



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVI

Syracuse Chargers Track Club

September 2014

Perfect Conditions for the Willow Bay 5K Run & Fitness Walk for Women Celebrating our 21th Year

We are very proud to be celebrating the 21st edition of this race. It started out in the mid-1990s as a part of the national Women's Distance Festival series. When Avon got into the business of race sponsorship and picked up the series, it became, for several years, the only Avon 5K race held in NYS. Now, it has been more than two decades that the Syracuse Chargers have hosted this race!

The Willow Bay 5K marked the 3rd race of the 5 of our 2014 Chargers Grand Slam Events.

The Freihofer's Run for Women is sometimes referred to as the "Run for the Cookies." This year's Willow Bay 5K could have been termed the "Run for the Pies."

It was August 16th, but it felt more like mid-October. It was comfortably cool and in the 60s with calm winds at race time. With last year's park construction far in the past, we were happily back on the traditional East Shore trail course at our traditional 9:00 a.m. start time. Seventh grader David Griffith gave a very moving rendition of the National Anthem and starter Pat Piscitelli got the 206 competitors, aged 7 through 76, on their way. Splits were given at each mile and Mike Joyner, on his 4-wheeler, lead the runners to the turn-around and gave them their half-way splits on this very flat and fast course.



The lead runner hit the halfway turn-around in a reported time of 8:57 which fired up the spectators at the finish line. She ran uncontested from there on and finished with a sizable lead.

That winner was 23 year old Jordyn Naylon of Oswego with a time of 18:11. Our runner up was Lindsay Weaver of Camillus with a time of 19:44. Brittany Alkerton of Brockville, Ontario took third place overall in a time of 20:18.

Karyl Sargent from Lafayette captured the masters' crown with an outstanding 6th overall finish in a time of 21:34. Karyl's time this year was 39 seconds faster than it was back in 2012 when the race was last held on the traditional course.

Although family teams did not have to run "together", I noticed that quite a few did.

There were a total of 206 finishers and among them we had a record 30 Sister-Sister teams, 33 Mother-Daughter teams, 3 Grandmother-Granddaughter teams, and 12 Aunt-Niece teams.

Our winning mother-daughter team was Lindsay and Susan Weaver in a combined time of 44:20. Our winning sister-sister team was the Alkerton girls who collectively ran 42:20. Ava Heckler with grandmother Jan Heisler won the grandmother-granddaughter division in a time of 1:04:46.

Our winning aunt-niece team was our defending champion team of Kerry Zubrzycki with niece Lauren Ferris in a time of 46:41. (Continued on page 5)

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Volunteers

TBD

Scholarship Award

John View

Summer Runs

TBD

Oneida shores

TBD

Onondaga Lake Park

TBD

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

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

The Syracuse Chargers Track Club Newsletter

Published monthly by the SCTC.
Subscriptions are \$15.00 per year.

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Material should reach Dave Talcott, 566 McLean Road,
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by the 8th of the month.

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
(339-8553) or julie.shafer.js@gmail.com.

Also, if you are going away for an extended period, let Julie know or the Newsletter will be returned to us and we are charged the first class fee for "return to sender" service.

It will **NOT** be forwarded.



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

Send Merchandise orders to:

Dave Oja
213 Scott Avenue
Syracuse, NY 13224

Club Web Site: www.syracusechargers.org

New Charger Members

Kristopher Boettcher
James Cabrey
Peter Francia
Philip Lucason

Brayden Cabrey
Mia Cabrey
Elizabeth Lucason
Charlene McRee

Camuna Cabrey
Noah Cabrey
Morgan Lucason
Timothy Metivier

Note from the Membership Coordinator

I wanted to let everyone know that I will be unable to process memberships received for the next couple of months due to my work commitments. I expect to be able to get caught up again on Charters' membership in the middle of November. Thank you for your patience and understanding.

Julie Shafer

Entry Forms in this Newsletter

September 20 (Sat)
October 5 (Sun.)

Fayetteville Classic 5 Miler
Syracuse Festival of Races

Fayetteville (Page 4)
Syracuse (Page 11)

Evelyn White remembrance by Katherine Switzer

Message from Kathrine Switzer, one of the early founders of organized running in Syracuse: We may be as diverse a group as you will ever encounter, but the very act of running makes runners a family. We give each other everything. There was no one more giving than Evelyn White and her husband Nate... unless of course, it was Arnie Briggs! Arnie was a mentor to many of us here and Evelyn herself was deservedly the recipient the "Good Guy" award named in Arnie's honor. But Evelyn was more than a good guy—she was so like Arnie in that she loved the sport at any level, was always there to help-- especially in the early planning stages to get things on the right track-- and could be counted on to go the extra mile. She's left us a wonderful legacy and we are so grateful to her.

Recent Charger Open Records

100 mile trail	Luana Pesco-Koplowitz 28:20:06	5/24/14	Ancaster, ONT
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Recent Charger Age Group Records

100 mi. trail (55-59)	Luana P-Koplowitz	28:20:06	5/24/14	Ancaster, ONT
Triathlon (8-9)	Jenna Deep	319 points	7/19/14	Schenectady
High Jump (7&Und)	Georgia Deep	2-10 1/2	7/9/14	Nottingham
Turbo Jav (7&Und)	Georgia Deep	25-5	7/12/14	Fitchburg, MA
Shot Put, 2kg (7&U)	Georgia Deep	11-1	7/12/14	Fitchburg, MA
Shot Put, 6kg (8-9)	Jenna Deep	18-1	8/5/14	Albany

Luana's 100 Mile Trail Run Is A Charger Open Record

The Sulphur Springs 100 mile trail run that Luana Pesco-Koplowitz completed in Ancaster, Ontario on May 24 in a time of 28:20:06 is both a Charger open and 55-59 age group record. Luana reported that there were 57 starters for the race, and only 27 finishers. She was the oldest woman to finish.

John McEachen Takes Four Golds At Can-Am Police-Fire Games

John McEachen placed first in the Masters-A division in four racing events at the Can-Am Police-Fire Games in York County, PA on July 13-20. His gold medals were in the 100 meter (13.3), 200 meter (27.9), 400 meter (1:00.9) dashes and the 800 meters (2:35.7) run. He also placed 4th overall (third in the masters men's division) in the 5km cross country race with a time of 24:08. He believes he lost about two minutes

Willow Bay - Continued from page 1.

We had 15 runners win the “Double Your Fun” challenge. All entrants are automatically entered into the challenge pool. If a runner can cover the 5K distance in a time less than or equal to half of her age the day of the race, she has won the challenge! The top performer in this category was Suzanne Leone. The ages of the winners for this year’s challenge ranged from 47 and 67 years old.

Many thanks to our race coordinators Bob Hiemenz (pre-race registration and results) Mike Joyner (course) who have been onsite at the race for 21 years!

I’d like to express my gratitude to our team of volunteers.

They are: George Ball, Rita Ball, Bob Burton, Ginny Burton, Lauren Burton, Mike Buselli, Paul Cianfrocca, Jim Clancy, Jim Cox, Lori Dietz, Bill Dunham, Chuck Milazzo, Pat Piscitelli, Mary Lou Plante, Ron Plante and Tony Summa.

Bob Brock did a great job as our official race photographer. His photos are available on our website at the link to our race.

Please patronize our generous platinum level race sponsors:

- Chary Griffin of Berkshire Hathaway CNY Realty
- Fleet Feet Sports Syracuse/Clay
- The Bikery on Van Buren Road in Baldwinsville

Many thanks to Bruegger’s (Route 57), Abbott Farms and Country Store on Rt. 370 in Baldwinsville, Syracuse Banana, Adele Commisso of RiKreations, Liverpool Chiropractic and Wellness, Brian Collins of the Empire State Marathon & Half Marathon, Steve Grimaldi of No Waves, No Worries Standup Paddleboards, the YMCA of Greater Syracuse, BAM entertainment, Michelle De Nio of NYR Organic, and World Gym. These “friends of Willow Bay” provided refreshments and/or door prizes for the event.

Last, but not least, I’d like to recognize the Onondaga Lake Park staff, especially Charlie Bisnett for serving as our park/race liaison.

I would like to say a very sincere thank you to all of our volunteers. It is you who make the time to make it happen!

Mickey Piscitelli
Willow Bay 5K Race Director

The 21st Annual
WILLOW BAY 5k RUN & FITNESS WALK FOR WOMEN
 Conducted by the Syracuse Chargers Track Club
 Onndaga Lake Park, Liverpool, New York Aug. 16, 2014
RESULTS



Winner Jordyn Naylon - Photo by Bob Brock - rhbrockj11@me.com

Place	Name	City	St	Age	Time
1	Jordyn Naylon	Oswego	NY	23	18:11
2	Lindsay Weaver	Camillus	NY	16	19:44
3	Brittany Alkerton	Brockville	ON	15	20:18
4	Jennifer LaValle	Liverpool	NY	32	20:29
5	Susan Lopez	Syracuse	NY	22	21:08
6	Karyl Sargent	LaFayette	NY	51	21:34
7	Marie-Kate McGlynn	Liverpool	NY	19	21:42
8	Claudette R Mainville	Carthage	NY	47	21:48
9	Jennifer Wilson	Liverpool	NY	31	21:51
10	Alyshia Alkerton	Brockville	ON	11	22:02
11	Kathleen Ann Wheeler	Camillus	NY	43	22:03
12	Emily Neuner	Liverpool	NY	13	22:17
13	Bridget Kuszaj	Phoenix	NY	30	22:23
14	Laura Sage	Manlius	NY	29	22:24
15	Kerry Zubrzycki	Syracuse	NY	40	22:41
16	Lucy Person	Syracuse	NY	13	22:55
17	Jennifer Merola	Syracuse	NY	18	23:06
18	Anna Jerome	Pulaski	NY	42	23:35
19	Terricka Glisson	DeRuyter	NY	11	23:54

20 Suzanne Leone	Cicero	NY 61	23:56	67 Wendy Riccelli	Liverpool	NY 45	28:09
21 Lauren Ferris	Syracuse	NY 15	24:00	68 Teresa Grant	Glenmont	NY 41	28:11
22 Heather Lacey	Hastings	NY 36	24:09	69 Judy Bablok	Cleveland	NY 52	28:16
23 Kelly Casson	Liverpool	NY 40	24:22	70 Kathleen Collins	Brewerton	NY 67	28:16
24 Patricia Bennett	N Syracuse	NY 48	24:22	71 Kathy Frawley	Brewerton	NY 62	28:18
25 Lauren Jackson	Camillus	NY 26	24:25	72 Susanne Tupper	Hastings	NY 49	28:22
26 Julie McInvale	Cortland	NY 17	24:26	73 Pat Ronk	Liverpool	NY 53	28:33
27 Susan Weaver	Camillus	NY 47	24:36	74 Sue Cullen	E Syracuse	NY 61	28:42
28 Cori Mainville	Carthage	NY 17	24:42	75 Melanie Szymanowski	Cicero	NY 31	28:44
29 Michelle Gloska	Central Square	NY 15	24:45	76 Mary Polimino	Cicero	NY 50	28:56
30 Melissa Fumano	Syracuse	NY 18	24:46	77 Theresa DeMaio	Fayetteville	NY 60	28:59
31 Kristin Helinger	Mexico	NY 23	24:51	78 Kimberly Bailey	Liverpool	NY 33	29:05
32 Kristin MacDonald	Pennellville	NY 40	24:58	79 Brenda Jaynes	Fayetteville	NY 44	29:08
33 Kristen Kneer	Homer	NY 45	25:07	80 Akiko Rhone	Syracuse	NY 56	29:16
34 Clara Matthews	Baldwinsville	NY 51	25:27	81 Jeanne Pizzuto-Sauve'	Chittenango	NY 44	29:16
35 Lori L Merola	Liverpool	NY 41	25:31	82 Carol Wilkie	Liverpool	NY 58	29:23
36 Natalie McBane	Cazenovia	NY 31	25:40	83 Elizabeth Dubiel	Syracuse	NY 29	29:43
37 Rhonda L Wandersee	N Syracuse	NY 53	25:43	84 Abby Feyerabend	Syracuse	NY 13	29:52
38 Jean Rand	Syracuse	NY 65	25:51	85 Becky Engels	Baldwinsville	NY 57	29:53
39 Kimberly A Cavallo	Syracuse	NY 46	25:53	86 Becky J Ross	Mattydale	NY 47	29:55
40 Melissa Vassenelli	Fayetteville	NY 38	25:56	87 Katherine Balduzzi	Syracuse	NY 41	30:04
41 Marguerite E Dodd	Liverpool	NY 33	25:57	88 Joan Deyle	Central Square	NY 69	30:33
42 Kim Schulz	Syracuse	NY 48	25:59	89 Allison Ryan	Syracuse	NY 13	30:50
43 Briana Grimes	Brewerton	NY 15	26:03	90 Tracie Revette	Cazenovia	NY 33	30:54
44 Shannon Green	Liverpool	NY 28	26:15	91 Sabrina Tipton	Baldwinsville	NY 25	31:00
45 Rosalie Brennan	Syracuse	NY 65	26:19	92 Lacey Braun	Mattydale	NY 45	31:12
46 Emily Grant	Selkirk	NY 14	26:25	93 Victoria Sabene	Camillus	NY 56	31:22
47 Abigail Frey	Syracuse	NY 14	26:25	94 Lisa Kaylor	Hastings	NY 45	31:27
48 Kristine Fallon	Liverpool	NY 30	26:30	95 Mary M Merola	Syracuse	NY 49	31:29
49 Bridget Lichtinger	Cicero	NY 44	26:32	96 Theresa Summa	Liverpool	NY 53	31:33
50 Shannon Davies	Liverpool	NY 45	26:32	97 Carrie Foster	Warners	NY 48	31:42
51 Marley Grimshaw	Syracuse	NY 20	26:35	98 Bonnie Silvernail	Tully	NY 63	31:46
52 Susan Gloska	Central Square	NY 15	26:44	99 Ava Hecker	Stafford	VA 9	32:00



100 Ava Brown	Liverpool	NY 9	32:00	107 Cassandra Darmody	DeWitt	NY 44	32:52
101 Kitty Doupe	Phoenix	NY 31	32:04	108 Julianne Cousineau	Baldwinsville	NY 53	33:03
102 Maria Fumano	Syracuse	NY 48	32:25	109 Cindy Shore	Binghamton	NY 58	33:03
103 Kristina Jenne	Mattydale	NY 53	32:33	110 Rachel Surface	Syracuse	NY 14	33:18
104 Doreen Forbes	Memphis	NY 44	32:43	111 Emily Surface	Syracuse	NY 16	33:19
105 Rachel Rigney	Syracuse	NY 25	32:45	112 Yvonne Friscia	Central Square	NY 47	33:25
106 Jan Heisler	Baldwinsville	NY 54	32:46	113 Shellie Stearns	Cazenovia	NY 42	33:26
107 Cassandra Darmody	DeWitt	NY 44	32:52	114 Lisa Arrastia	West Hurley	NY 49	33:38
108 Julianne Cousineau	Baldwinsville	NY 53	33:03	115 Marguerite Fulton-Newton	Liverpool	NY 66	33:44
109 Cindy Shore	Binghamton	NY 58	33:03	116 Michelle Sacco	Liverpool	NY 10	33:48
110 Rachel Surface	Syracuse	NY 14	33:18	117 Christina Schioppa	Liverpool	NY 17	33:50
111 Emily Surface	Syracuse	NY 16	33:19	118 Stacia Schioppa	Liverpool	NY 42	33:50
112 Yvonne Friscia	Central Square	NY 47	33:25	119 Jenny Sacco	Liverpool	NY 37	33:53
113 Shellie Stearns	Cazenovia	NY 42	33:26	120 Allison Yule	Oswego	NY 20	34:02
114 Lisa Arrastia	West Hurley	NY 49	33:38	121 Chyriss Conte	Oswego	NY 51	34:06
115 Marguerite Fulton-Newton	Liverpool	NY 66	33:44	122 Diann Ferris	Syracuse	NY 49	34:07
116 Michelle Sacco	Liverpool	NY 10	33:48	123 Becca Ziemba	Cazenovia	NY 7	34:17
117 Christina Schioppa	Liverpool	NY 17	33:50	124 Maria Ziemba	Cazenovia	NY 48	34:18
118 Stacia Schioppa	Liverpool	NY 42	33:50	125 Ginny Burton	Baldwinsville	NY 63	34:20
119 Jenny Sacco	Liverpool	NY 37	33:53	126 Nicole Oliver	Syracuse	NY 24	34:21
120 Allison Yule	Oswego	NY 20	34:02	127 Michelle Kerr	Syracuse	NY 47	34:21
121 Chyriss Conte	Oswego	NY 51	34:06	128 Dottie Arnold	Sackets Harbor	NY 62	34:25
122 Diann Ferris	Syracuse	NY 49	34:07				
123 Becca Ziemba	Cazenovia	NY 7	34:17				
124 Maria Ziemba	Cazenovia	NY 48	34:18				
125 Ginny Burton	Baldwinsville	NY 63	34:20				
126 Nicole Oliver	Syracuse	NY 24	34:21				
127 Michelle Kerr	Syracuse	NY 47	34:21				
128 Dottie Arnold	Sackets Harbor	NY 62	34:25				

129 Emily Humphrey	E Syracuse	NY	15	34:47
130 Erin Murphy	Brewerton	NY	45	34:48
131 Melissa Murphy	Pennellville	NY	20	34:48
132 Sarah Hart	Auburn	NY	25	34:49
133 Cindy Daly	Weedsport	NY	56	35:02
134 Mary M Nichols	Liverpool	NY	66	35:03
135 Donna Ditota	Syracuse	NY	53	35:09
136 Lauren Burton	Jamesville	NY	14	35:14



137 Kristin Doner	Syracuse	NY	42	35:17
138 Giovanna Colosi	Cicero	NY	39	35:17
139 Sheilah Casey	Syracuse	NY	29	35:24
140 Sara Case	Syracuse	NY	42	35:24
141 Brigid Casey	Syracuse	NY	28	35:24
142 Rosalie Young	DeWitt	NY	71	35:49
143 Tallie VanNorstrand	Cato	NY	19	35:50
144 Kristina Nangle	Liverpool	NY	29	35:50
145 Donna Cornacchia	Hannibal	NY	65	36:14
146 Diana Edwards	New Hartford	NY	34	36:23
147 Julie Woodworth	Liverpool	NY	43	36:30
148 Colleen Woodworth	Liverpool	NY	38	36:30
149 Kathleen Effler	Syracuse	NY	67	36:43
150 Debra Vadala	Liverpool	NY	41	36:46
151 Cheryl Stilwell	Liverpool	NY	42	36:46
152 Kim Onisk	Baldwinsville	NY	59	36:50
153 Addyson Hecker	Stafford	VA	10	36:54
154 Joy Strickland	Manlius	NY	42	36:56
155 Maureen McGlynn	Liverpool	NY	52	37:00
156 Rosemary Laquidari	Liverpool	NY	70	37:11
157 Sue Gardinier	Verona	NY	72	37:21
158 Glenda Helinger	Mexico	NY	56	37:54
159 Tiffany Surface	Syracuse	NY	14	38:20
160 Gretchen Surface	Syracuse	NY	47	38:23
161 Martha Lawson	Liverpool	NY	52	38:27
162 Jean Sabourin	Baldwinsville	NY	47	38:27
163 Johanne Seeland	Sparta	NJ	46	38:41
164 Heather VanDewalker	Liverpool	NY	43	38:55
165 Kara Primrose	Phoenix	NY	39	38:56
166 Sharleen Reakes	Mattydale	NY	59	39:26
167 Shereen Webb	Bernhards Bay	NY	43	39:27
168 Maura J O'Toole	Liverpool	NY	55	39:39
169 Francine Nash	Norwich	NY	58	39:42
170 Sarah Lappin	Rome	NY	34	39:42
171 Nancy Walker	Baldwinsville	NY	64	39:45
172 Kim Carlucci	Baldwinsville	NY	44	40:10
173 Annette Barry	Camillus	NY	47	40:11
174 Sue Falcone	Solvay	NY	43	40:14
175 Virginia Leotta	Fulton	NY	61	40:36
176 Mary Beth Hart	Auburn	NY	49	40:55

177 Michaela Keener	Cicero	NY	35	41:08
178 Connie Ciccone	Skaneateles	NY	69	41:23
179 Daria Pilipczuk	Utica	NY	66	43:18
180 Marielle Emmanuel	Liverpool	NY	7	43:41
181 Selina Lazarus	Liverpool	NY	45	43:46
182 Catherine Malatin	Marcellus	NY	48	43:50
183 Jennifer Gillis	Martville	NY	29	43:59
184 Cindy O'Bryan	Red Creek	NY	53	43:59
185 Sandra Patrizio	Cazenovia	NY	70	44:10
186 Marie E Christopher	Liverpool	NY	56	44:13
187 Danielle Helinger	Pulaski	NY	36	44:33
188 Dee Caldwell	Watertown	NY	53	44:34
189 Jessica Betelak	Liverpool	NY	19	45:50
190 Mickey Hunter	Liverpool	NY	64	45:57
191 Diane Betelak	Liverpool	NY	58	46:09
192 Lisa L Smith	Dewitt	NY	65	46:40
193 Sharon Sonnacchio	Hastings	NY	73	47:17
194 Whitney Hecker	Stafford	VA	39	47:43
195 Deborah Wood	Syracuse	NY	54	49:12
196 Judy Ford	Cicero	NY	51	49:49
197 Marcia Reilly	Cicero	NY	47	49:49
198 Kristina Humphrey	E Syracuse	NY	44	49:52
199 Faith Reynolds	Weedsport	NY	29	51:19
200 Susan Reynolds	Weedsport	NY	60	51:20
201 Karen Sanderson	Jordan	NY	42	55:31
202 LaDonna L Goldsmith	Central Square	NY	72	56:06
203 Nancy Kobus	Madison	SD	63	56:09
204 Virginia Raner	Marietta	NY	73	56:09
205 Cindy Sanderson	Elbridge	NY	56	56:24
206 Kathy Sanderson	Elbridge	NY	76	56:24

AGE GROUP RESULTS

Ovrrall Name	City	State	Age	Time
=====				
01-09				
99 Ava Hecker	Stafford	VA	9	32:00
100 Ava Brown	Liverpool	NY	9	32:00
123 Becca Ziemba	Cazenovia	NY	7	34:17
180 Marielle Emmanuel	Liverpool	NY	7	43:41
10-14				
10 Alyshia Alkerton	Brockville	ON	11	22:02
12 Emily Neuner	Liverpool	NY	13	22:17
16 Lucy Person	Syracuse	NY	13	22:55
19 Terricka Glisson	DeRuyter	NY	11	23:54
46 Emily Grant	Selkirk	NY	14	26:25
47 Abigail Frey	Syracuse	NY	14	26:25
53 Claudia Brown	Liverpool	NY	11	26:44
60 Sarah Balduzzi	Syracuse	NY	10	27:24
66 Betye Arrastia-Nowak	West Hurley	NY	13	28:01
84 Abby Feyerabend	Syracuse	NY	13	29:52
89 Allison Ryan	Syracuse	NY	13	30:50
110 Rachel Surface	Syracuse	NY	14	33:18
116 Michelle Sacco	Liverpool	NY	10	33:48
136 Lauren Burton	Jamesville	NY	14	35:14
153 Addyson Hecker	Stafford	VA	10	36:54
159 Tiffany Surface	Syracuse	NY	14	38:20
15-19				
2 Lindsay Weaver	Camillus	NY	16	19:44
3 Brittany Alkerton	Brockville	ON	15	20:18

7 Marie-Kate McGlynn	Liverpool	NY	19	21:42	165 Kara Primrose	Phoenix	NY	39	38:56
17 Jennifer Merola	Syracuse	NY	18	23:06	177 Michaela Keener	Cicero	NY	35	41:08
21 Lauren Ferris	Syracuse	NY	15	24:00	187 Danielle Helinger	Pulaski	NY	36	44:33
26 Julie McInvale	Cortland	NY	17	24:26	194 Whitney Hecker	Stafford	VA	39	47:43
28 Cori Mainville	Carthage	NY	17	24:42					
29 Michelle Gloska	Central Square	NY	15	24:45	40-44				
30 Melissa Fumano	Syracuse	NY	18	24:46	11 Kathleen Ann Wheeler	Camillus	NY	43	22:03
43 Briana Grimes	Brewerton	NY	15	26:03	15 Kerry Zubrzycki	Syracuse	NY	40	22:41
52 Susan Gloska	Central Square	NY	15	26:44	18 Anna Jerome	Pulaski	NY	42	23:35
111 Emily Surface	Syracuse	NY	16	33:19	23 Kelly Casson	Liverpool	NY	40	24:22
117 Christina Schioppa	Liverpool	NY	17	33:50	32 Kristin MacDonald	Pennellville	NY	40	24:58
129 Emily Humphrey	E Syracuse	NY	15	34:47	35 Lori L Merola	Liverpool	NY	41	25:31
143 Tallie VanNorstrand	Cato	NY	19	35:50	49 Bridget Lichtinger	Cicero	NY	44	26:32
189 Jessica Betelak	Liverpool	NY	19	45:50	59 Cynthia Mead	Liverpool	NY	44	27:24
					63 Linda Ryan	Syracuse	NY	43	27:57
20-24					68 Teresa Grant	Glenmont	NY	41	28:11
1 Jordyn Naylor	Oswego	NY	23	18:11	79 Brenda Jaynes	Fayetteville	NY	44	29:08
5 Susan Lopez	Syracuse	NY	22	21:08	81 Jeanne Pizzuto-Sauve'	Chittenango	NY	44	29:16
31 Kristin Helinger	Mexico	NY	23	24:51	87 Katherine Balduzzi	Syracuse	NY	41	30:04
51 Marley Grimshaw	Syracuse	NY	20	26:35	104 Doreen Forbes	Memphis	NY	44	32:43
120 Allison Yule	Oswego	NY	20	34:02	107 Cassandra Darmody	DeWitt	NY	44	32:52
126 Nicole Oliver	Syracuse	NY	24	34:21	113 Shellie Stearns	Cazenovia	NY	42	33:26
131 Melissa Murphy	Pennellville	NY	20	34:48	118 Stacia Schioppa	Liverpool	NY	42	33:50
					137 Kristin Doner	Syracuse	NY	42	35:17
25-29					140 Sara Case	Syracuse	NY	42	35:24
14 Laura Sage	Manlius	NY	29	22:24	147 Julie Woodworth	Liverpool	NY	43	36:30
25 Lauren Jackson	Camillus	NY	26	24:25	150 Debra Vadala	Liverpool	NY	41	36:46
44 Shannon Green	Liverpool	NY	28	26:15	151 Cheryl Stilwell	Liverpool	NY	42	36:46
55 Lindsay Lappin	Brewerton	NY	29	27:08	154 Joy Strickland	Manlius	NY	42	36:56
83 Elizabeth Dubiel	Syracuse	NY	29	29:43	164 Heather VanDewalker	Liverpool	NY	43	38:55
91 Sabrina Tipton	Baldwinsville	NY	25	31:00	167 Shereen Webb	Bernhards Bay	NY	43	39:27
105 Rachel Rigney	Syracuse	NY	25	32:45	172 Kim Carlucci	Baldwinsville	NY	44	40:10
132 Sarah Hart	Auburn	NY	25	34:49	174 Sue Falcone	Solvay	NY	43	40:14
139 Sheilah Casey	Syracuse	NY	29	35:24	198 Kristina Humphrey	E Syracuse	NY	44	49:52
141 Brigid Casey	Syracuse	NY	28	35:24	201 Karen Sanderson	Jordan	NY	42	55:31
144 Kristina Nangle	Liverpool	NY	29	35:50					
183 Jennifer Gillis	Martville	NY	29	43:59	45-49				
199 Faith Reynolds	Weedsport	NY	29	51:19	8 Claudette R Mainville	Carthage	NY	47	21:48
					24 Patricia Bennett	N Syracuse	NY	48	24:22
30-34					27 Susan Weaver	Camillus	NY	47	24:36
4 Jennifer LaValle	Liverpool	NY	32	20:29	33 Kristen Kneer	Homer	NY	45	25:07
9 Jennifer Wilson	Liverpool	NY	31	21:51	39 Kimberly A Cavallo	Syracuse	NY	46	25:53
13 Bridget Kuszaj	Phoenix	NY	30	22:23	42 Kim Schulz	Syracuse	NY	48	25:59
36 Natalie McBane	Cazenovia	NY	31	25:40	50 Shannon Davies	Liverpool	NY	45	26:32
41 Marguerite E Dodd	Liverpool	NY	33	25:57	54 Lauren Brown	Liverpool	NY	47	26:44
48 Kristine Fallon	Liverpool	NY	30	26:30	64 Kristin Fischer	Syracuse	NY	45	27:59
58 Shawna Moscibrodzki	Syracuse	NY	32	27:13	65 Margaret Feyerabend	Syracuse	NY	48	28:00
75 Melanie Szymanowski	Cicero	NY	31	28:44	67 Wendy Riccelli	Liverpool	NY	45	28:09
78 Kimberly Bailey	Liverpool	NY	33	29:05	72 Susanne Tupper	Hastings	NY	49	28:22
90 Tracie Revette	Cazenovia	NY	33	30:54	86 Becky J Ross	Mattydale	NY	47	29:55
101 Kitty Doupe	Phoenix	NY	31	32:04	92 Lacey Braun	Mattydale	NY	45	31:12
146 Diana Edwards	New Hartford	NY	34	36:23	94 Lisa Kaylor	Hastings	NY	45	31:27
170 Sarah Lappin	Rome	NY	34	39:42	95 Mary M Merola	Syracuse	NY	49	31:29
					97 Carrie Foster	Warners	NY	48	31:42
35-39					102 Maria Fumano	Syracuse	NY	48	32:25
22 Heather Lacey	Hastings	NY	36	24:09	112 Yvonne Friscia	Central Square	NY	47	33:25
40 Melissa Vassenelli	Fayetteville	NY	38	25:56	114 Lisa Arrastia	West Hurley	NY	49	33:38
57 Juhee LaHaye	Manlius	NY	37	27:11	122 Diann Ferris	Syracuse	NY	49	34:07
61 Meghan Murman	Liverpool	NY	35	27:39	124 Maria Ziemba	Cazenovia	NY	48	34:18
119 Jenny Sacco	Liverpool	NY	37	33:53	127 Michelle Kerr	Syracuse	NY	47	34:21
138 Giovanna Colosi	Cicero	NY	39	35:17	130 Erin Murphy	Brewerton	NY	45	34:48
148 Colleen Woodworth	Liverpool	NY	38	36:30	160 Gretchen Surface	Syracuse	NY	47	38:23

162 Jean Sabourin	Baldwinsville	NY	47	38:27	191 Diane Betelak	Liverpool	NY	58	46:09
163 Johanne Seeland	Sparta	NJ	46	38:41	205 Cindy Sanderson	Elbridge	NY	56	56:24
173 Annette Barry	Camillus	NY	47	40:11					
176 Mary Beth Hart	Auburn	NY	49	40:55	60-64				
181 Selina Lazarus	Liverpool	NY	45	43:46	20 Suzanne Leone	Cicero	NY	61	23:56
182 Catherine Malatin	Marcellus	NY	48	43:50	71 Kathy Frawley	Brewerton	NY	62	28:18
197 Marcia Reilly	Cicero	NY	47	49:49	74 Sue Cullen	E Syracuse	NY	61	28:42
					77 Theresa DeMaio	Fayetteville	NY	60	28:59
50-54					98 Bonnie Silvernail	Tully	NY	63	31:46
6 Karyl Sargent	LaFayette	NY	51	21:34	125 Ginny Burton	Baldwinsville	NY	63	34:20
34 Clara Matthews	Baldwinsville	NY	51	25:27	128 Dottie Arnold	Sackets Harbor	NY	62	34:25
37 Rhonda L Wandersee	N Syracuse	NY	53	25:43	171 Nancy Walker	Baldwinsville	NY	64	39:45
56 Linda Dwyer	Liverpool	NY	51	27:09	175 Virginia Leotta	Fulton	NY	61	40:36
69 Judy Bablok	Cleveland	NY	52	28:16	190 Mickey Hunter	Liverpool	NY	64	45:57
73 Pat Ronk	Liverpool	NY	53	28:33	200 Susan Reynolds	Weedsport	NY	60	51:20
76 Mary Polimino	Cicero	NY	50	28:56	203 Nancy Kobus	Madison	SD	63	56:09
96 Theresa Summa	Liverpool	NY	53	31:33					
103 Kristina Jenne	Mattydale	NY	53	32:33	65-69				
106 Jan Heisler	Baldwinsville	NY	54	32:46	38 Jean Rand	Syracuse	NY	65	25:51
108 Julianne Cousineau	Baldwinsville	NY	53	33:03	45 Rosalie Brennan	Syracuse	NY	65	26:19
121 Chyrisse Conte	Oswego	NY	51	34:06	62 Ruth Ripley	Pennellville	NY	67	27:45
135 Donna Ditota	Syracuse	NY	53	35:09	70 Kathleen Collins	Brewerton	NY	67	28:16
155 Maureen McGlynn	Liverpool	NY	52	37:00	88 Joan Deyle	Central Square	NY	69	30:33
161 Martha Lawson	Liverpool	NY	52	38:27	115 Marguerite Fulton-Newto	Liverpool	NY	66	33:44
184 Cindy O'Bryan	Red Creek	NY	53	43:59	134 Mary M Nichols	Liverpool	NY	66	35:03
188 Dee Caldwell	Watertown	NY	53	44:34	145 Donna Cornacchia	Hannibal	NY	65	36:14
195 Deborah Wood	Syracuse	NY	54	49:12	149 Kathleen Effler	Syracuse	NY	67	36:43
196 Judy Ford	Cicero	NY	51	49:49	178 Connie Ciccone	Skaneateles	NY	69	41:23
					179 Daria Pilipczuk	Utica	NY	66	43:18
55-59					192 Lisa L Smith	Dewitt	NY	65	46:40
80 Akiko Rhone	Syracuse	NY	56	29:16					
82 Carol Wilkie	Liverpool	NY	58	29:23	70-74				
85 Becky Engels	Baldwinsville	NY	57	29:53	142 Rosalie Young	DeWitt	NY	71	35:49
93 Victoria Sabene	Camillus	NY	56	31:22	156 Rosemary Laquidari	Liverpool	NY	70	37:11
109 Cindy Shore	Binghamton	NY	58	33:05	157 Sue Gardinier	Verona	NY	72	37:21
133 Cindy Daly	Weedsport	NY	56	35:02	185 Sandra Patrizio	Cazenovia	NY	70	44:10
152 Kim Onisk	Baldwinsville	NY	59	36:50	193 Sharon Sonnacchio	Hastings	NY	73	47:17
158 Glenda Helinger	Mexico	NY	56	37:54	202 LaDonna Goldsmith	Central Square	NY	72	56:06
166 Sharleen Reakes	Mattydale	NY	59	39:26	204 Virginia Raner	Marietta	NY	73	56:09
168 Maura J O'Toole	Liverpool	NY	55	39:39					
169 Francine Nash	Norwich	NY	58	39:42	75-79				
186 Marie E Christopher	Liverpool	NY	56	44:13	206 Kathy Sanderson	Elbridge	NY	76	56:24

Is There An Aspiring Cazenovia July 4th Foot Races Director Among Our Members?

As many of our members and readers have probably already recognized, the Chargers are in need of a volunteer to succeed Evelyn White as race director of the Cazenovia July 4th Foot Races.

Previous experience directing a road race is desirable, but not necessary. If you have experience as a member of the organizing committee of a road race, this may be your opportunity to step up to directing an event.

We would be quite happy to hear from any volunteer who might be interested in serving in this position. Please call Dave Oja (446-6285) at your convenience if you are interested or would like additional information.

Past Issues of the *Chargers Newsletter* Never Get Old!

Revisit them any time at:

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

Five Things To Keep in Mind About the Weekend of Sunday, October 5th

#1—We're once again hosting the nation and would love your help! As usual, we'll be hosting runners from all across the U.S. and Canada, some of whom will be aiming for 5K national and world records. Let's continue to show all of our out-of-town guests a really excellent time! For general questions about volunteering, call Dave Oja at 446-6285. To help with athlete hospitality, call Greg Tuttle at 430-9409, or Linda Oja at 446-6285. To help with packet pickup and in-person registration (Saturday or Sunday), call Corrie Haynes at 317-6141. To help with site set-up on Saturday or breakdown on Sunday, call Dave Oja at 446-6285. And to help with photography, call Dave Oja at 446-6285.

#2—All of our 5K runners have the chance to participate in a record-breaking local event! While the SFoR is the only NY road race in which national and world records are set in any year, this year's race stands to be an unusually big year for record attempts at the Festival. Whatever your pace, Sunday, October 5th is your chance to run in an event in which distance running history is being made right here in Syracuse! Come enjoy amazing!

#3—Don't forget the "Festival Two-Fer"! Enter either the Bankers Healthcare Men's 5K or the MVP Health Care® Women's 5K and you're quite welcome to run (or walk) with friends, family, or your favorite non-profit group in either the 3K Fun & Fitness Run or the Tops Friendly Markets Community Walk without paying an additional entry fee. Just leave your 5K bib number on for the 3K or the Walk, and you'll be all set—and you'll have your 5K finisher medal to show off!

#4—We hope you'll compete on one of our Chargers open or masters teams! What better chance will CNY ever have to show the country that we have some pretty talented and dedicated distance runners in our area? The more, the merrier; and we're serious about wanting to field complete teams in the men's and women's open divisions as well as in all of the 10-year age groups over 40.

#5—Don't forget that the SFoR is the race that allows our participants decide which non-profits benefit from our event. Take a look at the "Beneficiaries" page on the Festival web site (www.festivaofaces.com), and consider supporting one or more of them with a donation. Or, you might want to get your favorite non-profit added to the list.

Who'd Like to Run on a Chargers Team in Our Hometown National Championship?

We can't stress this too much: As in each of the past four years, the Chargers and Charger teams will be the face of the Syracuse running community at the 2014 USA Masters 5 km Championships. Let's be as visible as we can, and show our visitors that the Chargers not only can host a first-rate National Championship, but also run pretty competitively as well!

To run on a Chargers team in the USA Masters 5 km Championship at the Festival, you need only:

1. Be a member of the Chargers;
2. Be 40 years of age or older on race day
3. Be registered with USATF as a member of the Chargers; and
4. Let us know at least a week in advance that you'd like to run on a Chargers team at the Festival.

That's it! No need for qualifying times or eye-popping performance credentials; just the desire to represent our club on October 5th!

Calling All Chargers Open Athletes: There's Open Team Prize \$ at the Festival of Races!

In case you haven't heard the news: Open prize money is back at the Syracuse Festival of Races. In fact there's \$4,500 in guaranteed open prize money, including cash to the top two open men's and women's club teams (score five by cumulative times).

Contact Dave Patruno (PatrunoElectric@aol.com) today if you'd like to be included on a Chargers open men's or open women's team on Sunday, October 5th!

You can also check out the complete breakdown of 2014 SFoR open prize money awards at: www.FestivalofRaces.com/awards.html.

Festival Week Schedule

Wednesday, October 1

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

Saturday, October 4

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

**USA Masters 5 km National
Championship Technical Meeting,**
8:00 p.m. Genesee Grande Hotel

Sunday, October 5

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

Registration Tent Opens, 7:30 a.m.
Bankers Healthcare Group 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.
Wellness Way, 8:00 a.m. - Noon

On-Site Awards Ceremony, 11:10 a.m.
USATF Championship Awards Brunch,
12:00 noon, Tiffany Ballroom
Genesee Grande Hotel, Syracuse

**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	2014 USATF Number		
_____	_____		
5K Club Team or Alumni Team, 3K School, College or Non-Profit Group		USATF Club #	
_____		_____	
Expected Finishing Time	Email Address (example: sforentant@myisp.com)		
_____	_____		
5K Races (\$25 from 7/1 to 9/15; \$30 by 10/4; \$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)		_____	
National Championship Award Brunch (\$15 prior to 9/29)		_____	
Preferred Shirt Size		_____	
Member of a 5K family team? Teammate relationship: _____			
<input type="checkbox"/> HW <input type="checkbox"/> HW 40+ <input type="checkbox"/> MD <input type="checkbox"/> M/S <input type="checkbox"/> F/S <input type="checkbox"/> F/D <input type="checkbox"/> B/S <input type="checkbox"/> B/B <input type="checkbox"/> S/S (must enter by 10/3 to score)			
<small>RELEASE: In consideration of the acceptance of my or my child's entry into any of the events of the 2014 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, vehicles, or other objects; the effects of the weather, including heat, cold, wind, or humidity; 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. I understand that bicycles, skateboards, baby joggers and similar wheeled conveyances, roller skates, roller blades, pets, and personal music players of any kind are not allowed in the races, and I agree to abide by all race rules. 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, volunteers, 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 participating in or traveling to/from this event.</small>			
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			



Visit www.FestivalofRaces.com for SFor news and information



--Chargers Grand Slam Event--
Finish four or more 2014 Grand Slam races and win a Grand Slam tech shirt plus free entry for the Last Chance Trail Run & Pancake Breakfast. Grand Slam races include: 6/14 - Hess Express Swamp Rat 5K or 10K; 7/4 - Cazenovia July 4th 5K or 10 Miler; 8/16 - Willow Bay 5K Run & Fitness Walk for Women; 9/20 - Fayetteville Classic 5 Miler; 10/5 - Syracuse Festival of Races Men's 5K or MVP® Health Care Women's 5K.
Visit www.syracusechargers.org/slam for details.



- Allied Sign ♦ Applebee's ♦ Auburn Party Rental ♦ BAM Productions ♦ City of Syracuse
- Family Chiropractic ♦ Food Should Taste Good ♦ Freihofer's & Entenmann's
- Larabar ♦ New York Chiropractic College ♦ Onondaga County Auxiliary Police
- Onondaga School of Therapeutic Massage ♦ Propel Zero ♦ Rural Metro Medical Transport
- Salsarita's Fresh Cantina ♦ SOSPlus ♦ Starbucks on Marshall Street
- Subway ♦ Syracuse University ♦ Syracuse University Ambulance



Everyone Can Run Beginners Program

Presented by the **Syracuse Chargers Track Club** and hosted by the **Jewish Community Center of Syracuse**, the **Everyone Can Run Beginners Program** will begin on **Tuesday September 9, 2014**.

This is a **FREE eight-week program** designed to take you from walking to running and will start **Tuesday, September 9th** and continue through **Tuesday, October 28th, 2014**

RRCA Certified Coach Mickey Piscitelli will lead these weekly **Tuesday sessions**.

Time: Tuesdays from 5:30 p.m. – 6:30 p.m.

Place: Indoor track at the Jewish Community Center (JCC), which is located at 5655 Thompson Road in Dewitt (13214). Participants should park at rear of building near the Fitness Center entrance.

You will start with mostly walking, increasing running intervals each week on a set schedule.

You will receive weekly emails with workout schedule, helpful articles, encouragement and more.

There will be information sessions on stretching, goal setting, running your first 5K, nutrition and more from volunteer mentors.

All registrants will receive a Syracuse Chargers Track Club T shirt and a Jewish Community Center water bottle.

All registrants will receive a 2 week trial pass to the JCC including use of their indoor track, showers, and locker room.

This program is open to Chargers and JCC members 14 years and older; applicants under 18 years require a parent's or guardian's permission.

All fitness levels welcome! If you can walk, you can run!

Important Note – Participants should consult their health care provider before beginning any new type of exercise or fitness program.

All participants will be asked to sign waivers and registration forms before the first night of the program.

Everyone Can Run Beginners Program

Registration Form

Name _____ Date of Birth _____

Address _____ Phone _____

E-mail address: _____

I am currently a member of (circle): Syracuse Chargers Track Club Jewish Community Center

I would like my Syracuse Chargers T shirt in size (unisex): Small Medium Large XLarge XXL

Participant Waiver for Program

I know that running is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able, and by my signature, I certify that I am medically able to perform this event, and am in good health. I assume all risks associated with running, including but not limited to: falls or contact with other participants, the all such risks being known and appreciated by me. I understand that personal music players are not allowed during my training and I will abide by this rule. I have 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 and the Jewish Community Center 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 these training session, 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 or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____

Please turn in this completed form at member services at the JCC or mail it to Mickey Piscitelli at 4091 Cortina Road Baldwinsville, NY 13027.

Please email Mickey at mpiscitelli2@verizon.net or phone (315) 638-9662 to informally register for this program or to seek more information about this program.

Age Group Records 80-84 Women

60m	Patricia Peterson	12.98	1/5/07
100m	Patricia Peterson	19.51	8/4/06
200m	Patricia Peterson	42.41	6/29/07
400m	Patricia Peterson	1:52.93	9/14/07
1500m walk	Alice Carroll	15:43.9	6/7/14
5km walk (r)	Elsie Adams	1:21:59	6/11/06
Long Jump	Patricia Peterson	5-2 1/2	6/9/06
Shot Put, 3kg	Alice Carroll	14-9 3/4	6/7/14
Discus, 1kg	Elsie Adams	32-11 1/4	8/2/02

Age Group Records 80-84 Men

50m	Ed Cox	8.81	6/8/12
55m	Ed Cox	9.01	12/14/08
60m	Ed Cox	9.82	3/8/09
100m	Ed Cox	15.47	6/27/09
200m	Ed Cox	33.46	7/4/10
300m	Ed Cox	56.73	2/1/09
400m	Ed Cox	1:24.16	12/14/08
800m	Wally McRae	3:48.9	10/12/12
1000m	Charles Jorgensen	5:45.4	1/16/99
1500m	Wally McRae	7:57.3	11/9/12
1 mile	Nate White	8:09.4	12/30/99
2000m	Nate White	11:23.4	3/24/01
3000m (r)	Fritz Schlereth	20:43	5/4/14
3000m (t)	Nate White	15:23.6	12/17/99
5000m (r)	Wally McRae	28:24	9/30/12
5000m (t)	Wally McRae	28:26.1	11/30/12
8km (r)	Charles Hackenheimer	51:04	5/16/87
10km (r)	Sid Zecher	1:02:46	4/26/99
10km (t)	Russell More	1:14:41.8	12/14/01
15km (r)	Charles Hackenheimer	1:51:16	7/9/90
10 miles	Sheldon Kall	2:41:42	5/4/14
Half Marathon	Joe Familo	3:53:05	4/10/04
Marathon	Joe Familo	7:33:39	10/18/03
55m HH	Ed Lukens	10.9	3/16/02
60m HH	Ed Lukens	12.23	3/23/02
Long Jump	Ed Lukens	13-1 3/4	3/23/02
Long Jump	Ed Lukens	13-1 3/4	8/9/02
Triple Jump	Ed Lukens	28-4 1/2	3/30/02
High Jump	Ed Lukens	4-0	3/16/02
Pole Vault	David Rider	6-4 3/4	7/23/10
Shot Put, 3kg	David Rider	27-5 3/4	3/11/11
Shot Put, 4kg	Sid Zecher	26-1 1/2	6/18/01



Sunday, November 9, 2014

Proceeds go to the Burn Foundation of Central New York

Location: 148 Sanders Creek Pkwy, off Kinne St.,
East Syracuse Fire Station #2

Times: Kid's Run 8:30 a.m. free!
5K 9:00 a.m.
10K 10:00 a.m.

Entry Fee:

Pre-registration until 10/31/14 \$25.00

Post marked between 11/1 and 11/5/14 \$30.00

Packet Pick up day at Fleet Feet or Race Day registrations \$35.00

For additional information and to register online visit

www.theBurnRun.org

Timing/Results by Leone Timing & Results

post race food by Bull and Bear Roadhouse----music by The Rebel

THE 23rd ANNUAL JENNY KUZMA MEMORIAL

BERGEN 5K

Bergen, NY August 9, 2014

Results By Leone Timing & Results Services
www.leonetiming.com

PLACE	NAME	AGE	TIME			
1	Kiplangat Tisia	25	14:44	54	Brandon Selbig	19 16:48
2	Patrick Geoghegan	24	14:49	55	Matthew Herbert	21 16:49
3	John Moore	26	14:54	56	Andrew Zeccola	21 16:51
4	Enock Bor	22	14:56	57	Justin Shaffer	17 16:53
5	Joseph Whelan	23	14:59	58	Emmy Chepkirui	25 16:53
6	Sam Morse	30	15:03	59	William Hoyne	32 16:53
7	C. Fred Joslyn	30	15:05	60	Christa Meyer	33 16:54
8	Jared Burdick	27	15:08	61	Rusty Edwards	32 17:00
9	Alex Brimstein	23	15:13	62	Alex Crise	20 17:01
10	Andrew Foxenberg	29	15:17	63	Matt Vanvleck	19 17:01
11	Christopher Mateer	23	15:18	64	Jose Ramos	22 17:03
12	Dan Serianni	23	15:20	65	Charlie Andrews	57 17:04
13	Zachary Rivers	24	15:20	66	Maegan Krifchin	26 17:05
14	Bradly Frink	25	15:29	67	Andy Penner	18 17:08
15	Nicholas Guarino	25	15:31	68	Paul Glor	36 17:10
16	Greg Selke	24	15:36	69	Bill Buckenmeyer	29 17:14
17	Scott Weeks	42	15:36	70	Connor Hayward	20 17:15
18	Josh Guarino	25	15:39	71	Gabriel Rodriguez	19 17:23
19	Chris Raulli	26	15:41	72	Matt Stoutz	21 17:26
20	Andrea Damad	27	15:43	73	Dave Herbert	22 17:28
21	Collin Mulcahy	20	15:46	74	Neil Guertin	20 17:29
22	Mike DiGennaro	36	15:48	75	Brandon Rebert	21 17:31
23	Chad Byler	31	15:50	76	Kevin Sheehan	52 17:33
24	Cody Orton	21	15:57	77	Michael Rizzo	21 17:36
25	Dave Cook	30	15:57	78	Scott Bickham	48 17:37
26	Evan Magnussen	20	16:00	79	Jeremiah Bailey	28 17:41
27	Peter Francia	24	16:01	80	Kristen Hopfinger	33 17:45
28	Hannah Davidson	24	16:01	81	Trisha Byler	30 17:48
29	Steve Whittemore	22	16:06	82	Karen Blodgett	38 17:53
30	Jed Kovalovsky	21	16:06	83	Jenn Randall	22 17:55
31	Alexander Hogue	16	16:07	84	Kevin Nickerson	19 17:58
32	Connor Martin	26	16:08	85	Jason Knarr	38 17:58
33	Dan Snitzer	25	16:08	86	Cole Declerck	21 18:10
34	Cody Martini	19	16:13	87	Shawn Molloy	45 18:14
35	Andrew Coy	21	16:15	88	Zachary Hilt	21 18:18
36	Anthony Giuliano	35	16:16	89	Tyler Senall	13 18:21
37	Nathan Yost	18	16:16	90	Andrew Caffrey	36 18:24
38	Ryan Moynihan	21	16:16	91	Thomas Demmer	17 18:24
39	Chris Shartrand	21	16:17	92	Rob Feissner	38 18:26
40	Joshua Perks	40	16:17	93	Benjamin Gajewski	28 18:27
41	Justin Niedzialek	37	16:17	94	Jordyn Naylon	23 18:27
42	Juan Martinez	36	16:22	95	Joe Williams	41 18:30
43	Gabe Bender	20	16:24	96	Joe Haungs	52 18:32
44	Matthew Roberts	30	16:25	97	Danielle Cox	25 18:37
45	Francis Burdett	49	16:26	98	Kelly Stevens	32 18:38
46	Kirt Komocki	41	16:29	99	Shaylyn Tuite	21 18:39
47	Pete Gratien	26	16:32	100	Paul Chmielowiec	28 18:52
48	Adam Staveski	19	16:34	101	John Stephens	32 18:54
49	Josh Harter	39	16:34	102	Ty Demmer	18 18:57
50	Matthew Byrnes	21	16:40	103	Mark Rybinski	59 19:03
51	Maurie Clark	21	16:40	104	Derrick Jones	42 19:10
52	Matt Hussey	25	16:42	105	Dale Flanders	49 19:11
53	Mike Nier	49	16:44	106	Melissa Senall	42 19:11
				107	Elsa Cole	14 19:15
				108	Wayne Crandall	51 19:17
				109	Dan Ward	37 19:18
				110	Nicholas Cunningham	13 19:20
				111	Jake Hunt	18 19:21
				112	Elizabeth Matthews	34 19:21
				113	Chad Slammer	22 19:23
				114	Ashton Hughes	20 19:23
				115	Christine Sprehe	25 19:24
				116	Rick Royce	55 19:36

117	Erika Duthiers	41	19:39	180	Leanna Shipman	20	23:05
118	Paul Sperr	19	19:44	181	Sarah Rappleye	14	23:05
119	Matthew Merrill	36	19:47	182	Cory Phillips	36	23:05
120	Gregory Nowakowski	46	19:49	183	Michael Halko	57	23:06
121	Katie Mutter	24	19:51	184	Mike Partridge	30	23:07
122	Brian McElroy	52	20:00	185	John Keller	33	23:07
123	Joshua Palley	29	20:03	186	Samantha Walker	17	23:08
124	Amy De Seyn	25	20:05	187	Greg Lavis	59	23:10
125	Molly Romano	30	20:09	188	Matthew Ehlers	43	23:18
126	Laura Anderson	26	20:10	189	Michelle Hays	43	23:24
127	Jim May	68	20:15	190	Danielle Foeller	17	23:28
128	Matthew Ruhland	16	20:22	191	Nathan Clark	22	23:36
129	Gary Radford	57	20:23	192	Sharon Moore	60	23:37
130	Gary Sterber	62	20:23	193	Lynn Gottfried	35	23:39
131	Bill Beyerbach	59	20:26	194	Paul Persia	63	23:44
132	Audra Naujokas-Knapp	44	20:27	195	Tito Antonetty	56	23:45
133	Keith Scott	52	20:27	196	Colleen Magnussen	54	23:47
134	Clayton Allen	13	20:34	197	Alexandra Walker	18	23:54
135	Dave Brunette	19	20:37	198	Mark Nash	16	23:54
136	Sean Donovan	17	20:39	199	Sean Ezzell	23	23:58
137	Beth Anne Deciantis	52	20:52	200	Marie White	54	24:08
138	Kara Hall	19	20:56	201	TJ Barber	31	24:10
139	Mark Battaglia	46	20:57	202	Lauryn Recchia	27	24:11
140	Jacob Blanchard	16	21:03	203	Bob Castleman	56	24:12
141	Tyler Murray	24	21:04	204	Melissa Doran	44	24:13
142	Barry Latner	62	21:06	205	Mike Irish	61	24:14
143	Dylan Loewke	22	21:07	206	Matthew French	39	24:18
144	Prem Kumar	39	21:12	207	Sam Spinoso	24	24:18
145	Dawn Lammert	25	21:19	208	Justin Pretko	29	24:21
146	Mark Heberger	59	21:19	209	Ashley Montgomery	16	24:25
147	Doug Deweaver	56	21:32	210	Kaitlyn Stagnitta	28	24:29
148	Eric Knaak	48	21:36	211	Kam Sembhi	23	24:31
149	Kevin Donovan	52	21:37	212	Eugenio Franqui	52	24:37
150	Bill Clauss	63	21:41	213	Robert Beutner	38	24:40
151	Roberto Rodriguez	47	21:41	214	Anne Lytwynec	60	24:41
152	Erin Mahoney	30	21:42	215	Mark Stelman	54	24:42
153	Ashlie Roberts	29	21:43	216	Jason Gottfried	35	24:42
154	Lisa Perks	33	21:45	217	Karen Godshall	50	24:42
155	Josh Kent	34	21:48	218	Jack Kasperski	63	24:48
156	Morgan Munger	16	21:49	219	Carolyn Smith-Hanna	63	24:52
157	Andrew Davis	28	21:49	220	James Senall	42	24:59
158	Paul Spaulding	48	21:50	221	Dwight Rogers	72	25:01
159	Dani Van Velsor	36	21:51	222	Bob Dyjak	61	25:05
160	Mitch Moore	60	21:53	223	Jen Popen	42	25:07
161	Kerry Hoffman	32	21:57	224	Gary Gillett	44	25:09
162	Mike Sayers	55	22:05	225	Andrew Fink	30	25:16
163	Marianne Campbell	37	22:09	226	Jessica Morgan	27	25:17
164	Julianna Holland	21	22:09	227	Lisa Farrell	24	25:19
165	Jeffrey Young	45	22:10	228	Amy Phillips	37	25:20
166	Monique Golossi	35	22:13	229	Andrew Nicchitta	16	25:30
167	Mark Chase	38	22:17	230	Pelle Ayers	45	25:39
168	Tom Fasoldt	49	22:29	231	Ann Lynn	41	25:42
169	Jake Rada	16	22:32	232	Jeanne Herrick	63	25:46
170	Bill Balfoort	39	22:33	233	Darren Kwiatkowski	39	25:54
171	Madelyn Schwartz	18	22:33	234	Kristopher Vurraro	41	26:05
172	Ryan Paddock	16	22:37	235	Kate Bogdan	30	26:09
173	Sarah Donovan	18	22:49	236	Richard Lawrence	53	26:12
174	Lindsay Rynders	22	22:51	237	Michael Brookhart	43	26:17
175	Jerry Ayers	44	22:55	238	Bob Otto	75	26:25
176	Bonnie Lindblom	50	22:55	239	Heather Ostrander	40	26:28
177	Bill Crowe	64	22:57	240	Lynda McGuire	66	26:29
178	Greg Karl	67	22:59	241	Bruce Rychwalski	65	26:35
179	Kristen Guarino	21	23:01	242	Vincent Guarino	53	26:36

243	Siomara Caballero	12	26:41	306	Sue Farley	54	31:57
244	Elizabeth Knopf	44	26:47	307	Bradley Mitchell	56	31:57
245	Mary Crowe	58	26:51	308	James Williams	16	32:24
246	Tony Parrino	62	27:01	309	Nancy Guarino	55	32:40
247	Kendall Phillips	9	27:08	310	Amanda Cook	39	32:54
248	Stephen Hedges	65	27:09	311	Miriam Tardy	11	33:36
249	Douglas Ralph	58	27:14	312	Tom Tytler	66	33:59
250	Mark Holley	24	27:15	313	Shawna Dorman	30	34:19
251	JK Guy	11	27:21	314	Chris Pessagno	63	34:26
252	Kyle Foeller	11	27:23	315	Aziz Naim	32	34:37
253	Ron Whitlock	70	27:23	316	Caralyn Camarata	31	34:45
254	Adam Smith	36	27:38	317	Frederick Plimpton	58	34:46
255	Ken Lowe	71	27:43	318	Abby Vurraro	12	34:48
256	Bob Jarnot	55	27:49	319	Jenna Johnson	27	34:50
257	Lauren Paddock	14	27:53	320	Jessica Johnston	43	34:55
258	Charlotte Jaanimagi	61	27:54	321	Wendy Kingdollar	28	35:12
259	Jamie Caldwell	29	27:56	322	Hannah Catalino	11	35:20
260	Michael West	38	28:03	323	Leah Catalino	16	35:20
261	Gregory Vleck	65	28:07	324	Maura Arendt	46	35:25
262	Isaiah Fasoldt	17	28:12	325	Joseph DiGennaro	39	35:30
263	Ed Hunt	49	28:19	326	Candice Pretko	27	35:39
264	Lacy Morgan-Develder	30	28:24	327	Mary Bishop	48	35:46
265	Ava Horsan	13	28:31	328	Kathy Dermody	53	35:57
266	Julie Tobolski	36	28:34	329	Josh Swanson	24	36:24
267	Tammy Giunta	39	28:34	330	Charis Fasoldt	17	36:32
268	Mitzie Lewandowski	67	28:36	331	Luke Williams	11	36:52
269	Steve Samis	46	28:42	332	Molly Mitchell	57	37:05
270	Libby Loftus	13	28:43	333	Rachel Best	10	38:00
271	Shawnie Woeller	49	28:54	334	Karen Piper	37	38:25
272	William Hayes	75	28:57	335	Al Smith	76	38:25
273	Dave McCarthy	65	28:59	336	Doug Webster	65	38:29
274	Jill Behr-Medved	57	29:06	337	Pamela Gartz	37	40:06
275	Wendy Wicks	52	29:09	338	Jessica Johnson	33	40:35
276	Kevin Spinosa	50	29:13	339	Jonah Clare	11	41:23
277	Don Galetto	61	29:25	340	Alexander Davis	30	41:24
278	Shannon Dermody	21	29:26	341	Bill Clare	49	41:24
279	Dean Acton	23	29:26	342	Amy Vanderhoof	42	41:30
280	Loren Jones	63	29:34	343	Karen Samis	48	41:30
281	Austin Saeva	13	29:40	344	Penny Bennett	57	41:45
282	Nicklos Carpino	54	29:41	345	Emma Starowitz	7	41:53
283	Joe Nolan	61	29:43	346	Emily Hirsch	24	41:54
284	Martha Hardy	55	29:49	347	Jake Koziej	10	41:54
285	Emma Lawrence	13	29:50	348	Elizabeth Starowitz	6	42:02
286	Eric Giunta	37	29:52	349	Sherry Starowitz	33	42:02
287	Steven Holley	43	29:56	350	Jack Richardsoon	81	43:30
288	Mark Camarata	51	29:59	351	Joanne Carr	76	43:38
289	Michael Paddock	42	30:05	352	Katherine Grant	41	44:36
290	Jennifer Gaudino	41	30:06	353	Amber Coffey	36	44:36
291	Kris Christensen	35	30:07	354	Colleen Schwartzmeyer	31	45:55
292	Sydney Vanderhoof	12	30:28	355	Auburn Schwartzmeyer	11	45:55
293	Amy Chase	32	30:29	356	Amy Koziej	37	46:33
294	Renee Webb	46	30:40	357	David Catalino	52	48:35
295	Kerri Kwiatkowski	36	30:48	358	Sonya Catalino	49	48:37
296	Wendy Annal	45	30:49	359	Diane Starowitz	58	49:04
297	Zachary Piper	9	30:50	360	Alisha Johnson	22	54:24
298	Joshua Tardy	9	30:50	361	Lynnette Gall	26	54:24
299	Jessica Strollo	37	30:56	362	Tamara Hillabush Walker	46	55:57
300	Tami Loftus	44	30:59	363	Peggy Bok	56	1:00:16
301	Dan Wik	42	30:59	364	Kathy Gartz	41	1:00:23
302	Janice Van Skiver	60	31:37	365	Ashlee Bruton	29	1:00:36
303	Edward Pretko	54	31:38				
304	Nikki Guy	42	31:45				
305	Ava Wagoner	8	31:54				

Calendar of Events

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

September

- 14 Cortland Chiro 5k Run, Cortland YMCA. Contact Peggy Eck at 607-756.2893 or visit www.cortlandymca.org
- 14 USA 30km Race Walk Championships, Valley Cottage, NY visit www.usatf.org
- 20 (Sat.) Fayetteville 5 Mile Classic Contact David Kennedy—dkenn15@twc.com**
- 21 Harvest Dash, Critz Farms, Cazenovia—1 mile walk/run and 5k trail run Contact: Christy Kinney at Harvestdash@gmail.com or visit www.facebook.com/harvestdash
- 21 Rochester Marathon, Half Marathon, Marathon Relay, Rochester, NY contact Nicole@yellowjacketracing.com or visit www.rochestermarathon.com
- 21 CNY Bread Run, Fabius, NY. Half Marathon, 5k, and fun run. Visit www.breadrunatfabiusny.org
- 27 Upstate Cross Country Series #2—McQuaid Invit, 3 mile - 5:30pm, Rochester, NY. Visit www.GVH.net
- 28 Tully 5k REaCH Run/Walk, Tully HS

October

- 4 USA Masters 5km Race Walk Championships, Kingsport, TN visit www.kingsportracewalk.com
- 5 (Sun.) Syracuse Festival of Races 5 km USATF Masters Championships Contact: Dave Oja 446-6285 www.festivalofraces.com**
- 5 Wineglass Marathon, Bath, NY. Visit www.wineglassmarathon.com
- 12 USA 40km Race Walk Championships, Ocean Twp, NJ visit www.usatf.org
- 12 Upstate Cross Country Series #3 - Akron Falls, NY 6k 11:00am. Visit www.gvh.net
- 12 Steamtown Marathon, Scranton, PA Visit www.steamtownmarathon.com
- 18 Octoberfast Races, 10k, 5k, 5k race walk, Endwell, NY. Visit www.triplecitiesrunnersclub.org

November

- 2 Red Baron 1/2 Marathon, Corning, NY. 1:00pm start. Visit www.spencercrest.org
- 2 Upstate Cross Country Series #4 - Ithaca, NY—6k/8k (Niagara Open Champs) visit www.gvh.net
- 9 Burn Run, East Syracuse Contact: John Minnick—johnjm_1@man.com
- 23 Upstate Cross Country Series #5 - Mendon Ponds, Rochester, NY. 6k/10k visit www.gvh.net

Bold Print—SCTC Event

If you have events you would like listed in the Syracuse Chargers Newsletter, please e-mail information and entry blank to: dwtalcott@juno.com. Events will be listed as space is available.

2014 Chargers Grand Slam Events--Finish four or more 2014 Grand Slam races and win a Grand Slam tech shirt plus free entry for the Last Chance Trail Run & Pancake Breakfast. Grand Slam races include: 6/14—Hess Express Swamp Rat 5K or 10K; 7/4—Cazenovia July 4th 5K or 10 Miler; 8/16—Willow Bay 5K Run & Fitness Walk for Women; 9/20—Fayetteville Classic 5 Miler; 10/5—Syracuse Festival of Races Men's 5K or MVP Health Care Women's 5K.
Visit www.syracusechargers.org/slam for details.

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

Mail this form and check to: **Julie Shafer, Membership Coordinator** Register Online: RunSignUp.com
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.
P.O. Box 2354
Liverpool, New York 13089

Return Service Requested

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

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

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shorts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: 213 Scott Avenue, Syracuse, NY 13224	Postage		3.00	+ 3.00
	Total			