



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLXI

Syracuse Chargers Track Club

July 2015

2015 Swamp Rat Runs



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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

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by the 22nd of the month - July 22nd for the August 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

Renewing Members:

Jim Cox	Dalgety Family	Davidson Family	Deep Family
Gary Douglass	Mark Feldman	Richard Frio	Ron Gay
Hanlon Family	Gary Heymann	Joan Koral, Steve & Matt Crough	Raymond Panek
Tom Rauscher	Toni Rogers	Ronald Spencer	Weeks Family

Recent Charger Age Group Records

M 55-59	5 Kilometer Walk	David Talcott	25:12	4/12/2015
M 55-59	10 Kilometer Walk	David Talcott	50:36	4/12/2015
M 55-59	15 Kilometer Walk	David Talcott	1:16:39	4/12/2015
F Open	Half Marathon	Julianne Quinn	1:17:05	3/15/2015
F Open	10 Miles Road	Julianne Quinn	58:31	5/3/2015
F 55-59	Half Marathon	Elizabeth Besio	1:41:20	5/3/2015
F 55-59	10 Miles	Elizabeth Besio	1:15:44	7/4/2014

Dave Talcott’s 5, 10, and 15 Km walk records were set at the Pan American Race Walking Cup Qualifiers. His 20k age group record, set in the same race, was reported last month. Long distance race walk events are often held on a loop course with relatively short loops, so that a reasonable number of judges can observe the whole event. In this case, the loop was 1.25 Km, and official splits were recorded for each loop. Thus, Dave’s records result from his cumulative times after 4, 8, and 12 loops. Dave’s 5 Km time supplants Bill Wiecek’s 30:08 from 1995. His 10 Km betters Jerry Smith’s 52:23 from 2006, and there was no existing record in the 15 Km walk in the M55-59 age group.

Julianne Quinn’s Half Marathon was run in the United Airlines NYC Half. It replaces Amanda LoPiccolo’s 1:17:53 from 2011. Her 10 mile record was run in the Blue Cross Broad Street Run, besting the 59:52 of Kaitlyn O’Sullivan from 2009. (Julianne reports that new Chargers member Kristina Kronauer also came in under the old record with a net time of 59:45. Her official time is listed as 59:55, her gun time, because the mat malfunctioned at the time of her finish - fortunately irrelevant, as the time she needed to beat at that moment was Julianne’s, not Kaitlyn’s.)

Liz Besio’s Half Marathon record was set at the Goodlife Fitness Toronto Half Marathon. The old record of 1:40:02 was held by Carol Rider and dates from 2000. Liz’s 10 mile record was run at the Cazenovia July 4 race and supplants her own 1:18:02 from May 4 of the same year.

So, you want to set a Chargers Record?

For the sake of argument, let’s say the premise is correct and you’d like to join the club of 645 individuals (living or deceased) who currently hold an individual Chargers record. How should you proceed?

First, it is important to realize that if you are, say, male and 61 years old, then you are simply not eligible for some Chargers records. If you don’t already own a Chargers youth division record, for example, you will never do so in the future. So forget about all of those. Barring extreme steps, you will never be eligible for any female records either.

Which records in your own age/sex group are best to try for? If our hypothetical 61 year old male decided to try for the M60-64 record in the mile run, he would have to better the 5:14.2 run by Bob Milner on 1/20/1996. I don’t know about you, but that just doesn’t seem very likely to me! The mile is arguably the premier event of track and field, and a great many runners – including some really good ones like Bob – have tried their best at it. What chance do you have?

Trivia:

1. Q. In what year was the first Boston Marathon ? What distance was the race?
2. Q. Name 3 sports that Jackie Joyner-Kersey competed at in high school?
3. Q. Who is considered the "Father of American Ultra-Running"?
4. Q. What marathon involves 5,164 steps?
5. Q. What is the longest running collegiate Track and Field meet in the USA?

Better to try for a record in a more obscure event, one that has not been attempted by so many people. While I am loath to say that a given record in a rarely contested event is inferior to one in a common event, the probabilities do tend in that direction. What about Howard MacMillan's 1:51.8 in the 660y dash? Could you do better than that?

Frankly, I have no idea, but here's one thing I do know: you could set a Chargers M60-64 record in the 440y dash. For the simple reason that there is no record at all right now. All you'd have to do is finish! (Assuming of course no other Chargers male sexagenarians happened to be running in the same race.)

The problem is, where on earth do you find a 440y dash to enter? In the United States the 440 was the standard long sprint distance until the push to introduce the metric system began in the 1970s. During that decade high school athletics gradually phased in the 400m, as older quarter mile cinder tracks were replaced with new 400m tracks with hi-tech surfaces. Today, very few of the old quarter mile tracks remain.

It just so happens, however, that this summer you are in luck! The Chargers are hosting a series of three all-comers track meets at Nottingham High School, and each one features one race at an "off-beat" distance for the sole purpose of giving you the opportunity to set a Chargers record. (See detailed meet information elsewhere in this newsletter.) The first meet features a 440y dash, the second will include the 2000m run, and the final meet will have a 100y dash. Each meet will also have a number of events at more common metric distances.

Good Luck!

Thursday Night Onondaga Lake Park Fun Run Results

June 4th

2 mile		
Savannah Kuhr	13	15:31
Dan Callaghan	27	16:21
Denise Devine	47	19:08

5 km		
Kurt Stanton	65	28:42

4 Mile		
Jim Cox	54	34:58

8 km		
Paul Cianfrocca	51	34:42
Rick Bond	57	36:55

June 11th

2 Mile		
Paul Cianfrocca	51	12:52

5 km

Ric Bond	5	7	22:24
Kurt Stanton		65	27:54
Richard Bower		43	27:55
Linda Glowacki		56	28:14
Gabby McCarthy		11	31:05
Dave McCarthy		46	31:11

June 18th

2 Mile			
Paul Cianfrocca		51	15:08
Savannah Kuhr		13	15:42
Richard Bower		43	17:44
Bob Nicholson		68	26:09
Jerry Smith		68	26:09

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.

Syracuse Chargers Records for Females 16-17 years

50y	Linda Cupit	6.5	1/26/1975
55m	Amira Felton	7.4	1/27/1991
100y	Linda Cupit	11.4	4/12/1975
100m	Jazmine Herbert	12.84	6/24/2012
200m	Leashia Rahr	25.5	7/15/1996
220y	Mary Rybinski	26.4	6/9/1974
300y	Linda Cupit	39.6	2/1/1976
300m	Jeanne Lyon	46.7	2/22/1980
400m	Leashia Rahr	57.4	6/17/1995
440y	Linda Cupit	59.8	4/27/1975
600y	Mary Rybinski	1:31.2	2/3/1974
600m	Heather Whitmore	1:45.5	3/15/1997
880y	Katy Schilly	2:16.6	12/8/1972
1000y	Mary Seybold	2:40.2	1/26/1974
1000m	Sarah Verdoliva	3:10.0	1/18/2004
1500m	Catey Shanahan	4:35.0	8/18/1984
1 mile	Katy Schilly	4:53.0	6/30/1978
2000m	Kim Winslow	7:22.4	3/18/1984
2km steeple	Kayleigh Wheelless	8:07.6	8/2/2002
3000m	Kathy Mills	9:48.6	6/28/1975
3000m steeple	Kayleigh Wheelless	12:54.7	7/25/2003
2 miles	Katy Schilly	10:40.0	6/9/1973
5km track	Ann Nicholson	17:57.0	6/22/1993
5km road	Ann Nicholson	18:35	7/4/1993
8km road	Tracey Bunce	30:08.0	5/5/1991
5 miles road	Hope Wynkoop	33:04.0	8/25/1983
10km road	Katy Schilly	36:09.0	10/6/1974
10km track	Jennifer Rhines	38:18.4	8/2/1990
15km road	Hope Wynkoop	1:00:40	7/8/1978
10 miles	Katy Schilly	1:02:24	7/27/1978
20km	Michelle Sierzant	1:27:28	6/6/1984
marathon	Mary Durgin	3:14:00	11/29/1981
50y HH	Betsey Fey	8.0	12/17/1983
50m HH	Beth Sierzant	8.2	1/19/1985
55m HH	Nell Campbell	9.2	12/19/1999
100m HH	Sarah Kranzler	14.5	6/21/1997
330y IH	Erica Hagenlocher	46.3	4/27/1975
400m IH	Erica Hagenlocher	1:06.8	6/9/1974
440y IH	Grace Killory	1:17.0	6/79
high jump	Cathy Golden	5ft 7in	6/18/1983
pole vault	Katie Wilmer	10ft 6in	7/10/2003
pole vault	Katie Wilmer	10ft 6in	2/14/2004
triple jump	Antonika Owens	39-7	8/6/1994
long jump	Antonika Owens	17-6 1/2	8/6/1994
weight throw 20lb	April Rushey	19-3 1/2	1/16/1999
discus	Monica Ridgeway	110-7 3/4	7/28/2005
javelin	Cassie Quackenbush	109-2	8/7/1983
shot put 4kg	Shari Zembek	41-4 1/2	1/6/1990
heptathlon	Janeen Bonner	4200	8/18/1984
1500m walk	Marie Killory	8:28.0	6/15/1980
1 mile walk	Katie Monco	10:22.4	12/20/1998
3000m walk	Rebecca Soderholm	18:59.4	3/20/1988
5km walk	Laura Feller	29:13.0	7/31/1997
10km walk track	Laura Feller	1:04:11.0	8/1/1997

Past Issues of the *Chargers Newsletter* are available electronically

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

Syracuse Chargers Records for Males 16-17 years

40y	Mike Egan	5.2	3/18/1978	440y IH	Brian Buck	58.1	6/24/1979
50m	Chris Coleman	5.7	12/22/1984	high jump	Kym Orr	6ft 9in	7/19/1981
55m	Adam Payne	6.6	2/2/1992	pole vault	John Dwyer	13-6	7/11/1976
55m	Travis Blount	6.6	1/22/1995	triple jump	Jeff Whitehead	45-7	8/1/1984
55m	Dave Angell	6.6	3/15/1997	long jump	Brian Jackson	22-9 1/2	8/1/1984
100y	Dino Campbell	10.2	7/8/1978	weight throw 74lb	Pete Traina	20-11	9/10/1971
100m	James Drake	10.9	7/7/1982	weight throw 35lb	Pete Traina	39-1	8/25/1970
100m	Earl Moss	10.9	7/16/1983	weight throw 56lb	Pete Traina	38-9	7/6/1971
200m	James Drake	22.0	8/13/1982	shot put 12lb	Chris Hall	57-9	8/14/1982
220y	ohn Weakfall	23.9	7/1977	shot put 16lb	Chris Hall	51-6	7/16/1983
300m	Jesse Mikell	36.9	2/13/1983	discus 1.6kg	Trenton Patterson	163-0	7/13/1985
300m	Jesse Mikell	36.9	2/27/1983	hammer 12lb	Chris Hall	179-5	8/11/1983
400m	James Drake	49.0	8/14/1982	hammer 16lb	Chris Hall	139-10	7/24/1982
440y	Kevin Didio	53.0	8/1977	javelin	Kevin Richardson	181-0	7/11/1979
500m	Ed Arrington	1:10.0	2/23/1985	indoor pentathlon	Pay Panek	3451	3/14/1992
600m	Scott Marinich	1:26.9	3/22/1987	decathlon	Chris Brown	5219	8/10/1983
800m	Jay Thompson	1:55.1	8/10/1985	outdoor pentathlon	Jim Vaughn	2118	7/25/1984
880y	Don Paige	2:01.6	7/28/1974	1 hour walk	Dan Talcott	6mi-475yd	11/21/1982
1000m	Jim Nicholson	2:45.1	1/9/1983	1000m walk	Dan Talcott	4:12.0	3/13/1983
1500m	John Hickman	4:04.5	8/18/1984	1500m walk	Dan Talcott	6:32.7	8/13/1982
1 mile	Ben White	4:13.4	6/18/2005	1 mile walk	Dan Talcott	7:08.8	3/7/1983
2000m	Don Broton	5:57.7	3/14/1982	3000m walk	Dan Talcott	14:54.0	4/23/1983
3000m	Brian Clas	8:51.0	2/3/1990	2 mile walk	Dan Talcott	15:36.0	8/13/1982
3000m steeple	Chris Shepardson	10:20.3	6/18/1983	3 mile walk	Dan Talcott	23:56.0	8/13/1982
2 miles	Zack Karpinski	12:10.1	3/16/2008	5km walk road	Dan Talcott	25:55.0	7/5/1982
3 miles	Dave Dobrzynski	14:42.0	8/26/1973	5km walk track	Dan Talcott	25:45.0	8/13/1982
5km track	Aaron Emery	15:26.6	7/24/1989	5 mile walk track	Dan Talcott	44:07.0	1/6/1982
5km road	Jason Meany	15:07	10/15/1997	5 mile walk road	Dan Talcott	43:01.0	11/21/1982
5 miles road	John Hickman	25:59.0	7/21/1984	10km walk track	Dan Talcott	55:11.0	11/21/1982
10km road	John Evans	31:51.0	8/16/1975	10km walk road	Dan Talcott	53:06.0	3/20/1983
10km track	Jim Nicholson	31:24.3	8/11/1983	15km walk road	Dan Talcott	1:24:40	11/6/1982
15km road	Jim Nicholson	48:54.0	7/10/1983	10 mile walk	Dan Talcott	1:31:53	11/28/1982
10 miles	John Rayo	51:02.0	7/25/1975	20km walk track	Dan Talcott	1:56:50	11/6/1982
20km	John Evans	1:11:56	8/5/1973	25km walk road	Dan Talcott	2:54:23	5/2/1982
half marathon	Kevin Collins	1:16:22	8/11/1988	30km walk road	Dan Talcott	3:16:36	5/2/1982
30km road	Chris Shepardson	1:48:27	3/20/1983	35km walk	Dan Talcott	4:13:50	5/2/1982
marathon	Jeff Foster	3:38:51	3/24/1984	40km walk	Dan Talcott	4:55:43	5/2/1982
55m HH	Ray Panek	8.0	1/1991	marathon walk	Dan Talcott	5:09:50	5/2/1982
110m HH 42in	Kevin Anderson	15.5	7/24/1982				
110m HH 39in	Brian Buck	14.8	8/17/1979				
400m IH	Brian Buck	54.2	7/19/1980				

Swamp Rat Runs - 5k Results

1 Adam Pacheck	23	15:26	4:59	1 M20-24	M#	1 Brighton	MA
2 Yuji Wakimoto	23	16:40	5:22	2 M20-24	M#	2 Brighton	MA
3 Andrew Fleisher	24	16:54	5:27	3 M20-24	M#	3 Silver Spring	MD
4 Jamie Hospers	22	17:07	5:31	4 M20-24	M#	4 Rochester	NY
5 Jamie Vavra	25	17:19	5:35	1 M25-29	M#	5 Owego	NY
6 Brian Thomson	26	17:19	5:35	2 M25-29	M#	6 Silver Spring	NY
7 Justin Roncaioli	24	17:32	5:39	5 M20-24	M#	7 Pittsburgh	PA
8 Daniel Fritz	22	17:43	5:43	6 M20-24	M#	8 Cicero	NY
9 Joseph Tricarico	16	17:53	5:46	1 M15-19	M#	9 North Syracuse	NY
10 Jacob Barker	18	17:54	5:46	2 M15-19	M#	10 Kirkville	NY
11 Jason Tuori	24	18:06	5:50	7 M20-24	M#	11 Cicero	NY
12 Andrew Zeccola	21	18:09	5:51	8 M20-24	M#	12 Rochester	NY
13 Jon Cyganik	22	18:13	5:52	9 M20-24	M#	13 Brighton	MA
14 Paul DeGennaro	19	18:20	5:54	3 M15-19	M#	14 Liverpool	NY
15 Kevin Cusworth	25	18:42	6:02	3 M25-29	M#	15 Chittenango	NY
16 Nicholas Berg	13	18:55	6:06	1 M01-14	M#	16 Minoa	NY
17 Daniel Schulz	20	19:10	6:10	10 M20-24	M#	17 Central Square	NY
18 Allen Garnes	16	19:15	6:12	4 M15-19	M#	18 Liverpool	NY
19 Aaron Reardon	25	19:16	6:12	4 M25-29	M#	19 Minoa	NY
20 Victoria Stepanova	22	19:20	6:14	1 F20-24	F#	1 Brooklyn	NY
21 Jim Vandish	44	19:24	6:15	1 M40-44	M#	20 Oswego	NY
22 David Ware	15	19:30	6:17	5 M15-19	M#	21 North Syracuse	NY
23 Noah Poirier	16	19:53	6:24	6 M15-19	M#	22 Cicero	NY
24 Joe Woodworth	37	19:57	6:26	1 M35-39	M#	23 Kirkville	NY
25 Katie Laris	21	20:44	6:41	2 F20-24	F#	2 Clay	NY
26 Paul Cianfrocca	51	20:45	6:41	1 M50-54	M#	24 Camillus	NY
27 Danielle Bessette	23	20:46	6:41	3 F20-24	F#	3 Cambridge	MA
28 Brian Traub	19	20:54	6:44	7 M15-19	M#	25 Cicero	NY
29 Allen Wells	15	20:59	6:45	8 M15-19	M#	26 Clay	NY

Race Walk Corner:

For the 8th straight year, a national race walk championship was held in conjunction with the Freihofers Run for Women in Albany on May 31st. This year the race was on Sunday instead of Saturday and the course was along the Hudson river instead of around the Egg on the government plaza. Chargers Dave Talcott and Erin Taylor-Talcott both placed 4th among their prospective genders, while Erin edged Dave 24:51 to 25:14. Erin has already qualified to compete in next years women's 20km Olympic Trials and has also qualified to compete in the Men's 50km Olympic Trials.

On June 13th Owego Free Academy hosted the USATF Niagara Race Walk championships. Distances ranged from 3,000meters to 2 hours. A group of 16 walkers competed with A.J. Gruttadauro (17) of Brockport winning the 3,000 in 16:24.1. Erin Taylor-Talcott (37) took the 5,000 in 25:08.5. Meghan Podlaski (17) won the 10,000 meters in 52:45.2 (she also went on to set an American Junior record of 11,463 meters for an hour). Dave Talcott (55) won the 20,000 meters in 1:48:19.5 and continued on to 2 hours to walk 22,172 meters which is an American 55-59 age group record. Other records were set by James and Kay Carmines at 20,000 meters and 2 hours. Athletes from 6 states plus Canada competed.



Learn how to Race Walk. Dave & Erin will be at the July 29th Charger Developmental Meet and will hold a clinic for those interested in learning more about Race Walking. Please come on out!

(Photos compliments of Tony Podlaski)

30	John Tees	29	21:03	6:47	5	M25-29	M#	27	North Syracuse	NY
31	Pat Stagnitta	29	21:03	6:47	6	M25-29	M#	28	Cicero	NY
32	Kyle Taranto	27	21:07	6:48	7	M25-29	M#	29	Syracuse	NY
33	Bryan Schad	27	21:08	6:49	8	M25-29	M#	30	Mattydale	NY
34	David Laris	52	21:13	6:50	2	M50-54	M#	31	Clay	NY
35	Robert Conley, Jr.	29	21:15	6:51	9	M25-29	M#	32	North Syracuse	NY
36	Gary Stevens	46	21:19	6:52	1	M45-49	M#	33	Clay	NY
37	Ronnie Judge	19	21:38	6:58	1	F15-19	F#	4	Vernon Center	NY
38	Jacob Lafaver	23	21:39	6:58	11	M20-24	M#	34	Syracuse	NY
39	William Gabriel	21	21:39	6:58	12	M20-24	M#	35	Camillus	NY
40	Blake Kiesinger	15	21:44	7:00	9	M15-19	M#	36	Hastings	NY
41	Michael Ricci	23	21:46	7:01	13	M20-24	M#	37	Needham	MA
42	Bradley Kowalczyk	22	21:46	7:01	14	M20-24	M#	38	Utica	NY
43	Michelle Storie	42	21:46	7:01	1	F40-44	F#	5	Cicero	NY
44	Calvin Garnes	14	21:46	7:01	2	M01-14	M#	39	Liverpool	NY
45	Sarah Davis	14	21:46	7:01	1	F01-14	F#	6	Liverpool	NY
46	Jason Fingerman	42	21:58	7:05	2	M40-44	M#	40	Liverpool	NY
47	Paul Van Geet	49	22:06	7:07	2	M45-49	M#	41	Fulton	NY
48	RJ Davis	11	22:15	7:10	3	M01-14	M#	42	Cicero	NY
49	Lauren Winschel	18	22:16	7:10	2	F15-19	F#	7	Erie	PA
50	Zachary Dehm	15	22:26	7:13	10	M15-19	M#	43	Cicero	NY
51	Kevin Brisson	57	22:31	7:15	1	M55-59	M#	44	Cicero	NY
52	Steven Challis	56	22:35	7:17	2	M55-59	M#	45	Liverpool	NY
53	Jacob Schmid	12	22:38	7:17	4	M01-14	M#	46	Cicero	NY
54	Renee Affinati	34	22:40	7:18	1	F30-34	F#	8	West Monroe	NY
55	Coreen Steinbach	64	22:43	7:19	1	F60-64	F#	9	Pompey	NY
56	Michael J. Skvarch	58	22:43	7:19	3	M55-59	M#	47	Lafayette	NY
57	Paul Dehm	52	22:44	7:19	3	M50-54	M#	48	Cicero	NY
58	Jake Dehm	18	22:44	7:19	11	M15-19	M#	49	Cicero	NY
59	Andy Wicks	49	22:47	7:20	3	M45-49	M#	50	Cicero	NY
60	Melaina Nappa	11	22:49	7:21	2	F01-14	F#	10	Liverpool	NY
61	Jamie Wagner	14	22:55	7:23	3	F01-14	F#	11	Cicero	NY
62	Nicholas Taddeo	26	22:55	7:23	10	M25-29	M#	51	New York	NY
63	Patrick Wrobel	63	22:55	7:23	1	M60-64	M#	52	Seneca Falls	NY
64	Ralph Kelley	59	22:58	7:24	4	M55-59	M#	53	Constantia	NY
65	Matthew Williams	16	23:01	7:25	12	M15-19	M#	54	Cicero	NY
66	Kristy Trumbo	30	23:03	7:25	2	F30-34	F#	12	Baldwinsville	NY
67	Sheri Hansen	44	23:06	7:26	2	F40-44	F#	13	Brewerton	NY
68	Nicole Traylor	26	23:11	7:28	1	F25-29	F#	14	Syracuse	NY
69	Fred Buchanan	62	23:17	7:30	2	M60-64	M#	55	Cicero	NY
70	David Traub	53	23:18	7:30	4	M50-54	M#	56	Cicero	NY
71	Breann Dodge	34	23:21	7:31	3	F30-34	F#	15	Clay	NY
72	Nick Searle	15	23:36	7:36	13	M15-19	M#	57	Cicero	NY
73	Lucy Person	14	23:38	7:37	4	F01-14	F#	16	Syracuse	NY
74	Savannah Stevens	19	23:41	7:38	3	F15-19	F#	17	Clay	NY
75	Jack Andrejko	12	23:47	7:40	5	M01-14	M#	58	Liverpool	NY
76	Derek Campbell	29	23:49	7:40	11	M25-29	M#	59	Baldwinsville	NY
77	Gary Searle	49	23:51	7:41	4	M45-49	M#	60	Cicero	NY
78	Gianna DeRoberts	14	23:52	7:41	5	F01-14	F#	18	Pennellville	NY
79	Holly Weiskopff	39	23:55	7:42	1	F35-39	F#	19	Cicero	NY
80	Kyle Rivers	33	23:55	7:42	1	M30-34	M#	61	Liverpool	NY
81	Zachary Sweeney	12	23:56	7:42	6	M01-14	M#	62	Mattydale	NY
82	Steven Glowacki	57	24:00	7:44	5	M55-59	M#	63	Cicero	NY
83	Elizabeth Briggs	53	24:00	7:44	1	F50-54	F#	20	North Syracuse	NY

84	Bill Hansen	47	24:02	7:45	5	M45-49	M#	64	Brewerton	NY
85	Paul Conte	25	24:05	7:45	12	M25-29	M#	65	Baldwinsville	NY
86	Deb Patterson	46	24:08	7:46	1	F45-49	F#	21	Parish	NY
87	Daniel Schmid	44	24:09	7:47	3	M40-44	M#	66	Cicero	NY
88	Cody White	14	24:13	7:48	7	M01-14	M#	67	Brewerton	NY
89	Peter Hardwick	62	24:18	7:49	3	M60-64	M#	68	Watertown	NY
90	Savannah Kuhr	13	24:19	7:50	6	F01-14	F#	22	Clay	NY
91	Mike Navarra	40	24:21	7:51	4	M40-44	M#	69	North Syracuse	NY
92	John Scott	67	24:21	7:51	1	M65-69	M#	70	Baldwinsville	NY
93	Dawson Andrews	14	24:30	7:53	8	M01-14	M#	71	Central Square	NY
94	Matthew Furletti	14	24:31	7:54	9	M01-14	M#	72	Clay	NY
95	Isabelle Popoff	14	24:31	7:54	7	F01-14	F#	23	Cicero	NY
96	Kelly Gambino	27	24:36	7:55	2	F25-29	F#	24	Oswego	NY
97	Laurie Beth Pestle	51	24:37	7:56	2	F50-54	F#	25	Liverpool	NY
98	Danielle Clark	34	24:44	7:58	4	F30-34	F#	26	Central Square	NY
99	Christopher Celentan	36	24:47	7:59	2	M35-39	M#	73	Central Square	NY
100	Joseph O'Connor	38	24:47	7:59	3	M35-39	M#	74	Central Square	NY
101	Emily Dembowski	14	24:49	8:00	8	F01-14	F#	27	North Syracuse	NY
102	Jessica Caristo	30	24:54	8:01	5	F30-34	F#	28	Central Square	NY
103	Andrew Whitlock	27	24:57	8:02	13	M25-29	M#	75	Baldwinsville	NY
104	Anna Jerone	43	24:59	8:03	3	F40-44	F#	29	Pulaski	NY
105	Ashley Irvine	16	25:07	8:05	4	F15-19	F#	30	North Syracuse	NY
106	Sarah Wicks	16	25:07	8:05	5	F15-19	F#	31	Cicero	NY
107	Haley Pestle	17	25:07	8:05	6	F15-19	F#	32	Liverpool	NY
108	Ryan Williams	14	25:09	8:06	10	M01-14	M#	76	Cicero	NY
109	Mark Vinette	41	25:11	8:07	5	M40-44	M#	77	North Syracuse	NY
110	Chris Delaney	39	25:11	8:07	4	M35-39	M#	78	East Syracuse	NY
111	Michelle Gloska	16	25:12	8:07	7	F15-19	F#	33	Central Square	NY
112	Headan Wilson	14	25:19	8:09	9	F01-14	F#	34	Syracuse	NY
113	Mark Person	56	25:24	8:11	6	M55-59	M#	79	Syracuse	NY
114	Charles Donohoe	53	25:35	8:14	5	M50-54	M#	80	Sandy Creek	NY
115	Robert Spenard	21	25:37	8:15	15	M20-24	M#	81	Brewerton	NY
116	Michael Kinsella	52	25:38	8:15	6	M50-54	M#	82	Brewerton	NY
117	Kayla Penoyer	17	25:42	8:17	8	F15-19	F#	35	Kirkville	NY
118	Anna Marie Sallis	14	25:44	8:17	10	F01-14	F#	36	North Syracuse	NY
119	James McNamara	54	25:45	8:18	7	M50-54	M#	83	Camden	NY
120	Joey Calabria	12	25:54	8:20	11	M01-14	M#	84	Clay	NY
121	Brandon Nguyen	10	25:55	8:21	12	M01-14	M#	85	Clay	NY
122	Kevin Phelps	35	26:00	8:22	5	M35-39	M#	86	Syracuse	NY
123	Dave Currey	58	26:00	8:23	7	M55-59	M#	87	Bernhards Bay	NY
124	Sarah Jones	29	26:01	8:23	3	F25-29	F#	37	Cicero	NY
125	William Jones	29	26:01	8:23	14	M25-29	M#	88	Cicero	NY
126	Nate Hudson	20	26:07	8:25	16	M20-24	M#	89	Richfield Sprin	NY
127	Caroline Webster	21	26:10	8:26	4	F20-24	F#	38	Syracuse	NY
128	Kevin Schulz	52	26:10	8:26	8	M50-54	M#	90	Central Square	NY
129	Jon Hooker	27	26:15	8:27	15	M25-29	M#	91	Altamont	NY
130	Franklin Freytag	27	26:15	8:27	16	M25-29	M#	92	Hilliard	OH
131	Aiden Weiskopff	10	26:17	8:28	13	M01-14	M#	93	Cicero	NY
132	Nick Schnied	20	26:18	8:28	17	M20-24	M#	94	Cicero	NY
133	Matthew Kavanagh	20	26:21	8:29	18	M20-24	M#	95	Cicero	NY
134	Tyler Mazzoli	12	26:25	8:30	14	M01-14	M#	96	Cicero	NY
135	Jessica Armstrong	40	26:25	8:30	4	F40-44	F#	39	Camden	NY
136	Pat Morris	51	26:26	8:31	9	M50-54	M#	97	Cicero	NY
137	Kristy Labarre	36	26:33	8:33	2	F35-39	F#	40	Pennellville	NY

138	Maria Miner	18	26:37	8:34	9	F15-19	F#	41	Cape Vincent	NY
139	Matthew Pestle	51	26:44	8:37	10	M50-54	M#	98	Liverpool	NY
140	Patricia Prosser	56	26:47	8:38	1	F55-59	F#	42	Oswego	NY
141	Hunter Gasque	13	26:48	8:38	15	M01-14	M#	99	Cicero	NY
142	Julia Mann	12	26:55	8:40	11	F01-14	F#	43	Central Square	NY
143	Jenni Sullivan	46	27:04	8:43	2	F45-49	F#	44	Fulton	NY
144	Bruce Peterson	54	27:07	8:44	11	M50-54	M#	100	Cicero	NY
145	Riley Kawola	11	27:07	8:44	12	F01-14	F#	45	Cicero	NY
146	Jeremie Auge	39	27:08	8:44	6	M35-39	M#	101	Syracuse	NY
147	Sara Wojtaszek	31	27:09	8:45	6	F30-34	F#	46	Central Square	NY
148	Joseph Bambino	37	27:10	8:45	7	M35-39	M#	102	Cicero	NY
149	Andrew Fadden	29	27:11	8:45	17	M25-29	M#	103	Cicero	NY
150	Chris Leahey	40	27:13	8:46	6	M40-44	M#	104	Cicero	NY
151	Terrance Essel	55	27:18	8:48	8	M55-59	M#	105	Fayetteville	NY
152	Matthew Taranto	35	27:27	8:50	8	M35-39	M#	106	Syracuse	NY
153	Mark Burlingame	53	27:27	8:50	12	M50-54	M#	107	Brewerton	NY
154	Melanie Begel	16	27:29	8:51	10	F15-19	F#	47	Cicero	NY
155	Brittney Montgomery	26	27:29	8:51	4	F25-29	F#	48	Liverpool	NY
156	David DiFulio	35	27:29	8:51	9	M35-39	M#	108	Brewerton	NY
157	Damon Villnave, Jr.	11	27:30	8:51	16	M01-14	M#	109	Clay	NY
158	Nancy Hardwick	62	27:31	8:52	2	F60-64	F#	49	Watertown	NY
159	Diane Ruffolo	57	27:36	8:53	2	F55-59	F#	50	Hastings	NY
160	Noel Farone	40	27:39	8:54	7	M40-44	M#	110	Cicero	NY
161	Whitney Gayne	24	27:41	8:55	5	F20-24	F#	51	Mexico	NY
162	Lindsey Kelley	15	27:41	8:55	11	F15-19	F#	52	Constantia	NY
163	Brian McMonagle	54	27:45	8:56	13	M50-54	M#	111	Pennellville	NY
164	William Spreter	66	27:50	8:58	2	M65-69	M#	112	Baldwinsville	NY
165	Dan Johnson	52	27:54	8:59	14	M50-54	M#	113	Brewerton	NY
166	Darrall Fogus	59	27:54	8:59	9	M55-59	M#	114	Brewerton	NY
167	Carrie Zdobylak	42	27:57	9:00	5	F40-44	F#	53	Syracuse	NY
168	Paul Doody	55	27:58	9:01	10	M55-59	M#	115	Baldwinsville	NY
169	Kayla Doody	22	27:58	9:01	19	M20-24	M#	116	Baldwinsville	NY
170	Emily Schlueter	12	27:59	9:01	13	F01-14	F#	54	Central Square	NY
171	Matthew Schad	24	28:01	9:01	20	M20-24	M#	117	Mattydale	NY
172	McKenna LaFlamme	14	28:03	9:02	14	F01-14	F#	55	Hastings	NY
173	Aric Andrejko	43	28:09	9:04	8	M40-44	M#	118	Liverpool	NY
174	Cameron Sisk	8	28:10	9:04	15	F01-14	F#	56	Clay	NY
175	Megan Trubia	15	28:11	9:05	12	F15-19	F#	57	9	NY
176	Annina Marullo	15	28:11	9:05	13	F15-19	F#	58	Cicero	NY
177	Hailee Kolakowski	15	28:12	9:05	14	F15-19	F#	59	Clay	NY
178	Lindsay Campbell	29	28:13	9:05	5	F25-29	F#	60	Baldwinsville	NY
179	Christine Sisk	37	28:15	9:06	3	F35-39	F#	61	Clay	NY
180	Miranda Guarno	22	28:16	9:06	6	F20-24	F#	62	Cicero	NY
181	Susan Gloska	16	28:17	9:07	15	F15-19	F#	63	Central Square	NY
182	Andrew Vinette	10	28:17	9:07	17	M01-14	M#	119	North Syracuse	NY
183	Sara Bambino	33	28:17	9:07	7	F30-34	F#	64	Cicero	NY
184	Elizabeth Bielass	48	28:22	9:08	3	F45-49	F#	65	Brewerton	NY
185	Jonathan Clarke	11	28:24	9:09	18	M01-14	M#	120	Central Square	NY
186	Madeline Woods	13	28:24	9:09	16	F01-14	F#	66	Cicero	NY
187	Jeff Gilbert	26	28:27	9:10	18	M25-29	M#	121	Liverpool	NY
188	Thomas Beeman	51	28:29	9:10	15	M50-54	M#	122	Fulton	NY
189	Theresa Hoffman	15	28:30	9:11	16	F15-19	F#	67	Cicero	NY
190	Niko Rebecchi	15	28:31	9:11	14	M15-19	M#	123	Syracuse	NY
191	Gabrielle Gosselin	32	28:33	9:12	8	F30-34	F#	68	North Syracuse	NY

192	Susan Upward	39	28:43	9:15	4	F35-39	F#	69	Clay	NY
193	Sophia Monica	9	28:45	9:15	17	F01-14	F#	70	Central Square	NY
194	Caroline Gosson	40	28:46	9:16	6	F40-44	F#	71	Syracuse	NY
195	Elizabeth Kincaid	12	28:49	9:17	18	F01-14	F#	72	West Monroe	NY
196	Kristin Walker	34	28:52	9:18	9	F30-34	F#	73	Clay	NY
197	Jacob Searle	13	28:55	9:19	19	M01-14	M#	124	Clay	NY
198	Carrissa Kawola	41	28:56	9:19	7	F40-44	F#	74	Cicero	NY
199	Rick Sherman	49	28:57	9:19	6	M45-49	M#	125	Oswego	NY
200	Adam Drypolcher	27	29:05	9:22	19	M25-29	M#	126	Syracuse	NY
201	Kayla Shanley	11	29:07	9:23	19	F01-14	F#	75	Liverpool	NY
202	Brittany Okon	28	29:07	9:23	6	F25-29	F#	76	Syracuse	NY
203	Kerry Ranger	56	29:19	9:26	11	M55-59	M#	127	Bridgeport	NY
204	Rita Bergquist	66	29:20	9:27	1	F65-69	F#	77	Brewerton	NY
205	Neil Dennison	53	29:28	9:30	16	M50-54	M#	128	Parish	NY
206	Robert McNamara	64	29:31	9:30	4	M60-64	M#	129	Cleveland	NY
207	Kelly Ewald	36	29:35	9:32	5	F35-39	F#	78	Brewerton	NY
208	Jennifer Kondrk	30	29:35	9:32	10	F30-34	F#	79	Clay	NY
209	Jessica Sweeney	39	29:36	9:32	6	F35-39	F#	80	Cicero	NY
210	Nancy Bryant	52	29:38	9:33	3	F50-54	F#	81	Mattydale	NY
211	Gaetano Julian	12	29:38	9:33	20	M01-14	M#	130	Cicero	NY
212	Michael Madigan	61	29:39	9:33	5	M60-64	M#	131	Brewerton	NY
213	Lauren Emmi	22	29:42	9:34	7	F20-24	F#	82	Cicero	NY
214	Dani LaTour	25	29:44	9:35	7	F25-29	F#	83	North Syracuse	NY
215	Kyle Brisson	27	29:45	9:35	20	M25-29	M#	132	Jersey City	NJ
216	Lindsay Pogash	25	29:46	9:35	8	F25-29	F#	84	Jersey City	NJ
217	Megan Gayne	22	29:46	9:35	8	F20-24	F#	85	Oswego	NY
218	Makayla Curtis	13	29:50	9:37	20	F01-14	F#	86	Mattydale	NY
219	Brittany O'Reilly	24	29:51	9:37	9	F20-24	F#	87	Syracuse	NY
220	Kenneth Blaylock	58	29:56	9:38	12	M55-59	M#	133	Bridgeport	NY
221	Maria Yakowec	33	29:58	9:39	11	F30-34	F#	88	Bridgeport	NY
222	Nicole Bartlett	23	29:59	9:40	10	F20-24	F#	89	Cicero	NY
223	Nichole Whitlock	30	30:02	9:40	12	F30-34	F#	90	Baldwinsville	NY
224	Amanda Bottorff	19	30:05	9:41	17	F15-19	F#	91	Cicero	NY
225	David Bottorff	51	30:05	9:41	17	M50-54	M#	134	Cicero	NY
226	Zachary Bergman	11	30:08	9:42	21	M01-14	M#	135	Cicero	NY
227	Kimberly Davis	43	30:10	9:43	8	F40-44	F#	92	Cicero	NY
228	Ellen Brunet	54	30:10	9:43	4	F50-54	F#	93	Parish	NY
229	Jess Wheeler	21	30:12	9:43	11	F20-24	F#	94	Cicero	NY
230	Greg Boehler	32	30:14	9:44	2	M30-34	M#	136	Syracuse	NY
231	Theresa Boehler	32	30:14	9:44	13	F30-34	F#	95	Syracuse	NY
232	Amy Emm	40	30:18	9:46	9	F40-44	F#	96	East Syracuse	NY
233	Annabella Calabria	12	30:20	9:46	21	F01-14	F#	97	Cicero	NY
234	Kim Lupia	46	30:29	9:49	4	F45-49	F#	98	Cicero	NY
235	Katie Morris	51	30:32	9:50	5	F50-54	F#	99	Cicero	NY
236	Sydney Stevens	14	30:33	9:50	22	F01-14	F#	100	Clay	NY
237	Meredith Andrews	49	30:34	9:51	5	F45-49	F#	101	Cicero	NY
238	Gannon Andrews	21	30:34	9:51	21	M20-24	M#	137	Cicero	NY
239	Brandi Andrews	35	30:36	9:51	7	F35-39	F#	102	North Syracuse	NY
240	Ashley Andrews	37	30:36	9:51	10	M35-39	M#	138	North Syracuse	NY
241	Mya Delbalso	14	30:38	9:52	23	F01-14	F#	103	Bridgeport	NY
242	Casey Stachelek	22	30:42	9:53	22	M20-24	M#	139	Minoa	NY
243	Erica Buckland	32	30:46	9:54	14	F30-34	F#	104	Phoenix	NY
244	Robert Rieth	68	30:46	9:55	3	M65-69	M#	140	North Syracuse	NY
245	Deborah Saucier	50	30:46	9:55	6	F50-54	F#	105	Clay	NY

246	Heather Calabria	41	30:49	9:55	10	F40-44	F#	106	Clay	NY
247	Cullen Lillis	11	30:53	9:57	22	M01-14	M#	141	Cicero	NY
248	Virginia Vandish	44	30:53	9:57	11	F40-44	F#	107	Fulton	NY
249	John Dienhoffer	62	30:54	9:57	6	M60-64	M#	142	Liverpool	NY
250	Patti Dienhoffer	35	30:54	9:57	8	F35-39	F#	108	Liverpool	NY
251	Jeffrey Grimshaw	57	31:03	10:00	13	M55-59	M#	143	Fulton	NY
252	Melanie Domanico	38	31:04	10:00	9	F35-39	F#	109	Cicero	NY
253	Camryn Humphrey	12	31:12	10:03	24	F01-14	F#	110	Brewerton	NY
254	Kara Dorn	12	31:12	10:03	25	F01-14	F#	111	Cicero	NY
255	Karen Mann	42	31:12	10:03	12	F40-44	F#	112	Central Square	NY
256	Caitlin Demm	32	31:13	10:03	15	F30-34	F#	113	Oswego	NY
257	Linda Bartlett	52	31:14	10:04	7	F50-54	F#	114	Cicero	NY
258	Susan Wright	47	31:15	10:04	6	F45-49	F#	115	Cicero	NY
259	Renee Marchant	46	31:15	10:04	7	F45-49	F#	116	Cicero	NY
260	Kristy Altobello	37	31:16	10:04	10	F35-39	F#	117	Cicero	NY
261	Leonard Lyons	55	31:27	10:08	14	M55-59	M#	144	Nedrow	NY
262	Michael Sciarrino	25	31:28	10:08	21	M25-29	M#	145	Cicero	NY
263	Amy Furletti	42	31:32	10:09	13	F40-44	F#	118	Clay	NY
264	Stacy Green	31	31:32	10:09	16	F30-34	F#	119	Clay	NY
265	Dayle Nguyen	38	31:33	10:10	11	F35-39	F#	120	Clay	NY
266	Gabrielle Reid	14	31:56	10:17	26	F01-14	F#	121	Cicero	NY
267	Andrew Piron	39	31:56	10:17	11	M35-39	M#	146	Cicero	NY
268	Grace Thompson	13	31:56	10:17	27	F01-14	F#	122	Cicero	NY
269	Deborah Dineen	51	31:57	10:17	8	F50-54	F#	123	Cortland	NY
270	Caleb Janhonen	12	31:59	10:18	23	M01-14	M#	147	Central Square	NY
271	Danielle DeRoberts	40	32:01	10:19	14	F40-44	F#	124	Pennellville	NY
272	Alex Corsello	33	32:01	10:19	3	M30-34	M#	148	Liverpool	NY
273	Sergio Orrick	35	32:11	10:22	12	M35-39	M#	149	Syracuse	NY
274	Alexa Kowbel	11	32:11	10:22	28	F01-14	F#	125	Cicero	NY
275	Robert Geiger	34	32:19	10:24	4	M30-34	M#	150	Baldwinsville	NY
276	Kim Parker	14	32:19	10:24	29	F01-14	F#	126	Cicero	NY
277	Alexis Maccammon	14	32:19	10:24	30	F01-14	F#	127	Liverpool	NY
278	Eileen Gleason	42	32:22	10:25	15	F40-44	F#	128	Liverpool	NY
279	Mary Stachelek	50	32:22	10:25	9	F50-54	F#	129	Minoa	NY
280	Maggie Traub	15	32:23	10:26	18	F15-19	F#	130	Cicero	NY
281	Carlton Garnes	10	32:24	10:26	24	M01-14	M#	151	Liverpool	NY
282	Alicia Middleton	14	32:25	10:26	31	F01-14	F#	131	Cicero	NY
283	Thomas Badgett	14	32:27	10:27	25	M01-14	M#	152	Clay	NY
284	Alyssa Olsen	34	32:33	10:29	17	F30-34	F#	132	Dewitt	NY
285	Brooke Lavallee	33	32:33	10:29	18	F30-34	F#	133	Syracuse	NY
286	Tiffany Greenfield	23	32:44	10:32	12	F20-24	F#	134	Cicero	NY
287	Tammy Guarino	47	32:45	10:33	8	F45-49	F#	135	Cicero	NY
288	Paul Rieth	60	32:47	10:34	7	M60-64	M#	153	Cicero	NY
289	Kevin Barber	38	32:51	10:35	13	M35-39	M#	154	Liverpool	NY
290	Kathy Barber	38	32:51	10:35	12	F35-39	F#	136	Liverpool	NY
291	Caleb Coyne	16	32:56	10:36	15	M15-19	M#	155	Cicero	NY
292	Tanya Larocque	35	33:05	10:39	13	F35-39	F#	137	Pennellville	NY
293	Riki Wioncek	32	33:09	10:40	19	F30-34	F#	138	Liverpool	NY
294	Tom Randall	64	33:17	10:43	8	M60-64	M#	156	Watertown	NY
295	Jenna Depuy	28	33:21	10:45	9	F25-29	F#	139	Pennellville	NY
296	Peter Depuy	31	33:22	10:45	5	M30-34	M#	157	Pennellville	NY
297	Katrina Dehay	33	33:24	10:45	20	F30-34	F#	140	Cicero	NY
298	Paul Porillo	51	33:26	10:46	18	M50-54	M#	158	Syracuse	NY
299	Georgia Baker	42	33:30	10:47	16	F40-44	F#	141	Brewerton	NY

300	Pamela Monica	42	33:44	10:52	17	F40-44	F#	142	Central Square	NY
301	Jojo Israel	52	33:48	10:53	19	M50-54	M#	159	Watertown	NY
302	Mandy Zinger-Gutches	42	33:53	10:55	18	F40-44	F#	143	Central Square	NY
303	Richard Collins	44	33:53	10:55	9	M40-44	M#	160	Brewerton	NY
304	Becky Ranger	54	33:55	10:55	10	F50-54	F#	144	Bridgeport	NY
305	Marybeth Thome	31	34:03	10:58	21	F30-34	F#	145	Liverpool	NY
306	Mary Stimson	25	34:03	10:58	10	F25-29	F#	146	Cicero	NY
307	Wendy Garlic	36	34:04	10:58	14	F35-39	F#	147	Brewerton	NY
308	Jasmine Weiskopff	16	34:05	10:59	19	F15-19	F#	148	Cicero	NY
309	Lara Wines	46	34:29	11:06	9	F45-49	F#	149	Watertown	NY
310	Marty Metras	50	34:35	11:08	20	M50-54	M#	161	Franklin	MA
311	Chuck Metras	55	34:35	11:08	15	M55-59	M#	162	Bradenton	FL
312	Lauren Patton	30	34:37	11:09	22	F30-34	F#	150	North Syracuse	NY
313	Gabrielle Sweeney	20	34:37	11:09	13	F20-24	F#	151	Syracuse	NY
314	Dorie Rector	39	34:37	11:09	15	F35-39	F#	152	Cicero	NY
315	Samantha Lathrop	15	34:40	11:10	20	F15-19	F#	153	North Syracuse	NY
316	Robin Cook	54	34:41	11:10	11	F50-54	F#	154	Watertown	NY
317	Kate Elstad	33	34:41	11:10	23	F30-34	F#	155	Syracuse	NY
318	Dominique Hoige	38	34:45	11:12	16	F35-39	F#	156	Syracuse	NY
319	Nina Stalsonberg	10	34:51	11:13	32	F01-14	F#	157	Brewerton	NY
320	Jason Stalsonberg	40	34:51	11:13	10	M40-44	M#	163	North Syracuse	NY
321	Christy Normanly	40	34:55	11:15	19	F40-44	F#	158	Liverpool	NY
322	Christopher Schnied	18	34:57	11:15	16	M15-19	M#	164	Cicero	NY
323	Sobrina Pelton-Vazqu	38	34:57	11:15	17	F35-39	F#	159	Cicero	NY
324	Stephanie Brustein	28	34:57	11:15	11	F25-29	F#	160	North Syracuse	NY
325	Jasmine Goldthwait	16	35:00	11:16	21	F15-19	F#	161	Cicero	NY
326	Lisa Phillips	48	35:00	11:16	10	F45-49	F#	162	Cicero	NY
327	Gabrielle Connor	13	35:04	11:18	33	F01-14	F#	163	Syracuse	NY
328	Noah Brown	35	35:06	11:18	14	M35-39	M#	165	Syracuse	NY
329	Louis Bregou	64	35:13	11:20	9	M60-64	M#	166	Brewerton	NY
330	Linda Bregou	65	35:13	11:20	2	F65-69	F#	164	Brewerton	NY
331	Joseph Gitzen	44	35:15	11:21	11	M40-44	M#	167	Cicero	NY
332	Randi Kowalski	24	35:16	11:21	14	F20-24	F#	165	North Syracuse	NY
333	Ann Monroe	54	35:17	11:22	12	F50-54	F#	166	Mexico	NY
334	Deborah Grimshaw	54	35:34	11:27	13	F50-54	F#	167	Fulton	NY
335	Katrina Degilormo	18	35:35	11:28	22	F15-19	F#	168	Clay	NY
336	Andrew Taddeo	59	35:36	11:28	16	M55-59	M#	168	Clay	NY
337	Bonnie McSpadden	52	35:36	11:28	14	F50-54	F#	169	Warners	NY
338	Mario Rector	40	35:37	11:28	12	M40-44	M#	169	Cicero	NY
339	Amy Dieffenbacher	24	35:54	11:34	15	F20-24	F#	170	Phoenix	NY
340	Dina Maccammon	43	36:11	11:39	20	F40-44	F#	171	Liverpool	NY
341	Julie Middleton	43	36:39	11:48	21	F40-44	F#	172	Cicero	NY
342	Jon Nappa	43	36:41	11:49	13	M40-44	M#	170	Liverpool	NY
343	Meghan Macblane	34	36:44	11:50	24	F30-34	F#	173	Liverpool	NY
344	Bonnie Woolson-Smith	33	36:48	11:51	25	F30-34	F#	174	Brewerton	NY
345	Maryann Champion	56	36:48	11:51	3	F55-59	F#	175	West Monroe	NY
346	Neal Champion	60	36:49	11:51	10	M60-64	M#	171	West Monroe	NY
347	Abigail Paolini	12	36:50	11:52	34	F01-14	F#	176	Cicero	NY
348	Abigail Calabria	10	36:56	11:54	35	F01-14	F#	177	Cicero	NY
349	Kristin Via	36	37:00	11:55	18	F35-39	F#	178	West Monroe	NY
350	Kristin Howell	38	37:35	12:06	19	F35-39	F#	179	Cicero	NY
351	Sara Obrist	23	37:39	12:07	16	F20-24	F#	180	Cicero	NY
352	Eva Goodwin	47	37:43	12:09	11	F45-49	F#	181	Mattydale	NY
353	Lynda Farney	61	38:02	12:15	3	F60-64	F#	182	Brewerton	NY

354	Michelle Flanders	47	38:06	12:16	12	F45-49	F#	183	Baldwinsville	NY
355	Gary Douglass	68	38:38	12:27	4	M65-69	M#	172	Cicero	NY
356	Abbie Steffy	24	38:42	12:28	17	F20-24	F#	184	Cicero	NY
357	Jeffrey Jackson	28	38:42	12:28	22	M25-29	M#	173	Syracuse	NY
358	Ashley Wheeler	24	39:26	12:42	18	F20-24	F#	185	Cicero	NY
359	Devorah Weinstein	24	39:26	12:42	19	F20-24	F#	186	Cicero	NY
360	Robert Stuenzi	60	39:28	12:42	11	M60-64	M#	174	Cicero	NY
361	Emily Zinger	16	39:30	12:43	23	F15-19	F#	187	Central Square	NY
362	Debbie Greenfield	53	39:51	12:50	15	F50-54	F#	188	Pulaski	NY
363	Annabelle Larobardie	13	39:51	12:50	36	F01-14	F#	189	North Syracuse	NY
364	Erin Schriever	15	39:58	12:52	24	F15-19	F#	190	Cicero	NY
365	Jennifer Stalsonberg	40	40:25	13:01	22	F40-44	F#	191	Brewerton	NY
366	Lacey Ackerman	9	41:07	13:14	37	F01-14	F#	192	Brewerton	NY
367	Michelle Ackerman	47	41:14	13:17	13	F45-49	F#	193	Brewerton	NY
368	Amanda Bratjan	26	41:40	13:25	12	F25-29	F#	194	Brewerton	NY
369	Kala Swank	13	41:52	13:29	38	F01-14	F#	195	Syracuse	NY
370	Lori Fleury	52	41:54	13:29	16	F50-54	F#	196	Constantia	NY
371	Cheyeene Hall	8	42:46	13:46	39	F01-14	F#	197	Cicero	NY
372	Monica Finocchiaro	46	44:06	14:12	14	F45-49	F#	198	Fayetteville	NY
373	Lakeshia Murray	25	44:06	14:12	13	F25-29	F#	199	East Syracuse	NY
374	Unity Hall	5	44:09	14:13	40	F01-14	F#	200	Cicero	NY
375	Steven Hayes	28	44:15	14:15	23	M25-29	M#	175	Liverpool	NY
376	Sandra Gulino	52	44:21	14:17	17	F50-54	F#	201	Cicero	NY
377	Margaret Traub	50	44:51	14:27	18	F50-54	F#	202	Cicero	NY
378	Tracy Carman	52	45:13	14:33	19	F50-54	F#	203	Cazenovia	NY
379	Rachel Barber	26	45:21	14:36	14	F25-29	F#	204	Syracuse	NY
380	Mirtha James	53	45:33	14:40	20	F50-54	F#	205	Syracuse	NY
381	Connie Ciccone	70	45:42	14:43	1	F70-74	F#	206	Skaneateles	NY
382	Megan Taylor	24	45:56	14:48	20	F20-24	F#	207	Phoenix	NY
383	Shirley Hall	47	46:00	14:49	15	F45-49	F#	208	Cicero	NY
384	Liam Goodwin	10	47:04	15:09	26	M01-14	M#	176	Mattydale	NY
385	Karen Currey	55	47:08	15:11	4	F55-59	F#	209	Bernhards Bay	NY
386	Sandy Watson	55	47:23	15:15	5	F55-59	F#	210	West Monroe	NY
387	Kyle Tantillo	15	48:05	15:29	17	M15-19	M#	177	Cicero	NY
388	Jennifer Geiger	41	48:49	15:43	23	F40-44	F#	211	Baldwinsville	NY
389	Joseph Troia	25	49:11	15:50	24	M25-29	M#	178	Phoenix	NY
390	Alyssa Burchell	14	50:07	16:08	41	F01-14	F#	212	North Syracuse	NY
391	Jamie Kline	38	50:08	16:08	20	F35-39	F#	213	North Syracuse	NY
392	Barb Newcombe	57	51:37	16:37	6	F55-59	F#	214	Parish	NY
393	Melissa Daniels	33	51:37	16:37	26	F30-34	F#	215	Parish	NY
394	Christine Fleury	45	52:08	16:47	16	F45-49	F#	216	East Syracuse	NY
395	Rich Green	31	54:00	17:23	6	M30-34	M#	179	Clay	NY
396	Colton White	6	54:04	17:24	27	M01-14	M#	180	Brewerton	NY
397	James Matthews	55	54:08	17:26	17	M55-59	M#	181	Brewerton	NY
398	Robin Smolsey	54	54:52	17:40	21	F50-54	F#	217	Clay	NY
399	Martha Love	35	55:02	17:43	21	F35-39	F#	218	Syracuse	NY
400	Deanna Bailey	48	55:02	17:43	17	F45-49	F#	219	Syracuse	NY
401	Gayle Taylor	55	59:39	19:12	7	F55-59	F#	220	Phoenix	NY

Swamp Rat Runs - 10k Results

1	Chris Raulli	27	34:11	5:31	1	M25-29	M#	1	Syracuse	NY
2	Greg Burns	25	37:04	5:58	2	M25-29	M#	2	Watertown	NY
3	Geoffrey Hale	25	37:20	6:01	3	M25-29	M#	3	Whitesboro	NY
4	Michael Dee	24	37:35	6:03	1	M20-24	M#	4	East Syracuse	NY
5	Brittany Burns	26	37:45	6:05	1	F25-29	F#	1	Watertown	NY
6	Shawn Spriggs	36	38:01	6:08	1	M35-39	M#	5	Potsdam	NY
7	Xufeng Pan	20	38:12	6:09	2	M20-24	M#	6	Watertown	NY
8	Sam Barber	15	38:51	6:16	1	M15-19	M#	7	North Syracuse	NY
9	Joseph Tricarico	16	39:33	6:22	2	M15-19	M#	8	North Syracuse	NY
10	Ryan Homeyer	20	40:19	6:30	3	M20-24	M#	9	Camillus	NY
11	Nick Llados	33	41:11	6:38	1	M30-34	M#	10	East Syracuse	NY
12	Jason Tuori	24	41:58	6:46	4	M20-24	M#	11	Cicero	NY
13	Michael Keenan	23	42:23	6:50	5	M20-24	M#	12	Syracuse	NY
14	Rob Duclos	20	42:35	6:52	6	M20-24	M#	13	Cicero	NY
15	Kevin Garvey	34	42:49	6:54	2	M30-34	M#	14	Syracuse	NY
16	Sean Hayden	43	42:53	6:54	1	M40-44	M#	15	Brewerton	NY
17	Jim Vandish	44	42:56	6:55	2	M40-44	M#	16	Oswego	NY
18	Randy Reynolds	52	43:12	6:58	1	M50-54	M#	17	Binghamton	NY
19	Jared Graham	25	44:20	7:09	4	M25-29	M#	18	Syracuse	NY
20	Tom Bunker	38	44:42	7:12	2	M35-39	M#	19	Liverpool	NY
21	Chuck Milazzo	59	45:20	7:18	1	M55-59	M#	20	Syracuse	NY
22	John Lee	62	45:24	7:19	1	M60-64	M#	21	Harvard	MA
23	Paul Gellert	47	46:06	7:26	1	M45-49	M#	22	Liverpool	NY
24	Michael J. Skvarch	58	46:14	7:27	2	M55-59	M#	23	Lafayette	NY
25	Michael Davtrich	57	46:21	7:28	3	M55-59	M#	24	Cayuga	NY
26	Michael Buselli	57	46:23	7:28	4	M55-59	M#	25	Syracuse	NY
27	Jacqlynn Halstead	18	46:37	7:31	1	F15-19	F#	2	Cicero	NY
28	John Perperian	15	46:51	7:33	3	M15-19	M#	26	Brewerton	NY
29	Corrine Haynes	47	47:08	7:36	1	F45-49	F#	3	Lafayette	NY
30	Jim Cox	54	47:09	7:36	2	M50-54	M#	27	Liverpool	NY
31	Weifang Lin	32	47:23	7:38	1	F30-34	F#	4	Clinton	NY
32	Ray Kneer	73	47:23	7:38	1	M70-74	M#	28	Cortland	NY
33	Noah Brown	35	47:57	7:43	3	M35-39	M#	29	Syracuse	NY
34	Thomas Cusworth	55	48:05	7:45	5	M55-59	M#	30	Cicero	NY
35	Louis Gulino	61	48:14	7:46	2	M60-64	M#	31	Cicero	NY
36	Galyn Schenk	52	48:20	7:47	1	F50-54	F#	5	Syracuse	NY
37	Renee Affinati	34	48:30	7:49	2	F30-34	F#	6	West Monroe	NY
38	Aidan Murphy	27	48:40	7:50	5	M25-29	M#	32	Liverpool	NY
39	Gary Burdick	60	48:42	7:51	3	M60-64	M#	33	Deruyter	NY
40	Mike Burns	58	48:46	7:51	6	M55-59	M#	34	Watertown	NY
41	Kara Rusch	47	49:03	7:54	2	F45-49	F#	7	Hamilton	NY
42	F. Peter Zarzecki	35	49:16	7:56	4	M35-39	M#	35	Syracuse	NY
43	Joe Maloney	35	49:37	8:00	5	M35-39	M#	36	Clay	NY
44	Steven Challis	56	49:38	8:00	7	M55-59	M#	37	Liverpool	NY
45	Jacob Pfluger	24	49:40	8:00	7	M20-24	M#	38	Liverpool	NY
46	Sean Frisa	25	50:01	8:03	6	M25-29	M#	39	Liverpool	NY
47	Gene Sullivan	52	50:30	8:08	3	M50-54	M#	40	Fulton	NY
48	Kirstin Lyons	23	50:38	8:09	1	F20-24	F#	8	Nedrow	NY
49	Jason Fingerman	42	50:43	8:10	3	M40-44	M#	41	Liverpool	NY
50	Zachary O'Neill	17	50:46	8:11	4	M15-19	M#	42	North Syracuse	NY
51	Jackie Wiegand	49	51:18	8:16	3	F45-49	F#	9	Baldwinsville	NY
52	Warren Kincaid	16	51:27	8:17	5	M15-19	M#	43	West Monroe	NY
53	David Laris	52	51:31	8:18	4	M50-54	M#	44	Clay	NY
54	Phil Metzger	57	51:45	8:20	8	M55-59	M#	45	Norwich	NY

55	Emily Malavenda	24	51:47	8:21	2	F20-24	F#	10	Syracuse	NY
56	Gregory Turner	48	51:53	8:21	2	M45-49	M#	46	Syracuse	NY
57	Scott Adams	49	52:08	8:24	3	M45-49	M#	47	Rome	NY
58	Madison Gross	18	52:15	8:25	2	F15-19	F#	11	Cicero	NY
59	Danielle Clark	34	52:49	8:30	3	F30-34	F#	12	Central Square	NY
60	Anne Button	34	52:59	8:32	4	F30-34	F#	13	Syracuse	NY
61	Teresa Mech	49	53:27	8:37	4	F45-49	F#	14	Phoenix	NY
62	Nicholas Mirizio	19	53:38	8:38	6	M15-19	M#	48	Cicero	NY
63	Joe Barber	17	53:38	8:38	7	M15-19	M#	49	North Syracuse	NY
64	Caitlyn Morris	19	53:41	8:39	3	F15-19	F#	15	Cicero	NY
65	Courtney Lyons	21	53:54	8:41	3	F20-24	F#	16	Nedrow	NY
66	Daniel Dineen	50	54:01	8:42	5	M50-54	M#	50	Cortland	NY
67	Christine Asmus	41	54:13	8:44	1	F40-44	F#	17	West Monroe	NY
68	Ashley Smith	27	54:50	8:50	2	F25-29	F#	18	North Syracuse	NY
69	Patrick Wrobel	63	55:12	8:53	4	M60-64	M#	51	Seneca Falls	NY
70	David Holden	54	55:27	8:56	6	M50-54	M#	52	Brewerton	NY
71	Tammy Deegan	46	55:41	8:58	5	F45-49	F#	19	Clay	NY
72	Michael Trimm	44	56:00	9:01	4	M40-44	M#	53	Syracuse	NY
73	Marsha Pulz	54	56:17	9:04	2	F50-54	F#	20	Vestal	NY
74	Andy Mitchell	50	56:51	9:09	7	M50-54	M#	54	Liverpool	NY
75	Corinne Lapierre	36	57:02	9:11	1	F35-39	F#	21	Prospect	CT
76	David Takach	61	57:20	9:14	5	M60-64	M#	55	Marcellus	NY
77	James McNamara	54	57:20	9:14	8	M50-54	M#	56	Camden	NY
78	Annie McCune	20	57:21	9:14	4	F20-24	F#	22	Liverpool	NY
79	Elise Coombs	16	57:21	9:14	4	F15-19	F#	23	Cicero	NY
80	Scott Polniak	42	57:23	9:14	5	M40-44	M#	57	East Syracuse	NY
81	Kathy Frawley	62	57:35	9:16	1	F60-64	F#	24	Brewerton	NY
82	Michael Zaccaria	33	57:43	9:18	3	M30-34	M#	58	Liverpool	NY
83	Anna Maria Tuori	57	57:51	9:19	1	F55-59	F#	25	Cicero	NY
84	Gina Cusworth	53	58:10	9:22	3	F50-54	F#	26	Cicero	NY
85	Benjamin Merritt	24	58:10	9:22	8	M20-24	M#	59	Mexico	NY
86	Kathy Militello	42	58:12	9:22	2	F40-44	F#	27	Clay	NY
87	Jim Nguyen	39	58:26	9:25	6	M35-39	M#	60	Clay	NY
88	Todd Pfluger	50	58:29	9:25	9	M50-54	M#	61	Altmar	NY
89	Kevin Karoglanian	32	58:47	9:28	4	M30-34	M#	62	Syracuse	NY
90	Brianna Sprole	32	59:11	9:32	5	F30-34	F#	28	Syracuse	NY
91	Kelly Scalzo	55	59:15	9:33	2	F55-59	F#	29	Fayetteville	NY
92	Katie Regan	34	59:31	9:35	6	F30-34	F#	30	Syracuse	NY
93	Stacy Sceiford	36	59:50	9:38	2	F35-39	F#	31	Cicero	NY
94	Courtney Hills	36	59:52	9:38	3	F35-39	F#	32	East Syracuse	NY
95	Lyndsey Maloney	34	1:00:17	9:42	7	F30-34	F#	33	Clay	NY
96	Teresa Grant	42	1:00:21	9:43	3	F40-44	F#	34	Glenmont	NY
97	Charles Crary	67	1:00:22	9:43	1	M65-69	M#	63	Syracuse	NY
98	Sean Price	46	1:00:45	9:47	4	M45-49	M#	64	Clay	NY
99	Bill Byrne	66	1:01:00	9:50	2	M65-69	M#	65	Jamesville	NY
100	Denise Johns	24	1:01:04	9:50	5	F20-24	F#	35	Syracuse	NY
101	Michael Conte	56	1:01:38	9:56	9	M55-59	M#	66	Baldwinsville	NY
102	Sarah Alsante	29	1:01:47	9:57	3	F25-29	F#	36	Syracuse	NY
103	Janelle Popovich	34	1:01:47	9:57	8	F30-34	F#	37	Central Square	NY
104	Stephanie Bauer	23	1:02:27	10:03	6	F20-24	F#	38	Baldwinsville	NY
105	Sharon Grande	53	1:03:07	10:10	4	F50-54	F#	39	Liverpool	NY
106	Joseph Bernazzani	50	1:03:07	10:10	10	M50-54	M#	67	Syracuse	NY
107	Paula Essel	45	1:03:16	10:11	6	F45-49	F#	40	Fayetteville	NY
108	Thomas Stern	62	1:03:42	10:16	6	M60-64	M#	68	North Syracuse	NY

109	Jessica Degear	38	1:04:46	10:26	4	F35-39	F#	41	Deruyter	NY
110	Paul Chwalek	61	1:04:52	10:27	7	M60-64	M#	69	Oswego	NY
111	Jessica Fadden	28	1:05:08	10:29	4	F25-29	F#	42	Cicero	NY
112	Robert Pike	46	1:05:10	10:30	5	M45-49	M#	70	Clay	NY
113	Kristen Laclaire	31	1:05:29	10:33	9	F30-34	F#	43	Central Square	NY
114	Michael Lucia	38	1:05:31	10:33	7	M35-39	M#	71	Manlius	NY
115	Ashley Frisa	26	1:05:35	10:34	5	F25-29	F#	44	Liverpool	NY
116	Sarah Wengert	21	1:06:14	10:40	7	F20-24	F#	45	Jamesville	NY
117	Laura Wengert	18	1:06:14	10:40	5	F15-19	F#	46	Jamesville	NY
118	Katrina Phinney	29	1:06:57	10:47	6	F25-29	F#	47	Brewerton	NY
119	Aimee Olivas	40	1:06:59	10:47	4	F40-44	F#	48	Bristow	VA
120	William Spreter	66	1:07:58	10:57	3	M65-69	M#	72	Baldwinsville	NY
121	Shaun Saunders	10	1:08:17	11:00	1	M01-14	M#	73	Central Square	NY
122	Dudley Saunders	40	1:08:42	11:04	6	M40-44	M#	74	Central Square	NY
123	Keith Fleury	43	1:10:31	11:21	7	M40-44	M#	75	Constantia	NY
124	Rachel Rizzo	30	1:10:35	11:22	10	F30-34	F#	49	Liverpool	NY
125	Caitlin Baker	18	1:11:18	11:29	6	F15-19	F#	50	Brewerton	NY
126	Doris Bessasparis	48	1:11:36	11:32	7	F45-49	F#	51	Brewerton	NY
127	Ashlee Burgess	30	1:12:43	11:43	11	F30-34	F#	52	Syracuse	NY
128	Andrew Christie	59	1:13:27	11:50	10	M55-59	M#	76	Fulton	NY
129	Richard Sargent	73	1:13:41	11:52	2	M70-74	M#	77	Syracuse	NY
130	Kathleen Barzee	43	1:14:32	12:00	5	F40-44	F#	53	Syracuse	NY
131	Christopher Komar	51	1:14:33	12:00	11	M50-54	M#	78	Syracuse	NY
132	Melissa Guerin	35	1:14:38	12:01	5	F35-39	F#	54	Rochester	NY
133	Rick Reilly	60	1:16:33	12:20	8	M60-64	M#	79	Syracuse	NY
134	Amber Carter	30	1:16:52	12:23	12	F30-34	F#	55	Phoenixville	PA
135	Shannon Osborne	43	1:18:21	12:37	6	F40-44	F#	56	Cicero	NY
136	Kristina Jenne	54	1:20:53	13:01	5	F50-54	F#	57	Mattydale	NY
137	Megan Baker	28	1:23:34	13:27	7	F25-29	F#	58	Brewerton	NY
138	Megan Hansen	29	1:24:12	13:34	8	F25-29	F#	59	Cicero	NY
139	Amy Getman-Herrings	36	1:24:12	13:34	6	F35-39	F#	60	Cazenovia	NY
140	Dana Finch	28	1:29:30	14:25	9	F25-29	F#	61	Syracuse	NY
141	Sheldon Kall	83	1:44:15	16:47	1	M80+	M#	80	Manlius	NY

Swamp Rat Runs - Girls 1 mile Results

1	Kate Putman	10	F	6:23	Cicero
2	Ashley Evans	11	F	6:36	Cicero
3	Ivy Dong	12	F	7:10	Syracuse
4	Jeana Steckel	12	F	7:11	North Syracuse
5	Molly McGrath	11	F	7:15	Clay
6	Abbee Norris	12	F	7:16	Clay
7	Gabby Putman	8	F	7:17	Cicero
8	Emily Colagiovanni	11	F	7:17	Cicero
9	Marissa Navarra	10	F	7:18	North Syracuse
10	Kate Capone	11	F	7:21	Clay
11	Hailey Lawless	12	F	7:30	Cicero
12	Christina Wagner	9	F	7:31	Cicero
13	Alexia Wagner	12	F	7:31	Cicero
14	Marisa Bryan	10	F	7:32	Liverpool
15	Jennifer Carl	13	F	7:33	Cicero

16 Bryn Myers	11 F	7:34	Clay	57 Sophia Mann	9 F	9:05	Central Square
17 Natalie Bush	9 F	7:36	Central Square	58 Laura Fehrman	11 F	9:05	Cicero
18 Sarah Wells	11 F	7:40	Syracuse	59 Meghan Cumber	7 F	9:07	Cicero
19 Angel Dixon	14 F	7:47	Central Square	60 Jadalynn Vile	10 F	9:07	Central Square
20 James Thurn	25 M	7:49	Cicero	61 Carly Overend	10 F	9:09	Cicero
21 Aviana Fedele	14 F	7:52	North Syracuse	62 Peyton Empey	10 F	9:09	Cicero
22 Jeanne Vinette	46 F	7:55	North Syracuse	63 Courtney Jaworski	9 F	9:11	Cicero
23 Nicole O'Neill	11 F	7:55	North Syracuse	64 Anna Myers	9 F	9:11	Clay
24 Paige Irvine	10 F	7:57	North Syracuse	65 Lauren Capone	9 F	9:13	Clay
25 Angelina Cosentino	10 F	7:58	Cicero	66 Autumn Ragonese	12 F	9:18	Mattydale
26 Francesca Diflorio	11 F	7:59	Cicero	67 Zachary Leetz	7 M	9:19	Cicero
27 Bella Julian	9 F	8:03	Cicero	68 Allison Moran	7 F	9:21	Cicero
28 Alyssa Frysinger	11 F	8:04	North Syracuse	69 Sean Price	46 M	9:21	Clay
29 Brittany Wood	11 F	8:04	Clay	70 Sarah Price	14 F	9:21	Clay
30 Mya Ashkar	9 F	8:05	Cicero	71 Allison Navarra	7 F	9:22	North Syracuse
31 Brooke Blaisdell	12 F	8:06	Brewerton	72 Jillian Paolini	10 F	9:25	Cicero
32 Sarah Guariglia	12 F	8:06	Clay	73 Keira Anderson	9 F	9:26	Cicero
33 Emma Gasque	10 F	8:09	Cicero	74 Isabella Secor	6 F	9:30	Cicero
34 Julia Cumber	10 F	8:11	Cicero	75 Reilly Smith	14 F	9:32	Liverpool
35 Emilee Rio	9 F	8:13	Cicero	76 Elizabeth Smith	6 F	9:32	Liverpool
36 Joanna Manning	9 F	8:13	Cicero	77 Grace Villnave	8 F	9:33	Clay
37 Meira Liberman	10 F	8:14	Cicero	78 Adriana Diflorio	10 F	9:34	Cicero
38 Lizzy Harbold	10 F	8:17	Cicero	79 Anna Ells	6 F	9:35	Clay
39 Lexi Waite	11 F	8:17	Cicero	80 Taliana Grogan	11 F	9:38	Syracuse
40 Abigail Bustin	12 F	8:24	Clay	81 Brenna Villnave	9 F	9:39	Clay
41 Samantha Carroll	8 F	8:27	Cicero	82 Gabrielle Potter	7 F	9:40	Cicero
42 Chris Paolini	43 M	8:30	Cicero	83 Rosalie Carter	9 F	9:40	Cicero
43 Alanna Manning	10 F	8:31	Cicero	84 Elizabeth Briggs	53 F	9:41	North Syracuse
44 Breann Dodge	34 F	8:31	Clay	85 Jeanne Vinette	12 F	9:43	North Syracuse
45 Gracie Ryfun	12 F	8:35	Brewerton	86 Emily Cavanaugh	11 F	9:46	North Syracuse
46 Ava Leahey	12 F	8:35	Cicero	87 Madison Ranalli	12 F	9:46	Cicero
47 Elizabeth Kincaid	12 F	8:36	West Monroe	88 Rebecca Bielass	9 F	9:48	Brewerton
48 Krista Schulz	13 F	8:40	Central Square	89 Lauren Deroberts	10 F	9:48	Cicero
49 Annie Capone	7 F	8:45	Clay	90 Leiah Guarasci	9 F	9:49	Cicero
50 Brayden Schultz	10 F	8:46	Cicero	91 Ayyvah Romano	9 F	9:50	Cicero
51 Riley Hayden	10 F	8:48	Brewerton	92 Nikolaus Romano	11 M	9:50	Cicero
52 Emma Goldthwait	13 F	8:50	Cicero	93 Delayna Humphrey	8 F	9:51	Brewerton
53 Kaitlyn Mohr	15 F	8:57	Cicero	94 Payton Corless	7 F	9:51	Solvay
54 Abigail Covert	8 F	8:57	Cicero	95 Angelina Cifaratta	9 F	9:52	Liverpool
55 Taylor O'Brien	8 F	8:59	Cicero	96 Rachel Cifaratta	16 F	9:53	Liverpool
56 Jasmine Goldthwait	16 F	9:00	Cicero	97 Elizabeth Yorgey	9 F	9:54	Brewerton

98 Savannah Bold	9 F	9:56	Cicero	139 Brooke Radford	10 F	10:24	North Syracuse
99 Raegen Webb	11 F	9:56	North Syracuse	140 Emily Schuler	9 F	10:25	Cicero
100 Isabella Manfredi	9 F	9:57	Cicero	141 Gerald Cumber	44 M	10:29	Cicero
101 Abigail Bouziden	8 F	9:58	Cicero	142 Kendall Rumble	7 F	10:30	Clay
102 Ella Cassel	9 F	10:00	Cicero	143 Avery Rumble	5 F	10:31	Clay
103 Jennifer Randesi	40 F	10:02	Cicero	144 Lauren Cavanaugh	9 F	10:31	North Syracuse
104 Gianna Randesi	8 F	10:02	Cicero	145 Brooke Wright	10 F	10:32	Cicero
105 Katy Harbold	7 F	10:03	Cicero	146 Jaila Killingbeck	9 F	10:33	Bridgeport
106 Madeline Howell	10 F	10:03	Cicero	147 Lauren Sennett	9 F	10:37	Clay
107 Emma Murnane	7 F	10:03	Cicero	148 Unity Hall	5 F	10:41	Cicero
108 Matt Francescotti	37 M	10:04	Cicero	149 Eve Campitello	10 F	10:46	Cicero
109 Maria Francescotti	8 F	10:04	Cicero	150 Katelyn Stewart	7 F	10:47	Clay
110 Stephen Barnello	56 M	10:04	Cicero	151 Elexus Gillespie	7 F	10:49	Clay
111 Laura Potter	29 F	10:04	Cicero	152 Amelia Williams	7 F	10:50	Cicero
112 Jolie Barnello	12 F	10:04	Cicero	153 Gretchen Byrnes	6 F	10:51	North Syracuse
113 Sydney Altobello	9 F	10:04	Cicero	154 Beth Stewart	37 F	10:52	Clay
114 Makenna Kiesznowski	11 F	10:04	North Syracuse	155 Katherine Warren	39 F	10:54	Cicero
115 Avery Webb	9 F	10:05	North Syracuse	156 Myla Wojtaszek	7 F	10:54	Central Square
116 Gianna Ranieri	9 F	10:05	Cicero	157 Emma Warren	7 F	10:55	Cicero
117 Jenna Fournier	10 F	10:05	Cicero	158 Chloe Barber	5 F	10:55	Liverpool
118 Abigail Woods	10 F	10:06	Cicero	159 Alesha Hemingway	15 F	10:55	North Syracuse
119 Aubrey Coyle	7 F	10:07	Cicero	160 Natalie Herbert	15 F	10:55	Mattydale
120 McKenna Dziadula	9 F	10:10	Cicero	161 Betsy Byrnes	39 F	10:55	North Syracuse
121 Kristy Altobello	37 F	10:12	Cicero	162 Zoie Whelan	7 F	10:59	Cicero
122 Sydney Wright	10 F	10:12	Cicero	163 Callie Bednarski	6 F	10:59	Cicero
123 Lauren Sisk	5 F	10:14	Clay	164 Alaina Berry	7 F	11:02	Liverpool
124 Maria Wozniczka	9 F	10:14	Cicero	165 Meghan McGrath	9 F	11:04	Clay
125 Lindsey Kubala	9 F	10:14	Cicero	166 Kate Byrnes	9 F	11:06	North Syracuse
126 Cassandra Luce	7 F	10:18	Cicero	167 Elisa White	9 F	11:06	Clay
127 Catherine Krukowski	6 F	10:18	Cicero	168 Emily Bedard	7 F	11:09	Cicero
128 Jillian Bambino	6 F	10:19	Cicero	169 Abby Colvin	10 F	11:10	Cicero
129 Riley Crandall	9 F	10:19	Cicero	170 Nicole Fratianni	9 F	11:12	Cicero
130 Hadley Devries	9 F	10:19	North Syracuse	171 Hannah Wines	8 F	11:12	Watertown
131 Lydia Morris	8 F	10:20	Cicero	172 Cassidy Payrot	8 F	11:14	Cicero
132 Averie Fefee	8 F	10:21	Clay	173 Bella Petralia	8 F	11:17	Clay
133 Ashley Palamar	13 F	10:21	Clay	174 Nathan Leetz	7 M	11:18	Cicero
134 Jerry Palamar	48 M	10:22	Clay	175 Zoe Ireland	8 F	11:18	Cicero
135 Gabriella Cosentino	5 F	10:22	Cicero	176 Cassidy Hughes	13 F	11:18	Cicero
136 Anna Romano	40 F	10:23	Cicero	177 Valerie Flemming	38 F	11:18	Cicero
137 Olivia Chairmonte	7 F	10:23	Cicero	178 Zoe Flemming	7 F	11:19	Cicero
138 Adrianna Calabria	7 F	10:24	Cicero	179 Olivia Flemming	8 F	11:19	Cicero

180	Maya Wentovich	7 F	11:20	Cicero	221	Arianna Nobile	8 F	12:19	Cicero
181	Theresa Boehler	32 F	11:20	Syracuse	222	Lily Alletzhouser	6 F	12:21	North Syracuse
182	Shea Ellsworth	6 F	11:21	Cicero	223	Angela Liotta	6 F	12:21	Liverpool
183	Joseph White	49 M	11:21	Clay	224	Gloria Morris	46 F	12:24	Cicero
184	Bethany Wentovich	34 F	11:23	Cicero	225	Victoria Krukowski	43 F	12:24	Cicero
185	Dana Duffy	7 F	11:25	Cicero	226	Emmy Rumble	5 F	12:25	Clay
186	Jillian Howell	8 F	11:28	Cicero	227	Emily Marko	6 F	12:26	Cicero
187	Caitlyn Maury	8 F	11:29	Cicero	228	Katherine Bouziden	5 F	12:27	Cicero
188	Mig Campitello	44 F	11:29	Cicero	229	Natalie Carter	7 F	12:27	Cicero
189	Paige Carter	17 F	11:32	Cicero	230	Ella Francescotti	6 F	12:27	Cicero
190	Erika Berry	7 F	11:32	Cicero	231	Victoria Atkinson	20 F	12:29	Central Square
191	Kaelyn Reid	7 F	11:32	Cicero	232	Evelyn Costigan	7 F	12:29	Liverpool
192	Gianna Matthews	6 F	11:33	Cicero	233	Lillian Hotaling	8 F	12:30	Cicero
193	Erin Reid	39 F	11:33	Cicero	234	Jennifer Atkinson	21 F	12:30	Central Square
194	Andrea Iqbal	7 F	11:34	North Syracuse	235	Megan Meives	8 F	12:31	North Syracuse
195	Jennifer Megnin	45 F	11:34	Bridgeport	236	Heather Meives	38 F	12:32	North Syracuse
196	Vivian Raposo	8 F	11:35	North Syracuse	237	Maria Sanfilippo	9 F	12:34	Cicero
197	Laura Santos	8 F	11:35	Liverpool	238	Audrey Halpin	9 F	12:36	Cicero
198	Sydney Saunders	8 F	11:35	Central Square	239	Peyton Conley	4 F	12:48	North Syracuse
199	Nicole Niemczynowski	9 F	11:38	Clay	240	Angelina Saunders	5 F	12:49	Central Square
200	Isabella Moya	8 F	11:38	Cicero	241	Peter Cifaratta	49 M	12:51	Liverpool
201	Agata Niemczynowski	46 F	11:38	Clay	242	Renee Cifaratta	14 F	12:51	Liverpool
202	Cheyene Hall	8 F	11:39	Cicero	243	Thaidra Calabria	35 F	12:52	Bridgeport
203	Raiyah Delooze	7 F	11:42	Bridgeport	244	Meadow McLaughlin	8 F	12:53	Cicero
204	Brenna Murphy	8 F	11:46	Central Square	245	Richard McLaughlin	34 M	12:54	Cicero
205	Allyson Gardner	7 F	11:46	North Syracuse	246	Jennifer McLaughlin	35 F	12:54	Cicero
206	Trinity Drozd	13 F	11:53	Cicero	247	Maggie Cardinale	11 F	12:55	Clay
207	Shelby Kippen	7 F	11:58	Bridgeport	248	Kate Relf	6 F	12:56	Cicero
208	Megan Johnston	10 F	12:00	Cicero	249	Kathy Cifaratta	48 F	12:57	Liverpool
209	Xiomara Rivera	9 F	12:00	North Syracuse	250	Harley Denis	11 F	12:58	Clay
210	Emma Hoover	7 F	12:01	Clay	251	Molly Daniels	5 F	13:33	Parish
211	Mackenzie Monington	14 F	12:01	North Syracuse	252	Evalee Palmiter	4 F	13:33	Brewerton
212	Leah Benedict	6 F	12:02	Cicero	253	Lacey Howell	5 F	13:45	Cicero
213	Maria Mathews	42 F	12:11	Cicero	254	Payton Lamott	6 F	13:47	Clay
214	Sarah Mathews	6 F	12:12	Cicero	255	Madison Helmer	7 F	13:47	Cicero
215	Payton Wheilan	5 F	12:14	Cicero	256	Elliana Ballagh	7 F	13:47	Central Square
216	Kinley Maloney	3 F	12:14	Clay	257	Izzy Normanly	5 F	13:47	Liverpool
217	Brett Blaisdell	45 M	12:15	Brewerton	258	Kaiya Palmiter	7 F	13:48	Brewerton
218	James Johnson	40 M	12:15	Cicero	259	Stephanie Lamott	32 F	13:48	Clay
219	Genevieve Costigan	10 F	12:15	Liverpool	260	David Palmiter	42 M	13:49	Brewerton
220	Amanda Johnson	9 F	12:16	Cicero	261	Jessica Ballagh	41 F	13:50	Central Square

Swamp Rat Runs - Boys 1 mile Results

262	Christy Normanly	40 F	13:50	Liverpool	1	RJ Davis	11 M	6:16	Cicero
263	Megan Darby	6 F	13:51	Cicero	2	Kyle Rice	11 M	6:24	North Syracuse
264	Madelynn Hilt	9 F	13:59	Cicero	3	Josh Ludden	16 M	6:34	Cicero
265	Aiden Young	6 M	14:03	Bridgeport	4	Evan Breitbeck	12 M	6:34	Cicero
266	Marc Young	38 M	14:03	Bridgeport	5	Josh Kubala	11 M	6:38	Cicero
267	Faith Hutnik	9 F	14:04	Nedrow	6	Cameron Witz	11 M	6:40	Clay
268	Morgan Elstad	5 F	14:26	Syracuse	7	Matthew Herbert	13 M	6:41	Mattydale
269	Kate Elstad	33 F	14:26	Syracuse	8	Riley Kennedy	14 M	6:44	Cicero
270	Renee Guariglia	46 F	14:27	Clay	9	Raphael Cardinale	13 M	6:45	Clay
271	Kiyara Bembry	6 F	14:37	Cicero	10	Colin Byrnes	11 M	6:48	North Syracuse
272	Kennedy Jones	4 F	14:41	Cicero	11	Andrew Benedict	8 M	6:50	Cicero
273	Kathy Wheeler	54 F	14:42	Baldwinsville	12	Brody Kennedy	12 M	6:51	Cicero
274	Amelia Jones	7 F	14:47	Cicero	13	Ryan Senf	11 M	7:00	Central Square
275	Addyson Fedele	7 F	14:48	North Syracuse	14	Hunter Lawless	9 M	7:01	Cicero
276	Stacy Green	31 F	15:08	Clay	15	Grant Sennett	11 M	7:03	Clay
277	Grace Thompson	13 F	15:08	Cicero	16	Brannon Moegelin	11 M	7:05	Mattydale
278	Gabrielle Reid	14 F	15:08	Cicero	17	Seaver Schultz	13 M	7:06	Cicero
279	Delanie Green	4 F	15:08	Clay	18	Nicholas Ludwig	10 M	7:09	Cicero
280	Bonnie Woolson-Smith	33 F	15:19	Brewerton	19	Michael Sellin	9 M	7:09	Cicero
281	Lilliah Woolson-Smit	8 F	15:20	Brewerton	20	Noah Mingolelli	8 M	7:10	Cicero
282	Emily Gillespie	9 F	15:24	Clay	21	Jack Lonergan	13 M	7:12	Cicero
283	Alyssa Marko	7 F	15:39	Cicero	22	Michael Deroberts	14 M	7:13	Cicero
284	Darlene Marko	42 F	15:40	Cicero	23	Sammy Werts	8 M	7:15	Cicero
285	Darlene Cregg	40 F	15:42	Cicero	24	Kyle Williams	10 M	7:16	Clay
286	Madison Cregg	8 F	15:42	Cicero	25	Ayush Patel	11 M	7:16	Liverpool
287	Evonne Williams	48 F	15:45	Brewerton	26	Grayson Giddings	11 M	7:24	North Syracuse
288	Iris Lenweaver	10 F	16:00	Clay	27	Brayden Smith	8 M	7:26	Clay
289	Joey Cox	7 M	16:08	North Syracuse	28	Ryan Hill	11 M	7:26	Cicero
290	John Marko	50 M	16:09	Cicero	29	Colin Nichols	9 M	7:28	Clay
291	Lucy Barrera	7 F	16:31	North Syracuse	30	Wyatt Dupell	10 M	7:30	Cicero
292	Morgan Schwerk	12 F	17:07	North Syracuse	31	Brayden Shannon	10 M	7:30	Cicero
293	Keith Calveric	46 M	17:26	Cicero	32	Jack Waite	9 M	7:30	Cicero
294	Lorna Keuchler	5 F	17:27	Cicero	33	Connor Bednarski	7 M	7:32	Cicero
295	Jacqueline Keuchler	35 F	17:28	Cicero	34	Jacob Hollister	10 M	7:32	Cicero
296	Thea Calveric	6 F	17:31	Cicero	35	Nicholas Stuper	10 M	7:34	Cicero
297	Jillian Gardner	5 F	18:02	North Syracuse	36	Nathan Day	10 M	7:38	Clay
298	Alana Harrington	5 F	18:02	North Syracuse	37	Kasten Schultz	10 M	7:39	Cicero
299	Mary Pudney	7 F	18:16	Cicero	38	Logan Michaels	9 M	7:42	East Syracuse
300	Gina Bedard	36 F	18:42	Cicero	39	Cy Liberman	9 M	7:42	Cicero
301	Brittany Acre	20 F	19:11	Bridgeport					
302	Deana Siegel	67 F	21:27	Clay					
303	June Bernard	59 F	21:27	North Syracuse					

40 Andrew Davis	9 M	7:42	Cicero	81 Dj Koscinski	10 M	8:24	Clay
41 Paul Wells	8 M	7:43	Syracuse	82 George Lonergan	9 M	8:28	Cicero
42 Ian Leahy	10 M	7:43	Cicero	83 Adam Militello	9 M	8:30	Clay
43 Logan Bucher	10 M	7:45	Syracuse	84 Jared Hollister	7 M	8:31	Cicero
44 Landon Rumble	8 M	7:45	Clay	85 Jeremy Palmer	6 M	8:32	North Syracuse
45 Riley Rumble	11 M	7:46	Clay	86 Ryan Storie	9 M	8:32	Cicero
46 Nathan Francis	8 M	7:49	Cicero	87 Joshua Luce	9 M	8:32	Cicero
47 Steven Ragonese	10 M	7:50	Mattydale	88 Anthony Pierce	10 M	8:33	Cicero
48 Nicholas M. Smith	15 M	7:51	Cicero	89 Evan Bold	7 M	8:34	Cicero
49 Luke Roman	9 M	7:51	Cicero	90 Kyle Wagner	11 M	8:34	Cicero
50 Aidan Bullock	12 M	7:52	Cicero	91 Andrew Stewart	6 M	8:36	Clay
51 Brandon Lowe	7 M	7:52	Cicero	92 Shawn Mitton	10 M	8:37	North Syracuse
52 Rocco Albanese	9 M	7:52	Cicero	93 Lucas Crystal	9 M	8:37	Cicero
53 Anthony Rescignano	11 M	7:53	Liverpool	94 Troy Andrews	8 M	8:39	North Syracuse
54 Nathan Bustin	7 M	7:56	Clay	95 Matt Militello	42 M	8:40	Clay
55 Andrew Steele	8 M	7:58	Cicero	96 Kathy Militello	42 F	8:41	Clay
56 Anthony Bouziden	10 M	7:59	Cicero	97 Alex Rescignano	11 M	8:41	Liverpool
57 Jonathan Woods	8 M	7:59	Cicero	98 Sam Cardinale	9 M	8:42	Clay
58 Colin Corcoran	11 M	8:02	Liverpool	99 Cameron Walker	7 M	8:42	Clay
59 Jeffrey Rescignano	13 M	8:03	Liverpool	100 Elijah White	12 M	8:43	Clay
60 Braden Pritchard	9 M	8:03	Clay	101 Alex Abourouaine	9 M	8:44	Cicero
61 Liam Adams	9 M	8:04	Cicero	102 Drew Baker	10 M	8:47	Cicero
62 Greg Buckley	14 M	8:06	Clay	103 Tristan Johnson	8 M	8:47	Cicero
63 Caleb Janhonen	12 M	8:07	Central Square	104 Nicholas Colagiovann	9 M	8:48	Cicero
64 Cullen Lillis	11 M	8:07	Cicero	105 Brigg Liberman	6 M	8:48	Cicero
65 Jakob Purdy	7 M	8:08	Cicero	106 Jacob Crystal	11 M	8:49	Cicero
66 Luke Bullock	9 M	8:10	Cicero	107 Robert Beachner	10 M	8:50	Cicero
67 Drew Williams	10 M	8:10	Cicero	108 Brandon Bryan	8 M	8:51	Liverpool
68 Jack Cappon	10 M	8:11	Cicero	109 Austin Bryan	8 M	8:52	Liverpool
69 Jake Roman	11 M	8:12	Cicero	110 Nathan Abernethy	8 M	8:53	Cicero
70 Braden Altimonda	10 M	8:12	Liverpool	111 William Purdy, Jr.	48 M	8:53	Cicero
71 Jacob Calabria	9 M	8:16	Clay	112 Rhett Owen	6 M	8:54	Cicero
72 Jonathan Corl	10 M	8:16	Cicero	113 Blake Gasque	6 M	8:55	Cicero
73 Collin Dudley	12 M	8:17	Liverpool	114 James Magda	9 M	8:56	Cicero
74 Connor Kuliak	11 M	8:18	Cicero	115 Thai Luke Ryfun	9 M	8:56	Brewerton
75 Michael Virginia	7 M	8:18	Clay	116 Adrianna Pierce	12 F	8:57	Cicero
76 Jackson Dufort	8 M	8:20	North Syracuse	117 Joey Kawola	9 M	8:57	Cicero
77 Logan Petralia	13 M	8:21	Clay	118 Breann Dodge	34 F	8:57	Clay
78 Clifford Hopkins, II	11 M	8:21	North Syracuse	119 Quinn Empey	7 M	8:59	Cicero
79 Justin Asch	8 M	8:23	Cicero	120 William Atkinson, II	42 M	9:00	Central Square
80 Jack Putman	5 M	8:23	Cicero	121 Luke Cloute	13 M	9:00	Clay

122	Blake Fefee	7 M	9:01	Clay	163	Angelo Albanese	10 M	9:41	Cicero
123	Jayne Calocerinos	7 M	9:02	Cicero	164	Rhett Andrews	6 M	9:42	North Syracuse
124	Ryan Trainor	7 M	9:02	Cicero	165	Alexander Tyron	11 M	9:42	Central Square
125	Duncan Yates	9 M	9:03	Clay	166	McKenna Johnston	12 F	9:42	Cicero
126	Landen Empey	9 M	9:04	Cicero	167	Jj Johnston	6 M	9:43	Cicero
127	Bruce Peterson	54 M	9:04	Cicero	168	Ethan Altobello	6 M	9:44	Cicero
128	Mary Degroat	36 F	9:05	Cicero	169	Jay Altobello	37 M	9:44	Cicero
129	Michael Degroat	7 M	9:05	Cicero	170	Paul Bedard	39 M	9:46	Cicero
130	Anothony Randesi	6 M	9:07	Cicero	171	Drew Domanico	6 M	9:46	Cicero
131	Luke Deinhardt	7 M	9:09	Cicero	172	Jonathan Longwell	11 M	9:47	Clay
132	Luke Bondy	9 M	9:09	Cicero	173	Jake Klasen	8 M	9:48	Cicero
133	Reilly Williams-Gard	10 M	9:12	Clay	174	Collin Demarest	9 M	9:48	Clay
134	Carol Lonergan	44 F	9:15	Cicero	175	Kyle Jaworski	10 M	9:49	Cicero
135	James Fehrman	10 M	9:17	Cicero	176	Alisa Findlay	37 F	9:52	Central Square
136	James Corl	40 M	9:19	Cicero	177	Jack Bidwell	6 M	9:52	North Syracuse
137	Alex Peterson	11 M	9:23	Central Square	178	Andrew Thomas	8 M	9:52	North Syracuse
138	Braedon Woolson-Smit	6 M	9:23	Brewerton	179	Gavin Nguyen	8 M	9:53	Clay
139	Xander Provost	7 M	9:24	Liverpool	180	Jadien Gunnip	7 M	9:53	Bridgeport
140	Charlie Daniels	7 M	9:27	Parish	181	Jimmy Ruggieri	12 M	9:53	Syracuse
141	Adrian Sweeney	6 M	9:28	Cicero	182	Cullin Findlay	6 M	9:55	Central Square
142	Jacob Seitz	9 M	9:29	Clay	183	Carter Vivacqua	6 M	9:55	Cicero
143	Jack Gordon	8 M	9:30	North Syracuse	184	Julien Gordon	10 M	9:57	North Syracuse
144	Christopher Murphy	35 M	9:30	Central Square	185	Luke Hayden	9 M	9:57	Brewerton
145	Tyler Bertrand	8 M	9:31	Fullton	186	Nicole Frost	31 F	10:02	Brewerton
146	Dante Kimpland	10 M	9:31	Cicero	187	John Randesi	43 M	10:04	Cicero
147	Evan Gallagher	10 M	9:31	Cicero	188	Ryan Leahy	6 M	10:04	Cicero
148	Jonah Martinez	8 M	9:31	Brewerton	189	Shane Bovaird	7 M	10:05	Cicero
149	Vincent Rodriguez	8 M	9:32	Denville	190	Evan Scott	8 M	10:07	Cicero
150	Sean Moran	11 M	9:32	Cicero	191	Zayne Kimpland	7 M	10:08	Cicero
151	Alexander Mueller	11 M	9:33	North Syracuse	192	Dylan Fournier	7 M	10:09	Cicero
152	Joey Calveric	9 M	9:33	Cicero	193	Mary Holmes	45 F	10:13	Cicero
153	Kevin Gunnip	5 M	9:34	Bridgeport	194	Alex Holmes	12 M	10:13	Cicero
154	Brett Helmer	9 M	9:34	Cicero	195	Talan Neer	6 M	10:15	Clay
155	Kyle Gancarz	9 M	9:34	Cicero	196	Bryce Egan	7 M	10:16	Cicero
156	Karsen Pritchard	7 M	9:35	Clay	197	Gavin Lowe	6 M	10:17	Cicero
157	Matthew Secor	9 M	9:35	Cicero	198	Michael Podolak	33 M	10:19	Cicero
158	John Sherbourne	10 M	9:35	Clay	199	Hunter Podolak	8 M	10:19	Cicero
159	Ashley Andrews	37 M	9:38	North Syracuse	200	Liam Kavanagh	6 M	10:19	Cicero
160	Noah Seitz	6 M	9:38	Clay	201	John Kavanagh	48 M	10:20	Cicero
161	Jay Seitz	40 M	9:38	Clay	202	Bradley Witz	7 M	10:21	Clay
162	Tanner Kempney	7 M	9:39	Clay	203	Ethan Meives	8 M	10:21	North Syracuse



**Felder Track and Field
ALL-COMERS Track Meets
FREE**

USATF Sanction # 15-04-525
Nottingham HS Stadium



Registration, 5:00 to 5:45, **Tuesdays, June 16 and 23, July 7 and 21**

Start Time, 6:00 pm

Entry fee, None. Awards, participation ribbons.

Age Groups (AGE RECORDS, one-year increments through 7th birthday) **USATF Age Groups, 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29 Open, 30-34 sub-Master, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-PLUS** (AGE RECORDS, one-year increments following 100th birthday)

**** POLE VAULT, limit 15. MUST reserve spot with Lennie, first come, first serve. e-mail only, lennieruns@aol.com**

—¼ inch spikes, only

June 16	June 23	July 7	July 21
3000 m	mile	3200m (begins after multi hurdles) Pentathlon Meet	Yvonne's Relay Carnival
100m t/f	100m t/f	M/110h/lj/200/disc/1500 W/100h/hj/disc/lj/800	4 x 800 4 x 100 t/f
200m t/f	200m t/f	Children Tri, B/G, 7-8, 9-10 shot, hj, 200/400	4 x 400
100/110 high hurdles	800m 100/110 high hurdles	Youth Pent., B/G, 11-12 , hh, sp, hj, lj, 800/1000	SMR (100-100-200-400)
high jump	high jump		2 x 1 mile
pole vault **	long jump/triple jump	Pent/Y-Pent. (only) hh	
long jump/triple jump	400m hurdles	Pent/Y-Pent. (only) 200/400/800/1000/1500	pole vault **
mini-jav (thru age 11) discus	mini-jav (thru age 11) discus pole vault **	--open 400 --open triple jump-- --open shot put--	Triple Jump (13+) mini-jav (thru age 11)
4 x 1 relay t/f	4 x 100 t/f	4 x 100 t/f	shot put

-t/f trials and finals, TBD at event--Please bring your own implements/throws. Four attempts, jumps, throws. **NO HAMMER. NO JAVELIN.**

TRIPLE JUMP and POLE VAULT, must be 13+. QUESTIONS 315-491-8328 lennieruns@aol.com

WAIVER-participants/volunteers

Name _____ M _____ F _____ Age _____ Birthdate _____ **USATF INDIV.#** _____
 Address _____ (if you have one) _____
 telephone _____
 Please **print** name here _____ e-mail _____

Persons age 17 and under, list parent/guardian name and address, if different from above.

Acknowledgement, 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 or verify that I am, and/or the above-named child is, medically able to safely complete these events. I assume all the risks associated with my participation and/or that of my child in this series of meets, including, but not limited to falls, actions, or contacts with other participants, volunteers, USATF, Games Makers, and spectators. I am aware that the medical support for this event will be personnel who will be prepared to administer first aid assistance. Rural-Metro Ambulance stands by. I agree to abide by any decision of a meet volunteer relative to my ability and/or that of my child to safely complete any of these 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 my participation and/or that of my child, I, myself, and anyone entitled to act on my behalf, waive, release, and discharge Felder Track and Field Club, the games makers and volunteers, Syracuse City School District, and all assigns and sponsors from all claims and liabilities of every kind or nature arising out of my participation and/or that of my child's participation in this track and field meet. **I hereby certify** that I have read all of the terms/conditions of this release and intend to be legally bound thereby.

Signature _____ Date _____
 (participant)
 Signature of Parent or Participant _____ Date _____
 (Office Only – please circle date, thank you.)

June 16 June 23 July 7 July 21

Our meets are accessible to all. Can you donate to help us?

We sincerely thank you.

The Felder Board

www.felderstadium.org www.facebook.com/felderstadium

CNY Running Club Cup 2015

In an exciting development for Central New York running, six area running clubs have joined together to create the **CNY Running Clubs Cup**, new for 2015. The six clubs are the Kuyahooraa Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Toe Path Trekkers and the Utica Roadrunners. In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the five other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. There are no gender or age distinctions. The Cup is truly open to all of our members. The best five results by each club's members in a race will be compared to the other clubs and points awarded on a descending basis, with six points to the best, five to second and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year. To make this work, the race registrations for a Cup race will now include a question about club affiliation, and that information will be included in the race results. People who are members of more than one Cup club should be aware that the first club you compete for in a year is the club you will represent for the rest of the year. So, everyone, make sure you fill in our club name when you sign up for any of these races, and let the fun begin!

The Cup races include:

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

June 21st: Utica Roadrunners Summer Sizzle 5 Mile Race: This race has been completed.

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

CNY Club Cup Liaisons pictured at right. Left to right:: Mike Green (North Country Toe Path Trekkers), Eric Lauber (Roman Runners), Jim Moragne (Utica Roadrunners and holding the Cup), Mickey Piscitelli (Syracuse Chargers), Mike Emmerich (Mohawk Valley Hill Striders), and Dan Capron (Kuyahooraa Kickers)



Utica Roadrunners Summer Sizzle 5 mile Results

PLACE	NAME	AGE/SEX	TIME	PACE	DIV/TOT	DIV	CITY	ST
1	Jordon Hoffman	23 M	27:19	5:28	1/6	M19-29	Rome	NY
2	Justin Weiler	35 M	28:34	5:43	1/16	M30-39	Whitesboro	NY
3	Richard Cohen	44 M	28:41	5:45	1/18	M40-49	Utica	NY
4	Stephen Paddock	20 M	29:27	5:54	2/6	M19-29	Ilion	NY
5	Michael Brych	36 M	29:54	5:59	2/16	M30-39	New York Mills	NY
6	Michael Elleman	46 M	30:49	6:10	2/18	M40-49	Utica	NY
7	Geoffrey Hall	23 M	31:08	6:14	3/6	M19-29	Jefferson	NY
8	Thomas Joslin	36 M	31:18	6:16	3/16	M30-39	Yorkville	NY
9	Josh Kuelling	33 M	31:30	6:18	4/16	M30-39	Oriskany	NY
10	Tyler Sutton	18 M	31:41	6:21	1/8	M1-18	Utica	NY
11	Joshua Farmer	14 M	32:27	6:30	2/8	M1-18	New Hartford	NY
12	William Callahan	38 M	32:53	6:35	5/16	M30-39	Whitesboro	NY
13	David Morehouse	51 M	33:03	6:37	1/23	M50-59	New Hartford	NY
14	Paul Humphrey	47 M	33:09	6:38	3/18	M40-49	Utica	NY
15	Robert Bauer	43 M	33:29	6:42	4/18	M40-49	Marcy	NY
16	John Draper	46 M	33:43	6:45	5/18	M40-49	Remsen	NY
17	Glen Miley	50 M	33:49	6:46	2/23	M50-59	Sherrill	NY
18	Liane Zalewski	29 F	34:05	6:49	1/10	F19-29	New Hartford	NY
19	Jim Mott	49 M	34:14	6:51	6/18	M40-49	Sauquoit	NY
20	Kelly Colbert	43 F	34:18	6:52	1/10	F40-49	Utica	NY
21	Michael Collins	47 M	34:29	6:54	7/18	M40-49	Utica	NY
22	Jason Pare	42 M	34:32	6:55	8/18	M40-49	Rome	NY
23	Rob Richard	39 M	34:38	6:56	6/16	M30-39	Little Falls	NY
24	Scott Suba	51 M	34:53	6:59	3/23	M50-59	Utica	NY
25	Bill Moody	52 M	35:25	7:05	4/23	M50-59	Newport	NY
26	Erin Zalewski	26 F	35:31	7:07	2/10	F19-29	New Hartford	NY
27	Austin Batson	17 M	35:46	7:09	3/8	M1-18	Vernon	NY
28	Joseph Langlois	52 M	35:51	7:11	5/23	M50-59	Rome	NY
29	Tim Kane	56 M	35:57	7:12	6/23	M50-59	Sherrill	NY
30	Lennie Davis	54 M	35:58	7:12	7/23	M50-59	Newport	NY
31	Ryan Beekman	23 M	36:04	7:13	4/6	M19-29	Ilion	NY
32	Cole Lane	15 M	36:14	7:15	4/8	M1-18	Rome	NY
33	Gary Burak	57 M	36:19	7:16	8/23	M50-59	New Hartford	NY
34	Jeremy Williams	36 M	36:20	7:16	7/16	M30-39	Barneveld	NY
35	Karen Randall	37 F	36:20	7:16	1/16	F30-39	Utica	NY
36	Richard Lane	52 M	36:30	7:18	9/23	M50-59	Rome	NY
37	William Baynes	59 M	36:32	7:19	10/23	M50-59	Rome	NY
38	Robert Kapfer	35 M	37:04	7:25	8/16	M30-39	Utica	NY
39	Ryan Misencik	40 M	37:20	7:28	9/18	M40-49	Whitesboro	NY
40	Paul Cirillo	39 M	37:39	7:32	9/16	M30-39	Mohawk	NY
41	Ronda Davis	48 F	37:58	7:36	2/10	F40-49	Newport	NY
42	Eric Lauber	53 M	38:07	7:38	11/23	M50-59	Rome	NY
43	Emma Spinosa	33 F	38:10	7:38	2/16	F30-39	Cooperstown	NY
44	Brian Reid	27 M	38:14	7:39	5/6	M19-29	Marcy	NY
45	Gary Lashure	61 M	38:18	7:40	1/11	M60-99	Barneveld	NY
46	Glenn Stevener	51 M	38:25	7:41	12/23	M50-59	Marcy	NY
47	Bethany Williams	34 F	38:56	7:48	3/16	F30-39	Barneveld	NY
48	James Davall	44 M	39:45	7:57	10/18	M40-49	Marcy	NY

49	Richard Jerin	30	M	39:45	7:57	10/16	M30-39	Little Falls	NY
50	Clare Halpin	26	F	39:48	7:58	3/10	F19-29	New Hartford	NY
51	Michael Emmerich	47	M	39:51	7:59	11/18	M40-49	New Hartford	NY
52	Brenda Bashant	52	F	40:00	8:00	1/5	F50-59	New Hartford	NY
53	Ray Smith	65	M	40:10	8:02	2/11	M60-99	Old Forge	NY
54	Thomas Monaghan	50	M	40:48	8:10	13/23	M50-59	Utica	NY
55	Sarah Elleman	32	F	40:52	8:11	4/16	F30-39	Utica	NY
56	Tom Bick	64	M	40:54	8:11	3/11	M60-99	Frankfort	NY
57	Meghan Smith	22	F	41:09	8:14	4/10	F19-29	Jefferson	NY
58	Mike Green	61	M	41:10	8:14	4/11	M60-99	Boonville	NY
59	Lindsey Stoller	34	F	41:10	8:14	5/16	F30-39	Twelve Corners	NY
60	Jeff Willoughby	54	M	41:13	8:15	14/23	M50-59	Middleville	NY
61	Chris Becker	37	M	41:18	8:16	11/16	M30-39	Remsen	NY
62	Kelley O'Bryan	31	F	41:18	8:16	6/16	F30-39	Oriskany	NY
63	Mike Swalgin	46	M	41:20	8:16	12/18	M40-49	Utica	NY
64	Richard Crandall	48	M	41:24	8:17	13/18	M40-49	New Hartford	NY
65	Mike Winker	32	M	41:27	8:18	12/16	M30-39	Utica	NY
66	Heidi Chrisman	53	F	41:31	8:19	2/5	F50-59	Mohawk	NY
67	Amanda Flansburg	39	F	41:43	8:21	7/16	F30-39	Buffalo	NY
68	Robby Bauer	14	M	41:50	8:22	5/8	M1-18	Marcy	NY
69	Deondre Linder	14	M	42:24	8:29	6/8	M1-18	Utica	NY
70	Richard Suwek	56	M	42:36	8:32	15/23	M50-59	Clinton	NY
71	Sarah Morehouse	20	F	42:49	8:34	5/10	F19-29	New Hartford	NY
72	Valerie Labella	34	F	42:49	8:34	8/16	F30-39	New Hartford	NY
73	Brad Emmons	40	M	43:03	8:37	14/18	M40-49	Utica	NY
74	Brittney Johannsse	27	F	43:27	8:42	6/10	F19-29	Mohawk	NY
75	James Latshaw	42	M	43:27	8:42	15/18	M40-49	Clinton	NY
76	Linda Zee	55	F	43:36	8:44	3/5	F50-59	Holland Patent	NY
77	Jim Dooley	40	M	43:43	8:45	16/18	M40-49	Flushing	NY
78	Robert Meyer	38	M	43:50	8:46	13/16	M30-39	Whitesboro	NY
79	Joe Campbell	55	M	43:55	8:47	16/23	M50-59	Rome	NY
80	Sherry Drake	41	F	44:08	8:50	3/10	F40-49	New Hartford	NY
81	Robert Hiemenz	53	M	44:12	8:51	17/23	M50-59	Bayberry	NY
82	Tanya Farley	42	F	44:24	8:53	4/10	F40-49	Yorkville	NY
83	Amy Ambrose	32	F	44:30	8:54	9/16	F30-39	Whitesboro	NY
84	Kevin Shanley	55	M	44:35	8:55	18/23	M50-59	Utica	NY

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.

85	Donna Kapes	61	F	45:00	9:00	1/7	F60-99	New Hartford	NY
86	Caitlin Ruggiero	20	F	45:08	9:02	7/10	F19-29	Ilion	NY
87	Ray Brych	67	M	45:18	9:04	5/11	M60-99	New York Mills	NY
88	Daniel Humphrey	13	M	45:22	9:05	7/8	M1-18	Utica	NY
89	Virginia Truax	61	F	45:27	9:06	2/7	F60-99	Clayville	NY
90	Debra Ruggio	46	F	45:30	9:06	5/10	F40-49	New Hartford	NY
91	Brandy Tebo	25	F	45:48	9:10	8/10	F19-29	Westernville	NY
92	Susan Becker	36	F	45:59	9:12	10/16	F30-39	Remsen	NY
93	Mickey Piscitelli	58	F	46:01	9:13	4/5	F50-59	Baldwinsville	NY
94	Alex Jensen	14	M	46:55	9:23	8/8	M1-18	New Hartford	NY
95	Dan Swider	52	M	47:16	9:28	19/23	M50-59	New Hartford	NY
96	George Oswald	63	M	47:24	9:29	6/11	M60-99	Old Forge	NY
97	Maureen Engelbert	35	F	47:30	9:30	11/16	F30-39	Rome	NY
98	Mark Engelbert	43	M	47:30	9:30	17/18	M40-49	Rome	NY
99	Jessica Manieri	37	F	48:07	9:38	12/16	F30-39	Herkimer	NY
100	Kevin Montano	21	M	48:10	9:38	6/6	M19-29	Sangerfield	NY
101	Gianna Pepperine	15	F	48:19	9:40	1/4	F1-18	Whitesboro	NY
102	Michael Desjardins	34	M	48:22	9:41	14/16	M30-39	Yorkville	NY
103	Dorothy Massinger	64	F	49:42	9:57	3/7	F60-99	Herkimer	NY
104	Alaina Broccoli	18	F	49:52	9:59	2/4	F1-18	New Hartford	NY
105	Robert Broccoli	50	M	49:53	9:59	20/23	M50-59	New Hartford	NY
106	Sandra Arcuri	44	F	49:53	9:59	6/10	F40-49	Utica	NY
107	Heather Evans	35	F	50:18	10:04	13/16	F30-39	New Hartford	NY
108	Ross Edkins	35	M	50:18	10:04	15/16	M30-39	Whitesboro	NY
109	Leisa Murphy	46	F	50:20	10:04	7/10	F40-49	Sauquoit	NY
110	Rocco Labella	36	M	50:56	10:12	16/16	M30-39	New Hartford	NY
111	Joseph Murine	52	M	51:00	10:12	21/23	M50-59	Utica	NY
112	Mary Leahy	60	F	51:49	10:22	4/7	F60-99	Ilion	NY
113	Kelsey Woodrick	23	F	51:51	10:23	9/10	F19-29	Herkimer	NY
114	Annika Heacock	13	F	52:08	10:26	3/4	F1-18	Marcy	NY
115	Michelle Truett	39	F	52:09	10:26	14/16	F30-39	Utica	NY
116	Wayne Murphy	56	M	52:23	10:29	22/23	M50-59	New Hartford	NY
117	Joyce Richardson	61	F	52:38	10:32	5/7	F60-99	Rome	NY
118	Daniel Marraffa	62	M	52:38	10:32	7/11	M60-99	Rome	NY
119	James Bartkowiak	44	M	52:46	10:34	18/18	M40-49	Utica	NY
120	Janine Manieri	35	F	52:47	10:34	15/16	F30-39	Herkimer	NY
121	Grace Laporte	15	F	53:20	10:40	4/4	F1-18	Mohawk	NY
122	Gretchen Kubera	47	F	53:41	10:45	8/10	F40-49	Utica	NY
123	Rich Daccurzio	76	M	54:38	10:56	8/11	M60-99	Utica	NY
124	Richard Hahn	67	M	54:38	10:56	9/11	M60-99	Sherrill	NY
125	Paul Darcangelo	51	M	55:49	11:10	23/23	M50-59	Rome	NY
126	Carol Moore	60	F	55:59	11:12	6/7	F60-99	Ilion	NY
127	Rosanne Rustone	68	F	56:17	11:16	7/7	F60-99	Rome	NY
128	Marion Oswald	58	F	56:39	11:20	5/5	F50-59	Old Forge	NY
129	Mark Desjardins	65	M	56:43	11:21	10/11	M60-99	Marcy	NY
130	Maureen Billiet	46	F	58:23	11:41	9/10	F40-49	West Seneca	NY
131	Alan Salmon	62	M	59:18	11:52	11/11	M60-99	Boonville	NY
132	Amy Edkins	35	F	1:03:59	12:48	16/16	F30-39	Whitesboro	NY
133	Jennifer Dainotto	40	F	1:04:08	12:50	10/10	F40-49	New Hartford	NY
134	Laura Koch	27	F	1:19:58	16:00	10/10	F19-29	Marcy	NY

August 21, 2015

6:00 PM

**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"



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: _____

Reflections on Willow Bay

The Willow Bay 5K Run and Fitness Walk for Women has been a premier Central NY event exclusively for women for over 20 years. This event was founded with the purpose of introducing women and girls to the sport of road racing at the popular 5 kilometer distance. The race is a great experience for all; there are not just typical overall and age group awards; there are also family team competitions and the Double Your Fun Challenge (more about these later).



The course is ideal for all participants because it is flat and fast and closed to traffic. It is also easy to get to, with the starting line located off of Long Branch Road (Liverpool) at Onondaga Lake Park's Willow Bay picnic area.

But the Willow Bay race has attracted more than just beginners! Over the years, regional favorites such as Patty Wiegand of Syracuse (1995), Vicki Mitchell from Buffalo (2000) and Kristin Schiesswohl (now White), of Fayetteville (winning in 1999) have competed. Many other names adorn the top 100 performance list that is recognizable to the Syracuse running community.

As is common for road races, Willow Bay honors the top three performances in each five year age group. Over the years, many amazing age group performances have been recorded, starting with Coreen Steining five age group top times. Some Conklin standouts Margaret Betz, Tillson and Patti Ford. For fun, there is a family team competition. Bring your mother, daughter, grandmother, aunt or niece, or as many as you can convince to run. Just sign them up via the application and you are all set. Having trouble selecting a favorite daughter as a team-mate? No problem, do! We think you will enjoy these family team prizes.



Over the years, many amazing age group performances have been recorded, starting with Coreen Steining five age group top times. Some Conklin standouts Margaret Betz, Tillson and Patti Ford. For fun, there is a family team competition. Bring your mother, daughter, grandmother, aunt or niece, or as many as you can convince to run. Just sign them up via the application and you are all set. Having trouble selecting a favorite daughter as a team-mate? No problem, do! We think you will enjoy these family team prizes.



Since 2009, race director Mickey Piscitelli has instituted the Double Your Fun Challenge. In the DYFC, you are competing not against your fellow competitors but against only the clock. Prizes are given to all completing the course in a time (in minutes) that is less than half of your age (in years). So a 56.0 year old must complete the course in 28:00 minutes or less to win the special prize. (Don't worry, we do this calculation for you.) As you can see, this unique scoring method favors us mature runners.



So what should you expect at the 2015 edition (August 15, 2015) of the Willow Bay 5K Run and Fitness Walk for Women?



- ☆ A good competition (or a nice walk in the park) on a USATF Certified course
- ☆ Comradery with friends, new and old
- ☆ Healthy refreshments afterwards
- ☆ Plenty of prizes (including door prizes) at the awards ceremony
- ☆ And plenty of Fun!

For more information, visit SyracuseChargers.org/willow

Entry blank to right.





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 _____

APRIL IN IOWA: RRCA CONVENTION



Grand Blue Mile winner Heather Kampf and Olympic medalist Leo Manzano talk about running, racing, and motivation.



Yes! Medals for the Fun Runs



Jean Knaack RRCA Executive Director holds up the winning T-Shirt design

I spent a few days at the end of April in Des Moines, the capital city of Iowa. The last time I was in Des Moines I was part of RAGBRAI (google it) and was about halfway through my bike ride across the state...but that's another story.

This time I was there to take part in The 57th Annual Road Runners Club of America (RRCA) Convention. Their education program is designed to provide valuable information to club leaders, event directors, coaches and others. It is at the annual meeting at which National Running Award winners are presented their awards and RRCA Hall of Fame Inductees are honored and celebrated.

In 2012 the RRCA named Des Moines as one of their outstanding Runner Friendly Communities. With their 72 parks and 40 miles of trails, the famous Drake relays, Dam to Dam, IMT Des Moines Marathon, and Living History Farm Cross Country Race as the cornerstones of their busy racing calendar, there is a race of some sort nearly every weekend.

During the course of the convention I had ample opportunities to talk with other attendees about their clubs, events, and programs. People came from all over the country. It kicked off on a Thursday afternoon with round table sessions such as starting a "Kids Run the Nation" program in your community, managing conflicts of interest in your club, course certification, and developing a masters racing team. The atmosphere was very casual as one could drop into any discussion at any time.

Things got more structured in the morning as all attended the general session entitled RRCA Insurance Program and Risk management for Clubs and Events. Attendees learned about best practices in risk management from recent lessons learned from insurance claims, litigation, and more. Later in the day and all day Friday and Saturday we could select from the following topics: Women's Running Programs, Security Planning for Events, Healthy State Initiatives, Online Registration, managing the Back of the Pack for Safety, Enjoyment and Fair Sport, Natural Stride Running, Key Considerations for Ultra and Trail Running, Marketing Through Earned Media Exposure, Brilliant! – Why Runners Are So Smart, Working with Professional Athletes, Developing a Statewide Grand prix series, Crisis Management, Developing a Medical Plan, Course Measurement Workshop, Leave No Trace Program, and Coaching Youth for Performance. In between we listened to guest speakers including CEO of USA Track & Field Max Siegel, Drake Relays Director Brian Brown, and Jon Dunham, director of the popular Spirit of the Marathon films who previewed his latest project titled BOSTON.

Sara Mae Berman, Jack Daniels, and Phil Stewart were honored by being inducted into the RRCA Hall of Fame at the National Running Awards Banquet. Sara Mae unofficially won the Boston marathon three times before women were recognized as official participants and served as the first female member of the RRCA Board of Directors. Although not able to attend, there was loud applause as two-time Olympic medal winner, legendary coach to several Olympians, and award winning author of Daniels Running Formula, Jack Daniels was also recognized as a new Hall of Fame member. My favorite was the speech by Phil Stewart, a lifelong RRCA supporter, Road Race Management founder, and Credit Union Cherry Blossom 10 Mile race director. His remarks were humorous and relatable.

Each morning at 7am we met in the lobby and were treated to a Fun Run or Yoga Class. I chose the Fun Run and chatted with fellow runners from Chicago, Florida and Tennessee. It was at most a 5 minute run from the major downtown hotels to the city running trails. No treadmills needed!

There was an expo covering two floors of the host hotel at which sponsors and vendors encouraged all attendees to learn more about their goods and services. There were representatives from Marathon printing, Leslie Jordan (Apparel design & Mfg. Inc.), Ashworth Awards, RunSignUp.com, Eventbrite, haku, A4, MYLAPS, fitful, and many others. This atmosphere was great for both the novice and experienced race directors among us.

As an extra bonus, we were given tickets to an evening at the Drake Relays. It was not exactly good weather for an outdoor meet that Friday evening, but wearing everything that I'd brought in my carry-on got me through.

There was even an opportunity to run in one of the famous Hy-Vee races on the Sunday after the Convention, but my need to get to the airport early made that impossible.

In 2016 the RRCA National Convention will be in Dallas, Texas from March 17-19.



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 or 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 _____

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 the remaining 9 Thursday evenings!

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!

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

Dates:: July 2, 9, 16, 23, 30 August 6, 13, 20, and 27.



Monday Nights Fun Runs at Oneida Shores County Park 6:30pm
Brewerton, New York

Monday Night Oneida Shores Fun Runs continue in July!

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 run on Mondays 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:



July 6th	6:30pm	July 20th	6:30pm	August 3rd	6:30pm
July 13th	6:30pm	July 27th	6:30pm	August 10th	6:30pm

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



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

ESTELLE WHO WE REPORTED ON LAST MONTH IS A MERE 75—NOT 79 AS PREVIOUSLY REPORTED.

LUANA PESCO KOPLOWITZ BESTS CHARGER 100 MILE TRAIL RECORD:

I AM PLEASED TO LET YOU KNOW THAT LAST WEEKEND I RAN MY 2ND 100-MILE TRAIL RACE: THE SULPHUR SPRINGS 100-MILE RACE IN THE DUNDAS VALLEY CONSERVATION AREA ON MAY 23RD. THE RACE IS IN ANCASTER, ON, NEAR HAMILTON, ON, CANADA. I RAN THIS RACE LAST YEAR AS WELL. I BETTERED MY TIME BY ABOUT 2.5 HOURS COMPARED TO LAST YEAR.

THE COURSE WAS A 20K (12.5 MILE) LOOP THAT YOU RAN 8 TIMES. IT VARIES MOSTLY BETWEEN TECHNICAL SINGLE-TRACK TRAILS AND GRAVEL PATHS WITH A SMIDGEN OF PAVEMENT. THERE WERE ALSO SHORTER RACES FROM 10K TO 50 MILES. THE WEATHER WAS DRY AND COOL COMPARED TO LAST YEAR. THE OVERALL ELEVATION CHANGE WAS ABOUT 28,000 FEET FOR THE RACE COURSE. THE CUT-OFF TIME WAS 30 HOURS TO COMPLETE THE COURSE. THE FINAL RESULTS ARE AS FOLLOWS:

- **55 RUNNERS STARTED, 37 FINISHED (22 MALES AND 15 FEMALES)**
- **OLDEST FEMALE FINISHER AT AGE 59.**
- **MY TIME WAS 25:43:04.**

TIME WAS GOOD ENOUGH TO PLACE AS 5TH FEMALE FINISHER OVERALL AND 1ST IN THE 50-59 AGE GROUP AND #21 OF 55 AMONGST ALL RUNNERS.

CONGRATULATIONS LUANA!

Calendar of Events

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

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 |
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| 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
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- 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
- September**
- 13 Sun USA 40km Race Walk Champs, Ocean Twp,NJ 7:30am. Contact Elliott Denman or visit www.usatf.org or www.shoreac.org
- October**
- 4 Sun Syracuse Festival of Races 5k, 8:50am, Syracuse, NY. Visit www.festivalofraces.org
- 25 Sun USA 30km Race Walk Champs, Valley Cottage, NY 8:00am. Contact Dave McGovern or visit www.usatf.org
- November**
- 22 Sun USA 50km Race Walk Champs, Santee, CA 7:00am. Contact Philip Dunn or visit www.usatf.org
- December**
- 26 Sat Upstate Holiday Classic, Niagara Indoor Champs, 8:30am, RIT, Henrietta, NY .

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. In 1897 and the race was 24.5 miles.
-  2. Track, Basketball and Volleyball.
-  3. Ted Corbitt. In 1958 he won the first NYRRRC 30 miler in 3:04:13. He is also a co-founder of Road Runner Club of America.
-  4. The Great Wall Of China Marathon.
-  5. The Penn Relays, held in Philadelphia, Pennsylvania started in 1895



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

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

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shorts 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			