



# NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLXII

Syracuse Chargers Track Club

August 2015

# Cazenovia 2015



## Syracuse Chargers Track Club, Inc.

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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.

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### **The Syracuse Chargers Track Club Newsletter**

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Subscriptions are \$15.00 per year.

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

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#### **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](http://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](http://www.syracusechargers.org)**

<b><u>New Members:</u></b>	Gesine Hodges	Elijah Newsome		
<b><u>Renewing Members:</u></b>				
Fekete Family	James Goulet	David Houck	Bryce Millar	Jeff Morrell
Mimaroglu Family	Chip O'Reilly	Tony Pagano	David Parks	Mark Peters
Paul Redick	James Schoonmaker	Donna Yates	Fred Miller & Linda Glowacki	
John & Linda Owens				

**Recent Charger Age Group Records**

M 8-9	3 Kilometer Road	Teshale Kelly	13:19	5/3/2015
M 55-59	1 Hour Walk	David Talcott	11,196m	6/13/2015
M 55-59	2 Hour Walk	David Talcott	22,172m	6/13/2015
M 85-89	100 Meters	Ed Cox	16.93	5/31/2015

Teshale Kelly set his record at the Mountain Goat Run. It betters Aiden Bradshaw's 15:05 from 2011.

David Talcott's records were set on the track at the Niagara Racewalks, and he also set a number of walk records for distances on the track en route to his 2 hour record. For example, his 10k split of 53:21 is a Chargers record for the 10k walk *on the track*, but he already holds the Chargers record for the 10k walk with his 50:36 (set on the roads.) You will notice that our complete list of Chargers records on the club website often lists two different records for the same distance, one set on the roads and one set on the track. My predecessor, Nick Wetter, explained that this practice allowed him to recognize the excellent performances of *more people* than by just keeping one record for each distance. In an effort to continue this excellent policy, while at the same time simplifying our records structure, I have decided to report only one record (road or track, the better time of the two) when it is held by the same person. I will, however, keep track of both in my private database. Thus, a 10k walk track record is available to anyone (except Dave) who can better Dave's 53:21 10k track walk in the M 55-59 age group, or to Dave himself if he can better his own 50:36 on the roads. Good luck with that!

Ed Cox had a very productive year, both on the indoor and outdoor tracks, running a series of excellent times over 60m, 100m, and 200m. For example, his 200m campaign resulted in a progression of 40.24 (indoors), 39.83 (indoors), 38.42, and 37.31, as well as a number one U.S. age group ranking in the event, but no Chargers record! He had a tough act to follow - his own 37.11 from 2013. Ed ran his 100m record at the USATF NJ Association Open and Masters Championships, Edison, N.J.

**Please, Write to Me!**

In addition to a monthly report on Chargers records, my title listed on the inside front page suggests that I'm expected (or at least allowed) to write about topics in track and field. Among other things, I'd love to report on the competitive efforts of our own members in track and field and road, XC, or trail racing. There was once a regular column in this *Newsletter* named "O'Brian's Oddments", written by Bill O'Brian, an almost legendary character in the club who deserves an article all of his own.

As its name suggests, the Oddments could be about nearly anything in a given month, and often included Bill's disarmingly frank opinions on then current topics of discussion in the running community. Every report included, too, lists of race performances of club members that caught Bill's eye - and his eye, evidently, roved quite widely. (Remember, you couldn't just google things in those days or go to Leone Timing.)

I certainly won't attempt to recreate O'Brian's Oddments - that would be impossible by anybody but Bill. For one thing, I don't have Bill's encyclopedic recognition vocabulary of club member's names, so even if I scanned race results every evening I would surely miss almost every notable performance by a club member. So please, help me out by sending me a heads-up when you do something notable or have something notable to say. What's no-

☀ Trivia:

- ☀ 1. Where is the Air Force Marathon held?
- ☀ 2. What U. S. President ran on the track team at Eureka College in Illinois?
- ☀ 3. What college did Frank Shorter attend?
- ☀ 4. Name the 7 male High School runners to break the 4 minute mile?
- ☀ 5. Who is the only runner to win the Willow Bay 5K Run and Fitness Walk for Women" twice?

table? Age group awards, national class times, PRs, recollections, screeds, rants ... Especially interesting would be eye-witness reports of your experience at meets, either as a fan or competitor, similar to the one I give below for the State Qualifying Meet. The only proviso is that if you send me something, I'm not obligated to report it, but can if I want to. (Of course, I will give the original author due credit.)

### **State Quals (One Fan's Report of an Afternoon Well Spent.)**

The State Outdoor Track Championship Qualifying meet was once again held at CNS. The date was June 5, partly cloudy and warm with a threat of storms later on, but very little wind: great conditions for watching or competing in a track meet. I had found a seat in the stands directly across from the finish line – like getting 45 yard-line seats at the Carrier Dome, only a whole lot easier. (And cheaper!) There are some advantages to being a fan of a non-mainstream sport.

If you can attend only one regional high school meet in a season, this one is a pretty good choice. Here, at one meet, you will see a sampling of the best athletes of both sexes, and from all of the schools/leagues/classes/divisions of Section 3. Although there is not much of a sense of interschool competition in the individual events, the relays partially make up for it. Many of the athletes are seniors competing for the last time in front of the home crowd, and they have saved their best effort for this day, even if they don't have any reasonable chance of making States.

In previous years, the entry fee bought you a program, but this practice seems to have been discontinued. Perhaps the money is now needed to support other meet costs. No matter – today the serious fan always has recourse to the internet, and I had come prepared with a printout of the official start list from the Section 3 website. Two features of the meet conspired to make the start list somewhat hard to interpret: At the state level there are two "divisions" of competition, which align roughly with our more familiar "classes" (AA, A, B, C, and D) that group schools by size for the purpose of intra-sectional competition. Some of the longer races were run with divisions combined in one race, while athletes from the two divisions were listed separately in the start list. Also the "no scratch" rule was waived, meaning that there was no penalty to school or athlete for entering an event (and thus appearing on the start list), only to decide at the last minute not to run.

As I settled in, trying to master the intricacies of the start list, I was treated to what turned out to be one of the best races of the afternoon: the boy's 4x800m. Especially noteworthy was Kyle Barber's anchor leg for FM. Barber got the baton with a substantial gap of some 10-20 meters to make up on Liverpool anchor runner Daniel Muldoon, but had caught up with him already by the middle of the backstretch. When he came through with one lap to go I looked at my watch with some disbelief. It is hard to time a relay leg exactly because you don't quite know when to start the watch, and the eye can sometimes be deceived by a digital watch when it changes digits, but I could swear I saw 51-52. That's notable, because 51 is world record pace in the 800! No "one-lap wonder", Barber held on for the win with a leg time in the low 1:50s and a team time of 7:48.31 to Liverpool's 7:51.74. Quite a performance.

The infield at any track meet is a hive of activity – athletes warming up, coaches conferring with athletes and other coaches, photographers jostling for position. The meet officials, on the other hand, have a stake in keeping their sight lines clear, and there was constant conflict - waged mainly over the public address system - between the officials and those who wanted to gather in the infield. Adding to the confusion were the large hurdle placement crews who would occasionally rush out and move hurdles into and out of position, including the heavy steeplechase hurdles. A few of these needed to be snuck into position during the race, because runners skip some of them on their first lap.

The steeplechase water jump, always a fan favorite, is especially favorable to them at CNS, because it is located outside the track, right next to the chain link fence. Here fans inevitably gather to hang over the fence and watch from close range the pratfalls and small sodden tragedies that always seem to unfold at the water jump. At most tracks the water jump is located in the infield, farther away from the rubber-neckers. This unusual geometry also conspires to place the final hurdle uncomfortably close to the finish line. Finishers on rubber legs, barely managing to regain a full stride after that most treacherous of hurdles, looked more like finishers in the 110 HH.

The girl's 2000m edition of the steeplechase saw young Phoebe White of FM, only a seventh grader, score a win over Whitesboro's Justyna Wilkinson, 7:08.75 to 7:12.38. Tully's Ashley Crawford, who had the fastest qualifying time coming into the race, finished 5th behind teammate Ellen Jaworski. White, Jaworski, and Crawford would, however, all be going to States. Normally, you get to go to States by winning your event here, but there are separate winners in divisions 1 and 2, even if the two divisions run together (as they did in the steeple.) If you finish 2<sup>nd</sup> in a division, you can still go provided you have bettered a published list of qualifying times. White goes, because she's the division 1 winner, Jaworski goes because she's the division 2 winner, and Crawford goes because she's the division 2 runner-up and has a qualifier. Got that?

One of the unfortunate things about a track meet is that you invariably miss most of the action. Consider that I had placed myself in a position that was nearly ideal for watching the *finish* of races, but from that vantage point I couldn't see what happened on the back stretch very well, and I couldn't see any of the field events at all. (At least when you watch the rare coverage of track on TV you have Dwight Stones breaking in from time to time to give you a hint of what's going on in the high jump.) It's like going to a baseball game and finding that from your vantage point you can only watch the activities of the third base coach. What impression would you have of the overall flow of the game?

Given that you have to make stark choices on what to watch, you tend to gravitate to what interests you. Since I'm a distance runner, I made sure I was well placed to watch those events. This also goes a long way to explain the obvious biases and omissions in this report.

As the shadows lengthened on the infield and an evening chill crept into the air I knew it was finally time for my favorite events – the girl's 3000m and the boy's 3200m. The 3k turned out to be a PR-fest: what track commentators like to call an "honest" pace, as opposed to a tactical 200m sprint with a 7 lap warmup. Samantha Levy led from start to finish, metronomically clicking off 80 second laps and dipping under the coveted 10 minute barrier with a PR 9:58.00. For most of the race ESM junior Natalie Marra gamely clung to Levy's heels, but she couldn't quite match the FM junior's kick, finishing in 10:02.78. Two other runners sailed under 10:15: Abby Gugel (10:10.87) from JE, and Kaitlyn Neal (10:13.11) from Skaneateles.

The boy's 3200 is half a lap longer than the girl's race and about 20m shy of two miles long. This one turned out to be a tense and fast showdown between Bryce Millar (FM) and Noah Affolder of Carthage. While Affolder and Millar are quite different runners – Affolder is a sophomore and Millar is a senior, Millar is tall and muscular, Affolder is short and compact, Millar runs with a long, loping stride, and Affolder scurries along with short, quick steps – they ran the race as if joined at the hip. The race was in doubt until Millar mustered a desperate kick with 100m to go, winning in 9:03.19 to Affolder's 9:04.02.

In conclusion I must point out that this report does not attempt to give credit to every deserving athlete or to provide anything like definitive coverage of what was a large and complex event. It represents merely one fan's random impressions. If you want complete results, you can find them at Leone timing or Tully Runners. Even better, come out to watch the meet yourself next year – you won't regret it, and you can always check the web for complete results when you get back home.

**Millar, Yatsko and Akinpelu acquit themselves well at States**

Chargers award and Scholarship winner Bryce Millar won the 3200m run at the State Outdoor Track Championships in a time of 9:18.61. Abbey Yatsko, representing Dryden High School, placed 7<sup>th</sup> in the Division 2 400m with a time of 58.68. (Abbey is the daughter of Chris Yatsko, a longtime Chargers member who has competed for the Chargers in the javelin throw.) Chargers member Oreoluwa Akinpelu, representing Liverpool High School, placed 8<sup>th</sup> in her 400m IH section with a time of 1:04.75.

**Thursday Night Onondaga Lake Park Fun Run Results**

**June 26th**

		2 Mile		
		Cami Cortez	13	15:15
5 km		Savannah Kuhr	13	16:02
Richard Bower	27:41	Denise Devine	47	19:30
Kurt Stanton	27:53	Sue Rio	50	22:31
Ken Iandolo	31:37	Jaime Kuhr	39	23:12
Kathy Collins	32:39	Jerry Smith	68	23:58
		Katy Keys	49	36:59
3.5 Miles		Beth Skarupa	41	36:59
Paul Byrne	42:00			
		5 km		
8 km		Paul Cianfrocca	51	22:59
Paul Cianfrocca	37:55	Richard Bower	43	28:06
Rick Bond	37:59	Kurt Stanton	65	28:13
		Darrall Fogus	59	31:29
5 Miles		Lew Cutler	65	33:58
James Cox	40:22	Ken Iandolo	64	34:07

**July 2nd**

		4 Mile		
		Ric Bond	57	29:35

### Syracuse Chargers Records for 18-19 year old Females

40y	Lynn Rosenthal	5.3	1/29/1978
50m	Lynn Rosenthal	7.0	2/19/1978
55m	Yolanda Mikell	8.6	2/3/1990
100y	Diane Holmes	11.8	7/1977
100m	Zanderland Dixon	12.1	7/26/1990
200m	Zanderland Dixon	24.8	7/26/1990
220y	Cindy White	31.6	2/12/1978
300m	Betsy Lepkowski	44.3	2/27/1983
400y	Erica Hagenlocher	58.7	8/1977
500m	Melissa St. Vil	1:26.0	2/9/2003
600y	Mary Rybinski	1:27.3	2/1/1976
600m	Lila Buchanan	1:49.4	2/28/1987
880y	Katy Schilly	2:15.9	4/27/1975
1000y	Katy Schilly	2:36.4	2/1/1976
1000m	Colleen Peterson	3:08.3	1/16/1999
1500m	Katy Schilly	4:25.8	6/1976
1 mile	Katy Schilly	4:49.8	1/26/1975
2000m	Theresa Trudell	6:57.6	1/18/1995
3000m	Katy Schilly	9:40.4	1/17/1976
3000m steeple	Brittany Wilder	12:47.0	7/23/2006
2 miles	Katy Schilly	10:19.4	2/27/1976
5km road	Mary Seybold	17:34.0	7/29/1977
8km road	Betsy Kneale	29:13.0	7/19/1984
5 miles road	Laura Kellogg	30:52.0	6/26/1983
10km road	Katy Schilly	34:44.0	10/4/1975
10km track	Betsy Kneale	38:36.1	8/17/1984
15km road	Betsy Kneale	55:25.0	7/8/1984
20km	Kathy Mills	1:12:53	8/1/1977
half marathon	Betsy Kneale	1:27:31	8/9/1984
30km road	Mary Hoey	2:13:13	3/21/1982
marathon	Vicky Kraft	2:52:18	10/13/1979
55m HH	Melissa St. Vil	9.41	2/9/2003
100m HH	Janet Adams	16.1	8/13/1981
100m HH	Cathy Golden	16.1	6/22/1985
300m IH	Grace Killory	53.8	8/15/1980
400m IH	Grace Killory	1:12.7	6/15/1980
high jump	Janet Adams	5ft 3in	8/15/1980
long jump	Lynn Rosenthal	16-5	1/29/1978
weight pentathlon	Monica Ridgeway	3125	7/13/2007
weight throw 20lb	Monica Ridgeway	45-5 1/4	7/13/2007
shot put 8lb	Patrina Thomas	44-4 1/2	8/9/1985
discus	Shari Zembek	138-10	7/27/1991
hammer 4kg	Monica Ridgeway	144-4	7/13/2007
javelin	Janet Adams	125-8	8/13/1981
shot put 4kg	Shari Zembek	43-5 3/4	7/27/1991
heptathlon	Janet Adams	4580	8/14/1981
1 mile walk	Ellen Minkow	7:29.5	6/74
5km walk road	Ellen Minkow	26:53.0	10/27/1973
10km walk road	Ellen Minkow	56:18.0	10/27/1973

### Syracuse Chargers Records for 18-19 year old Males

40y	Frank St. Dennis	4.9	3/18/1978
50m	Chris Coleman	5.7	3/10/1985
55m	Travis Blount	6.4	12/9/1995
55m	Travis Blount	6.4	1/13/1996
100y	David Hodge	10.2	7/1977
100y	Mervyn Francis	10.2	7/7/1979
100m	Eugene Norman	10.7	7/26/1980
100m	James Drake	10.7	8/4/1984

200m	James Drake	21.6	8/17/1984
220y	Tony Basile	22.9	7/31/1973
300m	Nigel Shepard	36.0	1/24/1982
400m	James Drake	48.9	8/12/1983
440y	Reggie Greene	51.3	7/30/1973
500m	Chris Coleman	1:12.9	2/23/1985
600m	Bill Kispert	1:26.1	1/19/1986
800m	Tim Villhauer	1:57.0	8/19/1979
1000m	Tim O'Connor	2:33.5	1/13/1985
1500m	Nicholas Stenuf	3:58.7	7/22/2006
1 mile	Jason Meany	4:18.0	12/20/1998
3000m	Rick Streeter	8:40.7	12/29/2001
3000m steeple	Scott Bortoff	9:33.9	8/13/1982
5km track	Stuart Rogers	15:02.0	8/18/1978
5km road	Jim Paige`	15:10	7/8/1979
5km road	Jerry Jurick	15:10	5/30/1981
8km road	Rick Streeter	24:34.0	4/6/2002
5 miles road	Daryl David	25:52.0	8/5/1969
10km road	Dave Dobrzynski	31:12.0	8/21/1976
10km track	Tom Dalton	31:07.0	8/18/1976
15km road	Jerry Jurick	47:16.0	5/23/1982
10 miles	Larry Woods	51:57.0	11/24/1978
20km	Larry Woods	1:07:20	8/15/1978
half marathon	Mark Worden	1:13:11	6/25/1983
25km road	Bruce Derrick	1:28:41	8/9/1969
25km road	Bill Field	1:28:41	8/9/1969
30km road	Jeff Jurrick	1:42:44	3/20/1983
marathon	Tom Paris	2:44:32	10/17/1981
50m HH	Mike Shorkey	7.9	3/22/1987
55m HH	Ray Panek	8.2	3/20/1983
110m HH	Eugene Norman	14.4	8/15/1980
300m IH	Ray Panek	41.5	7/20/1993
400m IH	Wayne Jones	55.0	6/26/1983
440y IH	Bill Doran	60.5	5/6/1978
high jump	Kym Orr	7ft 2in	7/20/1983
pole vault	Matt Robinson	14-6	12/20/1997
triple jump	Jeff Whitehead	50-0 3/4	8/16/1984
long jump	Jeff Whitehead	23-9 3/4	8/8/1986
weight throw 35lb	David Gross	54-1 1/2	2/20/2010
shot put 16lb	Chris Hall	52-3 3/4	8/17/1984
discus 1.6kg	Gary Sickler	169-3 3/4	7/15/2002
hammer	Chris Hall	148-5 1/4	8/18/1984
javelin	Kevin Richardson	177-7	6/28/1980
decathlon	Andy Traub	5566	8/29/1985
1500m walk	Dan Talcott	6:30.7	6/11/1983
1 mile walk	Dan Talcott	6:56.7	6/11/1983
3000m walk	Dan Talcott	14:49.0	2/5/1984
5km walk road	Dan Talcott	25:10.0	9/17/1983
5km walk track	Dan Talcott	27:41.0	8/4/1984
5 mile walk road	Dan Talcott	42:25.0	8/30/1983
10km walk track	Dan Talcott	52:11.8	4/21/1984
10km walk road	Dan Talcott	51:58.0	6/26/1983
15km walk road	Dan Talcott	1:23:04	5/27/1984
20km walk road	Dan Talcott	1:48:01	4/29/1984

Past Issues of the *Chargers Newsletter* are available electronically

Revisit them any time at:

<http://www.syracusechargers.org/newsletter/newsletter.html>

## 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](mailto:dwtalcott@juno.com). More information on page 12.

There is nothing like getting back to your roots and enjoying running some track events. Please come out and support these!

### Race Walk Corner:

If you look at the Syracuse Chargers records for 18-19 year old Females—you will notice the name of Ellen Minkow who holds records for the Mile, 5km, and 10km race walks. The records stem back to 1973 and 1974. Who was this athlete—did she really walk that fast or was this some kind of error—a runner who got listed years ago and it has just carried on ever since?



Let me tell you. Ellen had a very short career in Race Walking, but was an amazing athlete. She grew up in Port Washington, New York near Long Island. 1956 Olympian Bruce MacDonald “discovered” her and coached her. She was truly a walking pioneer for women in America. On February 23rd, 1973 she competed in the USA Indoor 1 mile championships in Madison Square Garden. Ellen, then unattached, walked 8:06.6 good for second place. Later in 1973 she competed in the first international event for women’s race walkers. She competed in a dual meet with Canada. In the meet she walked 5,000 meters in 26:31.5 to win the event and set an American Record at the distance. Later that year she placed second in the National 5,000 behind Susan Brodock. She enrolled at Syracuse University in the fall. She was the first woman on Syracuse’s T&F Team! On October 27th she traveled to Columbia, Missouri to compete in the first USA Women’s 10km Race Walk Championships. Ellen topped a field of 18 finishers to win in an American Record of 56:19. (the record is actually off by a second according to the official results). Her 3 mile split was 26:45 so her 5km split would have been 27:44. Ellen continued to improve and she became the first woman to compete in a men’s championship event at the IC4A T&F Championships. Ellen not only competed, but she won the race with a 7:36.1 mile clocking! In a span of 2 weeks Ellen took 2nd place in both the NAAU 5km (26:46—charger record—on June 23, 1974 at UCLA and the NAAU Mile (7:43.1 on June 29th).

Excelling at everything she does, Ellen is the president of her own CPA firm in New York City.

As for the 18-19 year old Males—Dan Talcott is the brother of the editor. He was ranked 2nd in the US among Juniors in 1983 and his 6:56.7 was set at the NYS High School Championships in Baldwinsville—but the race distance was 1600 meters—not a mile. The best time he walked for the mile was a 7:07 where he placed 5th at the prestigious Eastern States meet indoors in March of 1983.

# Cazenovia 2015

## One Mile Fun Run Participants

Arria  
Arria  
Baker  
Barbetta  
Barbetta  
Barbetta  
Berg  
Berg  
Brown  
Burch  
Burns  
Busboom  
Busboom  
Butler  
Carroll  
Carter  
Chovnick  
Chovnick  
Craig  
Crouthamel  
Dennis  
Denton  
Denton  
Diefendorf  
Diefendorf  
Diefendorf  
Ditrani  
Dolge  
Dolge  
Dotti  
Dougherty  
Dougherty  
Dye  
Dyer  
Edgerton  
Edgerton  
Endries  
Ethrige  
Farwell  
Fasulo  
Fasulo  
Frazee  
Frazee  
Freer  
Griswold  
Griswold  
Hagan  
Heath  
Heath  
Heath  
Heath  
Heath  
Helmer  
Hyatt  
Hyatt  
Hyatt  
Ireland  
Kelley  
Kelley

Aidan  
Jacob  
David  
Abby  
Alex  
Holly  
Lily  
Nora  
Rosalie  
Jacob  
Kyleigh  
Mike  
Jack  
Lily  
Carter  
Ashley  
Miles  
Wendy  
Ella  
Lovina  
Sally  
Isla  
Sam  
Anna  
Derek  
Molly  
Kate  
Abigail  
Wyatt  
Cate  
Dennis  
James  
Alex  
Audrey  
Isaac  
Samuel  
Campbell  
Stephen  
Dakota  
Joshua  
Juliana  
Henry  
Jackson  
Seth  
Chase  
Ella  
Finn  
Megan  
Jeff  
Andrew  
Calissa  
Trinity  
Niccolena  
Lucy  
Caleb  
Jayce  
Zoe  
Bethlehem  
Rani

Kellmurray  
Kelly  
Kelly  
Kempinski  
Kempinski  
Kotel  
Kotel  
Kukenberger  
Kunttu  
Lackey  
Lautz  
Lautz  
Lautz  
Lautz  
Lawrence  
Lawrence  
Lawrence  
Lawrence  
Lewis  
Lewis  
Lewis  
Litterbrant  
Litterbrant  
Ludke  
Maginley  
Mazor  
McCay  
McMahon  
McMahon  
McMahon  
McNany  
Millson  
Millson  
Mitrus  
Moore  
Moynihan  
Moynihan  
O'Brien  
O'Brien  
O'Brien  
Rahauiser  
Rahauiser  
Richards  
Ridzi  
Ridzi  
Ridzi  
Roche  
Roche  
Segall  
Sessler  
Smith  
Smith  
Smith  
Stock  
Stock  
Stratton  
Stratton  
Stratton  
Sutton  
Sutton

Ammon  
Conor  
Maeve  
Alexa  
Oliver  
Jacob  
Zachary  
Ava  
Jaxon  
Brooklyn  
Aidan  
Bryan  
Colin  
Sharon  
Cayla  
Emily  
Jenna  
Dane  
Grant  
Reid  
Bridget  
Todd  
Ethan  
Maxwell  
Elle  
Mary  
Joseph  
Katherine  
Michael  
Kate  
David  
Debora  
Meghan  
Webber  
Emma  
Morgan  
Ben  
Lindsay  
Charlotte  
Kaelyn  
Michael  
Kelly  
Emma  
Jody  
Kenna  
Lindsey  
Jack  
Nico  
Hadley  
John  
Ken  
Robert  
Kevin  
Raegan  
Elliot  
Miles  
Paloma  
Zach  
Theo

Sutton  
Tillotson  
Tine  
Tuttle  
Vogt  
Vogt  
Vora  
Walch  
Walker  
Walker  
Williams  
Williams  
Williams  
Williams  
Wines  
Wines  
Wines  
Wines  
Zimmerlee

Violet  
Kelly  
Lily  
Siegrid  
Elizabeth  
Victoria  
Rishma  
Jared  
Harrison  
Jack  
Cutter  
Julia  
Marsh  
Rick  
Gabriella  
Hannah  
Lara  
Todd  
TJ



# Cazenovia 2015 - 5km

1	Jacob Andrews	21	15:46	5:05	1	M20-24	M#	1	New Woodstock	NY
2	Richard Cohen	44	16:56	5:27	1	M40-44	M#	2	Utica	NY
3	Nicholas Ashton	18	16:58	5:28	1	M14-19	M#	3	Whitesboro	NY
4	Peter Kane	17	17:00	5:29	2	M14-19	M#	4	Painted Post	NY
5	Parrish Bridges	19	17:09	5:31	3	M14-19	M#	5	Owego	NY
6	Michael Dee	24	17:23	5:36	2	M20-24	M#	6	East Syracuse	NY
7	Isaac Crandall	13	17:24	5:36	1	M01-13	M#	7	Baldwinsville	NY
8	Aldous Strother	23	17:28	5:38	3	M20-24	M#	8	Manchester	CT
9	Zach Vanderzee	21	17:45	5:43	4	M20-24	M#	9	Queensbury	NY
10	Tyler McDevitt	21	17:53	5:46	5	M20-24	M#	10	Manlius	NY
11	Josh Kuelling	33	17:58	5:47	1	M30-34	M#	11	Oriskany	NY
12	Sean Satchwell	18	18:05	5:50	4	M14-19	M#	12	Cazenovia	NY
13	Matthew Rogers	17	18:42	6:02	5	M14-19	M#	13	Roanoke	VA
14	Joni Waldron	31	18:50	6:04	1	F30-34	F#	1	Washington	DC
15	Noah Sims	18	18:54	6:05	6	M14-19	M#	14	Manlius	NY
16	Keith Eggleston	55	19:00	6:07	1	M55-59	M#	15	Groton	NY
17	Andi Camp	40	19:08	6:10	1	F40-44	F#	2	Portland	OR
18	Okan Kaya	21	19:13	6:11	6	M20-24	M#	16	Clifton Park	NY
19	Meggie Hart	15	19:18	6:13	1	F14-19	F#	3	Cazenovia	NY
20	Jon Waldron	57	19:19	6:13	2	M55-59	M#	17	Newton	MA
21	John Draper	46	19:26	6:16	1	M45-49	M#	18	Remsen	NY
22	Jack Wheeler	16	19:28	6:16	7	M14-19	M#	19	South Bend	IN
23	Solomon Bowen	13	19:32	6:18	2	M01-13	M#	20	Valley Center	KS
24	Cale Schad	14	19:35	6:18	8	M14-19	M#	21	Fabius	NY
25	Swoosh Shrestha	16	19:35	6:19	9	M14-19	M#	22	Boca Raton	FL
26	Ben Timmons	15	19:45	6:22	10	M14-19	M#	23	Baldwinsville	NY
27	Michael Richards	19	19:54	6:25	11	M14-19	M#	24	Camillus	NY
28	William Iverson	47	20:09	6:29	2	M45-49	M#	25	Iowa City	IA
29	Brian Krebs	28	20:11	6:30	1	M25-29	M#	26	Brooklyn	NY
30	Jason Pare	42	20:15	6:31	2	M40-44	M#	27	Rome	NY
31	Kevin Wall	42	20:18	6:32	3	M40-44	M#	28	Minoa	NY
32	Ian Abernathy	21	20:22	6:34	7	M20-24	M#	29	Cazenovia	NY
33	Deven Forbes	15	20:29	6:36	12	M14-19	M#	30	Dewitt	NY
34	Dennis Campbell	22	20:30	6:36	8	M20-24	M#	31	Camillus	NY
35	Jack Richards	15	20:31	6:37	13	M14-19	M#	32	Camillus	NY
36	Bryan Sears	36	20:34	6:37	1	M35-39	M#	33	Willowick	OH
37	Dan Capron	44	20:35	6:38	4	M40-44	M#	34	Newport	NY
38	John Geesler	56	20:38	6:39	3	M55-59	M#	35	St. Johnsville	NY
39	Craig Campbell	16	20:50	6:43	14	M14-19	M#	36	Manlius	NY
40	Richard Wheeler	51	20:59	6:45	1	M50-54	M#	37	South Bend	IN
41	Maxwell Akuamoah-Boa	28	21:01	6:46	2	M25-29	M#	38	Cazenovia	NY
42	Richard Lane	52	21:05	6:48	2	M50-54	M#	39	Rome	NY
43	Jared Welsh	23	21:09	6:49	9	M20-24	M#	40	Fabius	NY
44	Daniel Millson	11	21:10	6:49	3	M01-13	M#	41	Suwanee	GA
45	Lennie Davis	54	21:11	6:49	3	M50-54	M#	42	Newport	NY
46	Jack Stauffer	55	21:11	6:50	4	M55-59	M#	43	Manlius	NY
47	Sarah Brown	16	21:18	6:52	2	F14-19	F#	4	Ipswich	MA
48	Taryn Fiorenza	37	21:18	6:52	1	F35-39	F#	5	Dover	NH
49	James Brown	49	21:19	6:52	3	M45-49	M#	44	Cazenovia	NY
50	Gary Burak	57	21:20	6:52	5	M55-59	M#	45	New Hartford	NY
51	Kevin Murray	16	21:22	6:53	15	M14-19	M#	46	Marietta	GA
52	Peter Eschenbrenner	28	21:25	6:54	3	M25-29	M#	47	Philadelphia	PA
53	William Baynes	59	21:34	6:57	6	M55-59	M#	48	Rome	NY
54	Ben Oleniczak	21	21:34	6:57	10	M20-24	M#	49	Cazenovia	NY
55	Ellen Burr	21	21:40	6:59	1	F20-24	F#	6	Cazenovia	NY
56	Cole Lane	15	21:51	7:02	16	M14-19	M#	50	Rome	NY
57	Bairdy Hansen	21	21:54	7:03	11	M20-24	M#	51	Cazenovia	NY

58 Michael Campbell	55	21:56	7:04	7	M55-59	M#	52 Manlius	NY
59 Kara Stauffer	40	21:57	7:04	2	F40-44	F#	7 Manlius	NY
60 Rebekah Beckwith	38	21:59	7:05	2	F35-39	F#	8 Chittenango	NY
61 Reese Holahan	15	22:02	7:06	17	M14-19	M#	53 Marion	NY
62 Ray Satchwell	14	22:05	7:07	18	M14-19	M#	54 Cazenovia	NY
63 Jp Hoak	10	22:10	7:08	4	M01-13	M#	55 Cazenovia	NY
64 Ronda Davis	48	22:14	7:10	1	F45-49	F#	9 Newport	NY
65 Timothy McDevitt	49	22:17	7:11	4	M45-49	M#	56 Manlius	NY
66 Scott Cunningham	48	22:17	7:11	5	M45-49	M#	57 Yermo	CA
67 Jeff Baldwin	37	22:25	7:13	2	M35-39	M#	58 Chittenango	NY
68 Glenn Stevener	51	22:25	7:13	4	M50-54	M#	59 Marcy	NY
69 Garret Lounsbury	9	22:30	7:15	5	M01-13	M#	60 Cazenovia	NY
70 Tony Hart	48	22:31	7:15	6	M45-49	M#	61 Cazenovia	NY
71 Joe Escamilla	19	22:35	7:16	19	M14-19	M#	62 Shelton	CT
72 Henry Baker	12	22:37	7:17	6	M01-13	M#	63 Pittsford	NY
73 Russ Brownback	50	22:37	7:17	5	M50-54	M#	64 Cazenovia	NY
74 Samuel Baker	12	22:45	7:20	7	M01-13	M#	65 Pittsford	NY
75 Gerald McMahan	54	22:46	7:20	6	M50-54	M#	66 Syracuse	NY
76 Quinn Donahoe	28	22:53	7:22	4	M25-29	M#	67 Rochester	NY
77 Lindsay Dressel	28	22:53	7:22	1	F25-29	F#	10 Rochester	NY
78 Nate Tennant	21	22:58	7:24	12	M20-24	M#	68 Syracuse	NY
79 Terry Ettinger	56	22:59	7:24	8	M55-59	M#	69 Syracuse	NY
80 Hugh Slocum	17	23:01	7:25	20	M14-19	M#	70 New Woodstock	NY
81 Jotham Adams	22	23:01	7:25	13	M20-24	M#	71 Syracuse	NY
82 Zoe Shephard	15	23:02	7:25	3	F14-19	F#	11 Cazenovia	NY
83 Ryan Moesch	8	23:03	7:26	8	M01-13	M#	72 Cazenovia	NY
84 Jack Carpenter	16	23:10	7:28	21	M14-19	M#	73 Liverpool	NY
85 Rob Clark	34	23:11	7:28	2	M30-34	M#	74 Oswego	NY
86 Michael Emmerich	47	23:13	7:29	7	M45-49	M#	75 New Hartford	NY
87 Richard Huftalen	44	23:15	7:29	5	M40-44	M#	76 Cazenovia	NY
88 Thomas Rogers	11	23:15	7:29	9	M01-13	M#	77 Roanoke	VA
89 Greyson Barr	22	23:17	7:30	14	M20-24	M#	78 Cazenovia	NY
90 Silas Brown	13	23:25	7:32	10	M01-13	M#	79 Burlington	VT
91 Audrey Chivukula	38	23:25	7:33	3	F35-39	F#	12 Lafayette	CO
92 Anastasia Verighina	22	23:27	7:33	2	F20-24	F#	13 Cazenovia	NY
93 Ned Roulston	52	23:30	7:34	7	M50-54	M#	80 Syracuse	NY
94 Matthew Rutkowski	44	23:32	7:35	6	M40-44	M#	81 Morrisville	NY
95 Dan McKillop	17	23:32	7:35	22	M14-19	M#	82 Cazenovia	NY
96 Raymond Anderson	13	23:33	7:35	11	M01-13	M#	83 Syracuse	NY
97 Nick Dosky	18	23:36	7:36	23	M14-19	M#	84 Shelton	CT
98 Will Harrington	14	23:37	7:36	24	M14-19	M#	85 Cazenovia	NY
99 Ellen Furnari	29	23:42	7:38	2	F25-29	F#	14 Cazenovia	NY
100 Eric Gantley	52	23:44	7:39	8	M50-54	M#	86 Syracuse	NY
101 Robert Richards	54	23:44	7:39	9	M50-54	M#	87 Camillus	NY
102 Kaitlyn Richards	21	23:44	7:39	3	F20-24	F#	15 Winston-Salem	NC
103 Jonathan Moore	35	23:45	7:39	3	M35-39	M#	88 Flint Hill	VA
104 Mike Swalgin	46	23:46	7:39	8	M45-49	M#	89 Deerfield	NY
105 Philip Caporale	42	23:47	7:40	7	M40-44	M#	90 Utica	NY
106 Steven Glowacki	57	23:48	7:40	9	M55-59	M#	91 Brewerton	NY
107 Daniel Wallace	39	23:51	7:41	4	M35-39	M#	92 Portland	ME
108 Carrie Stevens	25	23:51	7:41	3	F25-29	F#	16 New York	NY
109 Douglas Christensen	56	23:54	7:42	10	M55-59	M#	93 Onondaga Hill	NY
110 Ellen Copley	51	23:55	7:42	1	F50-54	F#	17 Colchester	VT
111 Ben McPherson	11	23:59	7:43	12	M01-13	M#	94 Cazenovia	NY
112 Rick Gaut	37	24:01	7:44	5	M35-39	M#	95 Sherrill	NY
113 Jordan White	39	24:03	7:45	6	M35-39	M#	96 Lafayette	CO
114 Aidan Emhoff	13	24:03	7:45	13	M01-13	M#	97 Cazenovia	NY
115 Nick Irvine	29	24:04	7:45	5	M25-29	M#	98 Cazenovia	NY
116 Justin Gagnon	14	24:05	7:46	25	M14-19	M#	99 Cazenovia	NY
117 Tony Koppers	15	24:10	7:47	26	M14-19	M#	100 Cazenovia	NY
118 John Rybinski	51	24:11	7:47	10	M50-54	M#	101 Manlius	NY
119 Ethan Isbell	11	24:12	7:48	14	M01-13	M#	102 Erieville	NY
120 Kelly Schad	39	24:17	7:49	4	F35-39	F#	18 Fabius	NY

121	Liam Johnson	17	24:18	7:50	27	M14-19	M#	103	Cazenovia	NY
122	Kirstin Lyons	23	24:18	7:50	4	F20-24	F#	19	Nedrow	NY
123	Erin Gantley	18	24:19	7:50	4	F14-19	F#	20	Syracuse	NY
124	Adam Saltman	31	24:23	7:51	3	M30-34	M#	104	Cazenovia	NY
125	Olivia Wheeler	14	24:23	7:51	5	F14-19	F#	21	South Bend	IN
126	Gabby Iverson	20	24:25	7:52	5	F20-24	F#	22	Iowa City	IA
127	Courtney Lyons	21	24:28	7:53	6	F20-24	F#	23	Nedrow	NY
128	Tammy Stokoe	52	24:29	7:53	2	F50-54	F#	24	Cortland	NY
129	Chloe Rogers	13	24:32	7:54	1	F01-13	F#	25	Roanoke	VA
130	Will Reynolds	10	24:36	7:55	15	M01-13	M#	105	Cazenovia	NY
131	Rich Ashe	49	24:40	7:57	9	M45-49	M#	106	Syracuse	NY
132	Melissa Scheidelman	40	24:41	7:57	3	F40-44	F#	26	Cazenovia	NY
133	Shea Walsh	11	24:42	7:57	16	M01-13	M#	107	York	PA
134	Rob Smith	29	24:46	7:59	6	M25-29	M#	108	Utica	NY
135	Misael Calderon	46	24:48	7:59	10	M45-49	M#	109	Jamesville	NY
136	Thomas Blount	29	24:49	7:59	7	M25-29	M#	110	Syracuse	NY
137	Bryn Walsh	14	24:50	8:00	6	F14-19	F#	27	York	PA
138	Daniel McKillop	51	24:51	8:00	11	M50-54	M#	111	Cazenovia	NY
139	Andy Johnson	47	24:51	8:00	11	M45-49	M#	112	Cazenovia	NY
140	Brian Scanlon	51	24:52	8:01	12	M50-54	M#	113	Manlius	NY
141	Tucker Lounsbury	42	24:54	8:01	8	M40-44	M#	114	Cazenovia	NY
142	Lisa Lounsbury	42	24:55	8:02	4	F40-44	F#	28	Cazenovia	NY
143	Kevin Bassler	45	24:57	8:02	12	M45-49	M#	115	Cary	NC
144	Charlie Gottlieb	24	24:58	8:02	15	M20-24	M#	116	New York	NY
145	Meredith Shephard	18	24:58	8:02	7	F14-19	F#	29	Cazenovia	NY
146	Morgan Ashton	15	24:59	8:03	8	F14-19	F#	30	Whitesboro	NY
147	Jenny Hughes	41	25:00	8:03	5	F40-44	F#	31	Cazenovia	NY
148	Allison Gottlieb	29	25:01	8:03	4	F25-29	F#	32	New York	NY
149	Gen Phillips	33	25:01	8:03	2	F30-34	F#	33	Cazenovia	NY
150	Sean Dollison	25	25:02	8:04	8	M25-29	M#	117	Syracuse	NY
151	Eugene Bloskin	24	25:04	8:05	16	M20-24	M#	118	Liverpool	NY
152	Jim Cunningham	47	25:08	8:06	13	M45-49	M#	119	Spring	TX
153	Sarah White	38	25:09	8:06	5	F35-39	F#	34	Lafayette	CO
154	Samuel Freer	15	25:11	8:07	28	M14-19	M#	120	Wilmington	DE
155	Rob Sears	32	25:12	8:07	4	M30-34	M#	121	Syracuse	NY
156	Todd Shafer	37	25:17	8:09	7	M35-39	M#	122	Bellingham	MA
157	Carri Kotel	39	25:18	8:09	6	F35-39	F#	35	Turnersville	NJ
158	Jack Byrnes	10	25:31	8:13	17	M01-13	M#	123	Cazenovia	NY
159	Jonathan Hood	33	25:34	8:14	5	M30-34	M#	124	Syracuse	NY
160	Erin Howe	36	25:42	8:17	7	F35-39	F#	36	Golden	CO
161	Andrew Estal	15	25:45	8:18	29	M14-19	M#	125	Adams	NY
162	Edward Campbell	27	25:46	8:18	9	M25-29	M#	126	Schenectady	NY
163	Nicole Burns	26	25:46	8:18	5	F25-29	F#	37	Schenectady	NY
164	Tyler Hughes	23	25:48	8:18	17	M20-24	M#	127	Cazenovia	NY
165	Clifford Toole	43	25:52	8:20	9	M40-44	M#	128	Fort Mill	SC
166	Micah Freer	17	25:53	8:20	30	M14-19	M#	129	Wilmington	DE
167	Eric Lyons	15	25:54	8:20	31	M14-19	M#	130	Nedrow	NY
168	Laura Lautz	38	25:54	8:21	8	F35-39	F#	38	Fayetteville	NY
169	Jennifer Martino	53	25:55	8:21	3	F50-54	F#	39	Lafayette	NY
170	Abby Plummer	18	25:56	8:21	9	F14-19	F#	40	Wilmington	DE
171	Alexander Williamson	13	25:59	8:22	18	M01-13	M#	131	Fayetteville	NY
172	Audrey Baker	10	25:59	8:22	2	F01-13	F#	41	Pittsford	NY
173	Clayton Baker	48	26:00	8:22	14	M45-49	M#	132	Pittsford	NY
174	Derek Carroll	31	26:00	8:23	6	M30-34	M#	133	Victor	NY
175	Beth Rougeux	60	26:02	8:23	1	F60-64	F#	42	Syracuse	NY
176	Tim Holahan	49	26:03	8:24	15	M45-49	M#	134	Marion	NY
177	Drew Holahan	13	26:04	8:24	19	M01-13	M#	135	Marion	NY
178	Elizabeth Eschen	31	26:05	8:24	3	F30-34	F#	43	Cazenovia	NY
179	Tom Eschen, Sr.	58	26:05	8:24	11	M55-59	M#	136	Cazenovia	NY
180	Holly Fike	33	26:05	8:24	4	F30-34	F#	44	Syracuse	NY
181	Kevin Shanley	55	26:07	8:25	12	M55-59	M#	137	Utica	NY
182	Drew Brownback	14	26:09	8:25	32	M14-19	M#	138	Cazenovia	NY
183	Pat Piscitelli	59	26:10	8:26	13	M55-59	M#	139	Baldwinsville	NY

184	Kirsten Belton	33	26:11	8:26	5	F30-34	F#	45	Syracuse	NY
185	Brian Gantley	15	26:12	8:26	33	M14-19	M#	140	Syracuse	NY
186	Katie Iverson	40	26:13	8:27	6	F40-44	F#	46	Iowa City	IA
187	Shere Abbott	59	26:16	8:28	1	F55-59	F#	47	Cazenovia	NY
188	Jessica Redmond	33	26:16	8:28	6	F30-34	F#	48	Minoa	NY
189	Ed Kelley	60	26:17	8:28	1	M60-64	M#	141	Jamesville	NY
190	Valerie Barr	46	26:18	8:28	2	F45-49	F#	49	Cazenovia	NY
191	Richard Locastro	53	26:18	8:28	13	M50-54	M#	142	Arlington	VA
192	Ashley Kent	18	26:18	8:28	10	F14-19	F#	50	Cazenovia	NY
193	Alex Stachowski	29	26:19	8:29	10	M25-29	M#	143	North Syracuse	NY
194	Mason Kunttu	12	26:20	8:29	20	M01-13	M#	144	Zionsville	IN
195	Sean McCarthy	22	26:21	8:29	18	M20-24	M#	145	Cazenovia	NY
196	Jennifer Carroll	32	26:22	8:29	7	F30-34	F#	51	Victor	NY
197	Michael Gaut	34	26:23	8:30	7	M30-34	M#	146	Syracuse	NY
198	Ryan Capra	28	26:23	8:30	11	M25-29	M#	147	Jersey City	NJ
199	John Kozak	62	26:30	8:32	2	M60-64	M#	148	Clay	NY
200	Trisha Freeman	32	26:33	8:33	8	F30-34	F#	52	Liverpool	NY
201	Steven Imrich	63	26:34	8:33	3	M60-64	M#	149	Cambridge	MA
202	Miriam Zoghby	11	26:35	8:34	3	F01-13	F#	53	Fayetteville	NY
203	Welela Kelley	10	26:36	8:34	4	F01-13	F#	54	Manlius	NY
204	James Gerhard	49	26:36	8:34	16	M45-49	M#	150	Marietta	NY
205	Katherine Huftalen	44	26:37	8:34	7	F40-44	F#	55	Cazenovia	NY
206	Eva Calderon	24	26:39	8:35	7	F20-24	F#	56	Jamesville	NY
207	Eric Worzel	25	26:40	8:35	12	M25-29	M#	151	Wayne	NJ
208	Eileen Zoghby	44	26:40	8:35	8	F40-44	F#	57	Fayetteville	NY
209	Ryan Marchant	26	26:45	8:37	13	M25-29	M#	152	Liverpool	NY
210	Meredith Theis	31	26:45	8:37	9	F30-34	F#	58	Boston	MA
211	Fritz Koennecke	52	26:48	8:38	14	M50-54	M#	153	Cazenovia	NY
212	Kathryn McCauley	27	26:49	8:38	6	F25-29	F#	59	Whitesboro	NY
213	Emily Preisendanz	22	26:50	8:39	8	F20-24	F#	60	Vestal	NY
214	Brandy Preisendanz	25	26:50	8:39	7	F25-29	F#	61	Hamilton	VA
215	Hilary Hooley	26	26:50	8:39	8	F25-29	F#	62	Cazenovia	NY
216	Alexis Kavanaugh	20	26:51	8:39	9	F20-24	F#	63	Sherrill	NY
217	Jenna Steinberg	13	26:55	8:40	5	F01-13	F#	64	Cazenovia	NY
218	Emma Knoll	17	26:58	8:41	11	F14-19	F#	65	Washington	DC
219	Pam Schnell	46	26:59	8:41	3	F45-49	F#	66	Manlius	NY
220	Hannah Williamson	10	26:59	8:42	6	F01-13	F#	67	Fayetteville	NY
221	Richard Russell	40	27:00	8:42	10	M40-44	M#	154	Canastota	NY
222	Stacey Sims	46	27:00	8:42	4	F45-49	F#	68	Manlius	NY
223	Herbert Hooley, Jr.	53	27:00	8:42	15	M50-54	M#	155	Cazenovia	NY
224	Connor Russell	9	27:01	8:42	21	M01-13	M#	156	Canastota	NY
225	Reegan Welsh	19	27:01	8:42	12	F14-19	F#	69	Fabius	NY
226	Kelly Coker	23	27:04	8:43	10	F20-24	F#	70	Tampa	FL
227	Paul McMurtrie	57	27:07	8:44	14	M55-59	M#	157	Cazenovia	NY
228	Stephen Hughes	45	27:08	8:44	17	M45-49	M#	158	Cazenovia	NY
229	Scott Zimmerman	37	27:08	8:44	8	M35-39	M#	159	Boston	MA
230	Christopher Burmaste	12	27:09	8:45	22	M01-13	M#	160	Eaton	NY
231	Robert Anderson	48	27:11	8:45	18	M45-49	M#	161	Syracuse	NY
232	Jack Donlin	9	27:13	8:46	23	M01-13	M#	162	Cazenovia	NY
233	Devon Laidman	19	27:14	8:46	13	F14-19	F#	71	Dover	MA
234	Danielle Keim	22	27:17	8:47	11	F20-24	F#	72	Lititz	PA
235	Benjamin Langey	21	27:17	8:47	19	M20-24	M#	163	Cazenovia	NY
236	Bailey Laidman	16	27:19	8:48	34	M14-19	M#	164	Dover	MA
237	Ellie Buckhout	22	27:19	8:48	12	F20-24	F#	73	Cazenovia	NY
238	Jennifer Dunlap	45	27:29	8:51	5	F45-49	F#	74	Utica	NY
239	Jordyn Dunlap	22	27:32	8:52	13	F20-24	F#	75	Utica	NY
240	Daniel Campbell	62	27:32	8:52	4	M60-64	M#	165	Camillus	NY
241	Gabrielle Petrosino	23	27:34	8:53	14	F20-24	F#	76	New York	NY
242	Meaghan McDevitt	17	27:40	8:55	14	F14-19	F#	77	Manlius	NY
243	Bob Murrett	62	27:41	8:55	5	M60-64	M#	166	Fayetteville	NY
244	Lisa M Baker	47	27:48	8:57	6	F45-49	F#	78	Cazenovia	NY
245	Karie Ballway	46	27:54	8:59	7	F45-49	F#	79	Erieville	NY
246	Cat Byrnes	39	27:58	9:01	9	F35-39	F#	80	Cazenovia	NY

## Spera's Swamp Rat Runs

The 36<sup>th</sup> annual Spera's Swamp Rat Runs which was held at Oneida Shores Park in Brewerton on Saturday, June 20, 2015 was a huge success with over 1100 entries in either the mile run, 5 kilometer or 10 kilometer runs. Co-race directors Richard Nastasi and Pat Leone, Junior were very pleased with the turnout. They are already planning next year's event.

The Spera's Swamp Rat runs were administered by the Cicero-North Syracuse Cross Country Team, the CNS boys track coaching staff and the Syracuse Chargers Track Club. Mark Spera's & volunteers from Spera's Meat Deli & Grocery store were instrumental in securing & organizing the refreshments and free prizes that were given away. Thank you to owner Mark Spera from Spera's for supplying all the delicious subs for the 5k & 10k runners. Spera's Meat Deli & Grocery store must be congratulated for their community involvement in this event. Also special thanks to Fleet Fleet of Syracuse, Byrne Dairy, Frito Lay, Freihofers and Pepsi for their generous donations.

The instant timing provided by Leone Timing added to the success of the race with results for each of the races being displayed immediately. Next years application will be posted on this website next January.

[www.swampratrun.com](http://www.swampratrun.com).

Special thanks to Cicero-North Syracuse teacher, Joe Farranto, for holding the shirt design contest in his Computer Graphics classes at CNS High School. The winning student this year was McKayla Brefka who received a \$50 gift certificate & shirt from Spera's for her winning design.

This year Taylor Parry was given the \$2500 Chris Taddeo Memorial scholarship. Taylor was a member of the 500 mile club for the Cicero-North Syracuse Cross Country team. She also ran indoor & outdoor track and was a scholar athlete for the district.

There was a large turn out from the North Syracuse Central Schools with many young runners and volunteers from the district. There were 536 runners that finished the mile run. The two elementary schools with the largest number of runners entering were Cicero Elementary & Lakeshore Elementary. The tradition of the North Syracuse School District elementary school with the largest number of runners entering receiving the district trophy for one year continued. The trophy will be on display at Cicero Elementary for the 2015-16 school year. The trophy continues to be passed on to the top school.

There were many volunteers that made this event a huge success. The many parents, athletes, cross country & track coaches of the North Syracuse School District must be commended for their hard work and dedication in volunteering for this event. Gary Lopez, Recreation Supervisor, was a huge help in organizing the parking & preparing Oneida Shores. Special thanks to Dave Patruno for handing out the awards, and Mark Driscoll for helping at the finish line. North Syracuse Superintendent of schools, Annette Speech, was the starter for the mile fun run. The CNS track coaching staff of Greg Broton, Sharon Harding, Todd Hilt, Jack Harbold, Bryan Buchanan & Brad Hartstein were important in the organization & implementation of the event. Also Lynette Hughes & Sue Leone organized the impressive parent group. Lia Garnes took the many photos that were posted on the Swamp Rat website.

## Syracuse Chargers Scholarships

The Syracuse Chargers' Track Club announces the winners of the 2015 Scholarships. The scholarships are based on academic performance as well as athletics. This year three young men were selected based on their community service, their superior grades, and their excellence in track and field and/or cross country. The winners are: Bryce Millar who attended Fayetteville-Manlius HS. Bryce won the Section 3 State Qualifier 3200m in 9:02 and went on to win the State HS Championships. Bryce will be attending Indiana University in the fall. Nick Ashton who attended Whitesboro HS where he finished 7th in the State Qualifier with a 1:59.78 800 meter performance.. Nick will attend Utica College in the fall. Sean Sachwell who attended Cazenovia HS ran the 400 meters in 54.03 as a senior and showed his diversity running 4:50 for the 1600 and 10:51 for the 3200. Sean is off to SUNY College of Environmental Science and Forestry (ESF).



Bryce Millar



Nick Ashton



Sean Satchwell

## THE THERAPY CORNER

### ***Compression Stockings – Part II***

The most recent entry in this series addressed the question of whether two popular measures used by runners to decrease after-running soreness and improve performance actually work. I focused mostly on the use of ice baths after workouts and races, but also briefly touched on the use of compression garments. I'd like to now expand on that latter topic, as a newer study has recently been published that more fully examines the supposed benefits of wearing such clothing.

In this newest paper, researchers first note that almost all previous investigations on this topic tested runners at distances up to 15k. The degree of muscle damage sustained from this is minimal and difficult to quantify accurately, so in this latest study investigators had two groups of runners – one wearing compression stockings and one without – participate in a competitive marathon. Runners in both groups were “matched” for abilities so that improvements (or diminished times), if any, could be statistically calculated with some degree of precision.

As in most studies that preceded this one, investigators found no improvements in performance between the two groups. They did find a difference in perceived leg soreness 24 hours after the race (those who wore compression stockings had less), but after 48 hours there was no difference.

What made this study particularly interesting was that it looked at some objective measures that would indicate that the stockings had a physiological effect that would explain any subjective reports of improvements by the runners. Specifically, they examined certain markers found in blood that are associated with muscle fiber damage. Theoretically (according to the manufacturers of these garments), we would expect that there would be less damage in those runners who wore the stockings than in those who do not, based on the premise that compression reduces vibration in the muscles of the leg during the initial contact (foot landing) phase of gait, as well decreasing muscle oscillations during prolonged running.

The study's authors found, however, that was no difference in the levels of these markers (myoglobin, creatine kinase, and LDH concentrations) in the two groups either before or after the race. These markers increased during the race in both groups in essentially equal amounts.

Two other objective measurements the authors took were of changes in lower-leg volume changes (decreased in both groups) and mean jump height changes (again, no significant difference in the decrease between groups) after the race. (I can't even imagine trying to jump after a marathon – my measurement would probably be in the negative category!)

What makes this study more compelling is that for the first time, investigators tested the effectiveness of compression stockings during a real running competition, as opposed to an artificial laboratory (treadmill) setting and moreover, at a distance (marathon) more likely to produce the physiological changes associated with reduced performance and post-race soreness. Their conclusion is similar to most of the studies that preceded it: compression stockings provide no significant benefit to runners with respect to either of these two goals.

Gabe Yankowitz, PT, DPT, OCS

*Gabe is a long-time runner and physical therapist currently practicing in the outpatient physical therapy clinic at St. Camillus Health and Rehabilitation Center in Syracuse.*

*The Use of Compression Stockings During a Marathon Competition to Reduce Exercise-Induced Muscle Damage: Are They Really Useful?* Journal of Orthopedic and Sports Physical Therapy, June 2015

# 18th Annual Groton Labor Day 5K and

## 1 Mile Fun Run

**\*September 7, 2015\***



### Race Day Schedule

7:30-8:45.....Race Day Registration  
9:00.....1 Mile Fun Run  
9:30.....5K Race



### Sponsoring Organization:

This race is sponsored by, and is a fund raiser for the Groton Varsity Cross Country Program. All proceeds benefit the Girls' and Boys' Cross Country Teams. Every year's proceeds have helped fund trips to other competitions and to purchase team apparel.

### Course Records:

**Male**  
16:06 Stephen Getman  
17:03 Adam Engst ('12) (M)  
17:03 Casey Calstrom ('06)  
18:46 Murphee Hayes  
**Female**  
20:19 Charlene Lyford (M)

### Course Map:

Web address @: <http://www.usatf.org/routes/view.asp?ID=12258>

The course follows village streets (2.5 miles), an old railroad bed (.5 miles), and finishes on the high school track. Some flat terrain, with a few steady inclines and declines, and one short, steep hill just before the mile.

### Entry Fees:

Pre-Registered prior to August 29 will be \$14 for Students, \$18 for adults, & 1 mile Fun Run (FREE). Registrations after August 29 (9/04 online) and race day will be \$20 for students, \$25 for adults.

\*\*\*Team Discounts Available (5+ athletes...email Scott)

\*\*\*Fun run competitors can purchase a T-Shirt for \$8 --> Send order with this application. Quantities are limited!  
\*\*\*Registrations not received by race day will be considered not sent and you will need to register on race day.

\*\*\*Team Discounts Available (5+ athletes...email Scott)

### Please Make Checks Payable to:

**"Groton Sports Boosters, Cross Country"**

Scott Weeks, Race Director

Groton Central School District

400 Peru Rd.

Groton, NY 13073

### Awards:

- \*Ribbons to every finisher in both races
- \*Top 3 & Youngest in the Mile Fun Run
- \*Plaque to top 3 male & Female in 5K
- \*Plaque to top Masters male & female
- \*\$25 Gift Certificate to top male & female in 5K
- \*Medals to the top 3 in each age group (<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60+)
- T-shirts to first 100 entries received

### SITE:

**Groton High School**  
400 Peru Rd.

Parking, Restrooms, & Showers will be available near registration.  
Refreshments post race.

### RACE Check One

1 Mile \_\_\_\_\_ 5K Race \_\_\_\_\_

### T-Shirt Check One

Sm \_\_\_\_\_ Med \_\_\_\_\_ Lg \_\_\_\_\_ XL \_\_\_\_\_

Name (Print/Clearly): \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Age (Race Day) \_\_\_\_\_

Gender \_\_\_\_\_

**Waiver:** In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Village of Groton, Property owners, Groton Central School and it's officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or traveling to or from the Groton Labor Day races. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent or guardian (if under 18) \_\_\_\_\_

### Applications & Questions

Contact Scott @ [sweeks@groton.cnyric.org](mailto:sweeks@groton.cnyric.org)

Additional applications @ [www.grotoncs.org](http://www.grotoncs.org)

Optional Online Registration @ <https://www.getentered.com/Register/?event=32832>

## CNY Running Club Cup 2015

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

The Cup races include:

**April 4<sup>th</sup>: Roman Runners Fort to Fort 10K Race:** This race has been completed.

**June 21<sup>st</sup>: Utica Roadrunners Summer Sizzle 5 Mile Race:** This race has been completed.

**July 4<sup>th</sup>: July 4th Cazenovia Foot Races: 5K:** This race has been completed.

**August 21<sup>st</sup>: 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](http://www.syracusechargers.org)) as the year unfolds. Any questions about the Cup can be addressed to Jim Moragne at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com)

### **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](mailto:Julie.shafer.js@gmail.com) or wait until your next membership renewal and indicate your preference then.

247	Maxwell Jones	26	28:03	9:02	14	M25-29	M#	167	New York	NY
248	Julie Gregg	24	28:03	9:02	15	F20-24	F#	81	New York	NY
249	Erin Benuzzi	33	28:04	9:02	10	F30-34	F#	82	Tulsa	OK
250	Claire Carpenter	15	28:04	9:02	15	F14-19	F#	83	Liverpool	NY
251	Katherine Eichhorn	34	28:05	9:03	11	F30-34	F#	84	Constantia	NY
252	Susan Upward	39	28:06	9:03	10	F35-39	F#	85	Clay	NY
253	Baird Hansen	61	28:07	9:03	6	M60-64	M#	168	Cazenovia	NY
254	Tom Hoag	53	28:07	9:03	16	M50-54	M#	169	Cicero	NY
255	Kelly Isbell	36	28:08	9:04	11	F35-39	F#	86	Erieville	NY
256	Sarah Formoza	31	28:08	9:04	12	F30-34	F#	87	Baldwinsville	NY
257	Jackson Nixdorf	12	28:10	9:04	24	M01-13	M#	170	Boca Raton	FL
258	Joseph Valerio	20	28:17	9:06	20	M20-24	M#	171	Liverpool	NY
259	Keith Hughes	49	28:23	9:09	19	M45-49	M#	172	Cazenovia	NY
260	Amy Mitchell	34	28:25	9:09	13	F30-34	F#	88	Cazenovia	NY
261	Meghan Kelly	35	28:25	9:09	12	F35-39	F#	89	Cazenovia	NY
262	Alicia Ewing	27	28:26	9:09	9	F25-29	F#	90	Syracuse	NY
263	Colleen Boyd	33	28:28	9:10	14	F30-34	F#	91	Norwood	MA
264	Peter Nolan	50	28:29	9:10	17	M50-54	M#	173	Fort Washington	PA
265	Margot Giblin	55	28:30	9:11	2	F55-59	F#	92	Cazenovia	NY
266	Brenda Kavanaugh	51	28:30	9:11	4	F50-54	F#	93	Sherrill	NY
267	Kate Harrington	9	28:31	9:11	7	F01-13	F#	94	Cazenovia	NY
268	Todd Harrington	50	28:31	9:11	18	M50-54	M#	174	Cazenovia	NY
269	Elizabeth Shephard	16	28:32	9:11	16	F14-19	F#	95	Cazenovia	NY
270	Michael Reeve	15	28:33	9:12	35	M14-19	M#	175	Cazenovia	NY
271	Cindy Jefferds	42	28:34	9:12	9	F40-44	F#	96	Liverpool	NY
272	Alexis Lafever	13	28:36	9:13	8	F01-13	F#	97	Eaton	NY
273	Josh Emhoff	41	28:40	9:14	11	M40-44	M#	176	Cazenovia	NY
274	Gary Foster	70	28:41	9:14	1	M70-74	M#	177	New Woodstock	NY
275	Robert Carpenter	22	28:42	9:14	21	M20-24	M#	178	Cazenovia	NY
276	Lili Gavitt	11	28:42	9:15	9	F01-13	F#	98	Cazenovia	NY
277	Anna Edwards	11	28:45	9:16	10	F01-13	F#	99	Cazenovia	NY
278	Kimberley Locastro	53	28:48	9:17	5	F50-54	F#	100	Arlington	VA
279	Sherry Jones	48	28:49	9:17	8	F45-49	F#	101	Liverpool	NY
280	Les Dunlap	49	28:54	9:18	20	M45-49	M#	179	Utica	NY
281	Megan Hughes	13	28:54	9:18	11	F01-13	F#	102	Cazenovia	NY
282	Mary Schulte	25	28:56	9:19	10	F25-29	F#	103	Dewitt	NY
283	Tina McMurtrie	52	28:57	9:19	6	F50-54	F#	104	Cazenovia	NY
284	Jason Pistilli	35	28:59	9:20	9	M35-39	M#	180	Fayetteville	NY
285	Mary Kate Lonergan	28	28:59	9:20	11	F25-29	F#	105	Cazenovia	NY
286	Emily Irvine	29	29:00	9:20	12	F25-29	F#	106	Cazenovia	NY
287	Theresa Reeve	13	29:00	9:20	12	F01-13	F#	107	Cazenovia	NY
288	Chad Douty	20	29:04	9:22	22	M20-24	M#	181	Port Deposit	MD
289	Amy Baker	44	29:06	9:22	10	F40-44	F#	108	South Dartmouth	MA
290	Luke Hudson	13	29:09	9:23	25	M01-13	M#	182	Cazenovia	NY
291	Scott Sellers	59	29:10	9:24	15	M55-59	M#	183	Cazenovia	NY
292	Liam Baker	13	29:11	9:24	26	M01-13	M#	184	South Dartmouth	MA
293	Sylvia Hauschildt	46	29:12	9:24	9	F45-49	F#	109	Pittsford	NY
294	Ava Gavitt	11	29:18	9:26	13	F01-13	F#	110	Cazenovia	NY
295	Rachele Manitta	38	29:18	9:26	13	F35-39	F#	111	Cazenovia	NY
296	Nat Giblin	21	29:19	9:27	23	M20-24	M#	185	Cazenovia	NY
297	Kaija Kunttu	13	29:19	9:27	14	F01-13	F#	112	Zionsville	IN
298	Kiley Barr	23	29:21	9:27	16	F20-24	F#	113	Cazenovia	NY
299	Mike Donlin	39	29:24	9:28	10	M35-39	M#	186	Cazenovia	NY
300	Hannah Matteson	28	29:25	9:28	13	F25-29	F#	114	Madison	NY
301	Benjamin Orbach	11	29:29	9:30	27	M01-13	M#	187	Cazenovia	NY
302	Louis Orbach	46	29:30	9:30	21	M45-49	M#	188	Cazenovia	NY
303	Patrick Knapp	64	29:30	9:30	7	M60-64	M#	189	Clinton	NY
304	Molly Hart	12	29:32	9:31	15	F01-13	F#	115	Cazenovia	NY
305	Molly Hagan	37	29:34	9:31	14	F35-39	F#	116	Erieville	NY
306	Eugene Bailey	55	29:36	9:32	16	M55-59	M#	190	Manlius	NY
307	Sarah Hansen	58	29:37	9:32	3	F55-59	F#	117	Cazenovia	NY
308	Emma Steinberg	11	29:38	9:33	16	F01-13	F#	118	Cazenovia	NY
309	Mary-Pat Northrup	60	29:39	9:33	2	F60-64	F#	119	North Palm Beach	FL

310	Jackie McElroy	33	29:40	9:33	15	F30-34	F#	120	Vernon Center	NY
311	Ricky Rheam	14	29:41	9:33	36	M14-19	M#	191	Lewisburg	PA
312	Carolyn Burns	54	29:41	9:34	7	F50-54	F#	121	Cazenovia	NY
313	James Steinberg	62	29:41	9:34	8	M60-64	M#	192	Cazenovia	NY
314	Joanna Bailey	22	29:42	9:34	17	F20-24	F#	122	Manlius	NY
315	Nadia Segall	10	29:46	9:35	17	F01-13	F#	123	Cazenovia	NY
316	Matthew Lapinski	25	29:47	9:35	15	M25-29	M#	193	Andover	MA
317	Katey Farel	25	29:47	9:35	14	F25-29	F#	124	Andover	MA
318	Karen Cheal	43	29:47	9:36	11	F40-44	F#	125	Cazenovia	NY
319	Ken Moynihan	45	29:54	9:38	22	M45-49	M#	194	Cazenovia	NY
320	Kirsten Garrett	50	29:59	9:39	8	F50-54	F#	126	Cazenovia	NY
321	Wayne Burmaster	54	30:00	9:40	19	M50-54	M#	195	Eaton	NY
322	Sara Reals	50	30:04	9:41	9	F50-54	F#	127	East Syracuse	NY
323	Thomas McCay	12	30:04	9:41	28	M01-13	M#	196	Cazenovia	NY
324	Mary Reizun	22	30:09	9:43	18	F20-24	F#	128	Cazenovia	NY
325	Nicole Bibbens	30	30:11	9:43	16	F30-34	F#	129	Weedsport	NY
326	Jenna Lipiska	29	30:11	9:43	15	F25-29	F#	130	Weedsport	NY
327	James Burgess	25	30:12	9:44	16	M25-29	M#	197	Fayetteville	NY
328	Claire Edwards	13	30:16	9:45	18	F01-13	F#	131	Cazenovia	NY
329	Wendy Edwards	44	30:17	9:45	12	F40-44	F#	132	Cazenovia	NY
330	Dan Estal	50	30:18	9:46	20	M50-54	M#	198	Adams	NY
331	Maggie Johnson	18	30:19	9:46	17	F14-19	F#	133	Cazenovia	NY
332	Bob Walsh	64	30:20	9:46	9	M60-64	M#	199	Syracuse	NY
333	Laura Gregg	21	30:24	9:47	19	F20-24	F#	134	Cazenovia	NY
334	Cooper Hughes	11	30:24	9:47	29	M01-13	M#	200	Cazenovia	NY
335	Liz Mansell	27	30:25	9:48	16	F25-29	F#	135	Cazenovia	NY
336	Penny Noll	63	30:28	9:49	3	F60-64	F#	136	Cazenovia	NY
337	Robert Reidy	74	30:30	9:49	2	M70-74	M#	201	Manlius	NY
338	Jill Reidy	46	30:30	9:49	10	F45-49	F#	137	Pittsford	NY
339	Gregory Giblin	59	30:31	9:50	17	M55-59	M#	202	Cazenovia	NY
340	Kenneth Blaylock	58	30:42	9:53	18	M55-59	M#	203	Bridgeport	NY
341	Austin Hughes	21	30:44	9:54	24	M20-24	M#	204	Cazenovia	NY
342	Trinity Cottrell	11	30:44	9:54	19	F01-13	F#	138	Jamesville	NY
343	Jessica Burch	33	30:45	9:54	17	F30-34	F#	139	Cazenovia	NY
344	Lauren Horstmyer	14	30:47	9:55	18	F14-19	F#	140	Schenectady	NY
345	Owen Strong	59	30:47	9:55	19	M55-59	M#	205	Fayetteville	NY
346	Todd Davison	27	30:51	9:56	17	M25-29	M#	206	Baldwinsville	NY
347	Penni Stritter	47	30:51	9:56	11	F45-49	F#	141	Cazenovia	NY
348	Richard Hahn	67	30:53	9:57	1	M65-69	M#	207	Sherrill	NY
349	Carley Lounsbury	11	30:57	9:58	20	F01-13	F#	142	Cazenovia	NY
350	Alaina Garvey	28	30:58	9:58	17	F25-29	F#	143	Buffalo	NY
351	Dominic Perrone	14	30:58	9:58	37	M14-19	M#	208	Fabius	NY
352	Wade Elliott	12	30:59	9:59	30	M01-13	M#	209	Manlius	NY
353	Phillip Koppers	44	30:59	9:59	12	M40-44	M#	210	Cazenovia	NY
354	Cassandra Perrone	19	31:01	9:59	19	F14-19	F#	144	Fabius	NY
355	Lakin Williams	45	31:05	10:00	12	F45-49	F#	145	Potomac Falls	VA
356	Allyson Accordino	12	31:05	10:01	21	F01-13	F#	146	New York	NY
357	Frank Fellone	32	31:06	10:01	8	M30-34	M#	211	New York	NY
358	Grace Kingsley	9	31:06	10:01	22	F01-13	F#	147	Cazenovia	NY
359	Tessa Grant	28	31:06	10:01	18	F25-29	F#	148	New York	NY
360	Andrew Mazor	44	31:06	10:01	13	M40-44	M#	212	Brooklyn	NY
361	Liliya Lifanova	52	31:10	10:02	10	F50-54	F#	149	North Syracuse	NY
362	Kseniya Hogan	28	31:10	10:02	19	F25-29	F#	150	Syracuse	NY
363	G. Rodziewicz	60	31:15	10:04	10	M60-64	M#	213	Fayetteville	NY
364	Bob Theis	65	31:15	10:04	2	M65-69	M#	214	Osprey	FL
365	Alison Shanley	22	31:23	10:07	20	F20-24	F#	151	Utica	NY
366	Holden Crouthamel	9	31:29	10:08	31	M01-13	M#	215	Rockaway	NJ
367	Matthew Crouthamel	36	31:30	10:09	11	M35-39	M#	216	Rockaway	NJ
368	Quinn Ridzi	10	31:33	10:10	32	M01-13	M#	217	Syracuse	NY
369	Frank Ridzi	38	31:33	10:10	12	M35-39	M#	218	Syracuse	NY
370	Ethan Toole	11	31:38	10:11	33	M01-13	M#	219	Fort Mill	SC
371	Collin Meyer	9	31:42	10:12	34	M01-13	M#	220	Oneida	NY
372	Jenelle Pelis	30	31:46	10:14	18	F30-34	F#	152	Syracuse	NY

373	Shane Donahoe	33	31:46	10:14	9	M30-34	M#	221	Syracuse	NY
374	Stephen Dubin	54	31:48	10:14	21	M50-54	M#	222	Cazenovia	NY
375	Ted Northrup	61	31:49	10:15	11	M60-64	M#	223	North Palm Beach	FL
376	Michael Skrocki	60	31:50	10:15	12	M60-64	M#	224	Kirkville	NY
377	Taylor Frankhauser	13	31:53	10:16	23	F01-13	F#	153	Manlius	NY
378	Sarah Lewis	27	31:54	10:16	20	F25-29	F#	154	Manlius	NY
379	George Searles	70	31:55	10:17	3	M70-74	M#	225	Clinton	NY
380	Paula Welsh	47	31:55	10:17	13	F45-49	F#	155	Fabius	NY
381	Evan Dodge	23	31:56	10:17	25	M20-24	M#	226	Liverpool	NY
382	Becca Ziemba	8	31:59	10:18	24	F01-13	F#	156	Cazenovia	NY
383	Paul Powers	53	31:59	10:18	22	M50-54	M#	227	Homer	NY
384	Emily Knapp	12	32:03	10:19	25	F01-13	F#	157	Cazenovia	NY
385	Doug Campbell	28	32:23	10:26	18	M25-29	M#	228	Somerville	MA
386	Davin Kunttu	10	32:25	10:26	35	M01-13	M#	229	Zionsville	IN
387	Kristen Kunttu	40	32:26	10:27	13	F40-44	F#	158	Zionsville	IN
388	Nick Dotti	40	32:27	10:27	14	M40-44	M#	230	Montclair	VA
389	John Dotti	8	32:27	10:27	36	M01-13	M#	231	Montclair	VA
390	Teresa Campbell	53	32:28	10:27	11	F50-54	F#	159	Cazenovia	NY
391	Leonard Lyons	55	32:33	10:29	20	M55-59	M#	232	Nedrow	NY
392	Amanda Wilson	27	32:43	10:32	21	F25-29	F#	160	Cazenovia	NY
393	Jerry Smith	68	32:47	10:34	3	M65-69	M#	233	Liverpool	NY
394	Clayton Baker	43	32:53	10:35	15	M40-44	M#	234	Brewerton	NY
395	Karen Toole	44	32:56	10:36	14	F40-44	F#	161	East Syracuse	NY
396	Colin McGhee	10	32:57	10:37	37	M01-13	M#	235	Wilmington	DE
397	Karyn Crouthamel	39	32:59	10:37	15	F35-39	F#	162	Rockaway	NJ
398	Jonathan McGhee	40	33:00	10:38	16	M40-44	M#	236	Wilmington	DE
399	Ralph Stevens	60	33:05	10:39	13	M60-64	M#	237	Cazenovia	NY
400	Elizabeth Downing	29	33:08	10:40	22	F25-29	F#	163	Fayetteville	NY
401	Edward Downing	66	33:09	10:41	4	M65-69	M#	238	Fayetteville	NY
402	Sophie Clancy	11	33:23	10:45	26	F01-13	F#	164	Cazenovia	NY
403	Max Clancy	8	33:25	10:46	38	M01-13	M#	239	Cazenovia	NY
404	Kathleen Dubin	52	33:25	10:46	12	F50-54	F#	165	Cazenovia	NY
405	Dave Laidman	53	33:27	10:46	23	M50-54	M#	240	Dover	MA
406	Christine Laidman	50	33:27	10:46	13	F50-54	F#	166	Dover	MA
407	David Michela	57	33:32	10:48	21	M55-59	M#	241	Schenectady	NY
408	Lorraine McGee	44	33:32	10:48	15	F40-44	F#	167	Cazenovia	NY
409	Joann Billy	58	33:36	10:49	4	F55-59	F#	168	Cicero	NY
410	Matthias Koster	34	33:37	10:49	10	M30-34	M#	242	St. Catharines	ON
411	Lisa Javor	30	33:37	10:49	19	F30-34	F#	169	St. Catharines	ON
412	Andrew Elliott	44	33:39	10:50	17	M40-44	M#	243	Manlius	NY
413	Max Brownback	12	33:46	10:52	39	M01-13	M#	244	Cazenovia	NY
414	Maggie Carpenter	19	33:46	10:52	20	F14-19	F#	170	Cazenovia	NY
415	Lisa Brownback	50	33:46	10:53	14	F50-54	F#	171	Cazenovia	NY
416	Shaun Kelley	24	33:50	10:54	26	M20-24	M#	245	Jamesville	NY
417	Logan Schad	8	34:02	10:58	40	M01-13	M#	246	Fabius	NY
418	Marion Fish	60	34:04	10:58	4	F60-64	F#	172	Syracuse	NY
419	Lara Wines	46	34:09	11:00	14	F45-49	F#	173	Watertown	NY
420	Paul Porillo	51	34:11	11:01	24	M50-54	M#	247	Syracuse	NY
421	Alyssa Fesenmyer	16	34:12	11:01	21	F14-19	F#	174	Jamesville	NY
422	Christopher Schad	42	34:20	11:03	18	M40-44	M#	248	Fabius	NY
423	Bess Johnson	8	34:24	11:05	27	F01-13	F#	175	Cazenovia	NY
424	Kathleen Hudson	48	34:25	11:05	15	F45-49	F#	176	Cazenovia	NY
425	Lesley Soper	34	34:39	11:09	20	F30-34	F#	177	Cazenovia	NY
426	Ashlee Burgess	30	34:40	11:10	21	F30-34	F#	178	Syracuse	NY
427	Patti Horstmyer	55	34:50	11:13	5	F55-59	F#	179	Schenectady	NY
428	Kimberly Cavallo	47	34:52	11:14	16	F45-49	F#	180	Syracuse	NY
429	Ashley Cavallo	11	34:52	11:14	28	F01-13	F#	181	Syracuse	NY
430	Colleen Wickert	52	34:56	11:15	15	F50-54	F#	182	Cicero	NY
431	Janet Schulte	51	34:57	11:15	16	F50-54	F#	183	Dewitt	NY
432	Jay Victoria Graves	70	35:00	11:16	1	F70-74	F#	184	Hilton Head Isl	SC
433	Diane Olkowski	47	35:15	11:21	17	F45-49	F#	185	Rome	NY
434	Mark Daly	47	35:24	11:24	23	M45-49	M#	249	Arlington	MA
435	Sally Hughes	8	35:26	11:25	29	F01-13	F#	186	Cazenovia	NY

436	Maggie Hughes	18	35:30	11:26	22	F14-19	F#	187	Cazenovia	NY
437	Barbara & Rhys Willi	40	35:30	11:26	16	F40-44	F#	188	Oneida	NY
438	Olivia Magnotta	23	35:30	11:26	21	F20-24	F#	189	Cazenovia	NY
439	Jon Leifer	76	35:30	11:26	1	M75-79	M#	250	Manlius	NY
440	Jackie Toole	46	35:42	11:30	18	F45-49	F#	190	Fort Mill	SC
441	Teagan Meyer	7	36:09	11:38	30	F01-13	F#	191	Oneida	NY
442	Kristin Meyer	38	36:09	11:38	16	F35-39	F#	192	Oneida	NY
443	Mike Millson	48	36:10	11:39	24	M45-49	M#	251	Suwanee	GA
444	Kate Millson	9	36:10	11:39	31	F01-13	F#	193	Suwanee	GA
445	June Dolan	53	36:14	11:40	17	F50-54	F#	194	Manlius	NY
446	John Clancy	44	36:16	11:41	19	M40-44	M#	252	Cazenovia	NY
447	Jennifer Schulte	19	36:16	11:41	23	F14-19	F#	195	Dewitt	NY
448	Mark Park	51	36:24	11:43	25	M50-54	M#	253	Moyock	NC
449	Susan Reeve	39	36:27	11:44	17	F35-39	F#	196	Cazenovia	NY
450	Richard Elliott	71	36:36	11:47	4	M70-74	M#	254	Cazenovia	NY
451	Maxwell Reger	6	36:44	11:50	41	M01-13	M#	255	Cazenovia	NY
452	Kyle Reger	40	36:44	11:50	20	M40-44	M#	256	Cazenovia	NY
453	Pamela Townsend	24	36:52	11:52	22	F20-24	F#	197	Washington	DC
454	Jennifer Schutzendor	47	36:52	11:52	19	F45-49	F#	198	Cazenovia	NY
455	Liz Penepent	28	37:00	11:55	23	F25-29	F#	199	Buffalo	NY
456	Samantha Lackey	36	37:06	11:57	18	F35-39	F#	200	Liverpool	NY
457	Riley Knapp	10	37:18	12:01	32	F01-13	F#	201	Cazenovia	NY
458	Eric Knapp	46	37:19	12:01	25	M45-49	M#	257	Cazenovia	NY
459	Matthew Reeve	16	37:30	12:05	38	M14-19	M#	258	Cazenovia	NY
460	Maggie Dotti	10	37:32	12:05	33	F01-13	F#	202	Montclair	VA
461	Chip Oreilly	70	37:39	12:08	5	M70-74	M#	259	Dewitt	NY
462	Cynthia Smith	62	37:55	12:13	5	F60-64	F#	203	Cambridge	MA
463	Keoki Hansen	46	38:05	12:16	20	F45-49	F#	204	Deruyter	NY
464	S. Hansen		38:05	12:16	1	F75-79	F#	205	East Syracuse	NY
465	Judy Kopp	54	38:07	12:16	18	F50-54	F#	206	Cazenovia	NY
466	Callum Daly	9	38:07	12:16	42	M01-13	M#	260	Arlington	MA
467	Donna Eschenbrenner	56	38:08	12:17	6	F55-59	F#	207	Ithaca	NY
468	Garrett Cleveland	8	38:23	12:22	43	M01-13	M#	261	Fayetteville	NY
469	Addison Cleveland	5	38:23	12:22	34	F01-13	F#	208	Fayetteville	NY
470	Shawn Cleveland	36	38:26	12:23	13	M35-39	M#	262	Fayetteville	NY
471	Simon Daly	11	38:29	12:23	44	M01-13	M#	263	Arlington	MA
472	Colleen Pidel	45	38:37	12:26	21	F45-49	F#	209	Waterford	NY
473	Molly McNany	10	39:10	12:37	35	F01-13	F#	210	Fayetteville	NY
474	Bobby Difulgentiz	33	39:40	12:46	11	M30-34	M#	264	Cazenovia	NY
475	John Morford	27	39:40	12:46	19	M25-29	M#	265	Cazenovia	NY
476	Catherine Difulgenti	31	39:41	12:47	22	F30-34	F#	211	Cazenovia	NY
477	Terra Rentz	30	39:41	12:47	23	F30-34	F#	212	Fayetteville	NY
478	Kira Graves	12	39:55	12:51	36	F01-13	F#	213	Manlius	NY
479	Emma Daly	15	39:57	12:52	24	F14-19	F#	214	Arlington	MA
480	Mackenzie Elliott	18	40:05	12:54	25	F14-19	F#	215	Manlius	NY
481	Joy Daly	7	40:25	13:01	37	F01-13	F#	216	Arlington	MA
482	Marypat Reeve	46	40:25	13:01	22	F45-49	F#	217	Arlington	MA
483	Maeve Gerhard	11	40:40	13:06	38	F01-13	F#	218	Marietta	NY
484	Tonya Gerhard	47	41:00	13:12	23	F45-49	F#	219	Marietta	NY
485	Marissa Hall	25	41:40	13:25	24	F25-29	F#	220	Baldwinsville	NY
486	Gary Harrington	45	41:40	13:25	26	M45-49	M#	266	Homer	NY
487	Alisha Westerlund	29	41:47	13:27	25	F25-29	F#	221	North Syracuse	NY
488	Mitchell Perrone	12	42:21	13:38	45	M01-13	M#	267	Fabius	NY
489	Amy Perrone	46	42:21	13:38	24	F45-49	F#	222	Fabius	NY
490	Maya Toole	9	42:30	13:41	39	F01-13	F#	223	Fort Mill	SC
491	Kate McNany	8	42:46	13:46	40	F01-13	F#	224	Fayetteville	NY
492	Scott McNany	42	42:52	13:48	21	M40-44	M#	268	Fayetteville	NY
493	Elizabeth Toole	40	42:54	13:49	17	F40-44	F#	225	Fort Mill	SC
494	Matthew Lamphere	30	43:15	13:55	12	M30-34	M#	269	Manlius	NY
495	Megan Dolinkas	27	44:09	14:13	26	F25-29	F#	226	Liverpool	NY
496	Hilary Ranucci	29	44:09	14:13	27	F25-29	F#	227	Fayetteville	NY
497	Connie Ciccone	70	44:53	14:27	2	F70-74	F#	228	Skaneateles	NY
498	Maryann Lansing	73	45:24	14:37	3	F70-74	F#	229	Erieville	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: \_\_\_\_\_



**The Syracuse Chargers Track Club**  
 Presents the 22<sup>nd</sup> 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](http://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](http://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](mailto: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 \_\_\_\_\_



# 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 \_\_\_\_\_

499	Scotty Rheam	16	46:13	14:53	39	M14-19	M#	270	Lewisburg	PA
500	Susan Rheam	49	46:15	14:53	25	F45-49	F#	230	Lewisburg	PA
501	Tim Pedersen	12	47:06	15:10	46	M01-13	M#	271	Liverpool	NY
502	Vanessa Zimmerlee	28	47:09	15:11	28	F25-29	F#	231	Liverpool	NY
503	Christopher Wojnarek	40	48:16	15:33	22	M40-44	M#	272	East Syracuse	NY
504	Lauren Murray	10	48:25	15:35	41	F01-13	F#	232	Marietta	GA
505	Mike Murray	50	48:49	15:43	26	M50-54	M#	273	Marietta	GA
506	William Tillman	65	48:51	15:44	5	M65-69	M#	274	Cazenovia	NY
507	Renee Figueroa	11	50:45	16:20	42	F01-13	F#	233	West New York	NJ
508	Nikki Goodman	48	52:13	16:49	26	F45-49	F#	234	Fayetteville	NY
509	Alisa Figueroa	43	52:13	16:49	18	F40-44	F#	235	West New York	NJ
510	Jan & Katie Woodworth	54	58:35	18:52	19	F50-54	F#	236	Chittenango	NY
511	Molly Woodworth	21	58:36	18:52	23	F20-24	F#	237	Chittenango	NY
512	Mark Woodworth	50	58:36	18:52	27	M50-54	M#	275	Chittenango	NY
513	Cheryl Lagrow	63	1:00:22	19:26	6	F60-64	F#	238	Cazenovia	NY

# Cazenovia 2015 - 10 Mile

1	Chris Stogsdill	24	55:27	5:33	1	M20-24	M#	1	Camillus	NY
2	Brendan Copley	21	55:58	5:36	2	M20-24	M#	2	Colchester	VT
3	Joshua Brown	47	58:02	5:49	1	M45-49	M#	3	Burlington	VT
4	Ben Delia	32	58:39	5:52	1	M30-34	M#	4	Lancaster	PA
5	Bobby Parker	20	58:46	5:53	3	M20-24	M#	5	Troy	NY
6	Michael Hamilton	27	59:04	5:55	1	M25-29	M#	6	Oneonta	NY
7	Patrick Dermody	22	59:30	5:57	4	M20-24	M#	7	Erieville	NY
8	Tom Eickelberg	26	1:00:14	6:02	2	M25-29	M#	8	Lancaster	PA
9	Erich Nieman	38	1:00:37	6:04	1	M35-39	M#	9	Manlius	NY
10	Betsy Eickelberg	23	1:04:22	6:27	1	F20-24	F#	1	Leonia	NJ
11	Boris Dzikovski	50	1:05:01	6:31	1	M50-54	M#	10	Ithaca	NY
12	Donald Hughes	57	1:05:42	6:35	1	M55-59	M#	11	Syracuse	NY
13	Mathew Strepel	16	1:06:27	6:39	1	M01-19	M#	12	Syracuse	NY
14	Thaddeus Edgerton	37	1:07:04	6:43	2	M35-39	M#	13	Lincoln	NE
15	Katie Mutter	25	1:07:20	6:44	1	F25-29	F#	2	Syracuse	NY
16	Stew Gilson	29	1:07:33	6:46	3	M25-29	M#	14	Brooklyn	NY
17	Dan Kingsley	38	1:07:54	6:48	3	M35-39	M#	15	Cazenovia	NY
18	William Stuart	46	1:07:58	6:48	2	M45-49	M#	16	Marcellus	NY
19	Ronald Toledo	29	1:08:22	6:51	4	M25-29	M#	17	Brooklyn	NY
20	Scott McNany	42	1:08:44	6:53	1	M40-44	M#	18	Fayetteville	NY
21	Brian Barfoot	36	1:08:59	6:54	4	M35-39	M#	19	Minoa	NY
22	Amanda Brown	33	1:09:24	6:57	1	F30-34	F#	3	Jamesville	NY
23	Stephen MacDonald	51	1:09:31	6:58	2	M50-54	M#	20	Oneida	NY
24	Bill Parry	34	1:09:32	6:58	2	M30-34	M#	21	Morrisville	NY
25	Dylan Smith	22	1:09:39	6:58	5	M20-24	M#	22	Syracuse	NY
26	Andi Camp	40	1:09:43	6:59	1	F40-44	F#	4	Portland	OR
27	Peter J Crockett	56	1:09:51	7:00	2	M55-59	M#	23	Fabius	NY
28	Kerzia Marchant	26	1:09:55	7:00	2	F25-29	F#	5	Liverpool	NY
29	John Raymond	51	1:10:21	7:03	3	M50-54	M#	24	Cooperstown	NY
30	Sarah Tully	16	1:10:29	7:03	1	F01-19	F#	6	Wayland	MA
31	Gary Tarolli	61	1:10:36	7:04	1	M60-64	M#	25	East Syracuse	NY
32	Mike Browngardt	35	1:10:49	7:05	5	M35-39	M#	26	Cortland	NY
33	Ken Cresswell	53	1:10:50	7:05	4	M50-54	M#	27	Cazenovia	NY
34	Jeanette Cudney	19	1:10:55	7:06	2	F01-19	F#	7	Cazenovia	NY
35	Joe Rego	39	1:11:36	7:10	6	M35-39	M#	28	Brockton	MA
36	Kevin Garvey	34	1:11:45	7:11	3	M30-34	M#	29	Syracuse	NY
37	Karen Dolge	44	1:12:02	7:13	2	F40-44	F#	8	Valatie	NY
38	Grace Tilton	23	1:12:14	7:14	2	F20-24	F#	9	Stratford	CT
39	Chris Tinnesz	47	1:12:20	7:14	3	M45-49	M#	30	Rowayton	CT
40	Patti Trabucco	39	1:12:32	7:16	1	F35-39	F#	10	Marathon	NY

41	Keith Thomas	40	1:12:35	7:16	2	M40-44	M#	31	Manlius	NY
42	Glenn Miley	50	1:12:39	7:16	5	M50-54	M#	32	Sherrill	NY
43	Bryan Sears	36	1:12:55	7:18	7	M35-39	M#	33	Willowick	OH
44	Keith Tully	43	1:13:16	7:20	3	M40-44	M#	34	Wayland	MA
45	Steven Abrahamson	53	1:13:30	7:21	6	M50-54	M#	35	Pewaukee	WI
46	Adam Nabewaniec	39	1:13:35	7:22	8	M35-39	M#	36	Raleigh	NC
47	Jack Stevens	36	1:13:38	7:22	9	M35-39	M#	37	Cazenovia	NY
48	Kyle Breier	36	1:13:43	7:23	10	M35-39	M#	38	Oneonta	NY
49	Scott D'Andrea	45	1:13:52	7:24	4	M45-49	M#	39	Maplewood	NJ
50	Molly Dougherty	25	1:14:06	7:25	3	F25-29	F#	11	Rochester	NY
51	Ryan Maine	36	1:14:15	7:26	11	M35-39	M#	40	Utica	NY
52	Jim McKeever	58	1:14:16	7:26	3	M55-59	M#	41	Fayetteville	NY
53	Brett Dumais	47	1:14:18	7:26	5	M45-49	M#	42	North Syracuse	NY
54	James Wondrack	46	1:14:26	7:27	6	M45-49	M#	43	Pittsford	NY
55	Doake Brown	57	1:14:30	7:27	4	M55-59	M#	44	Cortland	NY
56	Chris Thornton	33	1:14:36	7:28	4	M30-34	M#	45	Clay	NY
57	David McEntee	21	1:14:43	7:29	6	M20-24	M#	46	Cazenovia	NY
58	Thomas Eschen, Jr.	26	1:14:51	7:30	5	M25-29	M#	47	Flint	MI
59	Travis Behm	32	1:14:59	7:30	5	M30-34	M#	48	Syracuse	NY
60	Samuel Sampere	50	1:15:24	7:33	7	M50-54	M#	49	East Syracuse	NY
61	Michael Gee	44	1:15:38	7:34	4	M40-44	M#	50	Cicero	NY
62	Walter Hahn	62	1:15:42	7:35	2	M60-64	M#	51	Manlius	NY
63	James Rodriguez	39	1:15:47	7:35	12	M35-39	M#	52	Liverpool	NY
64	Thomas Schermerhorn	58	1:15:51	7:36	5	M55-59	M#	53	Savona	NY
65	Jenny Hughes	43	1:16:01	7:37	3	F40-44	F#	12	York	PA
66	Adam Berg	40	1:16:09	7:37	5	M40-44	M#	54	Cazenovia	NY
67	Michael Van Dee	37	1:16:13	7:38	13	M35-39	M#	55	Marathon	NY
68	John Kennedy	51	1:16:15	7:38	8	M50-54	M#	56	Syracuse	NY
69	Paul Cianfrocca	51	1:16:31	7:40	9	M50-54	M#	57	Camillus	NY
70	Mary Klee	46	1:16:32	7:40	1	F45-49	F#	13	Syracuse	NY
71	Katie Tuthill	28	1:16:35	7:40	4	F25-29	F#	14	Verona	NY
72	Angie Jacobs	27	1:16:36	7:40	5	F25-29	F#	15	Verona	NY
73	Colleen Dougherty	21	1:16:38	7:40	3	F20-24	F#	16	Cazenovia	NY
74	Michael Dautrich	57	1:16:42	7:41	6	M55-59	M#	58	Cayuga	NY
75	Erin O'Connor	20	1:16:48	7:41	4	F20-24	F#	17	Remsen	NY
76	Hugh Burnam	29	1:16:53	7:42	6	M25-29	M#	59	Syracuse	NY
77	Patrick Flint	26	1:16:54	7:42	7	M25-29	M#	60	Fayetteville	NY
78	Kelly Dworak	53	1:16:56	7:42	1	F50-54	F#	18	Carlisle	PA
79	Jack Dargle	20	1:17:01	7:43	7	M20-24	M#	61	Milwaukee	WI
80	William Krichbaum	47	1:17:04	7:43	7	M45-49	M#	62	Syracuse	NY
81	Kevin Brisson	57	1:17:11	7:44	7	M55-59	M#	63	Cicero	NY
82	Karyl Sargent	52	1:17:19	7:44	2	F50-54	F#	19	Lafayette	NY
83	Annie Parry	33	1:17:26	7:45	2	F30-34	F#	20	Morrisville	NY
84	Andrea Sawler	33	1:17:27	7:45	3	F30-34	F#	21	Brockton	MA
85	William Tine	41	1:17:44	7:47	6	M40-44	M#	64	Norwich	VT
86	Michael J. Skvarch	58	1:17:47	7:47	8	M55-59	M#	65	Lafayette	NY
87	Timothy McCay	46	1:17:54	7:48	8	M45-49	M#	66	Cazenovia	NY
88	Minet Larry	63	1:18:04	7:49	3	M60-64	M#	67	Marietta	NY
89	Steven Challis	56	1:18:10	7:49	9	M55-59	M#	68	Liverpool	NY
90	David Suarez	49	1:18:11	7:50	9	M45-49	M#	69	Syracuse	NY
91	Molly Wellman	26	1:18:12	7:50	6	F25-29	F#	22	Cohoes	NY
92	Bob Gilson	57	1:18:19	7:50	10	M55-59	M#	70	Sparta	NJ
93	Vanessaa Fitts	36	1:18:47	7:53	2	F35-39	F#	23	Cortland	NY
94	Alaina Andersen	33	1:18:59	7:54	4	F30-34	F#	24	Bridgeport	CT
95	Emma Spinosa	33	1:19:02	7:55	5	F30-34	F#	25	Cooperstown	NY
96	Cristina Knapp	38	1:19:02	7:55	3	F35-39	F#	26	Cazenovia	NY
97	Jason Fingerman	42	1:19:06	7:55	7	M40-44	M#	71	Liverpool	NY
98	Gavin Meyer	15	1:19:12	7:56	2	M01-19	M#	72	Syracuse	NY
99	Andy Imboden	38	1:19:13	7:56	14	M35-39	M#	73	Gaithersburg	MD
100	Joanna Saxton	34	1:19:19	7:56	6	F30-34	F#	27	Oswego	NY
101	William Walter	62	1:19:20	7:56	4	M60-64	M#	74	Fayetteville	NY
102	Kelly Breed	48	1:19:22	7:57	10	M45-49	M#	75	Fabius	NY
103	James Schoonmaker	64	1:19:29	7:57	5	M60-64	M#	76	Manlius	NY



104	Stacy Griswold	37	1:19:33	7:58	4	F35-39	F#	28	Tully	NY
105	Elizabeth Sadowitz	30	1:19:37	7:58	7	F30-34	F#	29	Syracuse	NY
106	Maureen Milmo	19	1:19:41	7:59	3	F01-19	F#	30	Cazenovia	NY
107	Rick Cowburn	60	1:19:46	7:59	6	M60-64	M#	77	Cicero	NY
108	Stacy Kingsley	38	1:19:50	7:59	5	F35-39	F#	31	Cazenovia	NY
109	Evan Lynch	32	1:20:03	8:01	6	M30-34	M#	78	Pulaski	NY
110	Steve Raymond	44	1:20:04	8:01	8	M40-44	M#	79	Manlius	NY
111	David Pesesky	55	1:20:31	8:04	11	M55-59	M#	80	Utica	NY
112	Kara Rusch	47	1:20:34	8:04	2	F45-49	F#	32	Hamilton	NY
113	M.E. Lapham	25	1:20:36	8:04	7	F25-29	F#	33	New York	NY
114	Hillary Stratton	34	1:20:38	8:04	8	F30-34	F#	34	Cazenovia	NY
115	Jessica Dudley	36	1:20:40	8:04	6	F35-39	F#	35	Liverpool	NY
116	John Patrick	49	1:20:46	8:05	11	M45-49	M#	81	Syracuse	NY
117	Dylan Tinnesz	43	1:20:52	8:06	9	M40-44	M#	82	Orchard Park	NY
118	Richard Driscoll	59	1:21:19	8:08	12	M55-59	M#	83	Syracuse	NY
119	Bob Neuland	69	1:21:24	8:09	1	M65-69	M#	84	Norwich	NY
120	Laurel Strobel	39	1:21:28	8:09	7	F35-39	F#	36	Odessa	NY
121	Christine Tinnesz	42	1:21:39	8:10	4	F40-44	F#	37	Orchard Park	NY
122	Emily Tully	16	1:22:02	8:13	4	F01-19	F#	38	Wayland	MA
123	Colleen Stalder	19	1:22:10	8:13	5	F01-19	F#	39	New Woodstock	NY
124	Mara Pallatto	36	1:22:26	8:15	8	F35-39	F#	40	Liverpool	NY
125	Howard Hersey	56	1:22:27	8:15	13	M55-59	M#	85	Newfields	NH
126	Eric Todd	49	1:22:32	8:16	12	M45-49	M#	86	Marietta	NY
127	John Seymour	57	1:22:34	8:16	14	M55-59	M#	87	Wolcott	NY
128	Sarah Bratt	25	1:22:35	8:16	8	F25-29	F#	41	Jamesville	NY
129	John Dermody	29	1:22:36	8:16	8	M25-29	M#	88	Erieville	NY
130	Patrick Acee	32	1:22:49	8:17	7	M30-34	M#	89	Syracuse	NY
131	Brian Sedgwick	49	1:22:52	8:18	13	M45-49	M#	90	Whitesboro	NY
132	John Ford	62	1:22:53	8:18	7	M60-64	M#	91	Cobleskill	NY
133	Elaina Crary	27	1:22:55	8:18	9	F25-29	F#	42	Syracuse	NY
134	Marjorie Carpenter	44	1:22:59	8:18	5	F40-44	F#	43	Liverpool	NY
135	Greg Duda	37	1:23:00	8:18	15	M35-39	M#	92	Manlius	NY
136	Bernadette Hogan	20	1:23:07	8:19	5	F20-24	F#	44	Rumson	NJ
137	Jonathan Phillips	35	1:23:08	8:19	16	M35-39	M#	93	Cazenovia	NY
138	Rochelle Bilow	28	1:23:09	8:19	10	F25-29	F#	45	Brooklyn	NY
139	Kimberly Barbeta	38	1:23:15	8:20	9	F35-39	F#	46	Mechanicsburg	PA
140	Kelly Lawrence	38	1:23:15	8:20	10	F35-39	F#	47	Mendon	NY
141	Bill Butler	59	1:23:17	8:20	15	M55-59	M#	94	Syracuse	NY
142	Bill Poglitsch	64	1:23:18	8:20	8	M60-64	M#	95	Cazenovia	NY
143	Elizabeth Briggs	53	1:23:21	8:21	3	F50-54	F#	48	North Syracuse	NY
144	Alan Brown	58	1:23:23	8:21	16	M55-59	M#	96	Manlius	NY
145	Eileen Strempe	47	1:23:46	8:23	3	F45-49	F#	49	Syracuse	NY
146	Megan Ann Pierce	19	1:23:51	8:24	6	F01-19	F#	50	Jamesville	NY
147	Steven Dippolito	55	1:23:53	8:24	17	M55-59	M#	97	Liverpool	NY
148	John Skopek	65	1:23:56	8:24	2	M65-69	M#	98	Dewitt	NY
149	David Lee	59	1:24:00	8:24	18	M55-59	M#	99	Auburn	NY
150	Karen Storne	58	1:24:13	8:26	1	F55-59	F#	51	Erieville	NY

151	Peter Radosta	49	1:24:14	8:26	14	M45-49	M#	100	Erieville	NY
152	Natalie McBane	31	1:24:23	8:27	9	F30-34	F#	52	Cazenovia	NY
153	Cristianna Marks	23	1:24:27	8:27	6	F20-24	F#	53	Syracuse	NY
154	Linda Crawford	52	1:24:34	8:28	4	F50-54	F#	54	Fayetteville	NY
155	Amber Williamson	14	1:24:39	8:28	7	F01-19	F#	55	Fayetteville	NY
156	Laura Abernathy	43	1:24:47	8:29	6	F40-44	F#	56	Cazenovia	NY
157	Matthew Mullen	35	1:25:03	8:31	17	M35-39	M#	101	Syracuse	NY
158	Nick Barna	14	1:25:08	8:31	3	M01-19	M#	102	Cazenovia	NY
159	Melanie Ingleston	38	1:25:10	8:31	11	F35-39	F#	57	Fulton	NY
160	Jim Phelan	50	1:25:18	8:32	10	M50-54	M#	103	Pickerington	OH
161	Scott Cunningham	42	1:25:23	8:33	10	M40-44	M#	104	Liverpool	NY
162	Paul Connelly	55	1:25:25	8:33	19	M55-59	M#	105	Chittenango	NY
163	Teresa Edgerton	35	1:25:29	8:33	12	F35-39	F#	58	Lincoln	NE
164	Christopher Mussisio	43	1:25:46	8:35	11	M40-44	M#	106	Erieville	NY
165	Carrie Nepo	48	1:25:49	8:35	4	F45-49	F#	59	Locust Valley	NY
166	Casey Tinnesz	49	1:25:49	8:35	15	M45-49	M#	107	Locust Valley	NY
167	Brian Kellogg	37	1:25:51	8:36	18	M35-39	M#	108	Syracuse	NY
168	Emily Lewis	34	1:26:08	8:37	10	F30-34	F#	60	Pittsford	NY
169	Bill Halsey	61	1:26:11	8:38	9	M60-64	M#	109	Pompey	NY
170	Mary Brown	29	1:26:20	8:38	11	F25-29	F#	61	New York	NY
171	Peter Tinnesz	50	1:26:31	8:40	11	M50-54	M#	110	Trumbull	CT
172	Charles Strobel	44	1:26:36	8:40	12	M40-44	M#	111	Odessa	NY
173	Jen Beasley	37	1:26:50	8:41	13	F35-39	F#	62	Richmond	VA
174	Ben O'Brien	30	1:27:05	8:43	8	M30-34	M#	112	Syracuse	NY
175	Davis Albohm	35	1:27:09	8:43	19	M35-39	M#	113	Redwood City	CA
176	Andrew Ziemba	19	1:27:19	8:44	4	M01-19	M#	114	Cazenovia	NY
177	Debra Hamilton	29	1:27:35	8:46	12	F25-29	F#	63	Oneonta	NY
178	Tom McCullough	63	1:27:40	8:46	10	M60-64	M#	115	Cazenovia	NY
179	Michael Kukenberger	40	1:27:40	8:46	13	M40-44	M#	116	Portsmouth	NH
180	Kathleen Rainbow	44	1:27:43	8:47	7	F40-44	F#	64	Oneida	NY
181	Maria Ziemba	49	1:27:46	8:47	5	F45-49	F#	65	Cazenovia	NY
182	Debbie McCullough	63	1:27:48	8:47	1	F60-64	F#	66	Cazenovia	NY
183	Annibel Coolican	17	1:27:48	8:47	8	F01-19	F#	67	Syracuse	NY
184	Edward Griffin-Nolan	58	1:27:54	8:48	20	M55-59	M#	117	Pompey	NY
185	Michael Vachon	52	1:28:05	8:49	12	M50-54	M#	118	Johnson City	NY
186	Jana Polzin	38	1:28:09	8:49	14	F35-39	F#	68	Annapolis	MD
187	Erin Taylor-Talcott	37	1:28:22	8:51	15	F35-39	F#	69	Owego	NY
188	Becky Huestis	34	1:28:26	8:51	11	F30-34	F#	70	Cazenovia	NY
189	John Turner	65	1:28:27	8:51	3	M65-69	M#	119	Baldwinsville	NY
190	Helen Barody	27	1:28:30	8:51	13	F25-29	F#	71	Washington	DC
191	Josh Folk	32	1:28:31	8:52	9	M30-34	M#	120	Washington	DC
192	Mark Villa	36	1:28:37	8:52	20	M35-39	M#	121	Liverpool	NY
193	Nate Franz	36	1:28:42	8:53	21	M35-39	M#	122	Cazenovia	NY
194	Jeff Fish	30	1:28:42	8:53	10	M30-34	M#	123	San Francisco	CA
195	Michael Fish	32	1:28:42	8:53	11	M30-34	M#	124	Brooklyn	NY
196	Craig Overbeck	63	1:28:47	8:53	11	M60-64	M#	125	Fayetteville	NY
197	John Dargle	51	1:28:49	8:53	13	M50-54	M#	126	Whitefish Bay	WI
198	Todd Dudley	40	1:28:53	8:54	14	M40-44	M#	127	Liverpool	NY
199	Dave Talcott	55	1:28:55	8:54	21	M55-59	M#	128	Owego	NY
200	Brian Abernathy	48	1:28:59	8:54	16	M45-49	M#	129	Cazenovia	NY
201	Roy Thomas	52	1:29:02	8:55	14	M50-54	M#	130	Fayetteville	NY
202	John Drescher	58	1:29:04	8:55	22	M55-59	M#	131	Cazenovia	NY
203	Michelle Breidenbach	43	1:29:18	8:56	8	F40-44	F#	72	Fayetteville	NY
204	Paul Ryan	64	1:29:36	8:58	12	M60-64	M#	132	Syracuse	NY
205	Rebecca Auyer	32	1:29:38	8:58	12	F30-34	F#	73	East Syracuse	NY
206	Mike Terwilliger	60	1:29:52	9:00	13	M60-64	M#	133	Brooktondale	NY
207	Julia Cornue	28	1:29:53	9:00	14	F25-29	F#	74	Cazenovia	NY
208	Jon Gruenewald	28	1:29:54	9:00	9	M25-29	M#	134	Cazenovia	NY
209	Sara Reals	50	1:30:11	9:02	5	F50-54	F#	75	East Syracuse	NY
210	Katy Davis	20	1:30:19	9:02	7	F20-24	F#	76	West Chester	PA
211	Tana Pusey	51	1:30:19	9:02	6	F50-54	F#	77	Dewitt	NY
212	Holly Coolican	53	1:30:19	9:02	7	F50-54	F#	78	Syracuse	NY
213	Kimberly Hartnett	54	1:30:19	9:02	8	F50-54	F#	79	Cazenovia	NY

214	Kathleen Franz	54	1:30:20	9:02	9	F50-54	F#	80	Cazenovia	NY
215	Jeb Benzing	37	1:30:31	9:04	22	M35-39	M#	135	Manlius	NY
216	Kathleen Bump	49	1:30:37	9:04	6	F45-49	F#	81	Syracuse	NY
217	Adam Lawson	48	1:30:42	9:05	17	M45-49	M#	136	Baldwinsville	NY
218	Kelly Husby	49	1:30:43	9:05	7	F45-49	F#	82	Auburn	NY
219	Lindsey Ludke	34	1:30:43	9:05	13	F30-34	F#	83	Fabius	NY
220	Brandi Kochian	43	1:30:52	9:06	9	F40-44	F#	84	East Syracuse	NY
221	Mike Fay	59	1:31:03	9:07	23	M55-59	M#	137	Syracuse	NY
222	Lara Philip	41	1:31:10	9:07	10	F40-44	F#	85	Syracuse	NY
223	Kevin Keefe	31	1:31:14	9:08	12	M30-34	M#	138	Cicero	NY
224	Jason Uy	40	1:31:26	9:09	15	M40-44	M#	139	Liverpool	NY
225	Elizabeth Carpenter	49	1:31:36	9:10	8	F45-49	F#	86	Cazenovia	NY
226	James Moragne	64	1:31:38	9:10	14	M60-64	M#	140	Ilion	NY
227	Stacey Mussision	39	1:31:41	9:11	16	F35-39	F#	87	Erieville	NY
228	Seth Kutil	30	1:31:51	9:11	13	M30-34	M#	141	Chittenango	NY
229	Keith Kutil	58	1:31:51	9:12	24	M55-59	M#	142	Chittenango	NY
230	Marie Miller	36	1:31:53	9:12	17	F35-39	F#	88	Blossvale	NY
231	Karanya Aksornkoae	42	1:31:56	9:12	11	F40-44	F#	89	Liverpool	NY
232	Kris Butler	46	1:32:01	9:13	9	F45-49	F#	90	Syracuse	NY
233	Sara Knoll	49	1:32:01	9:13	10	F45-49	F#	91	Washington	DC
234	John Rogers	45	1:32:11	9:14	18	M45-49	M#	143	Roanoke	VA
235	Lars Ohlsen	17	1:32:16	9:14	5	M01-19	M#	144	Erieville	NY
236	Michael Trimm	44	1:32:23	9:15	16	M40-44	M#	145	Syracuse	NY
237	Ryan Wilkerson	23	1:32:28	9:15	8	M20-24	M#	146	Rome	NY
238	Julie Kukenberger	34	1:32:30	9:15	14	F30-34	F#	92	Portsmouth	NJ
239	David Hohreiter	58	1:32:36	9:16	25	M55-59	M#	147	Jamesville	NY
240	Ricky Harvey	59	1:32:51	9:18	26	M55-59	M#	148	Baldwinsville	NY
241	Tammy Muncy	43	1:32:54	9:18	12	F40-44	F#	93	Liverpool	NY
242	Keith Johnston	25	1:32:57	9:18	10	M25-29	M#	149	Dewitt	NY
243	Brian Keefe	29	1:32:59	9:18	11	M25-29	M#	150	New York	NY
244	Justin Kilchenmann	33	1:33:08	9:19	14	M30-34	M#	151	Naperville	IL
245	Eric Walker	37	1:33:17	9:20	23	M35-39	M#	152	Winnetka	IL
246	Emily Walker	37	1:33:17	9:20	18	F35-39	F#	94	Winnetka	IL
247	Charlie Davis	64	1:33:19	9:20	15	M60-64	M#	153	Erieville	NY
248	Krista Jackson	43	1:33:46	9:23	13	F40-44	F#	95	Canandaigua	NY
249	Lisa Brancato	43	1:33:53	9:24	14	F40-44	F#	96	Liverpool	NY
250	Thomas Pryputniewicz	38	1:33:59	9:24	24	M35-39	M#	154	Clinton	NY
251	Sue Tucker	55	1:34:01	9:25	2	F55-59	F#	97	Ilion	NY
252	Eric Sprague	58	1:34:01	9:25	27	M55-59	M#	155	Manlius	NY
253	Conor Donahoe	26	1:34:32	9:28	12	M25-29	M#	156	Syracuse	NY
254	Deborah Tully	41	1:34:37	9:28	15	F40-44	F#	98	Wayland	MA
255	Davis Yohe	63	1:34:38	9:28	16	M60-64	M#	157	Manlius	NY
256	Melissa Phelps	29	1:35:01	9:31	15	F25-29	F#	99	Fulton	NY
257	Sara Downing	33	1:35:02	9:31	15	F30-34	F#	100	Washington	DC
258	Jessica Bushey	26	1:35:10	9:31	16	F25-29	F#	101	New York	NY
259	Averi Ahsmann	25	1:35:10	9:31	17	F25-29	F#	102	New York	NY
260	Ellen Suarez	44	1:35:17	9:32	16	F40-44	F#	103	Syracuse	NY
261	Angela Gaike	40	1:35:22	9:33	17	F40-44	F#	104	Liverpool	NY
262	Ron Gagnon	54	1:35:27	9:33	15	M50-54	M#	158	Cazenovia	NY
263	Kristen Roe	46	1:35:28	9:33	11	F45-49	F#	105	Manlius	NY
264	Kara Cannizzaro	24	1:35:29	9:33	8	F20-24	F#	106	Cazenovia	NY
265	Tim O'Shea	43	1:35:29	9:33	17	M40-44	M#	159	Cazenovia	NY
266	Chuck White	43	1:35:29	9:33	18	M40-44	M#	160	Fayetteville	NY
267	Marybeth Romagnoli	45	1:35:29	9:33	12	F45-49	F#	107	Cazenovia	NY
268	Ed Teneyck	34	1:35:29	9:33	15	M30-34	M#	161	Jamesville	NY
269	Elizabeth Pittorf	30	1:35:38	9:34	16	F30-34	F#	108	Hannibal	NY
270	Ruth Fish	28	1:35:41	9:35	18	F25-29	F#	109	New York	NY
271	Rodney Jehu-Appiah	27	1:35:42	9:35	13	M25-29	M#	162	New York	NY
272	Marc Quilty	66	1:35:49	9:35	4	M65-69	M#	163	Syracuse	NY
273	Rhonda Wandersee	54	1:35:57	9:36	10	F50-54	F#	110	North Syracuse	NY
274	Meghan Mitrus	33	1:36:03	9:37	17	F30-34	F#	111	Binghamton	NY
275	Janelle Collins	41	1:36:11	9:38	18	F40-44	F#	112	Camillus	NY
276	Mark Donahoe	64	1:36:18	9:38	17	M60-64	M#	164	Syracuse	NY

277	Alex Stachowski	29	1:36:23	9:39	14	M25-29	M#	165	North Syracuse	NY
278	Katie Regan	34	1:36:31	9:40	18	F30-34	F#	113	Syracuse	NY
279	Pamela Everts	57	1:36:42	9:41	3	F55-59	F#	114	Syracuse	NY
280	Christian Sisack	47	1:36:48	9:41	19	M45-49	M#	166	Syracuse	NY
281	Scott Desrosiers	36	1:36:49	9:41	25	M35-39	M#	167	Pennellville	NY
282	Jessica Desrosiers	34	1:36:49	9:41	19	F30-34	F#	115	Pennellville	NY
283	Kathleen Relf	52	1:36:50	9:41	11	F50-54	F#	116	Bridgeport	NY
284	Michele Tine	35	1:36:52	9:42	19	F35-39	F#	117	Norwich	VT
285	Tim Holahan	49	1:36:58	9:42	20	M45-49	M#	168	Marion	NY
286	Rick Marchant	64	1:36:59	9:42	18	M60-64	M#	169	Cazenovia	NY
287	Peter Nolan	50	1:36:59	9:42	16	M50-54	M#	170	Fort Washington	PA
288	Lisa McKenzie	44	1:37:16	9:44	19	F40-44	F#	118	North Syracuse	NY
289	Carrie Zdobylak	42	1:37:28	9:45	20	F40-44	F#	119	Syracuse	NY
290	Rose Angotti	47	1:37:34	9:46	13	F45-49	F#	120	Liverpool	NY
291	Patti Bennett	49	1:37:35	9:46	14	F45-49	F#	121	North Syracuse	NY
292	Kristen Guarente	39	1:37:46	9:47	20	F35-39	F#	122	Liverpool	NY
293	Audrey Suehs	33	1:37:46	9:47	20	F30-34	F#	123	Jamesville	NY
294	Anne English	49	1:37:57	9:48	15	F45-49	F#	124	Endwell	NY
295	Jenny Stromer-Galley	43	1:37:59	9:48	21	F40-44	F#	125	Cazenovia	NY
296	Jonathan Fellows	57	1:38:28	9:51	28	M55-59	M#	171	Cazenovia	NY
297	Darlene Pulkinen	59	1:38:33	9:52	4	F55-59	F#	126	Cazenovia	NY
298	Daniel Kanaley	68	1:38:37	9:52	5	M65-69	M#	172	North Syracuse	NY
299	Mark Miller	61	1:38:52	9:54	19	M60-64	M#	173	Fayetteville	NY
300	Jennifer Lynch	43	1:38:53	9:54	22	F40-44	F#	127	Pulaski	NY
301	Amy Diefendorf	40	1:38:55	9:54	23	F40-44	F#	128	Canastota	NY
302	David Mirabito	65	1:38:56	9:54	6	M65-69	M#	174	Fulton	NY
303	Charles Crary	67	1:39:04	9:55	7	M65-69	M#	175	Syracuse	NY
304	Carolyn Schulte	26	1:39:08	9:55	19	F25-29	F#	129	Dewitt	NY
305	Kevin Karoglanian	32	1:39:10	9:55	16	M30-34	M#	176	Syracuse	NY
306	William Packard	28	1:39:15	9:56	15	M25-29	M#	177	Morrisville	NY
307	Patricia Slocum	41	1:39:25	9:57	24	F40-44	F#	130	Deruyter	NY
308	Brooke Whaley	36	1:39:29	9:57	21	F35-39	F#	131	Chittenango	NY
309	Angela Wheeler	33	1:39:36	9:58	21	F30-34	F#	132	Altmar	NY
310	Thomas Taylor	68	1:39:40	9:58	8	M65-69	M#	178	Fayetteville	NY
311	Nancy Haws	47	1:39:52	10:00	16	F45-49	F#	133	Deruyter	NY
312	Bill Byrne	66	1:39:53	10:00	9	M65-69	M#	179	Jamesville	NY
313	Ross Thompson	26	1:39:57	10:00	16	M25-29	M#	180	Rome	NY
314	Karen Lavanha	37	1:40:00	10:00	22	F35-39	F#	134	Cortland	NY
315	Ronald Miller	59	1:40:04	10:01	29	M55-59	M#	181	Syracuse	NY
316	Annette Holahan	48	1:40:06	10:01	17	F45-49	F#	135	Marion	NY
317	John Rogers	52	1:40:08	10:01	17	M50-54	M#	182	Fayetteville	NY
318	Erin Kelly	42	1:40:33	10:04	25	F40-44	F#	136	Cazenovia	NY
319	Bill Mitrus	47	1:41:02	10:07	21	M45-49	M#	183	Syracuse	NY
320	Mary Ann Pierce	52	1:41:09	10:07	12	F50-54	F#	137	Jamesville	NY
321	Bob Mulcock	55	1:41:29	10:09	30	M55-59	M#	184	Canandaigua	NY
322	Gordon Fesenger	58	1:41:52	10:12	31	M55-59	M#	185	Cazenovia	NY
323	Sofia Liaw	14	1:41:58	10:12	9	F01-19	F#	138	Fayetteville	NY
324	Elaine Gott	50	1:42:19	10:14	13	F50-54	F#	139	East Syracuse	NY
325	Tom Kilmer	59	1:42:29	10:15	32	M55-59	M#	186	Marietta	NY
326	Jean Ball	42	1:42:32	10:16	26	F40-44	F#	140	New Woodstock	NY
327	Kristen Ordway	43	1:42:37	10:16	27	F40-44	F#	141	Baldwinsville	NY
328	Ryan Mone	41	1:42:48	10:17	19	M40-44	M#	187	Dewitt	NY
329	Jalal Zoghby	44	1:42:48	10:17	20	M40-44	M#	188	Fayetteville	NY
330	Monica Boles	32	1:42:49	10:17	22	F30-34	F#	142	Liverpool	NY
331	Karly Jones	21	1:42:49	10:17	9	F20-24	F#	143	Liverpool	NY
332	Mary Danieu	54	1:43:07	10:19	14	F50-54	F#	144	Syracuse	NY
333	Fay Friedman	39	1:43:17	10:20	23	F35-39	F#	145	Fayetteville	NY
334	Benjamin Sadowitz	37	1:43:25	10:21	26	M35-39	M#	189	Tampa	FL
335	Mark Fullerton	60	1:43:30	10:21	20	M60-64	M#	190	Syracuse	NY
336	Alexandra Gregg	28	1:43:40	10:22	20	F25-29	F#	146	New York	NY
337	Jessica Manieri	37	1:43:47	10:23	24	F35-39	F#	147	Herkimer	NY
338	Laura Farwell	51	1:43:47	10:23	15	F50-54	F#	148	Marquette	MI
339	G. Rodziewicz	60	1:44:11	10:26	21	M60-64	M#	191	Fayetteville	NY



340	Kaleb Wilson	30	1:44:21	10:27	17	M30-34	M#	192	Cazenovia	NY
341	Dawn Cymerman	59	1:44:46	10:29	5	F55-59	F#	149	Hamilton	NY
342	Tami Dougherty	50	1:45:10	10:31	16	F50-54	F#	150	Cazenovia	NY
343	Theresa White	30	1:45:31	10:34	23	F30-34	F#	151	Nedrow	NY
344	Laura Stoddard	29	1:45:32	10:34	21	F25-29	F#	152	East Syracuse	NY
345	Nelson Correa	57	1:45:40	10:34	33	M55-59	M#	193	Sleepy Hollow	NY
346	Tracy Cromp	49	1:45:54	10:36	18	F45-49	F#	153	Syracuse	NY
347	Mary Leahy	60	1:45:59	10:36	2	F60-64	F#	154	Ilion	NY
348	Jim Garvey	64	1:46:07	10:37	22	M60-64	M#	194	Baldwinsville	NY
349	Rose Fuller	45	1:46:32	10:40	19	F45-49	F#	155	Bouckville	NY
350	Emily Merriman	26	1:46:35	10:40	22	F25-29	F#	156	New York	NY
351	Janice McNamara	46	1:47:03	10:43	20	F45-49	F#	157	East Syracuse	NY
352	Michael Knapp	35	1:47:33	10:46	27	M35-39	M#	195	Stuart	FL
353	Carol Moore	60	1:47:47	10:47	3	F60-64	F#	158	Ilion	NY
354	Michel Ginter-Garner	48	1:47:49	10:47	21	F45-49	F#	159	Cixero	NY
355	Kelly Cresswell	49	1:47:52	10:48	22	F45-49	F#	160	Cazenovia	NY
356	Jean Hood	67	1:48:04	10:49	1	F65-69	F#	161	Cazenovia	NY
357	Honey-Beth Nelson	45	1:48:26	10:51	23	F45-49	F#	162	Deruyter	NY
358	Jean Johnson	46	1:48:30	10:51	24	F45-49	F#	163	New Woodstock	NY
359	Patricia Evangelista	51	1:48:33	10:52	17	F50-54	F#	164	Auburn	NY
360	Lisa Knapp	34	1:48:49	10:53	24	F30-34	F#	165	Stuart	FL
361	Amy Weakley	40	1:49:01	10:55	28	F40-44	F#	166	Taberg	NY
362	Janine Manieri	35	1:49:01	10:55	25	F35-39	F#	167	Herkimer	NY
363	Christina Blanden	33	1:49:09	10:55	25	F30-34	F#	168	Tully	NY
364	Lindsay Dunn	33	1:49:19	10:56	26	F30-34	F#	169	Rome	NY
365	Paul Chwalek	61	1:49:47	10:59	23	M60-64	M#	196	Oswego	NY
366	Christopher Vogt	46	1:49:50	10:59	22	M45-49	M#	197	Purcellville	VA
367	Elizabeth Wenz	52	1:49:50	10:59	18	F50-54	F#	170	Cortland	NY
368	Chelsea Winkert	27	1:49:57	11:00	23	F25-29	F#	171	Milwaukee	WI
369	Della Pierson	54	1:50:17	11:02	19	F50-54	F#	172	Syracuse	NY
370	Brian Cottrell	54	1:50:18	11:02	18	M50-54	M#	198	Jamesville	NY
371	Kathleen Koss	62	1:51:10	11:07	4	F60-64	F#	173	Dewitt	NY
372	Cortney Haberlau	33	1:51:22	11:09	27	F30-34	F#	174	Auburn	NY
373	Gregory Haberlau	35	1:51:22	11:09	28	M35-39	M#	199	Auburn	NY
374	Susan Anderson	44	1:51:38	11:10	29	F40-44	F#	175	Cicero	NY
375	Brendan Tanner	58	1:52:32	11:16	6	F55-59	F#	176	Liverpool	NY
376	Thomas Stern	62	1:54:01	11:25	24	M60-64	M#	200	North Syracuse	NY
377	Ellen Brunet	54	1:54:26	11:27	20	F50-54	F#	177	Parish	NY
378	Georgia Baker	42	1:55:05	11:31	30	F40-44	F#	178	Brewerton	NY
379	Carol Rider	73	1:55:07	11:31	1	F70-74	F#	179	Bridgeport	NY
380	James Gaspo	52	1:55:11	11:32	19	M50-54	M#	201	Syracuse	NY
381	Kerry Uy	39	1:56:34	11:40	26	F35-39	F#	180	Liverpool	NY
382	Sarah Midgley	28	1:57:04	11:43	24	F25-29	F#	181	Syracuse	NY
383	Jennifer Buggs	38	1:58:07	11:49	27	F35-39	F#	182	Cortland	NY
384	Jessica Leifer	64	1:58:48	11:53	5	F60-64	F#	183	Manlius	NY
385	Len Manfrates	62	2:00:22	12:03	25	M60-64	M#	202	Dewitt	NY
386	Jim Barna	46	2:01:27	12:09	23	M45-49	M#	203	Cazenovia	NY
387	Caitlin Baker	18	2:04:18	12:26	10	F01-19	F#	184	Brewerton	NY
388	Rebecca Morgan	29	2:13:25	13:21	25	F25-29	F#	185	Cazenovia	NY
389	Susan Morgan	66	2:13:25	13:21	2	F65-69	F#	186	Cazenovia	NY
390	Rodney Koch	56	2:16:44	13:41	34	M55-59	M#	204	Syracuse	NY
391	Paul Jerabek	24	2:22:20	14:14	9	M20-24	M#	205	East Syracuse	NY

8 km			
Chuck Milazzo	59	38:49	

5 Mile			
Jim Cox	54	39:22	

**July 9th**

2 Mile			
Sue Rio	50	20:47	

5 km			
Gary Donahue	42	19:52	
Richard Bower	43	29:30	
Kurt Stanton	65	29:30	

5 Miles			
Chuck Milazzo	59	41:04	
James Cox	54	43:52	

**July 16th**

2 Mile			
Mark Rio	14	18:39	
Sue Rio	50	20:59	

5 km			
Kurt Stanton	65	29:31	
Jim Cox	54	29:38	

Anas Anasthas	43	33:31
Lew Cutleer	65	34:03
Ken landolo	64	34:03
Catny Leetz	42	34:48
Bethany Skarupa	41	34:48

8 km		
Paul Cianfrocca	51	35:29
Guy George	56	35:58
Chuck Milazzo	59	37:13

**July 23rd**

2 Mile		
Alan Hambrecht	64	19:56

5 km		
Isabella Naylor	17	21:03
Mark Stanton	33	28:44
Kurt Stanton	65	29:47
Ken landolo	64	33:22
Lewis Cutler	65	33:27

8 km		
Paul Cianfrocca	51	34:34

5 Miles		
Rick Bond	57	37:03
James Cox	54	39:05



The Charger Challenge has been around for a long time. The purpose is to encourage people to be active while providing motivation in the form of milestone awards and recognition.

The Chargers Challenge is now FREE for Chargers members and a small fee for non-members!!!

## The Virtues of Volunteering for Your Club

We are all busy people with lots of responsibilities and our time is valuable. Most of us are either full-time students or work full-time at our jobs. You may think that you are too busy to volunteer, but perhaps you can find the time. Volunteering is an opportunity to connect with the other members of your running community. If you have first aid training or you're interested in events management, volunteering can provide an excellent way to gain invaluable work experience, or draw on the skills you already possess. Many enjoy the social aspect of volunteering as an on-course marshal and seeing the smiles on some of the faces as they run by. You get all the excitement of race day without actually running it! You will feel good about yourself for enabling your pals to compete and achieve their goals on a safe course.

If you are super organized and efficient, perhaps packet pick-up or day of race registration is the place for you. Are you a pro on your I-pad? You could volunteer to write up results from our fun runs or track meets. Perhaps you are new to running or usually stick to the shorter distances. Have you ever run on trails? Watching others persevere at a longer distance, or on a surface other than asphalt, may give you the motivation to go out there and do it yourself. Sometimes just being there and seeing the determination of the runners will make you realize that you want to try it too!

"If you want to lift yourself up, lift up someone else." [Booker T. Washington](#)  
Volunteers are invaluable and our race directors will be delighted to hear from you.

## Thanks from July 4<sup>th</sup> race organizers

On behalf of all those who organized and took part in the 2015 Cazenovia July 4<sup>th</sup> Footraces, we would like to thank the many people and groups who helped to make it possible. A detailed list of all our sponsors and volunteers will be featured in next month's newsletter but we wanted to get an initial "thank you" out in this month's edition.

Nearly 1200 participants safely took part in this year's 10 mile race around the lake, 5 kilometer race and 1 mile fun run. Organizing a race of this magnitude is a huge undertaking and could not be achieved without the volunteer efforts of countless helpers, sponsors and planners. This was our first year organizing the race in its entirety in the "post-Evelyn" era, and we would especially like to thank those who stepped up to take on new roles to fill the gap. Heading that list are Mickey Piscitelli, who served as our overall race director, and Heather Ketcham, who stepped in to fill the critical job of road marshall coordinator.

Thank you also to our tried and true core of lead volunteers and race committee members: Brian Ellithorpe and his team (water stops), Jason Hyatt and his team (overall event support), Maureen Carroll (fun run), Ed Roickle and Roger Cook (cones and course set-up), JT Hall (start line), Cindy Clark (timers), Pat Leone and the Leone Timing crew (entries and timing) and the Cazenovia Girls Cross Country Team (finish line refreshments).

We would like to thank our generous race and prize sponsors: Chary Griffin/Berskire Hathaway Realty, Dr. Ralph Stevens/Oneida Medical Imaging, John Dermody Insurance Group, Ralph Monforte/ Cazenovia Jewelry, Fleet Feet Sports, the Lincklaen House, the Brae Loch and the Brewster Inn. Thanks also to HP Hood for the post-race chocolate milk, to River Valley Foods for the refreshing popsicles, to TOPS for their gift card and assistance with finish line food and drinks, to Bruegger's Bagels of Manlius for the discounted pricing on their bagels, to McDonalds for waterstop cups and to the *Cazenovia Republican* for their help publicizing the race.

We also appreciate the continued support of the Cazenovia Village Police Department, CAVAC, Cazenovia Fire Department Rescue Squad, National Grid, and the Town and Village of Cazenovia.

Thanks in advance the 100+ volunteers who hand out bib numbers and shirts, handle water stops, call out times along the course, control the traffic, set up cones, mark the course, cheer on the runners, pass out refreshments and clean up after the event. It would be impossible to put on an event of this magnitude without your selfless assistance. We look forward to thanking you by name next month!

Thanks to all those who helped in ways large and small to make the event successful. No matter what your contribution to the 43<sup>rd</sup> Annual July 4th Footraces, your help is deeply appreciated. Most of all, thank you to our many runners! We hope to see all of you next year.

Thank you,  
Kurt Wheeler  
July 4<sup>th</sup> Race Committee Member

## The 22nd Annual Willow Bay 5K Run & Fitness Walk for Women is right around the corner!



Race Director, Mickey Piscitelli, is looking for a few more good men and women to assist in a variety of ways at this annual race. No experience necessary! The race starts at 9am on **Saturday, August 15th**. If you would like to help with packet pick-up at Fleet Feet on Rt. 31 in Clay on Thursday, August 13th from 5-7pm, or if you are willing to assist on race morning with day of race registration or packet pick-up or split timing or refreshments....well, you get the idea.....we could use your help right there at Onondaga Lake Park in Liverpool. Regardless of which aspect of the race you would like to assist with, please contact Mickey at [mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net) and she will find you a spot. It'll be a fun way to spend some time!

### Everyone Can Run Beginners Program

Our Recreation and Fitness Committee hopes have another training program in the autumn that will help non-runners and new runners. As you may remember the inaugural program last September was entitled the "Everyone Can Run Beginners Program." It was a FREE 8-week program that was presented by the Syracuse Chargers and hosted by the Jewish Community Center of Syracuse.

We would like to present another program similar to it later this year at which people of all fitness levels would be welcome!

If you are interested in helping to design, coordinate, and/or coach a program such as this, please contact Mickey Piscitelli at [mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net) or Greg Tuttle at [tuttlegreg@hotmail.com](mailto:tuttlegreg@hotmail.com)

**Show Me The Money!**

**Do you know who Who is Rosa "Rosie" Gumataotao Rios?**

She is the 43rd and current [Treasurer of the United States](#)

The club is in need of someone to fill the role of Treasurer. Would you be a good treasurer for the Syracuse Chargers Track Club?

Some gravitate to the role because they are good with numbers, others just want to "give something back." The treasurer is tasked with keeping the finances healthy so the organization can achieve its mission. The treasurer does the banking, depositing cash and checks, paying the bills and tracking income and expenditure throughout the year.

If you have the ability for critical appraisal and can contribute to strategic planning, then we want you! If this sounds like a challenge for which you are well-suited, please contact Mickey Piscitelli at [mpiscitel-li2@verizon.net](mailto:mpiscitelli2@verizon.net) for more information.

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:: August 6, 13, 20, and 27.



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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 10<sup>th</sup>.



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: August 3rd and 10th.



For more information contact Greg Broton at [gbroton@nscsd.org](mailto:gbroton@nscsd.org) or visit [www.syracusechargers.org](http://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](mailto:dwtalcott@juno.com)

## CATCHING UP WITH THE EXPLOITS OF JOHN MCEACHEN:

***JOHN REPORTS:*** MY PERSONAL "TRACK JOURNEY" THAT STARTED WITH AN EMAIL TO MARK DRISCOLL AROUND DECEMBER 2013 HIT A HIGH POINT LAST WEEK WHEN I COMPETED AT THE WORLD POLICE AND FIRE GAMES. I WON A BRONZE IN TAEKWONDO IN THE 40-49 -68KG DIVISION, AND THEN I MADE IT THROUGH THE PRELIMINARY HEATS IN THE 200M AND 400M AND EARNED A SPOT IN THE FINALS IN BOTH EVENTS (45-49), FINISHING 5TH AND 4TH RESPECTIVELY, IN THE FINALS. I ALSO



WON THE BRONZE IN THE 45-49 800M WITH A 2:19; NOT A GREAT TIME BUT I AM STILL NEW AT THIS AND I AM PRETTY SURE MY STRATEGY IS THE ONLY THING THAT COST ME A HIGHER PLACE. A FEW FASTER RUNNERS FELL OUT WITH INJURIES DURING THE RACE, AS THEY HAD COMPETED IN SOME OF THE LONGER EVENTS EARLIER IN THE WEEK, BUT HEY, THAT'S WHAT BEING IN

YOUR 40S IS ALL ABOUT. MARK WAS NICE ENOUGH TO LET ME HOLD ON TO THE BLOCKS FOR PRACTICE AFFECTION, AND I USED THEM



TER OUR LAST WINTER IN THE FINALS.

OTHER RESULTS FOR JOHN: I RECENTLY RAN THE FULTON LOOP AROUND THE LAKE 5K, 20:34 FOR 11TH PLACE OVERALL

I COMPETED IN THE YORK CANAM POLICE AND FIRE GAMES IN YORK, PA, LAST WEEK. I RAN THE 5K CROSS COUNTRY RACE ON TUESDAY, AND FINISHED 4TH OVERALL, AND 3RD IN MY AGE GROUP, WHICH WAS MASTER-A (40-44). IT WASN'T THE BIGGEST OR MOST COMPETITIVE RACE I'VE EVER SEEN, BUT SOME RINGERS DO SHOW UP. MY TIME WAS 24:08, MAINLY BECAUSE I MISREAD A MARKER, WHICH COST ME ABOUT 2 MINUTES. ON FRIDAY, I RAN THE 100M, 200M, 400M, AND 800M, WINNING GOLD IN ALL FOUR EVENTS IN MY AGE GROUP.



MY 2:21 800M WAS A PR FOR ME AND IT WAS RATHER WINDY THAT DAY, SO I EXPECT TO BE A BIT FASTER NEXT WEEK WHEN I COMPETE AT [WWW.FAIRFAX2015.COM](http://WWW.FAIRFAX2015.COM).

## Calendar of Events

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

### August

- 3 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- 5 Wed SYRACUSE CHARGER SUMMER TRACK MEET, 6:00pm, Nottingham HS. Contact Mickey Piscitelli at mpiscitelli2@verizon.net or visit www.syracusechargers.org.
- 6 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 10 Mon ONEIDA SHORES MONDAY NIGHT FUN RUNS, 6:30pm. Contact Greg Broton at GBroton@nscsd.org
- 12 Wed SYRACUSE CHARGER SUMMER TRACK MEET, 6:00pm, Nottingham HS. Contact Mickey Piscitelli at mpiscitelli2@verizon.net or visit www.syracusechargers.org.
- 13 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 15 Sat WILLOW BAY 5K RUN & FITNESS WALK FOR WOMEN, 5k 9:00am, Onondaga Lake Park, Liverpool, NY. Visit www.syracusechargers.org. Entry blank included in this issue.
- 20 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net
- 21 Fri North Country "Toe" Path Trekkers Woodmen's 10k, 6:00pm, Boonville, NY. Visit www.lewisfirst.com/toepathtrekkers/
- 27 Thurs ONONDAGA LAKE PARK THURSDAY NIGHT FUN RUNS, 6:00pm. Contact Mickey Piscitelli at mpiscitelli2@verizon.net

### September

- 7 Mon Groton Labor Day 5k & 1 Mile Fun Run, 9:00am, Groton HS, NY. Contact Scott Weeks at sweeks@groton.cnyric.org
- 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

- 3 Sat USA 5km Masters Race Walk Champs, Kingsport, TN. Visit www.kingsportracewalks.com
- 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

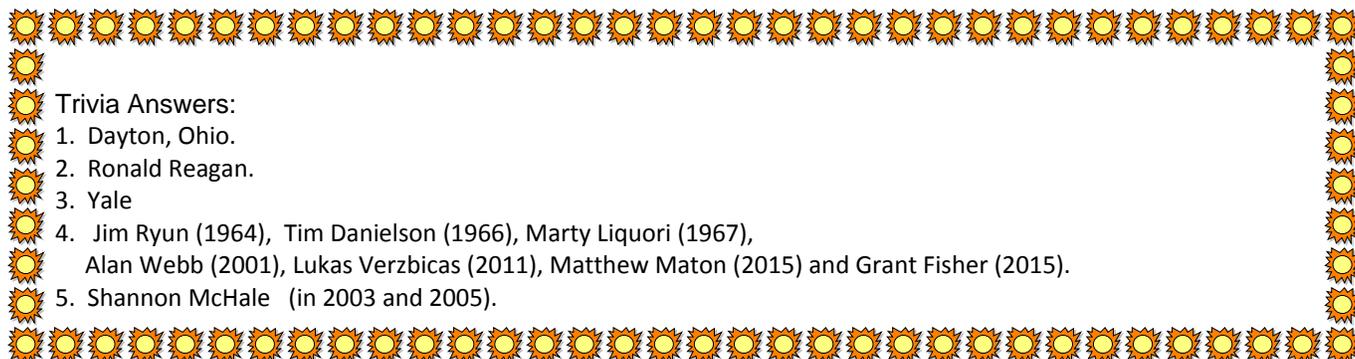
### December

- 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).





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Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	<b>Total</b>			