



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

September 2013

Sean Bernstein Wins Two Sprint Events At Maccabiah Games



New Charger member **Sean Bernstein** won both the 100 meter and 200 meter dashes, and anchored the USA's second place 4X100 meter relay team at the Maccabiah Games in Jerusalem on July 24 and 25. In both individual sprint events, Sean broke long standing Charger open records. His time of 10.45 for 100 meters betters **James Drake's** 28 year old mark 10.6, run on 7/13/85, and **Durell Cull's** 10.69 time from last year. Sean's 200 meter time of 21.31 bettered **Robert Vaughn's** 33 year old standard of 21.4, run on 7/26/80. As they say, records are made to be broken.

(picture courtesy of Chelsea Zeig)

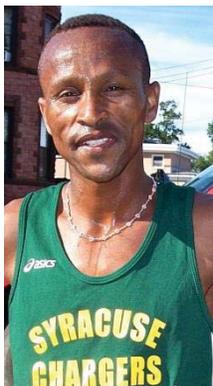
The Maccabiah Games is an enormously large event, actually the third largest international athletic competition, conducted every four years and featuring Jewish athletes from around the world. This year was the first time it has been held in Jerusalem, with some 9,000 athletes participating in twelve sports.

Sean, a Baldwinsville product and a graduate of SUNY-Oneonta, quoted, "Being in Israel for the Maccabiah Games was truly a once in a lifetime experience. It was an honor to represent my sport, my heritage and my country." Charger Director of Elite Development **Chris Popovici**, further elaborated on Sean's performances, stating, "Sean Bernstein (is) officially the fastest Jewish athlete in the world."

Congratulations, Sean, and welcome to the Syracuse Chargers Track Club.

Andrea Damad, new Charger member, placed 19th at the Utica Boilermaker in a time of 49:11

Andrea came to Syracuse from Eritrea in 2010. We also welcome Andrea to our Club.



Charger members & subscribers age group Award winners at the Boilermaker 15K on July 14th. (11,270 finishers)

2nd master Kevin Collins 50:47

3rd 20-24 Greg Selke 23 50:51

3rd 25-29 Laurel Leone 28 55:52

2nd 20-24 Brittany Burns 24 59:51

2nd 30-34 Kelly Stevens 31 62:25

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.

The Syracuse Chargers Track Club Newsletter

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

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

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Chargers Membership Forms should be sent to:

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

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



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

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

Club Web Site: www.syracusechargers.org

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

Syracuse Chargers Track Club
Presents the 20th Annual
Willow Bay 5K Run & Fitness Walk for Women
Saturday, August 17, 2013

8am* Earlier start time this year due to construction!!!

Willow Bay in Onondaga Lake Park, Liverpool, NY

Syracusechargers.org/willow

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

Entry: Pre-register by mail (post-marked by August 10) for \$25, via www.active.com or register on race morning for \$35 at Willow Bay between 6:30 and 7:45 am.

*Remember: No entry fee for women 65 years or older!!

Attractive tee shirts distributed to the first 275 entrants. Race packets may be picked up at The Bikery at 7556 Van Buren Road in Bville on Thursday, Aug 15 from 5:00 -7:00 pm. Packets will also be available on site on race morning.

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

Awards:

Top 3 finishers overall; top three teams in each family category:

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

Age-group awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,50-54, 55-59, 60-64, 65- 69, 70-74, 75-79, 80-84, 85 +. Overall and age group awards will not be duplicated.

There will be drawings for door prizes at the awards ceremony. You must be present to receive one.

* Double Your Fun Challenge. If you double your finish time and it is less than your age on race day, you win a special prize!

Please make your check payable to: "Syracuse Chargers Track Club" and mail your check and entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027

Questions? 315 638-9662 or mpiscitelli2@verizon.net

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

Name _____ Age(on 8/17/13)_____ D.O.B._____

Address _____ Phone _____

_____ Zip _____ E-Mail _____

Shirt size: Small Medium Large X-Large

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

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

Willow Bay 5K Run & Fitness Walk Waiver

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

Signature _____ Date _____

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

Chargers Age Group Records 25-29 Men

40y	Jasper Royal	5.3	3/18/78
45m	Phil Rougeux	5.7	2/17/85
45m	Malcolm Davis	5.7	3/2/86
50m	Frank St. Dennis	5.9	2/9/86
50m	Malcolm Davis	5.9	3/9/86
55m	Dave Eaton	6.6	12/19/99
55m	Scott Rowe	6.61	2/1/97
60m	Durell Cull	6.94	2/19/12
100m	Durell Cull	10.69	4/7/12
200m	Durell Cull	21.85	5/12/12
220y	Jasper Royal	25.0	4/5/78
220y	Jason Tong	25.0	7/27/83
300m	Phil Rougeux	37.0	3/17/85
400m	Michael Roux	50.8	6/15/96
440y	Jasper Royal	54.6	3/18/78
500m	Matt LoPiccolo	1:05.98	1/28/01
600m	Matt LoPiccolo	1:21.27	12/2/00
800m	Matt LoPiccolo	1:50.72	7/10/01
880y	Fran Verdoliva	2:01.0	6/24/79
1000y	Fran Verdoliva	2:15.6	1/25/81
1000m	Scott Weeks	2:25.21	1/27/02
1500m	Matt LoPiccolo	3:43:56	6/12/04
1 mile	Brian Lombardo	4:07.72	2/8/03
2000m	Tim Ryan	5:42.9	3/18/95
3000m	Tom Carter	8:21.0	3/80
2 miles	Fran Verdoliva	9:10.0	1/4/80
5km (r)	Mike Melfi	14:25	6/1/02
5km (t)	Larry Woods	14:17.7	6/21/85
8km	Derek White	24:17	11/25/99
5 miles	Fran Verdoliva	24:37	11/23/79
10km (r)	John Trowse	30:29	5/11/96
10km (t)	Tom Carter	30:40.0	5/80
15km (r)	Tom Carter	46:53	3/14/82
15km (t)	Ron Shaiko	53:44.0	4/11/86
10 miles	Kevin Collins	51:52	7/4/96
20km	Kevin Collins	1:03:24	9/1/97
1/2 marathon	John Trowse	1:06:15	9/17/95
25km	Ron Shaiko	1:26:11	5/5/85
30km	Craig Crouch	1:41:01	3/24/85
Marathon	Kevin Collins	2:18:54	4/18/96
60km	Bill McCarthy	7:39:24	10/3/82
12 hr run (r)	Mark Seiger	87.256 mi.	5/15/10
100 mi run(r)	Mark Seigers	15:40	2/18/12
1000m walk	David Talcott	4:07.0	2/17/89
1500m walk	David Talcott	6:12.9	2/10/89
1 mi. walk	David Talcott	6:39.9	8/9/89
3km walk	David Talcott	13:05.4	1/21/90
2 mile walk	David Talcott	13:57	7/30/89
5km walk (r)	David Talcott	21:24	9/23/89
5km walk (t)	David Talcott	22:13.7	8/27/89
8km walk	David Talcott	36:25	8/19/89
5 mi. walk	David Talcott	38:58	5/28/87
10km walk(r)	David Talcott	46:24	4/9/89
10km walk(t)	David Talcott	47:36	4/29/89
15km walk(r)	David Talcott	1:11:46	8/5/89
10 mi. walk	David Talcott	1:21:10	3/17/87
20km walk	David Talcott	1:36:21	6/9/89
1/2 mar. walk	David Talcott	2:03:05	6/8/85
25km walk	David Talcott	2:12:30	6/23/89
30km walk	David Talcott	2:41:37	6/23/89
35km walk	David Talcott	3:18:59	6/25/88
40km walk	David Talcott	3:52:47	6/25/88
Mar. walk	David Talcott	4:18:42	6/18/85
50km walk	Greg Page	5:47:52	8/15/81
1 hr. walk	David Talcott	7.21 mi.	5/13/87
55m HH	Michael Roux	8.2	1/13/96
110m HH	Doug Finley	15.2	7/21/82
400m IH	Mike Roman	1:07.2	4/21/84
3km Steeple	Justin Wood	9:03.40	4/23/09
Long Jump	Michael Roux	22-4 1/4	6/15/96
Triple Jump	Bob Doran	48-6	6/22/80
High Jump	Bill Abbott	7-1 3/4	8/9/85
Pole Vault	Mike Thompson	15-10	2/7/98

Shot Put	Scott Powers	52-10 1/2	8/1/97
Discus	Scott Powers	156-0	7/22/9
Hammer	Jesse Doty	228-11	6/14/09
Javelin	Kevin Richardson	196-8	5/2/87
Weight, 35lb	Jesse Doty	71-6 3/4	2/9/07
Weight Pent.	Scott Powers	3732	6/1/97
Indoor Pent.	Michael Roux	2938	1/13/96
Outdoor Pent	Michael Roux	2834	6/29/97
Decathlon	Michael Roux	5963	8/2/97

Chargers Age Group Records 25-29 Women

45m	Cathy McKeever	6.7	2/17/85
50m	Cathy McKeever	7.0	2/5/84
55m	Cathy McKeever	7.9	2/11/84
100m	Sharon Gleasman	13.5	4/21/84
220m	Andrea Andrews	26.6	6/27/92
300m	Janine Schilly	46.2	2/19/78
400m	Andrea Andrews	57.49	7/25/92
440y	Ruth Gais	65.6	1/77
500m	Deb Springer	1:24.98	2/9/03
600m	Carolyn Eich	1:46.0	3/15/86
800m	Amanda LoPiccolo	2:09.67	5/9/09
880y	Janine Schilly	2:20.7	1/27/80
1000m	Tonya Dodge	2:55.23	1/27/02
1500m	Amanda LoPiccolo	4:16.48	6/17/09
1 mile	Amanda LoPiccolo	4:44.19	4/25/09
2000m	Mary Ann Weibel	6:37.4	1/19/86
3000m	Amanda LoPiccolo	9:16.10	2/13/09
2 miles	Ruth Gais	12:29.0	1/76
5km (r)	Amanda LoPiccolo	16:43	8/30/09
5km (t)	Amanda LoPiccolo	15:52.70	5/30/09
8km	Kristin Schiesswohl	28:19	2/10/00
10km (t)	Amanda Laytham	34:46.2	11/11/07
15km (r)	Amanda LoPiccolo	53:58.6	11/7/10
10 miles	Eva Guevara Mora	1:00:53	7/4/85
20km	Heather Webster	1:15:14	9/2/02
1/2 marathon	Amanda LoPiccolo	1:17:53	11/20/11
25km	Patti Holtz	1:51:13	5/11/83
30km	Mary Brown	2:11:09	3/20/83
Marathon	Betsy Kneale	2:47:55	5/10/92
1500m walk	Laura Feller	7:32.30	6/20/05
3km walk	Linda Oja	23:30	7/24/82
5km walk(t)	Laura Feller	25:56.59	4/29/06
5km walk (r)	Laura Feller	26:33	7/26/08
10km walk(r)	Laura Feller	52:41	6/3/06
15km walk	Laura Feller	1:22:33	8/20/06
20km walk	Laura Feller	1:50:08	4/9/06
1 hr. walk	Laura Feller	10,630m	7/20/03
50m HH	Sharon Gleasman	8.5	3/15/86
55m HH	Heidi Szaloch	9.70	12/27/99
3km steeple	Robyn Ellerbrock	10:33.19	4/21/12
100m HH	Janine Schilly	18.1	4/28/79
Long Jump	Sharon Gleasman	16-7	4/21/85
Triple Jump	Antonnikka Owens	40-8 3/4	2/7/04
High Jump	Sharon Gleasman	5-10	1/20/85
High Jump	Sharon Gleasman	5-10	2/10/85
Shot Put, 4kg	Dorrie Rose	34-6 1/4	3/22/87
Discus	Peggy DeFuria	59-9	6/17/79
Javelin	Andrea Andrews	116-6	7/25/92
Outdoor Pent	Janine Schilly	2743	4/26/80



Fayetteville 10K Classic

11th Annual—Saturday, September 21, 2013

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



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

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

10K course will start and finish near Beard Park taking runners around a single-loop course consisting of Route 257, Manlius Center Rd., North Burdick St., Route 5 to Clinton St. and ending on Lincoln St.

The Children's Races will be held entirely within Beard Park.

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

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

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

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

2013 Fayetteville 10K Classic Entry Form

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

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

Last Name												First Name												Sex	Age as of 9/21/13		
Street Address												City												State		Zip	
Phone: _____												E-mail: _____												Date of Birth ____/____/____		T-Shirt: __S__M__L__XL	

Participant Waiver for Race Registration

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

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

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

Recent Charger Open Records

100m	10.45	Sean Bernstein	7/24/13	Jerusalem
200m	21.31	Sean Bernstein	2/25/13	Jerusalem

Recent Charger Age Group Records

3km, rd (50-54)	11:47	Joanne Singer	5/1/11	Syracuse
3km, rd (8-9)	15:05	Aiden Bradshaw`	5/1/11	Syracuse
Shot Put, 4kg (14-15)	37-6 3/4	Shayna Santarelli-Hansen	6/23/13	Hilton, NY
400m (7&Under)	1:22.3	Teshale Kelly	6/11/13	Nottingham
1 mile (7&Under)	6:48.7	Teshale Kelly	7/23/13	Nottingham
100m (20-24)	10.45	Sean Bernstein	7/24/13	Jerusalem
200m (20-24)	21.31	Sean Bernstein	7/25/13	Jerusalem
Triathlon (7&Under)	182 pts.	Jenna Deep	7/20/12	Schenectady
Turbo Jav. (8-9)	41-6	Jenna Deep	6/22/13	Schuylerville
Triathlon (8-9)	228 pts.	Jenna Deep	7/19/13	Valatie, NY
Shot Put, 6lb. (8-9)	12-7 1/2	Jenna Deep	7/23/13	Nottingham
Turbo Jav. (7&Und)	13-6	Georgia Deep	6/23/13	Albany
Shot Put, 16# (45-49)	40-7 1/2	Norm Deep, Jr.	7/19/13	Valatie, NY
Discus, 2kg (45-49)	93-11	Norm Deep, Jr.	7/19/13	Valatie, NY
Weight Pent (45-49)	2,896 pts.	Norm Deep, Jr.	7/19/13	Valatie, NY
800m (7&Under)	3:03.0	Teshale Kelly	7/26/13	Clay
100m (7&Under, tie)	17.3	Teshale Kelly	7/26/13	Clay
3km, rd (7&Under)	19.55	Teshale Kelly	5/6/12	Syracuse
3km, rd (7&Under)	13:32	Teshale Kelly	5/5/13	Syracuse
5km walk, rd (75-79)	40:05	Kermit Cadrette	6/6/13	Cortland
50m (85-89)	7.9	Bob Bruce	6/7/13	Cortland
Hammer, 4kg (75-79)	81-1	Chuck Yost	6/8/13	Cortland
5km, rd (70-74)	21:31	Ray Kneer	8/3/13	Moravia
100m (85-89)	17.23	Ed Cox	7/25/13	Cleveland, OH
200m (85-89)	37.11	Ed Cox	7/24/13	Cleveland, OH

For This Family, Throwing Runs "Deep"

The **Deep** family, that is. **Norm Deep, Jr.** and his daughters **Jenna** and **Georgia Deep** have broken no fewer than six throwing records this summer, plus another Jenna set last year that we are just getting around to recognizing. We will begin with Jenna, who broke the 8-9 turbo javelin mark at the Adirondack USATF Junior Olympic Qualifiers in Schuylerville on June 22 with a toss of 41-6. Jenna then set the Charger 8-9 triathlon mark with 228 points at the Liberty Games in Valatie, NY on July 19. For those who are unfamiliar with it, the triathlon is a USATF and AAU sanctioned event for youth ages 8 and under, and 9-10 that always includes the shot put, high jump and 200 meter run for girls and 400 meters for boys.

Jenna also broke the 8-9 girls 6 pound shot put record during a Felder meet at at the Nottingham track on July 23 with a throw of 12-7 1/2. Finally, Jenna's triathlon score from last year of 182 points at the Liberty Games in Schenectady, NY on July 20, 2012 is a Charger 7 and under record.

Jenna's younger sister Georgia set the Charger girls 7 and under turbo javelin record at the Adirondack AAU Junior Olympic Qualifiers in Albany on June 23 with a throw of 13-6. Dad Norm set three Charger 45-49 age group throwing records at the Liberty Games in Valatie on July 19. He broke **Harry Schwarze's** 16 pound shot put record with a throw of 40-7 1/2, and he bettered his own records in the 2km discus (93-11) and the weight pentathlon (2,896 age graded; 2,312 raw score).

Shayna Santarelli-Hansen's Shot Put Performance Is An Age Group Record

We can now confirm that the winning shot put of 37-6 3/4 at the Niagara Junior Olympics by **Shayna Santarelli-Hanson**, which we reported in last month's newsletter, is a Charger 14-15 age group record. We were just waiting to verify that Shayna was in the 14-15 age group.

More Age Group Records For Teshale Kelly

Before he enters his new age group **Teshale Kelly** is trying to nail down as many Charger 7 and under age group records as he can. On June 11 Teshale broke the 400 meter record at the Nottingham track with a time of 1:22.3. This is in addition to the previously reported 3km record of 13:13.3 that he ran at the same meet.

Then, on July 23, Teshale set the Charger age group record for one mile when he was timed at 6:48.7. Three days later, July 26, at a Town of Clay track and field meet, he set the age group 800 meter record with a time of 3:03.0, and tied the 100 meter dash record held by **Keith Butler** with a hand held time that rounded up to 17.3. Earlier in the year Teshale had run 3km at the Mountain Goat in a time of 13:32, which broke his own record of 19:55 that he had set a year earlier as a 6 year old. He also has a previously reported 5km road record from May 27.

That would be at least seven Charger age group records for Teshale since spring. This, in addition to the entertainment that Teshale give to his observers, and the joy that he gets out of running.

Ray Kneer Breaks 70-74 Record For 5km

Ran Kneer broke the Charger 70-74 5km road record when he ran 21:31 at the Fillmore 5km and Fun Run in Moravia on August 3. The old record of 21:56 was held by **Nate White**.

Kevin Collins Wins USATF Masters 10km Championship

Charger subscriber **Kevin Collins** won the 2013 USATF National Masters 10km Road Championships in Dedham, MA on April 28 with a time of 32:48. Other high ranking finishers in the race, both also former Chargers, were **Coreen Steinbach**, 5th, 60-64 (46:42), and **Gary Radford**, 6th, 55-59 (37:53).

David Talcott Leads Age Group Race Walkers At New Jersey Championship

Subscriber and former Charger member **David Talcott** placed first, 50-54, in the 5000 meter race walk at the USATF New Jersey Open and Masters Track and Field Championships at Palisades Park on May 18 with a time of 24:33.5.

Sam Hall Places At South Eastern Masters Meet

Subscriber **Sam Hall** placed second, 65-69, for 200 meters (29.50) and fourth for 100 meters (14.32) at the South Eastern US Masters meet in Raleigh, NC on May 18.

Editor's note: *Many thanks to Nick Wetter for all material he put together for this Newsletter & updating so many records. If you compete as a Charger and think you may have a record please let us know. There are so many events that we can't possibly check them all and we don't want to omit anyone. And thanks to the electronic age that Nick can continue what he has done for so many years as he now resides in Calgary, Alberta Canada.*

Empire State Senior Games Results

As in years past, there were numerous notable track and field, road run and race walking results in this year's Empire State Senior Games, held in Cortland June 6-8. Perhaps most notable, however, is the assembly of such a large number of senior citizens for the purpose not only of competing, but also of having an enjoyable time and demonstrating that folks are not only getting older, but are also staying healthier longer.

Listed below are the result of Charger members and some other local participants. Highlights might include **Kermit Cadrette's** participation in thirteen events, including a new Charger record in the 5km road race walk; four first places each for **Connie Ciccone**, **Chuck Yost**, **Fred Schlereth**, and **David Rider** (possibly five for David, as he was not listed in the pole vault results but a newspaper article indicated that he did compete in that event); and new Charger records for Chuck Yost in the hammer throw, and **Bob Bruce** in the 50 meter dash. There were other highlights, with at least 54 medal winning performances by members of our club.

Kermit Cadrette (75-79)	5km, road	27:42	2nd
	10km, road	58:57	3rd
	5km walk, road	40:05	1st
	100m	20.3	2nd
	50m	8.5	2nd
	200m	48.7	2nd
	400m	1:59.5	1st
	800m	4:15.3	1st
	1500m walk, track	11:56.2	1st
	long jump	2.62m	1st
	hammer	17.59m	3rd
	high jump	0.90m	1st
	javelin	15.93m	2nd
Connie Ciccone (65-69)	5km, road	41:15	1st
	discus	10.73m	1st
	shot put	4.67m	1st
	hammer	17.14m	1st
Bob Nicholson (65-69)	5km walk, road	35:02	2nd
	400m	1:20.5	1st
	1500m walk, track	10:30.5	3rd
Fritz Schlereth (80-84)	100m	19.3	1st
	200m	41.6	1st
	400m	1:46.4	1st
	800m	3:56.2	1st
Robert Bruce (85-89)	100m	19.4	1st
	50m	7.9	1st
	200m	43.2	1st
Jerry Bisson (80-84)	800m	4:26.5	3rd
Chuck Yost (75-59)	discus	23.65m	2nd
	hammer	24.72m	2nd
	javelin	18.82m	1st
	shot put	9.23m	1st
Erwin Rice (90-94)	discus	11.21m	1st
	shot put	4.65m	1st
Thomas Lambdin (50-54)	hammer	41.93m	1st
David Rider (80-84)	hammer	22.26m	1st
	shot put	7.66m	1st
	high jump	1.05m	1st
	long jump	2.95m	1st
Peter McGinnis (55-59)	pole vault	3.20m	1st
Harry Schwarze (70-74)	discus	28.42m	3rd

Bob Metzner (85-89)	javelin	8.43m	3rd
	shot put	4.26m	3rd
Alice Carroll (80-84)	50m	13.0	2nd
	200m	82.7	3rd
	1500m walk, track	15:20.4	1st
	high jump	0.75m	1st
	long jump	1.22m	3rd
	discus	7.25m	2nd
	shot put	4.25m	2nd
Chip O'Reilly (65-69)	200m	66.3	3rd
	400m	2:11.2	3rd
	800m	4:18.6	2nd
	1500m	8:58.0	2nd
Horace Hudson (60-64)	100m	13.3	1st
	200m	27.7	1st
	400m	1:08.9	1st

Cox, Peterson, Lambdin, LoPiccolo Winners At National Senior Games

Four Chargers among the seven who participated came home as champions from the National Senior Games in Cleveland, Ohio July 19-August 1. **Ed Cox** continued his impressive string of performances by winning the 85-89 age group in the 100 meter (17.56 preliminaries; 17.23 finals) and 200 meter (37.11 prelims; 38.29 finals) dashes, and finished second by a scant 0.02 seconds in the 50 meter dash finals (9.14 prelims; 9.22 finals). Ed's 100 meter final time and 200 meter preliminary time are both Charger age group records.

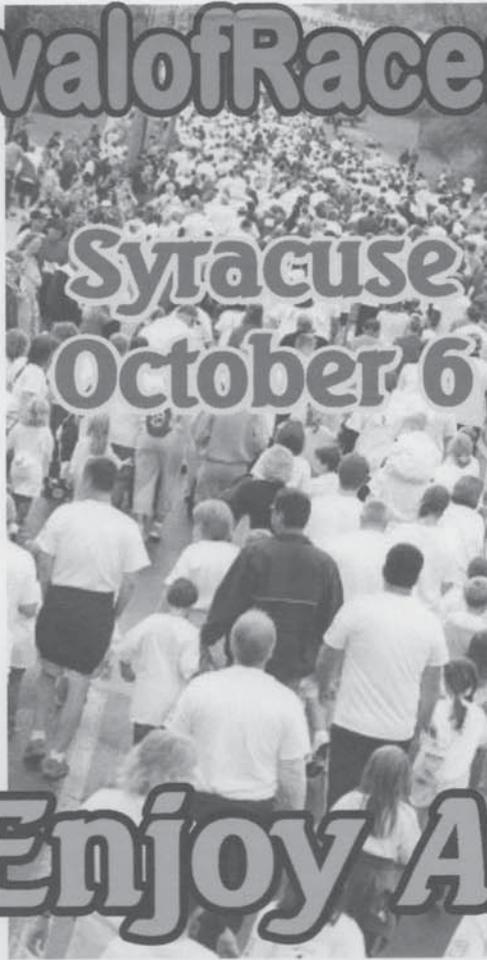
Pat Peterson won the women's 85-89 age group in the 200 meter dash (1:05.50), and organized and ran on an unattached winning 4X100 meter relay team for people in her age group. Pat also placed second in the 50 meter dash (13.16), and third the 100 meter dash (27.66 prelims; 25.16 finals), and 400 meter run (3:19.32).

New Charger **Thomas Lambdin** and long time Charger **Barbara LoPiccolo** both won the only event they entered, Tom winning the 50-54 age group for the hammer throw (132-0) and Barbara, the 65-69 age group for the women's hammer throw (89-0).

There were other good efforts by our Charger contingent, including two medal performances by **David Rider**. All the Charger results are listed below:

David Rider (80-84)	triple jump	70-7	2nd
	pole vault	5-5	3rd
	high jump	3-5 1/4	4th
	long jump	9-2 3/4	5th
	hammer	70-10	5th
Ed Cox (85-89)	50m	9.14 (h); 9.22 (f)	2nd
	100m	17.56 (h); 17.23 (f)	1st
	200m	37.11 (h); 38.28 (f)	1st
Pat Peterson (85-89)	50m	13.16	3rd
	100m	27.66 (h); 25.16(f)	3rd
	200m	1:04.50	1st
	400m	3:19.32	3rd
Barbara LoPiccolo (65-69)	hammer	89-0	1st
Thomas Lambdin (50-54)	hammer	132-0	1st
Jerry Bisson (80-84)	800m	4:23.12	5th (h)
Bob Nicholson (65-69)	1500m race walk	10:08.37	8th
	5km race walk (track)	35:42.8	10th

FestivalofRaces.com



Come Enjoy Amazing

Festival Week Schedule Of Events:

Wednesday, October 2

School Group Number and Shirt Pickup
(3K school group coordinators), 4:00-6:00 p.m.,
213 Scott Avenue, Syracuse

Saturday, October 5

Late Registration and Packet Pickup
Dick's Sporting Goods, Destiny USA,
10:00 a.m. - 2:00 p.m.

**USA Masters 5 km National
Championship Technical Meeting,**
8:00 p.m. Wisteria Room, Maplewood Inn

Sunday, October 6

All outside Manley Field House,
Comstock Ave. at E. Colvin St., Syracuse

Registration Tent Opens, 7:30 a.m.
Men's 5K, 8:50 a.m.

MVP Health Care Women's 5K, 9:50 a.m.

3K Fun & Fitness Run, 10:45 a.m.

Tops Community Walk, 10:50 a.m.

SOSPlus Wellness Way, 8:00 a.m. - Noon

On-Site Awards Ceremony, 11:30 a.m.

USATF Championship Awards Brunch,
12:00 noon, Laurel Grand Ballroom,
Maplewood Inn, Liverpool

Please call **(315) 446-6285** before
race weekend with any questions

Individual Entry Form

Last Name: _____ Date of Birth (MM-DD-YY): _____
 First Name: _____ Initial: _____ Gender: _____ Age on Race Day: _____
 Mailing Address: _____ Citizenship: _____
 City: _____ State: _____ Zip Code: _____
 Daytime Telephone: _____ 2013 USATF Number: _____
 5K Club Team or Alumni Team, 3K School, College or Non-Profit Group: _____ USATF Club #: _____
 Expected Finishing Time: _____ Email Address (example: sforentrant@myisp.com): _____
 5K Race (\$22 until 7/31; \$25 from 8/1 to 9/15; \$30 by 10/5; \$35 race day) _____
 3K Fun & Fitness Run (\$7 if under 18; \$10 for 18 and older; \$15 for all on race day) _____
 Community Walk (\$5 if under 18; \$10 for 18 and older; \$15 for all on race day) _____
 Check here if knee replacement recipient
 Check here if hip replacement recipient Preferred Shirt Size _____
 Member of a 5K family team? Teammate relationship: _____
 HW H/W 40+ M/D M/S F/S F/D B/S B/B S/S (must enter by 10/3 to score)

RELEASE: I consider the acceptance of my or my child's entry into any of the events of the 2013 Syracuse Festival of Races, I hereby make the following agreements: I know that running or walking in a road race is a potentially hazardous activity. I should not participate 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 or walk. I assume all physical and psychological risks associated with running or walking in this event, including, but not limited to: falls; contact with other participants, animals, vehicles, or other objects; the effects of the weather, including precipitation, wind, and temperature; traffic and the conditions of the roads; and negligent acts of other participants, volunteers, or spectators, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my or my child's entry, I fully release and forever discharge the Syracuse Festival of Races, LLC, Syracuse Chargers Track Club, Inc.; the City of Syracuse; Syracuse University, and all other sponsoring organizations and institutions from any and all claims, demands, damages, causes of action, liabilities or expenses of any kind whatsoever, which occur either directly or indirectly, as a result of or in connection with my or my child's participation in the event, even if such consequences result from the negligence, fault, or carelessness of the organizers or sponsoring organizations. This release shall be binding on my heirs, administrators, successors and assigns, and shall inure to the benefit of the successors and assigns of the organizers and sponsoring entities. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me or my child while present at, participating in, or traveling to or from this event.

Signature: _____ Date: _____
 Parent /guardian signature if under 18: _____ Date: _____

**Mail this completed entry with check payable to Syracuse Festival of Races to:
 Syracuse Festival of Races • 213 Scott Avenue • Syracuse, NY 13224 • (315) 446-6285**

Scott Weeks, Ed Cox Head National Masters 2013 Indoor Rankings

Ed Cox has been ranked first nationally, 85-89, in both the 55 meter (10.02) and 60 meter (10.53) dashes, and **Scott Weeks** is ranked first, 40-44, in the 800 meter run (1:57.27), according to the 2013 masters indoor rankings found in the July issue of National Masters News. Ed was also ranked second at 200 meters (37.91) and Scott, fourth at one mile (4:23.39). Former Charger **Joe Benoit** ranked first, 50-54, in the super weight throw (9.34 meters) and second in the weight throw (18.13 meters).

Found below is a list of all the Chargers, local masters athletes, and former Chargers and current subscribers on the list of rankings. Obviously, not all meet results are submitted for the rankings. As always, apologies to anyone who we overlooked on the list .

Ed Cox (85-89)	55m	10.02	1st
	60m	10.53	1st
	200m	37.91	2nd
Scott Weeks (40-44)	800m	1:57.27	1st
	1 mile	4:23.39	4th
Mike Defio (65-69)	1 mile	7:17.19	14th
Bob Doran (55-59)	60m hurd	11.54	19th
	long jump	4.28m	13th
Joanne Singer (50-54)	1 mile	5:55.05	5th
Samuel Hall (65-69)	60m	8.87	15th
	200m	29.37	12th
Bill Quinlisk (60-64)	800m	2:55.1	22nd
	1 mile	6:27.37	25th
	3km	13:38.28	19th
Jill Vollweiler (40-44)	800m	2:35.20	6th
	1 mile	5:28.50	3rd
	3km	11:24.01	5th
Coreen Steinbach (60-64)	800m	2:48.41	2nd
	1 mile	6:11.06	2nd
Mark Rybinski (55-59)	1 mile	5:04.79	6th
Gary Radford (55-59)	1 mile	5:09.43	8th
Caleb Rossiter (60-64)	1 mile	5:23.73	2nd
Kevin Kelly (60-64)	1 mile	5:59.65	15th
Jim Miner (60-64)	1 mile	6:23.81	22nd
Patti Ford (55-59)	1 mile	6:47.44	9th
Kerry Sloan (50-54)	55m hurd	9.26	7th
	long jump	4.82m	19th
Joseph Benoit (50-54)	wt. throw	18.13m	2nd
	super wt.	9.34m	1 st

Calendar of Events

Sept.	2	16 th Annual Groton Labor Day 5K & 1 Mile Fun Run	www.grotoncs.org/pages/sports
	7	ARC Race, Long Branch Park, 5K, ½ Marathon, 3K Fun Walk,	arcrace.org
	21	Fayetteville 10K Classic	contact: dkenn15@verizon.net (entry form in Newsletter)
Oct.	6	Syracuse Festival of Races, 5K, USATF Masters Championships	contact: Dave Oja 446-6285 www.festivalofraces.com

*Youth Practice (Charger members only – 15 years of age and younger)
August , 20 & 27 5 pm JD Track*



USATF Membership Application

New Member Renewal (from previous year – USATF Number _____)

Please print or type information

Last Name	First Name	Initial

Address

City	State	Zip Code

Sex M/F Age Today Date of Birth - - (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen Yes No If no, country of Citizenship

Phone Number - -

Club No. Club Name

Email

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

Track Field Road Running/LDR Cross Country Ultra-Marathon Mountain/Trail Race Walking

Membership Category Codes

Please use the codes below – you may indicate one or more categories.

- | | |
|-------------------------------|----------------------------|
| AT: Athlete | PA: Parent |
| DA: Disabled Athlete | OF: Official -uncertified |
| CH: Coach-uncertified | OA: Official – Association |
| CD: Developmental certified | ON: Official - National |
| C1: Coach - Level 1 certified | OM: Official - Master |
| C2: Coach - Level 2 certified | AD: Administrator |
| C3: Coach - Level 3 certified | |

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application

- - (MM-DD-YYYY)

Important information: Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

Youth members: New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.



OPTION 1



JOIN ONLINE AT
www.USATF-Niagara.org

You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

OPTION 2

MAIL TO YOUR LOCAL ASSOCIATION

Mail the completed application and appropriate membership fees to



USATF Niagara Association
49 Tumbleweed Drive
Pittsford, NY 14534-2547

Adult Membership (19 yrs & over)	\$ _____
\$ 30.00 (1-year)	\$ 80.00 (3-years)
\$ 55.00 (2-years)	\$ 100.00 (4-years)

Youth Membership (18 yrs & under)
\$ 20.00 x _____ = \$ _____
of membership years

CONTRIBUTIONS (TAX DEDUCTIBLE) \$ _____
Please direct my contribution to LDR Youth
 Masters T & F RW Association Programs
 Unrestricted

TOTAL \$ _____

Please make checks payable to USATF-Niagara

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

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

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

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

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

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

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

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

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

Primary Fields of Interest: _____ **Membership Status:** _____ **I would like to help with:** _____

_____ Road Running _____ Track Running _____ New _____ Track Meets _____ Road Races

_____ Race Walking _____ Field Events _____ Renewal _____ Coaching _____

_____ Physical Fitness _____ Youth Development _____ Special Olympics Program _____

Other (please specify interest) _____

Mail this form and check to: **Julie Shafer, Membership Coordinator**
8103 Lobos Lane, Liverpool, NY 13090



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

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

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

Additional Contributions: To insure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in track and field, cross country, and road running, we appreciate your additional financial support. Enclosed is my tax deductible contribution:
 \$10 _____ \$20 _____ \$30 _____ \$40 _____ \$50 _____ \$100 _____ Other \$ _____

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

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

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

Signature(s) _____ Date _____

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

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

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

Return Service Requested

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

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

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

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

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