Carol Rider	1:52:15	5/4/14	30km	Howard Rubin	3:09:07	11/23/02
5km walk, road	Sharon Sonnacchio	43:31	6/7/12	Marathon	Kermit Cadrette	3:53:51	10/11/09
Long Jump	Pat Peterson	6-5 3/4	8/18/98	1500m walk	Howard MacMillan	10:06.07	8/25/96
High Jump	Pat Peterson	3-5 1/4	3/22/97	5km walk (r)	Jim Brown	34:15	7/17/95
High Jump	Pat Peterson	3-5 1/4	7/22/97	10km walk (r)	Jim Brown	1:12:05	5/28/95
Shot Put	Elsie Adams	17-1	1993	20km walk (r)	Jim Brown	2:35:49	7/16/95
Discus	Elsie Adams	49-1	1993	55m HH	Ed Lukens	9.1	1/22/94
				60m HH	Ed Lukens	10.24	3/17/96
				80m HH	Ed Lukens	14.2	8/6/94
				100m HH	Ed Lukens	15.1	7/5/92
				3km steeple	Don Baum	15:01.6	7/25/08
				Long Jump	Ed Lukens	15-3 1/2	3/21/93
				High Jump	Ed Lukens	4-4	3/22/92
				Triple Jump	Ed Lukens	32-8 1/2	2/7/93
				Triple Jump	Ed Lukens	32-8 1/2	3/20/9
				Pole Vault	David Rider	7-6	5/13/00
				Shot Put (4kg)	Elmer Shaw	41-7 1/2	1/22/89
				Shot Put (5kg)	Elmer Shaw	36-9 3/4	3/25/90
				Shot Put (12 lb)	Elmer Shaw	35-0	10/25/87
				Shot Put (16 lb)	Elmer Shaw	23-5 1/4	2/17/89
				Discus	Elmer Shaw	125-0	8/6/88
				Javelin	Ed Lukens	112-5 1/2	7/5/92
				Hammer (8 lb)	Elmer Shaw	135-11	6/25/88
				Hammer (4kg)	Elmer Shaw	129-6	6/18/8
				Weight Throw (25 lb)	Elmer Shaw	39-11	10/25/87
				Weight Throw (35 lb)	Chuck Yost	17-7 1/4	3/20/05
				Weight Throw (56 lb)	Elmer Shaw	16-9 1/2	4/30/88
				Weight Pentathlon	Elmer Shaw	4183	7/12/87

Charger Age Group Records 70-74 Men

45m	Howard MacMillan	7.0	2/24/97				
55m	Ed Cox	8.0	12/20/97				
60m	Howard MacMillan	9.05	3/22/97				
100m	Robert Bruce	14.0	5/11/99				
200m	Howard MacMillan	28.24	3/9/97				
300m	Howard MacMillan	49.8	3/15/97				
400m	Fritz Schlereth	69.32	7/26/03				
500m	Ray Deschambault	1:58.7	3/27/88				
600m	Howard MacMillan	2:06.7	2/9/97				
800m	Fritz Schlereth	2:56.45	7/25/03				
1000m	Wally McRae	3:58.79	1/12/03				
1500m	Charles Jorgensen	6:00.0	3/22/87				
1 mile	Sam Graceffo	6:39.7	1/19/07				
2000m	Wally McRae	8:38.4	3/16/03				
3000m	Nate White	12:47.7	3/22/90				
2 miles	Kermit Cadrette	14:36.5	1/18/09				
5km (r)	Ray Kneer	21:31	8/3/13				



THE CHARGER CHALLENGE

A program designed to provide guidance, incentive and long-term motivation to runners and walkers through awards and recognition. Anyone who walks or runs, of any age or physical ability, is 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 check for the appropriate entry fee. 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: \$20/person, \$15 for Syracuse Chargers members

- Awards:** 500 miles T-Shirt
 1000 miles Patch or Ribbon
 2500 miles Long-Sleeve T-Shirt
 5000 miles Trophy
 10000 miles A Special Award
- 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: Age 17 and under, FREE
Age 18 and older, \$10 per person

- 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, includes up to 4 immediate family members residing at the same address

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).

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

Calendar of Events

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

May

26 (Mon) 23rd Annual Veterans' Memorial Day 5K Run 9:28A.M. Village of Camillus
Contact: Camillus Parks and Recreation Department – (315)487-3600 (see May Newsletter)

31 6 pm Kirkland Art Center 5K Run and Walk Clinton High School
Event Website – www.kacny.com Event Contact – Moe Lalonde

June

1-8 The Empire State Senior Games are on schedule for June 1-8, 2014
7 Oswego County Hospice, 5K Walk / Run for Hope Landing Marina Kim McPherson
mmcphers@twcny.rr.com

14 **Hess Express Swamp Rat Races** Contact: rnastasi@twcny.rr.com

Online: runsignup.com

17 (Tues.) **JP Morgan Corporate Challenge** www.jpmorganchasecc.com/events.php?city_id=13
Contact – Dave Oja 315-446-6285

21 **2014 USATF Niagara Association Open and Masters Outdoor Track & Field Championships**
at Penfield High School Direct link for complete meet information and registration available at:
<http://www.usatf.org/Events---Calendar/2014/USATF-Niagara-Open-and-Masters-Track---Field-Champ.as> OPEN to all athletes (ages 14 to 99+) not just USATF members

21 www.zeroprostatecancerrun.org/syracuse 5K run/walk;1 mile fun run. It is being held at Clay
Central Park, 4821 Wetzel Road, Liverpool, The web site for information and sign up

28 Chittenango Yellow Brick Road 8K Run & 5K Walk (entry form in Newsletter)
<http://chittenangolions.org/Events/YBRR/YBRR.html>

July

4 (Fri.) **42nd July 4th Foot Races** contact: nandewhite@aol.com **Caz4thRun.org**
No day of race entries. (entry form in Newsletter) Online: GetEntered.com

26 Harborfest 5k Run/Walk, Oswego Contact: plevine@oswegoymca.org EzRaceReg.com

August

7 (Thurs.) Tromptown Run Half-Marathon and 5 KM www.tromptownrun.com

16 (Sat.) **Willow Bay 5K Run & Fitness Walk for Women**, Contact: mpiscitelli2@verizon.net,
Online: GetEntered.com

16 Tour de Loop 15 mile Ride and 30/50 Mile Race \$30 30/50 Mile Race until 8/1/14; \$35 after;
Contact: Trish Levine 598-9622 EzRaceReg.com

23 Loop Around the Lake, Fulton YMCA 5K walk/Run & 15K Contact: Trish Levine 598-9622

September

6 The Dunkin Run – ARC Race 2014 www.arcrace.org ½ Marathon, 5K, 3K walk, mi
20 **Fayetteville 5 Mile Classic** contact: **David Kennedy** dkenn15@twc.com

October

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

November

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

Bold Print – SCTC Event

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

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

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

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

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

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

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

_____ City _____ State _____ Zip _____ E-mail Address _____

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

Primary Fields of Interest: _____
 Road Running Track Running
 Race Walking Field Events
 Physical Fitness Youth Development

Membership Status: _____
 New
 Renewal

I would like to help with: _____
 Track Meets Road Races
 Coaching
 Special Olympics Program

Mail this form and check to: **Julie Shafer, Membership Coordinator** Register Online: **RunSignUp.com**
8103 Lobos Lane, Liverpool, NY 13090

Membership Fee (12 months) : Family and/or Individual \$15 Individual Student (**HS or younger**)\$10

Make checks payable to: **Syracuse Chargers Track Club, Inc.**

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

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

\$10 _____ \$20 _____ \$30 _____ \$40 _____ \$50 _____ \$100 _____ Other \$ _____

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

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

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 Signature(s) _____ Date _____

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

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

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

Return Service Requested

Non-Profit Organization U.S. POSTAGE PAID Syracuse, NY Permit No.876
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SYRACUSE CHARGERS TRACK CLUB
 Merchandise Order Form
 View Merchandise on www.syracusechargers.org

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

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

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