



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLX

Syracuse Chargers Track Club

June 2015

Sunday Walkers Program

The Sunday Walkers Program kicked off on April 26th at 11:00am. The 10 week program is free to all Syracuse Charger members or Town of DeWitt residents. Some of the participants are shown in the pictures below.

The walks start at DeWitt's Ryder Park and continue on the Erie Canal Park. Each Participant will be provided a Syracuse Chargers pedometer. (photo below). The program concludes on June 28th with an awards Picnic at Ryder Park.

Thank You Greg Tuttle for coordinating this event! For more information contact: Greg at 315-430-9409 or by email, tuttlegreg@hotmail.com. Sign-up form is on page 10.



Spring/Summer Programs ready to Start - Are You??

It is June already and that means the start of 'Summer' and the start of the Thursday Night Onondaga Lake Park Fun Runs and also the Oneida Shores Monday Night Fun Runs. The races at Onondaga Lake Park begin June 4th at 6:00pm. They will run through August 27th. If you would like additional information refer to page 11.

The Runs at Oneida Shores begin at 6:30pm and will run from June 22nd through August 10th. Additional information may be found on page 4.

June 20th brings the 26th annual Swamp Rat Runs. The runs have a Boys & Girls 1 mile run, a 5k, and also a 10k. An entry blank is on page 9.

A few days later it is one of the oldest races in Upstate New York - The 43rd annual Cazenovia July 4th Foot Races. Come run the 5k or challenge yourself with the 10 mile race. An entry blank is found on page 16.

Not running for one reason or another? Please consider volunteering at the races.

It is the volunteers that make these races and programs successful! Be a part of it!



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Sunday Walkers Program

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Summer Runs

TBD

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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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Material should reach Dave Talcott, 566 McLean Road,
Owego, NY 13827 or e-mail dwtalcott@juno.com
by the 22nd of the month - June 22nd for the July 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:

Kevin Hiemenz

Renewing Members:

Sam Graceffo & Judith Fazio	Nicholas Brennan	Leff Family	Jim Miller
Patrick & Suzanne Leone	Julianne Quinn	Tom & Diane Shafer	

Recent Charger Age Group Records

F 10-11	Indoor Pentathlon	McKenna Johnston	1346 points	1/25/2015
M 55-59	20km Walk	David Talcott	1:43:26	4/12/2015
M50-54	1 Hour Walk	David Talcott	11,609m	3/29/2015

McKenna's record was overlooked in the list of records from the Felder multi-event meet in January. It displaces Amy Lee's record of 521 points from 2003. David Talcott entered a new age group on April 1.

A Brief History of Age Group Competition (Youth Divisions)

Last month we saw that the science of predicting variation in athletic performance beyond age 30 is well-developed, with the state of the art being represented by the WMA age factor tables. Just as old-timers cannot be expected to compete with open division athletes on a level playing field, so too children are disadvantaged: they lack the size, muscular power, and endurance - not to mention the experience - of the mature athlete. It seems safe to say, however, that the science of predicting performance variation in the younger age groups is much less well developed than it is for masters athletes.

Part of the problem is that 5 year age groups – the staple of the Master's divisions – are not at all suitable for the youth divisions. Five years, after all, is 50 percent of the lifetime of a ten year-old. Current thinking seems to have settled, somewhat uneasily, on 2 year age divisions, but even this becomes untenable at very young ages. A 2-year old, for example, is twice as old as a one-year old, and almost infinitely more capable athletically.

Age grading is a statistical science, and statistics relies for its validity on large random samples. The masters age groups, swollen in recent decades by the running boom that began in the 1970s, have provided ample fodder for the statisticians, but numbers in the youth divisions are markedly smaller. Moreover, those children who do compete are likely to form a highly skewed sample of the population of all children. Kids can't just decide on their own to run in a road race or track meet: they need willing adults to take them to the event and pay their entry fees, and this fact can be expected to skew the sample in the direction of suburban affluence to a greater extent than in the mature age groups.

A further complication is that boys mature on a different schedule than girls, so it is not even clear that the same age divisions are suitable for both sexes.

For a good discussion on the state of the art in age grading, including youth divisions, see the article <http://www.runscore.com/Alan/AgeGrade.html>, by Alan Jones.

We have all seen, or thought we have seen, cases of parents "pushing" young athletes to compete at a level beyond all reasonable expectation. When I first came to Syracuse in the 1980s I heard stories about a father who would drive slowly along a race course dangling a teddy bear out the car window, enticing his pre-schooler to chase it in order to get a faster time in the race. By some accounts, the child was visibly unhappy - even crying. Clearly this example, if true, crosses a line. On the other hand, even parents who steadfastly try not to push their

Continued on Page 5.

Trivia:

1. Who holds the World Record for the fastest Marathon "Running Backwards" ?
2. Who ran "barefoot" in the 1960 Olympic Games Marathon in Rome and won a gold medal?
3. What race is the biggest in the USA?
4. Who won the 1998 Swamp Rat 5K?
5. 21.08241 KM long, what race am I running ?

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.

Dates:

June 22nd	6:30pm	July 20th	6:30pm
June 29th	6:30pm	July 27th	6:30pm
July 6th	6:30pm	August 3rd	6:30pm
July 13th	6:30pm	August 10th	6:30pm

For more information contact Greg Broton at gbroton@nscsd.org or visit www.syracusechargers.org

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.

children athletically may do so without intending to. Children are very good at picking up subtle clues from their parents. A slight look of disappointment after a poor race, or satisfaction after a good one, may be all it takes.

Some organizations have offered guidelines for appropriate levels of training and competition in youth athletics. For example, an advisory statement from the International Marathon Medical Directors Association published in the *Journal of Sports Medicine* includes the recommendation that "Marathon running should be reserved only for those individuals who have reached their eighteenth birthday." The Road Runners Club of America also recommends 18 as the minimum age for marathoners, and the BAA does not accept entrants under age 18 for the Boston Marathon. (It is interesting to note that both marathon record times listed in this month's age 14-15 report would easily qualify those athletes to run the Boston Marathon in any age division – if only they were old enough to be accepted by the BAA.)

USATF maintains only a limited number of distance running records in the youth age groups. The longest listed distance record through age 10, for example, is the 1500m, and no event longer than 5000m is listed through age 18.

Our own record book includes a 10k record for girls in the 7 and under age group, 10 miles for 8-9 year old boys, and the marathon makes its first appearance in the 12-13 year old male age group. Would I welcome a marathon record submission in the 7 and under age-groups? It is a difficult question.

Syracuse Chargers Records for Females 14-15 years

50m	Juliet Armstrong	7.2	2/22/1980
55m	Allison Stone	7.4	3/13/1999
100y	Erica Hagenlocher	12.8	7/28/1973
100y	Sherry Winters	12.8	7/7/1978
100m	Antonika Owens	12.9	7/13/1994
200m	Ore Akinpelu	26.25	6/24/2012
220y	Joanne Atkinson	28.1	4/5/1978
300m	Kelly Kuss	47.0	1/24/1998
400m	Allison Stone	60.7	3/13/1999
440y	Kristen Hagenlocher	64.0	1/17/1976
600y	Kristen Hagenlocher	1:29.7	2/11/1976
600m	Colleen Eccles	1:45.7	3/15/1997
880y	Kristen Hagenlocher	2:14.7	7/12/1975
1000y	Tonya Heard	2:48.6	2/1/1976
1000m	Suzanne Verdoliva	3:14.0	2/4/1979
1500m	Colleen Eccles	4:56.4	3/15/1997
1 mile	Kelly Murray	5:26.4	7/1/2002
2000m	Kelly Murray	7:25.2	3/16/2003
2km steeple	Trina Bills	7:43.7	7/25/2008
3000m road	Katlyn McNamara	12:25	5/8/2008
3000m	Heidi Andrews	10:52.7	12/21/1986
2 miles	Melanie Spera	12:47.5	8/3/2009
5km road	Tonya Heard	18:57	8/8/1976
8km road	Laura Feller	34:09.0	5/21/1995
5 miles road	Marcy Rothenberg	35:28.0	3/18/1979
10km road	Robertta Bain	38:35.0	3/18/1979
15km road	Beth Sierzant	1:01:15	4/2/1983
10 miles	Kayla Nimmo	1:12:34	7/4/1998
marathon	Wendy Pusch	3:30:23	5/18/1975
55m HH	April Rushey	9.0	3/15/1997
100m HH	Jane O'Brien	16.3	6/21/1980
400m IH	Beth Sierzant	1:07.9	8/18/1984
high jump	Meagan Turner	4ft 10in	7/14/2008
pole vault	Linda Hadfield	10ft 11in	7/26/2007
triple jump	Antonika Owens	35-10 1/2	7/17/1994
long jump	Vicky Williams	16-6 1/2	7/13/1985
weight pentathlon	April Rushey	2295	6/1/1997
weight throw 20lb	April Rushey	29-2	6/1/1997
discus	April Rushey	86-6	6/1/1997
hammer	April Rushey	73-1 1/2	6/1/1997
javelin	April Rushey	126-3 3/4	6/1/1997
shot put 4kg	Shayna Santarelli-Hansen	37-6 3/4	6/23/2013
indoor pentathlon	April Rushey	2690	3/15/1997
heptathlon	April Rushey	3994	6/15/1997

Syracuse Chargers Records for Males 14-15 years

40y	Bob Druger	5.1	3/18/1978
50m	Jeff Mikell	6.0	2/5/1984
55m	Jamal Johnson	6.6	12/12/2004
60m	David Utter	9.13	2/6/2005
100y	Eugene Norman	10.4	7/1977
100m	Joe Gibbons	11.3	6/18/1983
200m	Joe Gibbons	23.2	7/13/1983
220y	Bob Druger	25.3	4/5/1978
300m	Jeff Mikell	38.7	1/8/1984
400m	Brendan Nugent	55.93	6/7/2007
440y	Mark Heimberg	57.3	3/18/1978
600m	Jeff Mikell	1:39.6	1/8/1984
800m	Brendan Nugent	2:06.2	6/13/2007
880y	Ray Tetrault	2:15.0	6/30/1973
1000m	Connor Nugent	2:54.3	6/9/2008
1500m	Brent Vinch	4:16.9	7/13/1985
1 mile	John Buckley	4:51.0	6/30/1973
2000m	Martin Nicholson	6:41.9	3/16/2002
3000m road	Will Von Zagorski	9:59	4/25/1992
3000m	Brent Vinch	9:26.2	12/22/1984
2 miles	Rudy Muller	10:39.0	6/26/1976
5km track	Chris Shepardson	16:01.0	8/13/1982
5km road	Andy Carling	15:42	9/3/1994
8km road	Michael Godson	29:07.0	6/14/1984
5 miles road	Eric Kimball	32:02.0	7/21/1984
10km road	Dave Dobrzynski	34:25.0	7/8/1972
15km road	Tom Perry	54:25.0	7/8/1984
10 miles	Chris Shepardson	57:06.0	7/4/1982
20km	Richard Stanley Jr.	1:17:39	8/2/1981
25km road	Bob Schilly	1:40:41	11/11/1978
marathon	Tom Paris	3:03:59	2/79
50m HH	Bill Lynch	7.9	3/14/1982
55m HH	Ray Panek	8.6	3/4/1990
70y HH	Shawn Pinkston	11.2	7/22/1979
110m HH	Jackson Honis	16.9	7/20/2009
120y HH	Eugene Norman	15.8	7/1977
400m IH	Nick Wilson	1:10.4	6/19/2004
high jump	Nick Wilson	6-0 3/4	7/9/2004
pole vault	Kris Yelverton	12ft	1/29/2001
triple jump	Brian Jackson	41-5 1/2	3/9/1986
long jump	Brian Jackson	20-8	3/9/1986
weight pentathlon	Bill Pientka	3156	7/15/2002
weight throw 25lb	Bill Pientka	44-6	7/15/2002
weight throw 35lb	Mike Donahue	23-0	3/15/1997
shot put 12lb	Mike Donahue	44-10 3/4	12/20/1997
discus	Mike Donahue	148-4 1/2	6/29/1997
shot put 5kg	Mike Donahue	38-9 1/2	3/15/1997
hammer 12lb	Bill Peintka	101-4 1/2	7/20/2002
hammer 16lb	Joe Gibbons	34-6 1/4	7/13/1983
javelin	Bill Pientka	159-1	8/2/2002
indoor pentathlon	Ray Panek	2916	3/10/1990
decathlon	Chris Hilfinger	4145	7/25/1992
outdoor pentathlon	Ray Panek	1929	8/12/1989
1 mile walk	Bill Harvey	9:11.0	5/9/1982

What is all this Talk about Clean Eating?

By: Maureen Fauler, MHA, RD, CDN

What is “clean eating or “eating clean”? If you ask several people you may get several different answers. Clean eating is a rather simple concept. Clean eating is getting back to basics by avoiding highly processed foods. Replacing processed foods in our diets with fresh, whole, and natural foods. Instead of eating banana nut bread, eat a banana and some nuts. Sounds pretty simple right?

Reading the ingredient labels can really help us in our quest for avoiding added ingredients. Looking at the list of ingredients is the only way to really know what you are getting. Just because a product says zero grams of fat, or zero grams of added sugar, does not always mean it is a good choice. In the nutrition world, we often say, if you can't pronounce the ingredient, it may not be a good choice.

Of course, this does not always hold true, as there can be many different pronunciations for quinoa. Quinoa is a natural whole grain that has become very popular alternative to other grains. Quinoa is an ancient grain that is also high in protein and fiber. One cup of quinoa has about 5 grams of fiber and 8 grams of protein. One cup of white rice has 1 gram of fiber and 4 grams of protein.

Replace prepackaged foods with homemade foods as much as possible for a “cleaner” eating lifestyle. Many do-it-yourself substitutes are simple. Instead of premade salad dressings, make your own with olive oil, vinegar and some fresh herbs. When making a stir fry, whip together brown rice vinegar, fresh squeezed lemon juice, fresh garlic and ginger for your sauce, instead of higher sugar and sodium prepared sauces. Recipes abound for clean eating. If you have not had quinoa, you can find many recipes for this versatile grain.

A simple recipe for Blueberry Lemon Breakfast Quinoa:

Ingredients

- 1 cup quinoa
- 2 cups nonfat milk, or Vanilla almond milk
- 1 pinch salt
- 1 tablespoon maple syrup
- 1/2 lemon, zested
- 1 cup blueberries
- 2 teaspoons flax seed

Directions:

Rinse quinoa in a fine strainer with cold water to remove bitterness until water runs clear and is no longer frothy. Heat milk in a saucepan over medium heat until warm, 2 to 3 minutes. Stir quinoa and salt into the milk; simmer over medium-low heat until much of the liquid has been absorbed, about 20 minutes. Remove saucepan from heat. Stir maple syrup and lemon zest into the quinoa mixture. Gently fold blueberries into the mixture. Divide quinoa mixture between 2 bowls; top each with 1 teaspoon flax seed to serve.

Race Walk Corner:

Pan American Race Walking Cup - Arica, Chile

Charger Erin Taylor-Talcott finished first in the NACAC (North America, Central American, Caribbean) Area 50km Championships in Arica, Chile on May 10th, 2015. Erin walked along side the 50km men in the Pan American Race Walking Cup. Erin finished the 31.1 miles in 4:50:26. American Susan Randall was second in 4:56:42.

A week later Erin and husband Dave Talcott raced the USA Open 15km Race Walk Championships in Riverside, CA. After 8 3/4 laps of the Fairmount Park course, Erin completed what she described as a 'tough' race finishing 4th among the women in 1:20:44. Husband Dave was the third American man across the line in 1:17:31 - good for a Charger 55-59 record. Dave was also the first Master's finisher, winning the 55-59 age group.

If you walk and have results to share, or are interested in learning to Race Walk, please contact Dave or Erin at dwtalcott@juno.com or come to the July 29th Summer Meet at Nottingham HS.

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 Kuyahoorah 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 popsicles 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



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="checkbox"/> 5k(3.1 mi.)	<input type="checkbox"/> 10k(6.2 mi.)	<input type="checkbox"/> 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: _____

Sunday Walkers Program

Sundays 11 a.m. at Town of DeWitt's Ryder Park
5400 Butternut Drive, East Syracuse

Through 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: _____

Track Meet Anyone?

The Syracuse Chargers will be hosting 3 summer all comers track meets at Nottingham High School. The first meet will be July 29th, the second on August 5th and August 12th. There is no entry fee for these meets. The meets will begin at 6:00pm with registration from 5:15 to 5:45. Events will vary from meet to meet, however there will be events that are seldom contested these days. The July 29th meet will have a Mile, a 400 yard dash (yes Yard), as well as 200, 400, 800, and 3,000meter runs. A Race Walking Clinic/Demonstration will also be held that night. If you would like to be introduced to Race Walking, please send an e-mail to dwtalcott@juno.com. More information on page 12.

Felder Track & Field will host four track meets—June 16th, 23rd; July 7th and 21st. These will be held at Nottingham HS with the registration between 5:00 and 5:45 with the meet starting at 6:00pm. The June 16th meet has a 3,000m, 100m, 200m, 100/110 High Hurdles, Pole Vault, High Jump, Long Jump, Triple Jump and a 4x100m relay. The June 23rd meet has a Mile, 100m, 200m, 800m, 100/110 High Hurdles, High Jump, Triple Jump, Long Jump, 400 Hurdles, Discus, Pole Vault, and a 4x100m relay. For more information on the Free meets, contact Lennie at Lennieruns@aol.com. See page 18.

There is nothing like getting back to your roots and enjoying running some track events. Please come out and support these! Thank you Mickey & Lennie and all the volunteers and support staff for organizing these races.

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>



Syracuse Chargers Track Club Summer Track Meets 2015



Location: Nottingham High School: July 29, August 5 and 12 (Wednesdays)

Registration: 5:15 pm – 5:45 pm **Starting Time:** 6:00 pm sharp

Entry Fee: None

Awards: None

All are welcome!

Competitors may enter a maximum of three events per meet.

Age Group Categories: 7 & under; 8-9; 10-11; 12-13; 14-15; 16-17; 18-29 (open); then 5-year age groups, separate men's and women's divisions in all age groups.

Order of Events (tentative & subject to volunteer availability)

Wednesday, July 29, 2015 **	Wednesday, August 5, 2015	Wednesday, August 12, 2015
1 Mile	1 Mile	1 Mile
440 yd	2000 m	100 yd
200 m	200 m	200 m
400 m	400 m	400 m
800 m	800 m	800 m
3000 m	3000 m	3000 m
4 x 400 meter relay	4 x 400 meter relay	4 x 400 meter relay

**** Race Walk Clinic/Demonstration is to be held during the July 29 meet. Come discover your hidden talent as a race walker at this clinic lead by Team USA race walking athletes.**

Questions: Mickey @ mpiscitelli2@verizon.net or SyracuseChargers.org for possible changes.

Syracuse Chargers TC T&F Meets – Nottingham HS: Wednesdays, July 29, August 5, and August 12, 2015

Name: _____ M F Age: _____ Date of Birth: ____/____/____

Address: _____ Club/School/Unattached: _____

E-mail address: _____ Phone: (____) _____

Acknowledgment, Waiver and Release from Liability: I acknowledge that participation in this developmental track meet is potentially hazardous and includes the possibility of death, serious injury and property loss. I attest and verify that I or the above named child is medically able to safely compete in these events. I assume all of the risks associated with my participation or that of my child in this series of meets, including, but not limited to, falls, actions or contacts with other participants, volunteers, and spectators. I am aware that the medical support for this meet will be personnel who will be prepared to administer first-aid assistance only. I agree to abide by any decision of a meet volunteer relative to my ability or that of my child to safely complete any of three events. I also grant full permission to any and all of the foregoing to use any photographs of this event for any purpose whatsoever.

Having read this waiver and knowing these facts, and on conditions of your accepting mine or my child's participation, I, myself, and anyone entitled to act on my behalf, waive, release, and discharge the Syracuse Chargers Track Club, Inc. and its directors, officers, and volunteers, USATF, the Syracuse City School District, and all other sponsors, and their representatives from all claims and liabilities of every kind or nature whatsoever arising out of my participation or my child's participation in this track and field meet. I hereby certify that I have read all of the terms and conditions of this release and intend to be legally bound thereby.

Signature: _____ Date: _____
(Participant)

(Persons 17 years of age and younger – list parent's or guardian's name and address if different from above.)

_____ Date: _____

Twelfth Annual 8K Run and 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 27, 2015

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

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.

T shirts for all paid runners.

Refreshments for all runners.

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 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 June 27, 2015)</i>

Signature: _____

Parent Signature (under 18): _____

Email address: _____

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

August 21, 2015

6:00pm

**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**

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Last Name	First Name	Sex	Age as of 7/4/15
□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□	□□	□□□□□□
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 Track Club - All Comers Meet
2/15/2015 @ Manley Field House**

55 Meter Dash Men

Vince Eady (55) 7.4
John McEachen (44), Syracuse Chargers 7.7
Bob Nicholson (68), Syracuse Chargers 9.4
Hayden Hemlock (10), Onondaga Nation 10.0
Jre Shawn Beal (5), Syracuse Chargers 13.9
Pierce Hemlock (7), Onondaga Nation 14.4

One Lap Men

Hayden Hemlock (10), Onondaga Nation 51.3
Jre Shawn Beal (5), Syracuse Chargers 1:16.6
Pierce Hemlock (7), Onondaga Nation 1:32.8

400 Meters Men

John McFadden (44), Syracuse Chargers 1:01.2
Charles Hendricks (29), Syracuse Chargers 1:11.1
Hayden Hemlock (10) 1:19.9

800 Meters Men

Jason Mintz (35), Strong Hearts 2:19.1
John McEachen (44), Syracuse Chargers 2:24.5
Charles Hendricks (29), Syracuse Chargers 2:37.0
Harvey Teres (65), 3:04.0

Mile Run Men

Javier Martinez (44), 5:52.3

3000 Meters Men

Jason Mintz (35), Strong Hearts 9:41.9
Charles Hendricks (29), Syracuse Chargers 11:25.1
Bob Raymond (55), Syracuse Track Club 11:28.6
Benjamin Zinger (14), Liverpool 13:11.3

55 Meter Dash Women

Coreen Steinbach (63), Athena Track Club 9.4
Kylee Hemlock (11), Onondaga Nation 9.9
Erica Howard (12), Cazenovia 9.5
Karmala Hemlock (4), Onondaga Nation 42.2

One Lap Women

Erica Howard (12), Cazenovia 53.5
Kylee Hemlock (11), Onondaga Nation 59.2

400 Meters Women

Coreen Steinbach (63), Athena Track Club 1:20.0
Erica Howard (12), Cazenovia 1:29.2
Elizabeth Briggs (53) 1:31.4
Kylee Hemlock (11), Onondaga Nation 1:51.4

Mile Run Women

Elizabeth Briggs (53), 7:14.8

3000 Meters Women

Coreen Steinbach (63), Athena Track Club 12:58.0

**Syracuse Chargers Track Club - All Comers Meet
3/14/15 @ Manley Field House**

55 Meter Dash Men

Ryan Strader (25) 7.5
Matt Twomey-Smith (38) 7.7
Chris Contento (57) 8.1

Harvey Teres (65) 8.5
Xzavier Lewis-Torrence (11) 9.1
Jack Collins (14) CBA 9.2
Mark Hanlon (13) 9.4
Jayman Newsome (8) 9.9
Aiden Griffin (5) Syracuse Chargers 10.4
Quinten Lewis (7) 10.7
Marcus Markland (12) Syracuse Chargers 11.0
Caleb Smith (7) 12.2
Elijah Bailey (3), Syracuse Chargers 13.0
Armando Markland (8) 13.5
Abram Berah (3) Syracuse Chargers 14.0
Carlton Garnes (10) 29.2
Caleb Bergh (11), Syracuse Chargers 29.5

One Lap Men

Xzavier Lewis-Torrence (11) 46.7
Jack Collins (14), CBA 46.7
Caleb Bergh (11), Syracuse Chargers 50.8
Jay'Man Newsome (8) 56.3
Quinten Lewis (7) 58.2
Aiden Griffin (5), Syracuse Chargers 59.4
Marcus Markland (12) 1:12.5
Elijah Bailey (3) 1:22.0
Abram Bergh (3), Syracuse Chargers 1:49.4

400 Meters Men

John McEachen (44), Syracuse Chargers 59.1
Ryan Strader (25) 1:02.0
Matt Twomey-Smith (38) 1:02.4
Chuck Hendricks (29), Syracuse Chargers 1:04.3
Harvey Teres (65) 1:11.2
Mark Hanlon (13) 1:24.3
Sam Phillips (11) 1:30.6

800 Meters Men

Allen Garnes (15), CNS 2:19.3
Chuck Hendricks (29), Syracuse Chargers 2:32.6
Calvin Garnes (13) 2:56.0
Mark Hanlon (13) 2:57.0
Sam Phillips (11) 3:21.6

Mile Run Men

Mark Hanlon (13) 7:34.5

3000 Meters Men

Chuck Hendricks (29), Syracuse Chargers 11:16.8
Loren Davies (47), Syracuse Chargers 11:17.0

55 Meter Dash Women

Maggie Carmen (15), MPH 8.1
Anna Barnard (16), 8.7
Maggie Sexton-Dwyer (14), MPH 8.8
Lizzie Mafriei (15), 9.4
Erica Howard (12), Cazenovia 9.5
Mary DaSilva (68), Syracuse Chargers 9.8
Samaria Ricks (8), Syracuse Chargers 11.1
Devon Bergh (10), Syracuse Chargers 11.4
Naomi Bergh (5), Syracuse Chargers 12.9
Makayla Grobsmith (3), Syracuse Chargers 13.3
Evanny Twomey-Smith (2), 22.1
Mykaila Ricks (6), Syracuse Chargers 27.0



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 _____



The Syracuse Chargers Track Club
 Presents the 22nd Annual
Willow Bay 5K Run & Fitness Walk for Women
 Saturday, August 15, 2015, 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 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 8) for \$25, via www.RunSignUp.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 long sleeve T- shirts distributed to the first 275 entrants. Race packets may be picked up at Fleet Feet on Route 31 in Clay on Thursday, Aug 13, 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? Phone: 315 638-9662 or email: mpiscitelli2@verizon.net

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

Name _____ Age (on 8/15/15) _____ D.O.B. ____/____/____

Address _____ Phone (____) ____ - _____

City _____ State ____ 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(s); 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, 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 _____



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

CHRIS RAULLI (26) PLACED 6TH OUT OF 2109 PARTICIPANTS IN THE MOUNTAIN GOAT 10 MILER. CHRIS' TIME WAS AN OUTSTANDING 56:32.

WARMEST CONGRATULATION TO ESTELLE HAHN (79) WHO SET RECORDS IN THE 55 METER DASH, 400 METER, 1,500 METER, AND 8K RUN EVENTS IN THE NOONTIME LEAGUE MEETS.

ON MARCH 13TH ESTELLE RAN THE 8K IN 1:02:32.7

ON APRIL 17TH ESTELLE RAN 400 METERS IN 2:08.6 AND ALSO RAN THE 1,500 METERS IN 9:46.1.

ON MAY 1ST SHE RAN THE 55 METER HURDLES THRICE. 14.24 - THEN 13.64 - THEN 13.54

GREAT JOB!



Calendar of Events

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

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.jporganchasecc.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**
- 27 Sat Chittenango Yellow Brick Road Run 8k, 5k walk, 9:00/8:30am, Chittenango, NY. Contact Stephen Waite at 315-687-7114 or e-mail Waites30@hotmail.com
- 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
- 29 Wed SYRACUSE CHARGER SUMMER TRACK MEET, 6:00pm, Nottingham HS. Contact Mickey Piscitelli at mpiscitelli2@verizon.net or visit www.syracusechargers.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
- 5 Wed SYRACUSE CHARGER SUMMER TRACK MEET, 6:00pm, Nottingham HS. Contact Mickey Piscitelli at mpiscitelli2@verizon.net or visit www.syracusechargers.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
- 12 Wed SYRACUSE CHARGER SUMMER TRACK MEET, 6:00pm, Nottingham HS. Contact Mickey Piscitelli at mpiscitelli2@verizon.net or visit www.syracusechargers.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 9:00am, Onondaga Lake Park, Liverpool, 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

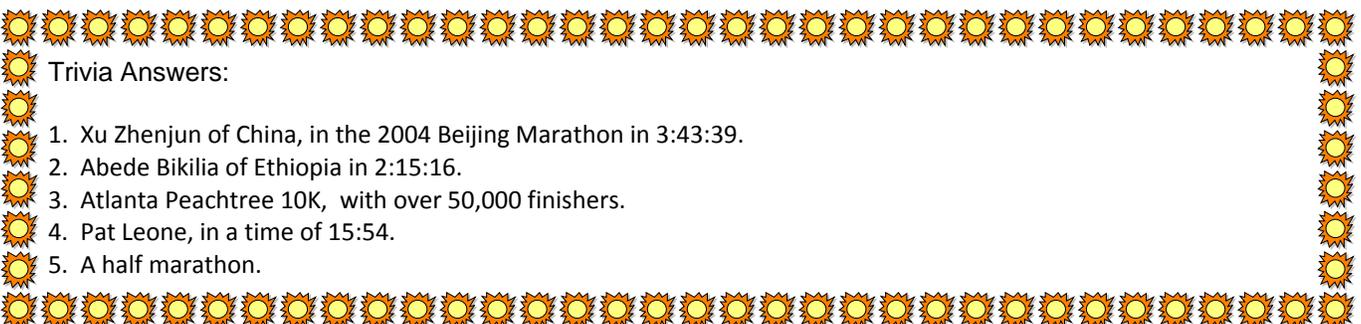
October

- 4 Sun Syacuse Festival of Races 5k, 8:50am, Syracuse, NY. Visit www.festivalofraces.org

Bold Print—SCTC Event

The Syracuse Chargers' Newsletter calendar will include:

- *SCTC owned or hosted fun runs, races, or track meets.
- *USATF Association, Regional, or National Championships for Running, Track & Field, and Race Walking.
- *Races which are part of the current year's CNY Running Club Cup Series.
- *Races which have paid to have their paper entry form incorporated into our newsletter (\$75 per issue).



Trivia Answers:

1. Xu Zhenjun of China, in the 2004 Beijing Marathon in 3:43:39.
2. Abede Bikilia of Ethiopia in 2:15:16.
3. Atlanta Peachtree 10K, with over 50,000 finishers.
4. Pat Leone, in a time of 15:54.
5. A half marathon.

Syracuse Chargers Track Club, Inc.
P.O. Box 2354
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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			