



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

July 2013

Highland Forest 1-2-3 Trail Run, May 25th



Thank you volunteers – Mark Driscoll (director), Marla Jabbour, Dave Oja, Bob Hiemenz, Pat Leone, Karen Yaworski, Evelyn White, Kamal Jabbour & Len Smith. And thanks to the Highland Forest Park Staff,



Ist in his age group Teshale Kelly (7) & Dad Sean Kelly at Camillus Verteran's Day Race...



Good Guy Award for Joe Ribyat
(See page 5)

Syracuse Chargers

-2-

Track Club, Inc.

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

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

The Syracuse Chargers Track Club Newsletter

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

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

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Chargers Membership Forms should be sent to:

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

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



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

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

Club Web Site: www.syracusechargers.org

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

New Charger Members

Chris Carter
Allison Lambdin

Claudia Lambdin
Mary Lambdin

Thomas Lambdin

Entry Forms in this Newsletter

July 4 (Thursday) 41st Cazenovia Footraces 10 mile, 5K, 1 Mile
Online entry only June 24-July 1st 7pm.....no day of race entries (Get.Entered.com)

July 24 (Wednesday) 14th Annual a midsummer night's dream run
August 17 (Saturday) 20th Willow Bay 5K Run & Fitness Walk, Liverpool
September 15 (Saturday) Fayetteville 10K Classic

Onondaga Lake Park Thursday Evening Runs Returning on June 27th

Don't overlook the return of the Onondaga Lake Park Thursday Evening Runs on June 27th! The event is free to all, Chargers and non-members alike, and offer timed events at the 2-mile, 5K, 8K, and 10K distances. There will also be a 400-meter run for children twelve and younger. (No runs on July 4th)

The children's run starts at 6:20, with the longer runs starting at 6:30. Parking is at the Salt Museum, with the start and finish at the Yacht Club. Volunteers Jasper Royal, Karen Wright, Bob Nicholson and Jerry Smith hope to see you there! Contact: Jasper Royal for further information...see pg.2 for telephone, etc.

Charger Special Olympic Program

We just finished one of the best Special Olympic Programs ever. The May Spring Fitness Event was the best attended and exciting 4 weeks of training and competition we ever had. Each Tuesday night at the SRC Arena and Event Center at OCC, over 50 participants ran, walked, shot basketballs and tossed softballs, then we did exercises and then the highlight of the night the "Hokey Pokey".

June 4th we held the closing picnic at Cedar Bay Park, went through over 175 hot dogs and sausages. If you should see Rob Bates, Pat Dolan, Peter Ciadattoni, Ed Stevens, Victor Ianno, Pat Reid, Max Fekete or Karen Fekete, shake their hand and congratulate them for a job well done--they were the volunteers that made the program a success, including grilling the dogs and serving the salads, drinks and cleaning up.

Looking forward to the fall, hope to have another event, could use 5 or 6 more volunteers. If you can help, please contact Peter Rhodes <per56@aol.com>. Also please shake Peter's hand for the great job he has been doing for years as the coordinator of this program. Many thanks, Peter to you and your crew.

Syracuse Festival of Races Seeks Non-Profit Groups Coordinator

In response to the invitation in last month's *Chargers Newsletter*, Terri Clark has joined the SFoR race committee as our Awards Coordinator! Thanks so much to Terri, who will do a great job in the position!

We're continuing to look for a Coordinator of Non-Profit Group Participation. As you may be aware, the Syracuse Festival of Races invites ANY non-profit organization to benefit its programs and services via pledge-centered fundraising at the Festival. We'd love to identify a member of our race committee who can focus on communicating this opportunity to area non-profits and coordinating their participation in the Tops Friendly Markets Community Walk at the SFoR.

If you think you might be interested, please call Dave Oja at 446-6285.

41st Annual CAZENOVIA JULY 4th FOOT RACES 2013

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

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2013 Cazenovia July 4th Foot Races

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

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

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

<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Last Name	First Name	Sex	Age as of 7/4/13
<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: _____

Joe Ribyat: An Enormously Fitting 2013 Arnie Briggs Good Guy Award Recipient



Mark Driscoll presenting Joe with the Tiffany bowl donated by Kathrine Switzer, along with Marilyn Ribyat, and Roger Hahn, chair of the Chargers' Arnie Briggs Good Guy Award Committee.

We're delighted to announce Seymour "Joe" Ribyat as recipient of the 2013 Arnie Briggs Good Guy Award. The presentation of this year's "Arnie" was made in conjunction with the Chargers Special Olympics Program spring picnic at Cedar Bay Park on June 4, which was especially fitting in light of Joe's longtime stewardship of the Program.

Like others of us, Joe's record as a road race volunteer can be measured in decades. He was involved in organizing and conducting a host of significant local road races of yesteryear, including the First Trust North Area Y Marathon (full 26.2 miles, \$3.00 entry fee in 1976) and the Diet Pepsi 10K (which attracted over a thousand finishers to Onondaga Lake Park in 1981). Joe's race volunteer appearances continued right up through the era of the Syracuse Festival of Races.

In the 1970's, Joe served as co-editor of the Syracuse Chargers Track Club Newsletter—and as the unofficial publicist for the Chargers' and the pre-Chargers Syracuse Track Club's events and athletes. Joe also donated hundreds of hours drawing maps of local road race courses long before the invention of Garmins or computerized mapping.

Joe is also one of the founders the Charger Challenge Program, which has been rolling along for more than three decades, providing incentive for both competitive and non-competitive exercisers to get out the door on a regular basis.

But Joe's most prominent contribution to the Club and the community has come through the Chargers Special Olympics Program—formerly known as the Chargers-Syracuse Developmental Center Program. Joe and Bob Daly co-founded the Program in 1979. Joe then directed and co-directed (with Peter Rhodes, and with great assistance from Marilyn Ribyat) this weekly running and exercise Program for developmentally disabled adults for three decades.

The Arnie Briggs Good Guy Award was established in 2001 to commemorate the late Arnie Briggs and the virtues that endeared Arnie to so many who knew him. While Arnie was a highly accomplished and prolific marathoner (98 career marathons including multiple top-ten finishes at Boston), the Arnie Briggs Good Guy Award isn't an award for athletic achievement. And while Arnie attained lasting notoriety as Kathrine Switzer's coach on her historic 1967 finish at the Boston Marathon, the "Arnie" isn't an award for coaching achievement.

Instead, the Arnie is a volunteer award, intended to recognize individuals who not only have an admirable record of volunteer contributions to the Chargers and the Syracuse running community, but who also exemplify Arnie's selflessness, sincerity, honesty, humility, and supportiveness to fellow runners. We could not have a recipient who is more "Arnie-like" than Joe Ribyat.

Chargers Age Group Records 18-19 Women

40y	Lynn Rosenthal	5.3	1/29/78
50m	Lynn Rosenthal	7.0	2/19/78
55m	Yolanda Mikell	8.6	2/3/90
100y	Diane Holmes	11.8	7/77
100m	Zanderland Dixon	12.1	7/26/90
200m	Zanderland Dixon	24.8	7/26/90
220y	Cindy White	31.6	2/12/78
300m	Betsy Lepkowski	44.3	2/27/83
400y	Erica Hagenlocher	58.7	8/77
500m	Melissa St. Vil	1:25.95	2/9/03
600y	Mary Rybinski	1:27.3	2/1/76
600m	Lila Buchanan	1:49.4	2/28/87
880y	Katy Schilly	2:15.	4/27/75
1000y	Katy Schilly	2:36.4	2/1/76
1000m	Colleen Peterson	3:08.3	1/16/99
1500m	Katy Schilly	4:25.8	6/76
1 mile	Katy Schilly	4:49.8	1/26/75
2000m	Theresa Trudell	6:57.	1/18/95
3000m	Katy Schilly	9:40.4	1/17/76
2 miles	Katy Schilly	10:19.4	2/27/76
5km (r)	Mary Seybold	17:34	7/29/77
8km (r)	Betsy Kneale	29:13	7/19/84
5 miles	Laura Kellogg	30:52	6/26/83
10km (r)	Katy Schilly	34:44	10/4/75
10km (t)	Betsy Kneale	38:36.1	8/17/84
15km (r)	Betsy Kneale	55:25	7/8/84
20km	Kathy Mills	1:12:53	8/1/77
1/2 mar.	Betsy Kneale	1:27:31	8/9/84
30km	Mary Hoey	2:13:13	3/21/82
Mar	Vicky Kraft	2:52:18	10/13/79
1 mi. walk	Ellen Minkow	7:29.5	6/74
5km walk (r)	Ellen Minkow	26:53	10/27/73
10km walk (r)	Ellen Minkow	56:18	10/27/73
55m HH	Melissa St. Vil	9.41	2/9/03
100m HH	Janet Adams	16.1	8/13/81
100m HH	Cathy Golden	16.1	6/22/85
300m IH	Grace Killory	53.8	8/15/80
400m IH	Grace Killory	1:12.7	6/15/80
3km Steeple	Brittany Wilder	12:46.97	7/23/06
Long Jump	Lynn Rosenthal	16-5	1/29/78
High Jump	Janet Adams	5-3	8/15/80
Shot Put, 8lb	Patrina Thomas	44-4½	8/9/85
Shot Put, 4kg	Shari Zembek	43-5¾	7/27/91
Discus	Shari Zembek	138-10	7/27/91
Javelin	Janet Adams	125-8	8/13/81
Hammer, 4kg	Monica Ridgeway	144-4	7/13/07
Weight, 20lb	Monica Ridgeway	45-5¼	7/13/07
Heptathlon	Janet Adams	4580	8/14/81
Weight Pent.	Monica Ridgeway	3125	7/13/07

Chargers Age Group Records 18-19 Men

40y	Frank St. Dennis	4.9	3/18/78
50m	Chris Coleman	5.7	3/10/85
55m	Travis Blount	6.4	12/9/95
55m	Travis Blount	6.4	1/13/96

100y	David Hodge	10.2	7/77
100y	Mervyn Francis	10.2	7/7/79
100m	Eugene Norman	10.7	7/26/80
100m	James Drake	10.7	8/4/84
200m	James Drake	21.6	8/17/84
220y	Tony Basile	22.9	7/31/73
300m	Nigel Shepard	36.0	1/24/82
400m	James Drake	48.9	8/12/83
440y	Reggie Greene	51.3	7/30/73
500m	Chris Coleman	1:12.9	2/23/85
600m	Bill Kispert	1:26.1	1/19/86
800m	Tim Villhauer	1:57.0	8/19/79
1000m	Tim O'Connor	2:33.5	1/13/85
1500m	Nicholas Stenuf	3:58.71	7/22/06
1 mile	Jason Meany	4:18.0	12/20/98
3000m	Rick Streeter	8:40.6	12/29/01
5km (r)	Jim Paige	15:10	7/8/79
5km (r)	Jerry Jurick	15:10	5/30/81
5km (t)	Stuart Rogers	15:02.0	8/18/78
8km (r)	Rick Streeter	24:34	4/6/02
10km (t)	Tom Dalton	31:07.0	8/18/76
15km (r)	Jerry Jurick	47:16	5/23/82
10 miles	Larry Woods	51:57	1/24/78
20km	Larry Woods	1:07:20	8/15/78
1/2 marathon	Mark Worden	1:13:11	6/25/83
25km	Bruce Derrick	1:28:41	8/9/69
25km	Bill Field	1:28:41	8/9/69
30km	Jeff Jurrick	1:42:44	3/20/83
Marathon	Tom Paris	2:44:32	10/17/81
1500m walk	Dan Talcott	6:30.7	6/11/83
1 mi. walk	Dan Talcott	6:56.7	6/11/83
3km walk	Dan Talcott	14:49.0	2/5/84
5km walk (r)	Dan Talcott	25:10	9/17/83
5km walk (t)	Dan Talcott	27:41.0	8/4/84
5mi walk (r)	Dan Talcott	42:25	8/30/83
10km walk (r)	Dan Talcott	51:58	6/26/83
10km walk (t)	Dan Talcott	52:11.8	4/21/84
15km walk (r)	Dan Talcott	1:23:04	5/27/84
20km walk	Dan Talcott	1:48:01	4/29/84
50m HH	Mike Shorkey	7.9	3/22/87
55m HH	Ray Panek	8.2	3/20/83
110m HH	Eugene Norman	14.4	8/15/80
300m HH	Ray Panek	41.5	7/20/93
400m IH	Wayne Jones	55.0	6/26/83
440y IH	Bill Doran	60.5	5/6/78
3km Steeple	Scott Bortoff	9:33.9	8/13/82
Long Jump	Jeff Whitehead	23-9¾	8/8/86
Triple Jump	Jeff Whitehead	50-0¾	8/16/84
High Jump	Kym Orr	7-2	7/20/83
Pole Vault	Matt Robinson	14-6	12/20/97
Shot Put, 16lb	Chris Hall	52-3¾	8/17/84
Discus, 1.6kg	Gary Sickler	169-3¾	7/15/02
Javelin	Kevin Richardson	177-7	6/28/80
Hammer	Chris Hall	148-5¼	8/18/84
Weight, 35lb	David Gross	54-1 ½	2/20/10
Weight Pent., high school implements	Gary Sickler	3897	7/15/02
Decathlon	Andy Traub	5566	8/29/85

14TH ANNUAL HIGHLAND FOREST 1-2-3 TRAIL RUN
May 25, 2013 Highland Forest, Fabius, NY

1 LOOP - 10 MILES

Place	Name	Sex	Age	City	St	Time
1	Adam Luban	M	17	Syracuse	NY	1:16:34
2	Tim Ingall	M	54	Lansing	NY	1:25:06
3	Karl Jaanimagi	M	32	Henrietta	NY	1:25:39
4	Robert Mozo	M	50	Clay	NY	1:27:35
5	John Condon	M	57	Fulton	NY	1:32:06
6	Jim Vandish	M	42	Oswego	NY	1:32:23
7	Craig McGowan	M	56	Liverpool	NY	1:32:39
8	Ryan Byrd	M	39	East Syracuse	NY	1:33:47
9	Rick Cowburn	M	58	Cicero	NY	1:36:22
10	Rick Mazzeo	M	60	Skaneateles	NY	1:38:20
11	Mark Hill	M	50	Lafayette	NY	1:41:00
12	Audrey Balander	F	56	Cortland	NY	1:41:31
13	Evan Kurtz	M	57	Dryden	NY	1:43:01
14	Morningstar Fowler	M	16	Dryden	NY	1:43:37
15	Jason Rudick	M	34	Syracuse	NY	1:43:43
16	John Dunkle	M	54	Cazenovia	NY	1:45:48
17	Allyson Thibodeau	F	41	East Syracuse	NY	1:46:07
18	Jim Hoch	M	62	Cortland	NY	1:46:42
19	Astrid Helfant	F	40	Hamilton	NY	1:47:32
20	Kristen Link	F	38	Oswego	NY	1:50:49
21	Jonathan Logan	M	35	Syracuse	NY	1:50:50
22	Susan Light	F	47	Cazenovia	NY	1:51:14
23	Jay Kolyazin	M	29	Syracuse	NY	1:51:18
24	Karen Ingall	F	43	Lansing	NY	1:53:44
25	Patrick Mocete	M	23	Syracuse	NY	1:55:26
26	Tom Michlovitch	M	44	Cicero	NY	1:55:30
27	Mike Terwilliger	M	58	Brocktondale	NY	1:55:39
28	Jean Rand	F	63	Syracuse	NY	1:57:03
29	Michael Sharp	M	45	Syracuse	NY	1:59:01
30	Janet Loch	F	48	Syracuse	NY	1:59:02
31	Ed Desantis	M	48	Binghamton	NY	1:59:06
32	Kendall Slee	F	41	Manlius	NY	2:01:16
33	Ann Smith	F	48	Manlius	NY	2:01:17
34	Charlotte Jaanimagi	F	60	Pittsford	NY	2:05:37
35	Dennis Stadelman	M	51	Cicero	NY	2:05:48
36	Eva Wojtalewski	F	34	East Syracuse	NY	2:06:50
37	Eric Wojtalewski	M	35	East Syracuse	NY	2:06:51
38	Merrilee Gorton	F	51	Mexico	NY	2:09:56
39	Steven Mussi	M	42	Syracuse	NY	2:10:03
40	Mark Sheremeta	M	57	Manlius	NY	2:13:24
41	Tara Player	F	32	Fayetteville	NY	2:13:48
42	Holly Frazee	F	36	Fabius	NY	2:13:49
43	Katie Sheffield	F	32	Fabius	NY	2:13:51
44	Scott Leslie	M	50	Lima	NY	2:16:13
45	William Mitrus	M	45	Syracuse	NY	2:17:54
46	Andrew Cunningham	M	47	Lafayette	NY	2:18:41
47	Lisa Indrick	F	56	Lafayette	NY	2:18:41
48	Kamal Jabbour	M	55	Pompey	NY	2:23:02
49	Angela Schachte	F	36	Rome	NY	2:23:03
50	Aaron Arnold	M	36	Liverpool	NY	2:26:24
51	Cindy Hart	F	53	Truxton	NY	2:38:55
52	Lisa Jacques	F	48	East Syracuse	NY	2:38:56
53	Patricia Prosser	F	54	Oswego	NY	2:48:14
54	Greg Farnham	M	60	Fayetteville	NY	2:50:21
55	Mary Dasilva	F	66	Brewerton	NY	2:50:21

2 LOOPS - 20 MILES

Place	Name	Sex	Age	City	St	Time		
=====	=====	===	===	=====	==	=====		
1	Joe Lyman	M	40	Cortland	NY	3:11:13	1: 1:27:26	1:27:26 2: 1:43:48 3:11:13
2	David Jones	M	54	Interlaken	NY	3:11:23	1: 1:32:04	1:32:04 2: 1:39:19 3:11:23
3	Andy Desmann	M	48	Pittsford	NY	3:17:03	1: 1:33:07	1:33:07 2: 1:43:56 3:17:03
4	Joel Cisne	M	31	Ithaca	NY	3:23:48	1: 1:33:33	1:33:33 2: 1:50:15 3:23:48
5	Joseph Kula	M	34	Syracuse	NY	3:27:12	1: 1:34:38	1:34:38 2: 1:52:35 3:27:12
6	Kevin Tripp	M	42	Masonville	NY	3:33:09	1: 1:35:48	1:35:48 2: 1:57:22 3:33:09
7	Will Fox	M	38	Trumansburg	NY	3:35:41	1: 1:49:06	1:49:06 2: 1:46:35 3:35:41
8	Jade Mills	F	33	Liverpool	NY	3:38:37	1: 1:51:55	1:51:55 2: 1:46:42 3:38:37
9	Liz Brundige	F	37	Ithaca	NY	3:41:34	1: 1:43:40	1:43:40 2: 1:57:54 3:41:34
10	Shey Doane	M	46	Fayetteville	NY	3:50:05	1: 1:42:53	1:42:53 2: 2:07:13 3:50:05
11	David Losee	M	42	Denver	NY	3:51:34	1: 1:44:45	1:44:45 2: 2:06:49 3:51:34
12	Ed Martin	M	49	Victor	NY	3:51:56	1: 1:49:12	1:49:12 2: 2:02:45 3:51:56
13	Deborah Patterson	F	44	Parish	NY	3:54:30	1: 1:50:38	1:50:38 2: 2:03:52 3:54:30
14	Nicole Virdone	F	31	Clay	NY	3:54:31	1: 1:50:39	1:50:39 2: 2:03:52 3:54:31
15	Ronald Waldron, Jr.	M	41	Central Square	NY	4:07:51	1: 2:05:27	2:05:27 2: 2:02:24 4:07:51
16	Zach Leslie	M	16	Lima	NY	4:08:02	1: 1:42:54	1:42:54 2: 2:25:09 4:08:02
17	Glenn Roberts	M	46	Manlius	NY	4:09:59	1: 1:44:51	1:44:51 2: 2:25:09 4:09:59
18	Kerra Quinn	F	37	Dryden	NY	4:11:31	1: 2:01:27	2:01:27 2: 2:10:04 4:11:31
19	Shelly Marino	F	60	Ithaca	NY	4:20:05	1: 2:05:25	2:05:25 2: 2:14:41 4:20:05
20	Melissa Hicks	F	36	Syracuse	NY	4:23:17	1: 1:48:49	1:48:49 2: 2:34:29 4:23:17
21	Steven Indrick	M	56	Lafayette	NY	4:24:52	1: 2:18:39	2:18:39 2: 2:06:14 4:24:52
22	Randy Oaks, II	M	37	Cortland	NY	4:27:06	1: 2:01:28	2:01:28 2: 2:25:38 4:27:06

23	Stephen Mustico	M	45	Sterling	NY 4:51:01	1: 2:10:50	2:10:50
						2: 2:40:12	4:51:01
24	Jennifer Woltjen	F	55	Endicott	NY 4:56:31	1: 2:20:00	2:20:00
						2: 2:36:32	4:56:31
25	James Baisley	M	13	Honeoye Falls	NY 5:14:52	1: 2:24:13	2:24:13
						2: 2:50:40	5:14:52
26	Jermieh Baisley	M	15	Honeoye Falls	NY 5:24:35	1: 2:16:15	2:16:15
						2: 3:08:21	5:24:35
27	Craig Baisley	M	42	Honeoye Falls	NY 5:24:35	1: 2:24:14	2:24:14
						2: 3:00:21	5:24:35
28	Erika Swenton	F	35	Syracuse	NY 5:48:14	1: 2:27:37	2:27:37
						2: 3:20:38	5:48:14
29	David Castaldo	M	50	North Syracuse	NY 5:48:14	1: 2:27:35	2:27:35
						2: 3:20:40	5:48:14

3 LOOPS - 30 MILES (30 Miles now part of Niagara Association Ultra's)

Place	Name	Sex	Age	City	St	Time	
=====	=====	===	===	=====	==	=====	
1	Scotie Jacobs	M	37	Freeville	NY	4:51:40	1: 1:30:51 1:30:51
							2: 1:35:08 3:05:58
							3: 1:45:43 4:51:40
2	Ed Housel	M	54	Rochester	NY	4:54:13	1: 1:31:47 1:31:47
							2: 1:39:44 3:11:30
							3: 1:42:43 4:54:13
3	Cory West	M	37	Horseheads	NY	5:03:01	1: 1:31:19 1:31:19
							2: 1:40:25 3:11:44
							3: 1:51:18 5:03:01
4	Tony Machulskis	M	53	Rochester	NY	5:15:23	1: 1:33:09 1:33:09
							2: 1:43:33 3:16:41
							3: 1:58:43 5:15:23
5	Michael Stone	M	47	Cortland	NY	5:26:49	1: 1:35:46 1:35:46
							2: 1:51:02 3:26:48
							3: 2:00:01 5:26:49
6	Paul Chenery	M	56	Toronto	ON	5:28:24	1: 1:41:33 1:41:33
							2: 1:50:33 3:32:06
							3: 1:56:18 5:28:24
7	Kevin Nasman	M	38	Chittenango	NY	5:34:49	1: 1:44:12 1:44:12
							2: 1:50:16 3:34:27
							3: 2:00:22 5:34:49
8	Sandy Mustico	F	40	Sterling	NY	5:34:49	1: 1:44:49 1:44:49
							2: 1:54:37 3:39:25
							3: 1:55:25 5:34:49
9	Eric Haslam	M	40	Fabius	NY	5:39:11	1: 1:48:37 1:48:37
							2: 1:51:35 3:40:11
							3: 1:59:01 5:39:11
10	Tom Hooper	M	32	Oswego	NY	6:05:35	1: 1:44:03 1:44:03
							2: 2:06:37 3:50:39
							3: 2:14:57 6:05:35
11	Ben Clardy	M	42	Syracuse	NY	6:07:12	1: 1:48:36 1:48:36
							2: 1:54:59 3:43:34
							3: 2:23:38 6:07:12

The Syracuse Chargers Track Club
 Presents the Twentieth Annual
Willow Bay 5K Run & Fitness Walk for Women
 Saturday, August 17, 2013, 9:00 AM
 Willow Bay in Onondaga Lake Park, Liverpool, NY
www.SyracuseChargers.org/Willow

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

Entry: Pre-register by mail (post-marked by August 11) for \$25, via  www.active.com or register on race morning for \$35 at Willow Bay between 7:30 and 8:30 am.
***Remember: No entry fee for women 65 years or older!!** Attractive tee shirts distributed to the first 275 entrants. Race packets may be picked up at **The Bikery**, located at 7556 Van Buren Road, Baldwinsville, on Thursday, Aug 15, from 5:00 -7:00 pm. Packets will also be available on site on race morning.

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

Awards: **Top 3 finishers** overall; top three teams in each family category: **Mother-Daughter, Sister-Sister, Grandmother-Granddaughter & Aunt-Niece**
Age-group awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65- 69, 70-74, 75-79, 80-84, 85 +. Overall and age group awards will not be duplicated.
 There will be drawings for **door prizes** at the awards ceremony. You must be present to win!
Double Your Fun Challenge. If you double your finish time and it is less than your age on race day, you win a special prize!

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

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

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

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

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

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

Willow Bay 5K Run & Fitness Walk Waiver

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

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

14th Annual



Wednesday, July 24, 2013

5:15 Kids Fun Run

5:35 Scholarship Presentation

5:40 PM Scholastic (pre-graduation)

6:20 PM Men's

7:00 PM Women's

5K CrossCountry Race

Long Branch Park

Liverpool, NY

Registration fee: \$18 (\$20 day of race) Race Day Packet pick-up and Registration: 4:30-6:45 pm

Kids Run: no registration required, ribbons for all finishers

T-Shirts to first 150 registrants • Age group awards • Post race drawing for door prizes

Overall and Age Group awards will not be duplicated.

Among the groups receiving contributions are:



Carol M. Baldwin Breast Cancer Research Fund of CNY

This fund supports both new and established researchers investigating the causes, prevention and treatment of breast cancer. Each year 2-3 \$50,000 grants are awarded to researchers in CNY.

The Luanne A. Rienzo Memorial Fund

This was created in memory of Luanne Rienzo, a dedicated participant and coach for the Leukemia Society's Team In Training Program.

Our event is sanctioned by the USATF.



Questions? Call Daniel Reid at (315) 345-6545 or Nancy Rein at (315) 487-8502

For more information go to: www.fleetfeetsyracuse.com

Name _____ Age _____ Sex _____

Address _____ T-shirt size _____

City, State, Zip Code _____ Phone () _____

Email address _____

_____scholastic race
_____men's race
_____women's race

Race Release: (Must be signed by participant)

In consideration of my entry being accepted, I hereby and my heirs, waive and release any and all rights and/or claims for damages which I may have against the sponsors of this race, Onondaga County, and the Leukemia and Lymphoma Society, for any injuries that I may suffer in connection with any participation in the Midsummer Night's Dream Run. By signing my name below, I hereby certify that I have read, understand and agree with all the terms and conditions within this release for and do intend to be legally bound thereby. Event fees are not transferable to another event.

Signature (Parent's or Guardian's signature if under age 18) _____

Date _____

Check or money order made payable to: A Midsummer Night's Dream Run

Mail checks and entry form to: Daniel Reid, 230 West Willow St., Apt. 212, Syracuse, NY 13202



Recent Charger Age Group Records

800m (80-84)	3:48.9	Wally McRae	10/12/12	Manley
1500m (80-84)	7:57.3	Wally McRae	11/9/12	Manley
5km, track (80-84)	28:26.1	Wally McRae	11/30/12	Manley
5km, road (7&under)	23:14	Teshale Kelly	5/27/13	Camillus
55m (85-89)	10.02	Ed Cox	1/27/13	Glen Mills, PA
3km, road (75-79)	16:37	Jerry Bisson	5/4/08	Syracuse

Julie Quinn Ninth In 5km At First Twilight Meet

Julianne Quinn placed ninth in the 5km at the New Balance Twilight Track Meet #1 at Bentley College in Waltham, Massachusetts on May 11 with a time of 17:44.23.

Guarino Brothers Run Fast 1500s At Twilight Meet #2

Nick Guarino ran 1500 meters in 3:46.51 for first place, and brother **Josh** ran it in 3:48.36 for fourth place overall at the New Balance Twilight Meet #2 in Lowell, Massachusetts on May 18. They raced in separate heats, both gentlemen winning their respective heats.

Three Age Group Records For Wally McRae

Wally McRae has at least three times from the Syracuse University Noontime Running Program that qualify as 80-84 Charger age group records. They are:

800m	3:48.9	10/12/12
1500m	7:57.3	11/9/12
5km, track	28:26.1	11/30/12

Teshale Kelly Breaks Own 5km Road Record

Teshale Kelly ran the Camillus Veterans Memorial Day 5km on May 27 in a time of 23:14, breaking his own 2012 Charger record of 27:37.

Selected other Charger highlights from the Camillus race included new Charger **Michael Dee's** third place overall finish (17:43), and 14 year old **Solomon Lawrence's** 13th place overall finish (19:17).

A 55 Meter Record From This Winter For Ed Cox

Here is yet another record uncovered for the amazing **Ed Cox**. Ed ran the 55 meter dash in 10.02 at a Philadelphia Masters meet in Glen Mills, Pennsylvania on January 27, easily bettering the previous Charger 85-89 age group record.

Sue Gardinier Top Veteran Woman At Wilbur Duck Mile

Sue Gardinier was the first masters woman to finish the Wilbur Duck One Mile Run on May 17 in Oneida with a time of 7:20.51.

Nick And Josh Go One-Two At John Hay Distance Festival

Nick Gaurino placed first (1:48.81), and brother **Josh** second (1:48.92) in a field of 31 runners in the elite section of the 800 meter run at the John Hay PA Distance Festival in West Chester on May 31.

Michael Dee Places First At Aids Walk/Run

Michael Dee finished first in the Baldwinsville Aids Walk/Run 10km on June 2 with a time of 39:40. On June 9th he placed 2nd in the Remembrance 8K Run for Hope in Marcellus in a time of 29:35.

Amanda Jinks, Kelly Stevens Finish In Top 50 At Freihofer's

Amanda Jinks placed 43rd (19:15) and **Kelly Stevens** finished 50th (19:31) at the Freihofer's 5km Run For Women in Albany on June 1.

Sue Gardinier Runs Another Fast 5km Time

Sue Gardinier completed the Nate The Great 5km in Canastota on June 8 with a time of 24:08. That will be a new Charger 70-74 age group record if we can confirm that the race was run on a certified course.

3KM Road Races Coming Back To The Charger Record Books

Between 1987 and 1993, perhaps even longer, we recognized the 3km road run at the Mountain Goat races for Charger records. That was because it was such a popular, ongoing event, even though it was rare to find a road event at that distance elsewhere. Once the Mountain Goat 3km was replaced by the 5km, probably in 1994, we removed 3km road times from the Charger list of records.

Then, in 2007, the 3km road race was reintroduced as a Mountain Goat event. According to **Don Hughes**, who has measured the course several times since 2007, the 3km was run on a certified course 2007-2010, then accurately measured twice after that due to changes in the course, but not certified.

As such, we will start keeping Charger records for 3km road runs again. New 3km road records will be published in the Chargers newsletter and web sites as time permits to sort them out, starting with 2007, working forward, and finally listing on the web site those records found 1994 and earlier. For starters we found a record time of 16:37 for 76 year old **Jerry Bisson**, run on May 4, 2008.

Paige's Butterfly Run, January 8th

Chris Raul 2nd overall in 15:47; Sasha Scott 1st female 17:54; Javier Martinez 1st master 18:21; and Loren Davies 1st 45/49 in 18:41.

THE MEDVED LILAC 10K. Rochester, NY May 19, 2013

Niagara Association Championships (Charger subscribers & members shown below)

OVERALL FEMALES

3 Laurel Leone 28 35:36 Minoa NY

OVERALL MASTERS MALES

1 Kevin Collins 42 33:14 Liverpool NY

MALE AGE GROUP: 25 - 29

2 Martin Nicholson 25 34:12 Syracuse NY

FEMALE AGE GROUP: 30 - 34

1 Kelly Stevens 31 40:50 Syracuse NY

FEMALE AGE GROUP: 35 - 39

1 Heather Webster 39 39:34 Honeoye Falls NY

22nd ANNUAL VETERANS MEMORIAL DAY 5K RUN
Camillus Parks and Recreation
Monday, May 27, 2013
9:28 AM , 62 F, Sun, 15 mph wind

1.	** Chris Stogsdill	M	22	1/13	16:48	82.	Sean Kelly	M	46	9/38	23:19
2.	* Mike Bott	M	24	2/13	16:51	83.	* Robert Rosati	M	43	3/22	23:20
3.	* Michael Dee	M	22	3/13	17:43	84.	Joe Drummond	M	19	9/18	23:21
4.	* Nick Street	M	16	1/18	18:06	85.	Todd Terpening	M	38	5/13	23:25
5.	* Javier Martinez	M	42	1/22	18:13	86.	Jabe Kile	M	41	4/22	23:26
6.	* Jacob Dillon	M	25	1/18	18:15	87.	Trevor Finney	M	19	10/18	23:27
7.	* Luke Laczak	M	27	2/18	18:26	88.	* Carla Bove	F	13	3/50	23:30
8.	* Brent Morehouse	M	35	1/13	18:32	89.	Joseph Greene	M	23	7/13	23:30
9.	* Gerry McOmber	M	35	2/13	18:35	90.	Carley Bright	F	19	5/24	23:32
10.	* Brandon OMeal	M	29	3/18	18:42	91.	* Michael Duschon	M	32	1/11	23:34
11.	* Timothy Riccardi	M	55	1/29	18:48	92.	Will Luke	M	56	6/29	23:35
12.	* Thomas Riccardi	M	21	4/13	19:09	93.	* Galyn Schenk	F	50	3/19	23:36
13.	* Solomon Lawrence	M	14	1/50	19:17	94.	Tom Roerden	M	52	11/22	23:40
14.	Stephen Trobert	M	24	5/13	19:22	95.	John Turner	M	63	4/10	23:41
15.	* Antonio Martinez	M	18	2/18	19:27	96.	Douglas Christensen	M	54	12/22	23:43
16.	** Eileen Ferguson	F	35	1/16	19:36	97.	* Suzanne Craybas	F	44	2/38	23:43
17.	* Loren Davies	M	45	1/38	19:55	98.	Brian Simmons	M	26	8/18	23:47
18.	* John Kolh	M	35	3/13	19:57	99.	Darrall Fogus	M	57	7/29	23:52
19.	* Drew Francisco	M	16	3/18	20:05	100.	Randy Lamanche	M	35	6/13	23:53
20.	* Jim Bright	M	55	2/29	20:05	101.	* Bill Chapin	M	70	1/9	23:54
21.	* Fred Miller	M	62	1/10	20:11	102.	Nolon Chiles	M	12	11/50	23:54
22.	* Paul Cianfrocca	M	49	2/38	20:14	103.	Patrick Chiles	M	49	10/38	23:55
23.	* Robert Haas	M	53	1/22	20:15	104.	Michael Paparo	M	41	5/22	23:55
24.	* Mark Vaccaro	M	14	2/50	20:19	105.	Will Amica	M	11	12/50	23:57
25.	* Evan Gantley	M	14	3/50	20:42	106.	Jackson Craig	M	12	13/50	23:58
26.	* Chuck Milazzo	M	57	3/29	20:43	107.	Rachel Flynn	F	14	4/50	23:59
27.	* Jerry Cregan	M	47	3/38	20:43	108.	Alexandra Street	F	13	5/50	23:59
28.	* Emily Young	F	13	1/50	20:45	109.	* Kevin Hayden	M	34	2/11	24:00
29.	Scott Trobert	M	19	4/18	20:46	110.	Anthony Vincent	M	57	8/29	24:02
30.	* Kevin Didio	M	53	2/22	20:54	111.	Marcus Burdick	M	55	9/29	24:07
31.	* Bill Street	M	50	3/22	20:55	112.	Bret Bidwell	M	54	13/22	24:07
32.	Joey Francisco	M	14	4/50	21:08	113.	David Lee	M	57	10/29	24:08
33.	* Megan Leubner	F	25	1/18	21:09	114.	Jesse Carr	M	23	8/13	24:09
34.	Bob Hanlan	M	53	4/22	21:14	115.	Kenneth Iandolo	M	62	5/10	24:10
35.	Will Johnson	M	18	5/18	21:17	116.	Mark Peters	M	55	11/29	24:11
36.	John Moore	M	48	4/38	21:21	117.	Grace Walker	F	13	6/50	24:11
37.	* Ted Truet	M	61	2/10	21:23	118.	Tyrel Cochran	M	20	9/13	24:14
38.	David Larris	M	50	5/22	21:25	119.	Robert Young	M	48	11/38	24:17
39.	Casey Inman	M	25	4/18	21:27	120.	Jackson Powell	M	16	11/18	24:18
40.	* Ann Gaffney	F	56	1/13	21:30	121.	Molly Ciarla	F	15	6/24	24:21
41.	Mark Reilly	M	19	6/18	21:31	122.	Kevin Bechtel	M	53	14/22	24:23
42.	* Jennifer Wilson	F	30	1/14	21:34	123.	Doug Christensen	M	14	14/50	24:26
43.	Joseph Riccardi	M	13	5/50	21:35	124.	John Petrus	M	46	12/38	24:26
44.	Benjamin Posnick	M	14	6/50	21:37	125.	* Craig Chamberlain	M	30	3/11	24:27
45.	Rick Francisco	M	52	6/22	21:38	126.	Madison Riccardi	F	13	7/50	24:28
46.	Dallas Metcalfe	M	12	7/50	21:39	127.	Matthew Vaccaro	M	10	15/50	24:29
47.	Ted Kitevels	M	46	5/38	21:41	128.	Michael Caraccio	M	40	6/22	24:31
48.	* Nancy Weber	F	47	1/22	21:42	129.	Leslie Buchanan	M	49	13/38	24:34
49.	* Grace Craig	F	13	2/50	21:45	130.	Martin Nowicki	M	43	7/22	24:35
50.	* Schuyler Stuart	F	15	1/24	21:46	131.	Emma Stuart	F	13	8/50	24:35
51.	Ricky Francisco	M	12	8/50	21:54	132.	Erin Gantley	F	15	7/24	24:36
52.	Carter Turton	M	11	9/50	21:57	133.	* Debra Nowicki	F	42	3/38	24:36
53.	Todd Robertson	M	38	4/13	21:58	134.	* Jennifer Street	F	46	2/22	24:37
54.	Michael Campbell	M	53	7/22	21:59	135.	Nick Carnicelli	M	13	16/50	24:39
55.	* Katie Gantley	F	18	2/24	22:04	136.	* Kelly Rogalia	F	27	2/18	24:41
56.	Jim Cox	M	52	8/22	22:05	137.	Madelyn Nowicki	F	11	9/50	24:41
57.	Kevin Brisson	M	55	4/29	22:10	138.	Joel Brown	M	29	9/18	24:42
58.	Michael Greene	M	26	5/18	22:16	139.	David Suarez	M	47	14/38	24:43
59.	* Melissa Buttner	F	21	1/8	22:17	140.	Jeffrey Craig	M	49	15/38	24:45
60.	Nick Spagnoletti	M	54	9/22	22:19	141.	* Kathryn Crockett	F	36	2/16	24:47
61.	Bill Lichtinger	M	46	6/38	22:21	142.	Kevin McElwee	M	32	4/11	24:47
62.	Thomas Cheevers	M	21	6/13	22:22	143.	Robert Ciarla	M	11	17/50	24:52
63.	Andrew Longo	M	28	6/18	22:25	144.	Marty Knaul	M	47	16/38	24:52
64.	Ric Bond	M	55	5/29	22:27	145.	Kelly Vaccaro	F	43	4/38	24:55
65.	* Margaret Sheen	F	43	1/38	22:28	146.	Dallas Metcalfe	M	47	17/38	24:57
66.	* Breann Dodge	F	32	2/14	22:33	147.	* Adrienne Shuron	F	38	3/16	24:57
67.	Jared Alpha	M	13	10/50	22:37	148.	Jeffrey Winders	M	44	8/22	24:57
68.	Jim Quinn	M	49	7/38	22:40	149.	Patrick Grady	M	43	9/22	25:02
69.	Richard Harvey	M	29	7/18	22:45	150.	* Carol Dodge	F	56	2/	25:07
70.	* Stephen Yolnis	M	44	2/22	22:46	151.	Kevin Reynolds	M	58	12/29	25:08
71.	Andy Buttner	M	15	7/18	22:54	152.	Brad Hesler	M	28	10/18	25:09
72.	Tom Lynch	M	46	8/38	22:57	153.	Shawn Bergman	M	40	10/22	25:10
73.	John Rigge	M	50	10/22	22:59	154.	* Allyson Tuttle	F	28	3/18	25:10
74.	* Walt Quinell	M	60	3/10	23:06	155.	Amy Bollinger	F	41	5/38	25:11
75.	* Rachel Terden	F	15	3/24	23:06	156.	Scott Potter	M	27	11/18	25:12
76.	* Elizabeth Briggs	F	51	1/19	23:09	157.	Madison Gonzalez	F	17	8/24	25:14
77.	* Elizabeth Besio	F	54	2/19	23:10	158.	Victoria DeSantis	F	13	10/50	25:15
78.	Teresa Petrus	F	15	4/24	23:12	159.	Joseph Stenoski	M	58	13/29	25:17
79.	* Teshale Kelly	M	7	1/6	23:14	160.	Robert Sedlacek	M	56	14/29	25:19
80.	* Justin Nowicki	M	7	2/6	23:15	161.	Scott Bollinger	M	41	11/22	25:20
81.	Patrick Macko	M	15	8/18	23:16	162.	Rory Malone	M	31	5/11	25:23
						163.	Kelly Mahan	F	11	11/50	25:25
						164.	Christine Schilling	F	43	6/38	25:26
						165.	Michael Greene	M	53	15/22	25:27
						166.	Paul Morrell	M	47	18/38	25:28
						167.	* Nancy Smith	F	60	1/7	25:31
						168.	Bradley Cunningham	M	11	18/50	25:37

169.	Nicholas Bove II	M	12	19/50	25:37	256.	Dustin Duger	M	23	11/13	28:04
170.	* David Muir	M	68	1/8	25:41	257.	Helena Chiles	F	19	16/24	28:05
171.	Alicia Sakran	F	13	12/50	25:45	258.	Carolyn Yerdon	F	50	5/19	28:06
172.	Dan Townsend	M	41	12/22	25:48	259.	Aubrey Trett	F	13	15/50	28:07
173.	Eric Robinson	M	31	6/11	25:49	260.	Devon Rodgers	F	33	5/14	28:09
174.	Mark Hanlon	M	11	20/50	25:50	261.	Ed Van Marter	M	66	5/8	28:09
175.	Richard Bower	M	41	13/22	25:50	262.	Ellen Suarez	F	42	13/38	28:15
176.	Jeffrey Tuttle	M	54	16/22	25:56	263.	Katelyn Barber	F	26	5/18	28:16
177.	Claire Sheen	F	16	9/24	25:57	264.	Danielle Craver	F	28	6/18	28:18
178.	Benjamin Passetti	M	28	12/18	25:57	265.	Steven Morphat	M	45	26/38	28:18
179.	Mason Winters	M	38	7/13	25:58	266.	Andrew McElwee	M	35	11/13	28:20
180.	* Jessica Palmer	F	31	3/14	25:59	267.	Heidi Pitzer	F	30	6/14	28:24
181.	Brendan Rewakowski	M	12	21/50	26:01	268.	Eric Schilling	M	46	27/38	28:25
182.	Wendy Robinson	F	54	4/19	26:03	269.	David Takach	M	59	18/29	28:25
183.	* Louis Dimento	M	70	2/9	26:05	270.	Kermit Cadrette	M	75	4/9	28:29
184.	Jen James	F	41	7/38	26:07	271.	Helen Walsh	F	55	5/13	28:30
185.	* Nick Pallotta	M	65	2/8	26:09	272.	Conor Mahoney	M	12	33/50	28:33
186.	Aaron Case	M	33	7/11	26:12	273.	* Rachel Chiles	F	24	3/8	28:37
187.	* Kimberly Gilbert	F	35	4/16	26:16	274.	Steven Burns	M	24	12/13	28:38
188.	Ron Smith	M	45	19/38	26:21	275.	Nina Chiles	F	49	10/22	28:40
189.	* Kathy Kobuszewski	F	48	3/22	26:23	276.	Erin Knaul	F	18	17/24	28:41
190.	Mitchell King	M	12	22/50	26:24	277.	Kara Sweeney	F	16	18/24	28:43
191.	Kaitlyn Stenoski	F	16	10/24	26:25	278.	Jen Terpening	F	36	6/16	28:44
192.	* Kylie Nowicki	F	9	1/8	26:26	279.	Jon Dubler	M	40	14/22	28:48
193.	Peter Webster	M	58	15/29	26:26	280.	Kristin Hartnett	F	58	6/13	28:49
194.	Zach Barnello	M	13	23/50	26:26	281.	Patricia Callahan	F	56	7/13	28:50
195.	Lari Jimerson	F	43	8/38	26:27	282.	Wil Whittico	M	49	28/38	28:54
196.	Mary Jo Kiggins	F	49	4/22	26:28	283.	Kate Cavan	F	30	7/14	28:57
197.	Nicholas Clark	M	23	10/13	26:30	284.	Joshua Perry	M	27	15/18	28:59
198.	Victoria Bove	F	14	13/50	26:30	285.	Robert Kelsey	M	27	16/18	29:03
199.	Michele Dickey	F	45	5/22	26:31	286.	Anthony Nicotra	M	32	8/11	29:03
200.	Phillip Zollo	M	12	24/50	26:32	287.	David Ravas	M	55	19/29	29:05
201.	Danny Drummond	M	17	12/18	26:33	288.	Jesse Neal	M	37	12/13	29:06
202.	Michael Costello	M	48	20/38	26:34	289.	Michael Sharp	M	45	29/38	29:07
203.	Kristen Smith	F	43	9/38	26:35	290.	Freda McGuire	F	48	11/22	29:07
204.	Maryrose Belmonte	F	42	10/38	26:35	291.	Casey Hammerle	F	43	14/38	29:13
205.	* Michael Defio	M	67	3/8	26:36	292.	Stephanie Urban	F	47	12/22	29:14
206.	Ed Pietruniak	M	57	16/29	26:37	293.	Alicia Ewing	F	25	7/18	29:21
207.	Kelton Burnside	M	16	13/18	26:40	294.	Keelia McGuire	F	23	4/8	29:25
208.	* Deborah Luchetti	F	9	2/8	26:41	295.	Michael Robbins	M	51	18/22	29:27
209.	Robert Dross	M	35	8/13	26:41	296.	Connor Macko	M	13	34/50	29:30
210.	Harry Dross	M	67	4/8	26:43	297.	Michelle Kupiec	F	40	15/38	29:36
211.	Luke Doeing	M	29	13/18	26:43	298.	Ginny Madden	F	32	8/14	29:37
212.	Keith Bone	M	61	6/10	26:45	299.	Cynthia Bright	F	55	8/13	29:42
213.	Gregory Patrick	M	12	25/50	26:46	300.	Allison Krichbaum	F	42	16/38	29:42
214.	* Patrick Mahoney	M	8	3/6	26:47	301.	Russell Wood	M	47	30/38	29:44
215.	Lilly Hanlon	F	18	11/24	26:48	302.	Rick Fitzgibbon	M	56	20/29	29:46
216.	Meaghan Creamer	F	17	12/24	26:49	303.	Tara Pienkowski	F	37	7/16	29:50
217.	* Judy Crowley	F	62	2/7	26:50	304.	Caroline Lopez	F	12	16/50	29:50
218.	Eric Dahlin	M	39	9/13	26:57	305.	Esteban Gonzalez	M	45	31/38	29:51
219.	Neal Cunningham	M	48	21/38	26:57	306.	Paul Kardjlian	M	57	21/29	29:53
220.	Kristin Alisandra	F	32	4/14	27:01	307.	Tim Nelson	M	66	6/8	29:53
221.	* Rosemarie Nelson	F	57	3/13	27:01	308.	Kurt Alpha	M	47	32/38	29:56
222.	Leigh Wilson	F	56	4/13	27:02	309.	Kenneth Blaylock	M	56	22/29	29:56
223.	Philip Fassinger	M	45	22/38	27:03	310.	Kevin OKeefe	M	43	15/22	29:57
224.	Sarah Vaccaro	F	12	14/50	27:03	311.	Stephen Eron	M	42	16/22	30:10
225.	Chuck Bergquist	M	50	17/22	27:04	312.	Warren Burnside	M	70	5/9	30:12
226.	Thomas Beeman	M	49	23/38	27:06	313.	Jim Bright	M	55	23/29	30:12
227.	Bridget Spiddle	F	15	13/24	27:07	314.	Emily Barriere	F	18	19/24	30:13
228.	Chad Crockett	M	39	10/13	27:08	315.	Hannah Craybas	F	10	17/50	30:14
229.	* Mark Trobert	M	70	3/9	27:12	316.	Noah Carnicelli	M	10	35/50	30:15
230.	Kelsey Shanahan	F	15	14/24	27:15	317.	Caitlin Raymond	F	10	18/50	30:17
231.	Wayne Flynn	M	60	7/10	27:17	318.	Rachel Cantone	F	25	8/18	30:19
232.	Jeanne Burnside	F	43	11/38	27:18	319.	Laura Hesler	F	29	9/18	30:25
233.	Joseph Parisi	M	11	26/50	27:19	320.	Audrey Dennis	F	13	19/50	30:25
234.	Juli-anne Stratton	F	42	12/38	27:20	321.	Sean Eppolito	M	30	9/11	30:25
235.	Michelle Grobsmith	F	46	6/22	27:21	322.	* Rachel Kittell	F	9	3/8	30:26
236.	Nelson Jones IV	M	10	27/50	27:21	323.	Jennifer Kittell	F	37	8/16	30:26
237.	Diane Cheevers	F	48	7/22	27:23	324.	Jessica Wilson	F	10	20/50	30:27
238.	Kathleen MacDuff	F	29	4/18	27:26	325.	Ellrose Hanlon	F	9	4/8	30:27
239.	Patrick Murphy	M	16	14/18	27:27	326.	Kevin Hanlon	M	56	24/29	30:28
240.	Johnathan Thousand	M	14	28/50	27:29	327.	Alice Mahoney	F	10	21/50	30:28
241.	William Spreter	M	64	8/10	27:32	328.	Katie Mahoney	F	42	17/38	30:30
242.	Paul Cantello	M	45	24/38	27:33	329.	Eileen Fatcheric	F	51	6/19	30:31
243.	Brendan Kemp	M	11	29/50	27:37	330.	Rylee Gonzalez	F	9	5/8	30:31
244.	Nicholas Mulderig	M	11	30/50	27:39	331.	Michael Walsh	M	57	25/29	30:32
245.	Michael Bergan	M	10	31/50	27:40	332.	Susie Riccardi	F	50	7/19	30:34
246.	Nicholas Louise	M	10	32/50	27:40	333.	Jennifer Nixon	F	29	10/18	30:35
247.	Sondra Jones	F	35	5/16	27:40	334.	Bo Stoianoff	M	52	19/22	30:36
248.	Mary Bergan	F	45	8/22	27:48	335.	Carol Stoianoff	F	51	8/19	30:36
249.	Dan Shanahan	M	48	25/38	27:48	336.	Tom Palmer	M	34	10/11	30:37
250.	Ken Geary	M	57	17/29	27:51	337.	Brianna McGuire	F	21	5/8	30:37
251.	Nicole Hart	F	19	15/24	27:52	338.	Amy Anderson	F	40	18/38	30:39
252.	Steffan Saxby	M	27	14/18	27:59	339.	Bridget Lichtinger	F	43	19/38	30:40
253.	Denise Hanlon	F	48	9/22	28:00	340.	Shannon Davies	F	44	20/38	30:44
254.	* Molly Sedlacek	F	23	2/8	28:02	341.	William Moore	M	38	13/13	30:48
255.	* Rosalie Brennan	F	64	3/7	28:02	342.	Devon Burnside	F	11	22/50	30:48

343.	John Riccardi	M 13	36/50	30:48	429.	Nelson Jones III	M 42	19/22	34:32
344.	Henry Perry	M 52	20/22	30:57	430.	Jacob Gasparini	M 6	4/6	34:34
345.	Dawn Paciorek	F 48	13/22	30:58	431.	Rosie Mahoney	F 7	7/8	34:34
346.	Tracy Till	F 42	21/38	31:02	432.	Kevin Mahoney	M 45	34/38	34:35
347.	Christy Knaul	F 47	14/22	31:04	433.	Donna Merchant	F 61	5/7	34:37
348.	Amy Shandler	F 43	22/38	31:04	434.	Paco Valle	M 56	29/29	34:37
349.	Sara Finney	F 21	6/8	31:08	435.	Clare Barrett	F 10	39/50	34:37
350.	Alexis Pitcher	F 11	23/50	31:10	436.	Michael Barrett	M 47	35/38	34:40
351.	Rachel Gibson	F 27	11/18	31:10	437.	Amy Sandgarten	F 33	13/14	34:53
352.	Kathy Krzykowski	F 43	23/38	31:13	438.	Jonathan Sandgarten	M 31	11/11	35:09
353.	Soany Miller	F 42	24/38	31:16	439.	Jack Iles	M 9	5/6	35:09
354.	Gabby Major	F 12	24/50	31:16	440.	Preston Vella	M 9	6/6	35:10
355.	Kimberly Smith	F 44	25/38	31:16	441.	Colleen Dahlin	F 40	33/38	35:11
356.	Violetta Chu	F 21	7/8	31:21	442.	Dominick Tambroni	M 11	45/50	35:13
357.	Stacy Karpinski	F 54	9/19	31:32	443.	Cynthia Bergman	F 41	34/38	35:16
358.	Andrea Lee	F 44	26/38	31:38	444.	Sarah Payne	F 35	12/16	35:19
359.	Lisa Crockford	F 41	27/38	31:42	445.	Bridget Greene	M 20	13/13	35:20
360.	Stephen Scott	M 44	17/22	31:43	446.	Joe Lopez	M 49	36/38	35:24
361.	Michael Homyn	M 61	9/10	31:45	447.	Liam Davies	M 15	18/18	35:25
362.	Julia Matticio	F 11	25/50	31:46	448.	Mikaleigh Alpha	F 11	40/50	35:26
363.	Kaitlyn Walker	F 11	26/50	31:48	449.	Amy Patrick	F 39	13/16	35:35
364.	Jeanette Clark	F 44	28/38	31:55	450.	Bridget Buttner	F 52	17/19	35:35
365.	Helena Love	F 50	10/19	31:58	451.	Nick Boug	M 43	20/22	35:45
366.	Karen Weigand	F 54	11/19	32:00	452.	Maria Bove	F 10	41/50	35:57
367.	Kaleigh Sweeney	F 18	20/24	32:01	453.	Melissa Migdal	F 27	16/18	36:04
368.	Anthony Dattellas	M 11	37/50	32:02	454.	Kathleen Sherlock	F 58	11/13	36:19
369.	Kara Dattellas	F 19	21/24	32:03	455.	Max Hahn	M 10	46/50	36:20
370.	Sandy Gardino	F 10	27/50	32:10	456.	Ray Hahn	M 42	21/22	36:25
371.	Dom Mercurio	M 76	6/9	32:10	457.	Brenda Kelley	F 57	12/13	36:26
372.	Elena Rosati	F 40	29/38	32:11	458.	Earl Alpha	M 77	7/9	36:40
373.	Emily Stratton	F 10	28/50	32:12	459.	Gary Douglas	M 66	7/8	36:40
374.	Michelle Paparo	F 38	9/16	32:13	460.	Samantha Kowalewski	F 12	42/50	36:46
375.	Chuck Mason	M 43	18/22	32:14	461.	Virginia Togias	F 26	17/18	36:49
376.	Kevin Burchell	M 25	17/18	32:14	462.	Melanie Miller	F 57	13/13	36:51
377.	Matthew Bergquist	M 17	15/18	32:15	463.	Taylor Holzauer	F 14	43/50	36:56
378.	Jimmy Hickey	M 17	16/18	32:16	464.	Natalya Kowalewski	F 6	8/8	36:58
379.	Kristine Fitzgerald	F 38	10/16	32:16	465.	James Smith	M 54	22/22	37:21
380.	Mackenzie Patrick	F 10	29/50	32:17	466.	Sharon Kowalewski	F 35	14/16	37:25
381.	Phoebe Anderson	F 10	30/50	32:17	467.	Jacquelin Jenkins	F 11	44/50	37:26
382.	Margaret Reith	F 49	15/22	32:17	468.	Edward Gasparini	M 68	8/8	37:32
383.	Richard Ingraham	M 49	33/38	32:18	469.	Beth Cannon	F 46	17/22	37:38
384.	Rosie Giannino	F 51	12/19	32:19	470.	Paige Shelley	F 10	45/50	37:49
385.	Julie Nolan	F 30	9/14	32:22	471.	Debbie Rice	F 41	35/38	37:53
386.	Cathy Major	F 44	30/38	32:22	472.	Sandy Slonosky	F 51	18/19	37:55
387.	Jennifer Wildenstein	F 52	13/19	32:27	473.	Anne Proppe	F 62	6/7	37:57
388.	Lynn Trowbridge	F 55	9/13	32:30	474.	Sarah Ravas	F 42	36/38	38:03
389.	Jennifer Moore	F 37	11/16	32:35	475.	Amy Carter	F 42	37/38	38:08
390.	Laurie Ferger	F 40	31/38	32:43	476.	Angela Perry	F 49	18/22	38:16
391.	McKenzie Dahlin	F 11	31/50	32:44	477.	Cassidy Tuthill	F 16	22/24	38:43
392.	Samantha Snyder	F 10	32/50	32:47	478.	Morgan Weigel	F 18	23/24	38:43
393.	Gabrielle Vella	F 11	33/50	32:48	479.	* Daria Pilipczuk	F 65	2/5	38:46
394.	Toni Vella	F 34	10/14	32:48	480.	Aleea Vicks	F 23	8/8	38:47
395.	Erin Ingles	F 34	11/14	32:49	481.	Containia Black	F 38	15/16	38:47
396.	Alison Chamberlain	F 26	12/18	32:50	482.	* Karen Dross	F 66	3/5	39:12
397.	Amanda Rigge	F 14	34/50	32:50	483.	Rachel Wilson	F 12	46/50	39:36
398.	Claudia Cook	F 11	35/50	32:50	484.	Jessica Childs	F 19	24/24	39:37
399.	May Oross	F 64	4/7	32:51	485.	Hector Gonzalez	M 40	22/22	39:56
400.	Jacquelin Quinlan	F 26	13/18	32:56	486.	Dee Caldwell	F 52	19/19	40:02
401.	Korie Walsh	F 28	14/18	33:02	487.	Amelia Lopez	F 10	47/50	40:13
402.	Daisy Townsend	F 11	36/50	33:08	488.	Emma Repice	F 11	48/50	40:39
403.	Deklyn Becker	M 12	38/50	33:09	489.	Melissa Zielinski	F 40	38/38	40:59
404.	Rose Sweeney	F 50	14/19	33:14	490.	Chris Bell	M 48	37/38	41:42
405.	Aren Burnside	M 14	39/50	33:17	491.	Pamela Ingersoll	F 46	19/22	41:43
406.	Gregory Rodgers	M 59	26/29	33:21	492.	Diane Detrick	F 48	20/22	41:46
407.	Kathleen Cantone	F 55	10/13	33:22	493.	Peter Monteleone	M 76	8/9	41:47
408.	Daniel Cantone	M 55	27/29	33:26	494.	Nichole Sosow	F 10	49/50	42:11
409.	Emily Malone	F 28	15/18	33:28	495.	Emily Connelly	F 10	50/50	42:11
410.	Jordan Kensinger	M 15	17/18	33:29	496.	Connie Ciccone	F 68	4/5	42:12
411.	John Crowley	M 62	10/10	33:32	497.	Wayne Weiss	M 70	9/9	43:06
412.	Kelly Parisi	F 46	16/22	33:34	498.	Michele Ruggiero	F 35	16/16	43:08
413.	Justin Lasher	M 29	18/18	33:35	499.	Jill Swayze	F 68	5/5	43:50
414.	* Rosemary Laquidari	F 69	1/5	33:39	500.	Leah Corcoran	F 10	51/50	44:14
415.	Joshua Caldwell	M 11	40/50	33:40	501.	Jack Corcoran	M 12	47/50	44:15
416.	Greg Allen	M 58	28/29	33:42	502.	Gavin Gonzalez	M 10	48/50	44:34
417.	Brendan Hammerle	M 12	41/50	33:43	503.	Mary Beyrau	F 26	18/18	44:36
418.	Sarah Reynolds	F 10	37/50	33:54	504.	Michael Murphy	M 10	49/50	44:38
419.	Brian Gantley	M 12	42/50	34:04	505.	Vince Murphy	M 47	38/38	44:40
420.	Susan Christensen	F 52	15/19	34:06	506.	Cassandra Culbertson	F 31	14/14	44:40
421.	Joe Barriere	M 11	43/50	34:08	507.	Jack Hickey	M 11	50/50	44:51
422.	Diana Edwards	F 33	12/14	34:10	508.	Jill Hickey	F 49	21/22	46:10
423.	Brian Buttner	M 10	44/50	34:11	509.	Susan Stamp	F 47	22/22	46:10
424.	Julie Hartenstein	F 42	32/38	34:15	510.	Marilyn Sutherland	F 61	7/7	46:24
425.	Bob Buttner	M 53	21/22	34:23					
426.	Sarah Rigge	F 11	38/50	34:28					
427.	Lori Pietruniak	F 53	16/19	34:28					
428.	Ellie Jones	F 8	6/8	34:29					

Fayetteville 10K Classic

11th Annual—Saturday, September 21, 2013

To Benefit the Syracuse Chargers Track Club's College Scholarship Program
Held in connection with the Fayetteville Festival also at Beard Park



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

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

10K course will start and finish near Beard Park taking runners around a single-loop course consisting of Route 257, Manlius Center Rd., North Burdick St., Route 5 to Clinton St. and ending on Lincoln St.
The Children's Races will be held entirely within Beard Park.

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

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

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

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

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

2013 Fayetteville 10K Classic Entry Form

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

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

Last Name												First Name												Sex		Age as of 9/21/13	
Street Address												City						State		Zip							
Phone: _____												E-mail: _____						Date of Birth ___/___/___		T-Shirt: ___S ___M ___L ___XL							

Participant Waiver for Race Registration

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules.

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

Signature: _____ **Date:** _____

Parent's or Guardian's signature if 17 yrs. or younger: _____ **Date:** _____

Calendar of Events

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

July

- 4 (Thursday) **Cazenovia July 4th Foot Races, contact: nandewhite@aol.com Online: GetEntered.com**
Reg. online only June 25-July 1. No day of race entries.
- 19-Aug. 1 Summer National Senior Games, Cleveland, Ohio
24 (Wednesday) 14th Annual a Midsummer night's dream run (entry form in this *Newsletter*)
27 Harborfest 5K Run/Walk and 10K Run 8:30am start Oswego YMCA 315-343-1981
www.oswegoymca.org jsheffield@oswegoymca.org

August

- 8 (Thursday) Tromptown Run half-marathon, 5 KM www.tromptownrun.com
10 (Saturday) 3rd Annual Camillus Rotary "Mule Skinner" 5K Run at Towpath Days, Erie Canal Park, Camillus
Contact: George Mango (315)952-2256
- 10 Bergen 5K Run & Walk - **USATF Niagara Assoc. Open & Masters Championship**
contact: www.bergen5K.com;
- 17 **Willow Bay 5K Run & Fitness Walk, Liverpool mpiscitelli2@verizon.net**

September

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

October

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

Summer Runs: Monday Night, 6 pm Oneida Shores June 17 thru Aug. 12
Contact: Greg at gbroton@yahoo.com

Thursday Night, 6 pm Onondaga Lake Park June 27 thru Aug. 22
Contact: Jasper at jhroyal@liverpool.k12.ny.us (Not July 4th)

Track Meets

- July 6-7 USATF East Region Masters Outdoor T&F Championship, (RIT) Rochester, NY**
http://www.usatf-niagara.org You must be a USATF member to compete

Bold Print indicates a Charger Event or a championship event

Summer Tuesday night Youth Practice (Charger members only – 15 years of age and younger)
July 2, 16, 30, August 6, 13, 20 & 27 5 pm JD Track
contact Coach Royal at jhroyal@liverpool.k12.ny.us, 416-3811

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

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

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

Mailing Address - Street or P.O. Box _____			Telephone Number _____
City _____	State _____	Zip _____	E-mail Address _____

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

Primary Fields of Interest:

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
8103 Lobos Lane, Liverpool, NY 13090**

Other (please specify interest) _____



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 for \$6 (Ash) Sm.____ Med.____ Lg.____ XLg.____ Y Lg.____

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

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

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

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

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

Signature(s)

Date

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

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

Date

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

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

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

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

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

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