



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLXIII

Syracuse Chargers Track Club

September 2015

Willow Bay 5k Run and Fitness Walk for Women

It began to drizzle as we set up the morning of this year's race, but by start time the skies were clear and the sun shone nicely. It was comfortably cool with higher than usual humidity. Eighth grader David Griffith gave a very moving rendition of the National Anthem and starter Pat Piscitelli got the competitors, aged 3 through 80, on their way.

Our 2015 winner was 26 year old Leah Andrianos of East Syracuse with a time of 19:41. Moving up a spot from last year and covering the course 1 second faster than last year was 16-year old Brittany Alkerton of Brockville, Ontario in a time of 20:17. Karyl Sargent of Lafayette was third overall in 20:24. Karyl's time places her on the list of top 5 finishes at Willow Bay for the 50-54 age group! Karyl captured the masters' crown last year as well, but this year was more than one minute faster!

There were a total of 205 finishers and among them we had 18 Sister-Sister teams, 37 Mother-Daughter teams, 7 Grandmother-Granddaughter teams, and 10 Aunt-Niece teams.

Our winning mother-daughter team was Allison and Tammy Congelli in a combined time of 46:22. Our winning sister-sister team was once again the Alkerton girls who collectively ran 41:42. Allison Lange with grandmother Dorothy Schiessl won the grandmother-granddaughter division in a time of 1:08:57. Our winning aunt-niece team was 15-year old Abigail Frey and her aunt Karyl Sargent with a combined time of 45:55.

We had outstanding results with 21 runners winning the "Double Your Fun" challenge. All entrants were automatically entered into the challenge pool upon registration. If a runner can cover the 5K distance in a time less than or equal to half of her age on the day of the race, she has won the challenge! The top performer in this category this year was Sue Gardinier. The ages of the winners for this year's challenge ranged from 47 to 73 years old!

Many thanks to our race coordinators Bob Hiemenz (pre-race registration and results), Mark Driscoll (finish) and Mike Joyner (course) who



Syracuse Chargers Track Club, Inc.

Board of Directors

President

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Vice President

Mark Driscoll 449-9615
mdriscol@syr.edu

Administrative VP

Available

Secretary

Roger Hahn
rchahn@syr.edu

Treasurer

Available

Scholastic Coach

Jim McCaul 342-1123
jmccaul6@twcny.rr.com

Open (Men) Coordinator

Available

Open (women) Coord.

Available

Masters (Men)

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Masters (Women)

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Road Races Coord.

Available

Membership Coord.

Julie Hernandez 399-8553
Julie.shafer.js@gmail.com

At Large

James Alexander
vorlonsrule@verizon.net
Pat Leone
pat@leonetiming.com
Terry McConnell
trmconn@syr.edu

Program Coordinators

Charger Records

Terry McConnell
trmconn@syr.edu

Charger Challenge

Ed Polly 256-6398
102 Rosewell
Meadow Drive
DeWitt, NY 13214
Golfnrun@pollywood.org

Special Olympics

Peter Rhodes 422-1037
per56@aol.com

Youth Programs

Mark Driscoll 449-9615
mdriscol@syr.edu
Jasper Royal 416-3811

Merchandise

Available

Awards Banquet

Linda Oja
LindaOja@a-znet.com
446-6285

Volunteers

Available

Scholarship Award

John View
6129 Bay Hill Circle
Jamesville, NY 13078

Sunday Walkers Program

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Summer Runs

Available

Oneida shores

Greg Broton
GBroton@nscsd.org

Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices

Mark Driscoll 449-9615

Webmaster

Chris Raulli
craulli88@gmail.com

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.

Staff:

Dave Talcott, Compiler (race results, entry forms, calendar of events) (dwtalcott@juno.com); **Marie Christopher**
Terry McConnell (Track & Field Results & Charger Records) (trmconn@syr.edu)

Contributing Writers:

Terry McConnell (track & field)
Gabe Yankowitz, Physical Therapist
Maureen Fauler, MHA, RD, CDN
Sam Graceffo, MD

Material should reach Dave Talcott, 566 McLean Road,
Owego, NY 13827 or e-mail dwtalcott@juno.com
by the 22nd of the month - July 22nd for the August issue.

Chargers Membership Forms should be sent to:

Julie Hernandez, SCTC Membership Coordinator
P.O. Box 2354
Liverpool, NY 13089-2354

Changing your address? Let Julie know as soon as possible
(339-8553) or julie.shafer.js@gmail.com.

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

It will **NOT** be forwarded.



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

number is "04-0092"

Send Merchandise orders to:

SCTC
P.O. Box 2354
Liverpool, NY 13089-2354

Club Web Site: www.syracusechargers.org

New Members:

Willard Moulton	Allison Oakes	Anitra Schuon	Luke Schuon
Natashsa Schuon	Andrew Teller	Miles Teller	

Renewing Members:

Alexander Family	Bender Family	Liz Besio	Michael Defio
Paul Dunham	Kelly Dworak	Chuck Gorman	David Kennedy
Gary Ketchum	Mann Family	John Minnick	Patruno Family
Edward Polly	Patrick Reagan	Peter & Nancy Rhodes	Erwin Rice
Carol Rider	Ruth & Larry Ripley	Mary-Ann Ruzs	Lisa Weil

Recent Charger Age Group Records

M 30-34	440y	Philip Panebianco	54.6	7/29/2015
F 55-59	100 miles trail	Luana Pesco Poplowitz	25:43:04	5/23/2015
M 80-84	Hammer	Chuck Yost	82-10	6/5/2015
M 80-84	Shot Put 3kg	Chuck Yost	32-6	6/5/2015
M 85-89	Shot Put 3kg	David Rider	26-2	6/5/2015
M 85-89	High Jump	David Rider	3-5 ¼	7/9/2015
M 85-89	Hammer	David Rider	64-11	6/5/2015
M 85-89	Pole Vault	David Rider	5-5 ¼	7/8/2015

Phil Panebianco’s record displaces Phil Rougeux’s 55.2 from 1993. It was set at a Chargers all-comers meet at Nottingham track in a special “retro” event.

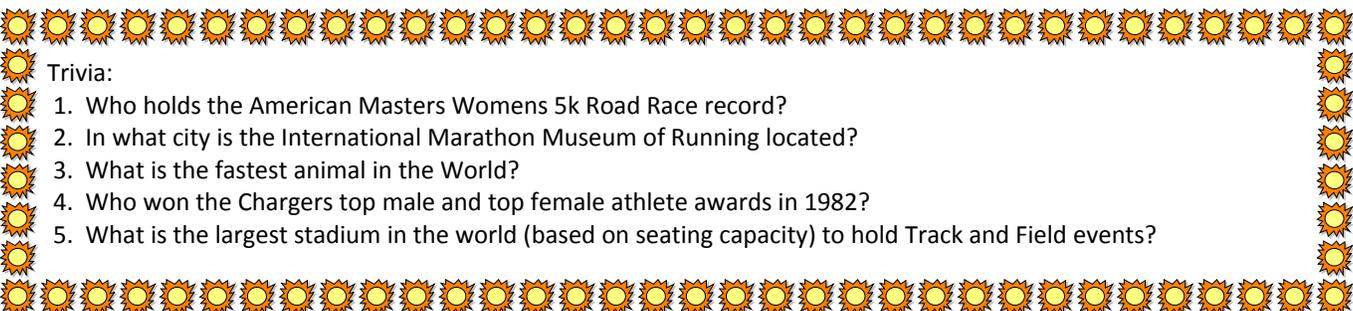
Luana Pesco Poplowitz improved her own previous Chargers record time of 28:20:06, set on the same course almost exactly one year ago. The course is a 12.5 mile loop repeated 8 times on a mixture of terrain, and with 28,000 feet of elevation change overall. It was held in Ancaster, ON.

Chuck Yost set his records at the Empire Senior Games (Cortland, N.Y.) His Hammer effort removes David Rider’s 74-7 ¼ from 2012, and his Shot Put displaces David’s 27-5 from 2011.

David Rider, meanwhile, had moved on to blaze new frontiers in the next age group. He set his High Jump and Pole Vault records at the National Senior Games, held in St. Paul, Minn. He won the gold medal with his vault and got 2nd in the High Jump. His other records were set in the Empire Senior Games (Cortland, N.Y.) He also set a Chargers record in the High Jump at Cortland, but it was supplanted by his own later effort in St. Paul. David also competed well in the Long Jump, taking 2nd at Nationals, and he won the Triple Jump there, but neither effort was enough to budge the Chargers records held by Ed Lukens – some indication of just how tough those Lukens records are.

On the Roads

Karyl Sargent took third overall and won her F50-54 division of the Willow Bay Women’s 5k with the eye-opening time of 20:24. This positions her at 4th all time on the list of performances in her age group at Willow Bay. For the record, Nancy Frisillo’s seemingly unapproachable 19:05 from 1992 remains the Chargers record F50-54 over 5k on the roads.



Trivia:

1. Who holds the American Masters Womens 5k Road Race record?
2. In what city is the International Marathon Museum of Running located?
3. What is the fastest animal in the World?
4. Who won the Chargers top male and top female athlete awards in 1982?
5. What is the largest stadium in the world (based on seating capacity) to hold Track and Field events?

New Irregular Feature: Track Reviews

If you've ever bothered to look out the airplane window you've probably spotted two unmistakable artifacts of human habitation on the terrain below: golf courses, and tracks. Rare is the small town that lacks one of these distinctive ovals.

This month begins a new feature in this column: reviews of local tracks; sort of like restaurant reviews, only the overall rating will be given in "spikes" rather than "stars". Right off the bat we need to include a big fat disclaimer: just because a track is reviewed here, it doesn't mean **you** have permission to run on it any time you want! Access rights on tracks vary widely, and if you venture onto a track without permission and get run off by an irate grounds-keeper, superintendent, or county sheriff, don't come cryin' to me (or the Chargers!) It is up to **you** to insure that you have permission to run on that track.

That being said, here's an old story that may or may not be true. Once upon a time a group of noontime runners at SU found themselves needing to do their weekly speed session without a track. (Bleachers blocking the Manley track, or some such inconvenience.) Somebody said "Nottingham", so they headed down Euclid and up and down all those hills, only to find the entire Nottingham track infield (and spilling onto the track!) covered by cheerleaders practicing their splits. What to do? Well, somebody said there just happened to be another track (at CBA), over just one more hill, so they all headed there with high hopes and expectations. Alas, it turned out that CBA track was entirely dirt with a chain-link fence, many feet tall.

Well, fences are normally built for keeping something out, or for keeping something in, but these professors really needed their workout, and the story has it that they scaled that fence and brazenly did a workout right there on that fenced-in track! Now here the story really gets fuzzy, but it may be that a grounds-keeper ambled over at some point and said that, seeing as they were already there, they might as well finish what they were doing, but wouldn't they please leave by way of the gate (which he would leave open for them) so that nobody gets hurt scrambling back over the fence?

Sunnycrest Track

Sunnycrest Track, described in city of Syracuse literature as an "Olympic Running Track", is located in a 45.88 acre city park named Sunnycrest Park. The park is bounded by Robinson Street, Sunnycrest Road, and Caleb Avenue. It can easily be accessed via the Teall Avenue exit of I-690. Turn at the light at Teall Ave. and Robinson St. next to Transfiguration Church. (For detailed directions and access information see the parks tab under the syracuse.ny.us website.) Besides the track, the city park features baseball and softball diamonds, tennis courts, basketball courts, a playground, a par 3 golf course, and an ice skating rink. The city has also marked out a "Monday Mile" jogging/walking course that begins and ends in the golf clubhouse parking lot and loops the baseball field twice.

The track is 400m with 87m straightaways, eight 4ft. wide lanes, and an all-weather surface. The infield is artificial turf.

An old rumor among runners, which I have been unable to get the city parks department to confirm or deny, is that the original pouring of the track surface was somehow botched, and a second layer had to be put on top of the first one. The resulting surface was regulation smooth, but "spongier" than expected. There is no debate amongst runners that the surface of Sunnycrest track has more "give" than any other similar track in the area –it does. The only question is why? And is it, overall, a good thing or a bad thing?

A spongy surface robs energy from a runner's forward motion and results in slower times. Runners will blame their slow times on almost anything, but in this case they are probably justified in their belief that Sunnycrest is a slow track. In my own experience, the effect is not large, but not entirely negligible ei-

ther.

My intuition suggests, on the other hand, that a spongier surface is easier on joints and bones, although I don't have the bio-mechanical expertise to make the outright claim that running on spongier surfaces like Sunnycrest's leads to fewer injuries over the long term. I'm guessing that it does, although, again, the effect may be small.

Slow or not, a number of significant athletic events have been held at Sunnycrest, including Empire State Games track and field events, and the remarkable Charger women's 100x1-mile relay world record, set here on August 8, 1994. For many years it hosted weekly Chargers competitive team workouts during the summer months, as well as all-comers track meets sponsored by the Chargers and other organizations.

Parking at Sunnycrest is a definite plus. There is ample parking in the large lot adjacent to the tennis courts. Restrooms are available, but are inconveniently far from the track. For runners, the best bet is to go down the asphalt cart path to the golf course clubhouse, which has public restrooms. The presence of the golf course may also be hazardous to runners on the track or kids playing in the infield. There is a tee box up the hill behind the track, and a shanked shot from a righty teeing off there will often find the track surface. Be careful and keep your eyes open.

When I visited the track on a sunny afternoon in August I found the parking lot empty except for one other car. The gate to the track enclosure was locked but there is a small opening at the far end through which all but the morbidly obese can easily pass. I found the water fountain in working order, but you never can tell at a public park. It is probably wise to byob just in case. The only other people there were 2 kids hitting golf shots on the infield.

In summary

Plus: ample parking, playground for the kids, easy to find and often available for use, convenient water fountain (near the usually locked restrooms at the rear of the concession stand, adjacent to the scoreboard), restaurants and pubs nearby for post-workout refreshment.

Minus: slow surface, longish trek to restrooms, danger from errant golf shots, badly faded track markings and surface generally in poor condition, with one significant dip in lane one on the back stretch.

Rating: 2 spikes (out of a possible 5)

Thursday Night Onondaga Lake Park Fun Run Results

July 30th

2 Mile

Jerry Smith	68	24:33
Mark Rio	14	34:00
Sue Rio	50	34:07
Cathy Leetz	42	No Time

5 km

Paul Cianfrocca	51	21:48
Kurt Stanton	65	30:07
Lew Cutler	65	34:41
Ken Iandolo	64	35:04

5 Mile

Chuck Milazzo	59	39:51
Jim Cox	54	40:37

August 6th

400 meter kids run

Preston Schuon	9	3:16
Natasha Schuon	11	3:21

2 Mile

Savannah Kuhr	13	15:16
Natasha Schuon	11	26:00
Anitra Schuon	39	26:23

5 km

Ken Iandolo	64	32:58
Lew Cutler	65	33:33

4 Mile

Jim Cox	54	33:54
---------	----	-------

Syracuse Chargers Records for Open Females

40y	Lynn Rosenthal	5.3	1/29/1978
45m	Irene Thompson	6.2	1/11/1987
50y	Linda Cupit	6.5	1/26/1975
50m	Cathy McKeever	6.7	2/27/1982
50m	Irene Thompson	6.7	3/24/1987
50m	JoAnn Angotti	6.7	2/6/1988
55m	Irene Thompson	7.2	2/87
55m	JoAnn Angotti	7.2	1/17/1988
55m	Irene Thompson	7.2	3/22/1992
55m	Musu Jackson Buckner	7.34	2/2/2008
60y	Chris Schilly	6.9	2/3/1974
60m	Andrea Bader	8.03	2/20/2010
100y	Linda Cupit	11.4	4/12/1975
100m	Zanderland Dixon	12.1	7/26/1980
200m	Zanderland Dixon	24.8	7/26/1980
220y	Chris Schilly	25.1	6/9/1974
300y	Linda Cupit	39.6	2/1/1976
300y	JoAnn Angotti	39.56	3/29/1987
300m	Janine Schilly	43.1	1/24/1982
400y	Erica Hagenlocher	58.7	8/1977
400m	Andrea Andrews	57.49	7/25/1992
440y	Chris Schilly	55.4	4/6/1984
500m	Deb Springer	1:25.0	2/9/2003
600y	Chris Schilly	1:24.0	unknown
600m	Carolyn Eich	1:43.0	2/27/1983
800m	Kim Standridge	2:05.8	4/20/2012
880y	Chris Schilly	2:12.3	2/23/1975
1000y	Katy Schilly	2:36.4	2/1/1976
1000m	Kim Standridge	2:47.6	1/14/2012
1500m	Amanda LoPiccolo	4:16.5	6/17/2009
1 mile	Amanda LoPiccolo	4:44.2	4/25/2009
2000m	Mary Ann Weibel	6:37.4	1/19/1986
2km steeple	Tonya Dodge	7:02.7	8/14/1999
3000m road	Betsy Kneale	10:38	4/2/1990
3000m	Amanda LoPiccolo	9:16.1	2/13/2009
3000m steeple	Tonya Dodge	10:10.8	5/12/2001
2 miles	Katy Schilly	10:19.0	2/22/1976
3 miles	Joanne Rainis	20:46.8	5/21/1978
5km track	Amanda LoPiccolo	15:52.7	5/30/2009
5km road	Amanda Laytham	16:43	8/30/2009
8km	Kristin White	28:19.0	2/10/2001
8km track	Patti Ford	29:16.0	1/18/1994
5 miles road	Chrissie Morganti	29:11.0	3/17/1990
10km road	Katy Schilly	34:44.0	8/15/1976
10km road	Andrea Burke	34:44.0	10/8/1984
10km track	Amanda Laytham	34:07.8	6/9/2007
12km	Gloria Brown	55:09.0	9/12/1994
15km track	Patti Ford	58:26.4	3/10/1994
15km road	Amanda LoPiccolo	53:58.6	11/7/2010
10 miles road	Julianne Quinn	59:31	5/3/2015
10 miles track	Lennie Tucker	1:29:49	6/28/1981
20km	Melissa LeCasse	1:11:26	9/2/1984
half marathon	Julianne Quinn	1:17:05	3/15/2015
25km road	Deb Froehlich	1:43:18	5/1/1983
30km road	Caryl Andrew	1:54:32	3/24/1985
marathon	Marion Teitsch	2:40:32	5/12/1984
50km track	Lennie Tucker	5:26:10	5/19/1984
50km track	Luanda Pesco Koplowitz	6:52:16	11/1/2014
50km road	Lorrie Marnell	5:21:56	7/5/1997
60km road	Sister Nicolette	5:55:44	3/8/1981
50 miles road	Lennie Tucker	7:41:22	11/15/1981
50 miles track	Lennie Tucker	8:05:54.0	6/27/1981
100km track	Lennie Tucker	13:03:19.0	7/4/1982
100km trail	Luana P-Koplowitz	14:04:17	8/24/2013
100 miles trail	Luana P-Koplowitz	28:20:06	5/24/2014
2 hour run	Lennie Tucker	14.75 mi.	6/30/1984
12 hour run road	Mary DaSilva	57.564 mi.	5/14/2011

24 hour run road	Mary DaSilva	62.20066 mi.	9/21/2014
24 hour run track	Lennie Tucker	91.94 mi.	7/4/1982
50m HH	Janet Adams	8.1	3/15/1986
55m HH	April Rushey	9.0	3/15/1997
60m HH	Melissa St. Vil	9.61	2/6/2005
80m HH	Irene Thompson	13.65	7/12/2001
100m HH	Cathy Golden	15.1	8/7/1983
300m IH	Grace Killory	53.8	8/15/1980
330y IH	Erica Hagenlocher	46.3	4/27/1975
400m IH	Diane Thompson	64.49	7/27/2000
440y IH	Grace Killory	1:17.0	6/79
high jump	Sharon Gleasman	5-11 1/4	5/18/1984
pole vault	Linda Hadfield	10 11	7/26/2007
triple jump	Antonnikka Owens	40-8 3/4	2/7/2004
long jump	Sharon Gleasman	17-6 1/2	2/27/1983
weight pentathlon	Monica Ridgeway	3125	7/13/2007
weight throw 20lb	Monica Riggeway	45-5 1/4	7/13/2007
weight throw 30lb	Kathleen Pierce	22-10	3/29/1987
shot put 8lb	Patrina Thomas	44-4 1/2	8/9/1985
discus	Shari Zembeck	150-8	5/22/1992
hammer 4kg	Monica Ridgeway	144-4	7/13/2007
javelin	Janet Adams	137-7 3/4	8/8/1985
shot put 4kg	Shari Zembeck	44-1	7/25/1992
indoor pentathlon	Monica Ridgeway	2690	3/15/1997
outdoor pentathlon	Chris Schilly	3132	8/25/1973
heptathlon	Janet Adams	4580	8/14/1981
1 hour walk	Laura Feller	10630m	7/20/2003
1500m walk	Laura Feller	7:32.3	6/20/2005
1 mile walk	Ellen Minkow	7:29.4	1973
3000m walk	Laura Feller	15:26.7	1/18/2004
5km walk road	Laura Feller	26:25.0	4/26/2003
5km walk track	Laura Feller	25:56.6	4/29/2006
8km walk track	Laura Feller	45:18.0	7/20/2003
10km walk track	Laura Feller	58:25.0	7/27/2000
10km walk road	Laura Feller	52:41.0	6/3/2006
15km walk road	Laura Feller	1:22:33	8/20/2006
20km walk road	Laura Feller	1:50:08	4/9/2006

Syracuse Chargers Records for Open Males

40y	Henry Smith	4.8	8/25/1973
40y	Dave Levitt	4.8	3/18/1978
45m	Al Walton	5.3	1/11/1987
45m	Al Walton	5.3	2/5/1989
50y	Al Walton	5.6	3/8/1987
50m	Chris Coleman	5.7	12/22/1984
50m	Chris Coleman	5.7	3/10/1985
55m	Al Walton	6.2	3/15/1989
60m	Durell Cull	6.94	2/19/2012
100y	Robert Vaughn	9.5	7/12/1980
100m	Sean Bernstein	10.45	7/24/2013
200m	Sean Bernstein	21.31	7/25/2013
220y	Tony Basile	22.9	7/13/1973
300y	Al Walton	32.79	3/29/1987
300m	Nigel Shepard	36.0	1/24/1982
400m	Lubert Lewis	47.25	6/2/2001
440y	Tom Stoyan	51.2	7/20/1971
500m	Lubert Lewis	1:03.1	1/28/2001
600y	Phil Rougeux	1:12.9	1/20/1985
600m	Nick Stenuf	1:20.1	1/9/2009
800m	Lubert Lewis	1:46.7	6/24/2000
880y	Tom Carter	1:56.4	5/18/1983
1000y	Fran Verdoliva	2:15.6	1/25/1981
1000m	Nicholas Guarino	2:20.3	2/1/2013
1500m	Bruce Fischer	3:40.0	6/72
1 mile	Nick Stenuf	4:03.1	1/30/2010
2000m	Jerry Jurick	5:22.6	2/2/1985
3000m road	J.C. O'Donnell	8:56	4/25/1992
3000m	Derek Treadwell	8:06.1	6/6/2006

3000m steeple	Justin Wood	9:03.4	4/23/2009
2 miles	Tom Dalton	8:43.7	2/6/1983
3 miles	Dave Dobrzynsky	14:05.0	1975
5km track	Tom Dalton	14:11.2	4/11/1981
5km road	Mark Andrews	14:21	8/25/2002
8km track	Sam Graceffo	29:58.0	1/8/1993
8km road	Ron Andrews	23:44	4/6/2002
5 miles track	George Bodine	28:30.0	8/25/1983
5 miles road	Mark Andrews	23:35	3/15/2003
6 miles track	Ed Stabler	33:00.0	10/1976
6 miles road	Bob Brock	32:14.0	9/24/1978
10km road	Tom Dalton	29:29.0	6/14/1981
10km track	Tom Dalton	29:20.6	5/28/1981
12km	Howard Rubin	1:01:46	2/26/2000
15km track	Ron Shaiko	52:44.0	4/11/1986
15km road	Jerry Lawson	44:50.0	3/89
10 miles road	Mike McMaster	49:45.0	3/31/1985
10 miles track	Tom Walnut	1:00:52	4/76
20km	Tom Carter	1:01:50	1/29/1983
half marathon	John Trowse	1:06:15	9/17/1985
25km track	Bob Nugent	41:11.7	10/17/2010
25km road	Skip Meno	1:23:32	9/6/1970
30km track	Bob Nugent	3:34.6	10/17/2010
30km road	Bill Fisher	1:36:42	3/23/1980
20 miles track	Bob Nugent	14:15.0	10/17/2010
marathon	Kevin Collins	2:17:37	6/17/1995
50km road	Aaron Robertson	3:20:12	3/6/2011
60km	Sam Paris	4:19:56	1978
40 miles	Sam Paris	4:47:47	6/4/1978
50 miles road	Bill O'Brian	6:20:15	10/4/1980
50 miles track	Bill O'Brian	6:27:21.0	7/7/1979
100km road	Sam Paris	8:42:12	11/24/1979
100km track	Bill O'Brian	9:46:35.0	7/4/1982
100 miles road	Mark Seigers	15:40	2/18/2012
100 miles track	Sam Graceffo	49:19.0	4/2/1988
2 hour run	Bob Nugent	18.1651 mi.	10/17/2010
12 hour run road	Mark Seigers	87.256 mi.	5/15/2010
24 hour run track	Bill O'Brian	114.32 miles	7/4/1982
50m HH	Keith Norwood	6.8	3/15/1986
55m HH	Ron Andrews	7.34	2/14/2004
60m HH	Ron Andrews	7.7	2/15/2003
60m HH	Ron Andrews	7.86	2/3/2004
110m HH	Ron Andrews	13.71	6/12/2004
300m IH	Ray Panek	41.5	7/20/1993
400m IH	Wayne Jones	52.8	8/10/1985
440y IH	Brian Buck	58.1	6/24/1979
high jump	Kym Orr	7-2 1/4	1/18/1987
pole vault	Mike Thompson	16-8 3/4	1/29/2000
triple jump	Maurice Etheredge	50-3	1/1/9/86
long jump	Jeff Whitehead	23-9 3/4	8/8/1986
weight throw 74lb	Tom Miller	30-0	8/10/1970
weight throw 300lb	Joe Benoit	2ft 9in	8/14/2011
weight pentathlon	Scott Powers	3732	6/1/1997
weight throw 200lb	Joe Benoit	5ft 11in	8/14/2011
weight throw 28lb	Tom Miller	80-0	8/25/1970
weight throw 35lb	Jesse Doty	71-6 3/4	2/9/2007
weight throw 56lb	Tom Miller	43-11	8/3/1971
shot put 12lb	Chris Hall	57-9	8/14/1982
shot put 16lb	Rob Golabek	64-5	1/26/2013
weight throw 98lb	Joe Benoit	12ft 6in	8/14/2011
discus	Scott Powers	156-0	7/22/1997
hammer 16lb	Jesse Doty	238-11	6/14/2009
javelin	Kevin Richardson	201-3	5/4/1985
indoor pentathlon	Ray Panek	3451	3/14/1996
decathlon	Tim Kane	6830	8/18/1984
outdoor pentathlon	Mike Roux	2834	6/29/1997
1 hour walk track	David Talcott	7mi 1017yd	11/21/1982
2 hour walk	David Talcott	14mi 1412yd.	11/21/1982
1000m walk	David Talcott	4:07.0	2/12/1989
1500m walk	David Talcott	6:12.9	2/10/1989

1 mile walk	David Talcott	6:39.9	8/9/1989
2000m walk	David Talcott	9:16.5	2/2/1985
3000m walk	David Talcott	13:05.4	1/21/1990
2 mile walk	David Talcott	13:57.0	7/30/1989
5km walk road	David Talcott	21:41	9/23/1989
5km walk track	David Talcott	23:13.7	8/27/1989
5 mile walk track	David Talcott	41:42.0	11/21/1982
5 mile walk road	David Talcott	37:55.0	4/2/1983
8km walk road	David Talcott	36:25.0	8/19/1989
10km walk track	David Talcott	47:36.0	4/29/1989
10km walk road	David Talcott	46:24.0	9/9/1989
15km walk track	David Talcott	1:15:13.9	2/10/1993
15km walk road	David Talcott	1:11:46	8/5/1989
10 mile walk road	David Talcott	1:18:03	12/26/1982
10 mile walk track	David Talcott	18:05.0	4/24/1983
20km walk track	David Talcott	1:41:10.0	11/21/1982
20km walk road	David Talcott	1:36:21	6/15/1989
25km walk road	David Talcott	2:11:45	5/1/1983
25km walk track	David Talcott	2:23:06.5	6/26/1993
30km walk road	David Talcott	2:41:36	6/15/1989
35km walk	David Talcott	3:16:13	9/26/1982
40km walk	David Talcott	3:49:56	9/26/1982
half marathon walk	David Talcott	1:53:26	10/24/1982
marathon walk	David Talcott	4:08:50	10/24/1982
50km walk	Jim Miner	5:28:21	6/25/1988

Race Walk Corner:

The World Masters Athletics World Championships were held in Lyon, France the first two weeks of August. Two Chargers competed in the Race Walks. There were 3 distances contested - the 5,000 meters (track), the 10km and 20km (road events). Erin Taylor-Talcott (37) finished third in the 10km event to garner the bronze in the 35-39 age division walking 53:03, one second ahead of 4th place. Husband Dave took a silver in the 5,000 in the 55-59 age group with the temperature hovering just above the 100 degree mark in 25:33. Dave took the bronze in the 10km with a 52:25 clocking.

Willow Bay Continued from front page

have been onsite on race day for 22 years!



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

They are: Marcia Baldwin, Patti Bennett, Mike Buselli, Robin Cottrell, Jim Clancy, Jim Cox, Chuck Milazzo, Bill Mugridge, Bob Nicholson, Billy Norton, Pat Piscitelli, Mary Lou Plante, Ron Plante, Chris Read, Nancy Smith, Kurt Stanton, Evan Stolicker, Michelle Stolicker, Mike Stolicker, John Tracy, Heather VanDe-walker and Shirley Yablonski.



Please patronize our generous platinum level race sponsors who are: Chary Griffin of Berkshire Hathaway Realty, Fleet Feet Sports Syracuse/Clay, and The Bikery on Van Buren Road in Baldwinsville.

Many thanks to Abbott Farms and Country Store on Rt. 370 in Baldwinsville for the delicious pies and to Syracuse Banana for...well...you know.

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

Again and again... thank you to all of our volunteers. Thanks for making it happen and thanks for making it fun!



Mickey Piscitelli
Willow Bay 5K Race Director



5 Mile
 Chuck Milazzo 59 40:25

August 16th

2 Mile
 Savannah Kuhr 13 15:04
 Andy Lewis 50 17:57
 Mark Rio 14 19:24
 Sue Rio 50 20:03
 Hailee Lewis 16 21:29

5 km
 Paul Cianfrocca 51 20:22
 Ken Iandolo 64 33:31
 Lew Cutler 65 33:31

5 Miles
 Rick Bond 58 36:40
 Chuck Milazzo 59 42:55
 Jim Cox 54 43:22

Syracuse Charger Summer All-Comers Track Meets
 Nottingham High School
 July 29, 2015

1 Mile



Michael Dee 24 4:56.7
 A.J. Gruttadauro 17 7:23.6 (Racewalk)
 Dave Talcott 55 7:27.8 (Racewalk)
 Erin Taylor-Talcott 37 7:39.0 (Racewalk)
 Russell Wood 49 7:41.9
 Ken Iandolo 64 9:30.1
 Bob Nicholson 68 10:53.2 (Racewalk)

440 Yards
 Phil Panebianco 30 54.6 (Charger Record)

200 Meters



Jailon Harrison 17 24.4
 Jacob Wood 17 25.7
 John McEachen 45 26.4
 Adrian Thornton 9 34.0
 Ian Denny 12 34.3
 Shonique Dennis 10 40.4
 A.J. Gruttadauro 17 41.0 (Racewalk)

Aiden Griffin 6 41.1
 Dianna Crawford 9 41.3
 Dave Talcott 55 42.2 (Racewalk)
 Maria Thornton 8 47.7
 Ga'verri Jones-Collins 7 52.6
 Peyton parsons 5 1:00.2
 Keyarra Smith 3 1:33.7
 400 Meters
 Erin Taylor-Talcott 37 1:42.2 (Racewalk)

800 Meters



Phil Panebianco 30 2:19.2
 John McEachen 45 2:24.5
 Erin Taylor-Talcott 37 3:42.0 (Racewalk)

3000 Meters
 Dave Talcott 55 14:51.5
 A.J. Gruttadauro 17 15:28.9
 Ken Iandolo 64 17:51.8

August 5th

1 Mile
 Ken Iandolo 64 9:18.6

200 Meters
 Adrian Thornton 9 32.6
 Ian Denny 12 33.2
 Marissa Johnson 10 38.7
 Shonique Dennis 10 35.2
 Dianna Crawford 9 41.8
 Aiden Griffin 6 44.2
 Elijah Bailey 3 47.6
 Maria Thornton 8 47.8
 Jelani Greaves 5 48.0
 Gabriel Green 6 49.1
 Ga'verri Jones-Collinis 7 49.8
 Cyrill Williams 5 50.8
 Payton Perry 4 54.6
 MaKayla Grobsmith 3 1:12.7
 Keyarra Smith 3 1:29.4

400 Meters
 John McEachen 45 58.4

800 Meters
 John McEachen 45 2:36.1

3000 Meters
 Ken Iandolo 64 18:31.7

4x100 Meter Relay

Jones-Collins, Perry, Denny, Crawford 1:25.8
 A. Thornton, Griffin, Williams, Parsons 1:32.3
 Bailey, Grobsmith, Green, Greaves 1:43.7
 Johnson, M. Thornton, Dennis, Smith 1:46.4

Audrey Tambe 9 48.2
 Ga'verri Jones-Collins 7 52.5
 Peyton Parsons 5 1:01.7
 Patrick Davenport 4 1:08.9
 Demetrius Washington-Ellison 3 1:10.2
 KaKayla Grobsmith 4 1:12.9
 Keyarra Smith 3 1:37.9

August 12th

1 Mile

Michael Dee 24 4:55.9
 Antonio Martinez 20 5:24.5
 Javier Martinez 44 6:01.2
 Ken Iandolo 64 9:09.6

100 Yard Dash

Jacob Wood 17 11.7
 John McEachen 45 11.9
 Leon Conner 16 14.7
 Ian Denny 12 15.1
 Milla Gonzalez 11 15.3
 Sarah Davis 9 15.9
 Marissa Johnson 10 16.2
 Dianna Crawford 9 16.3
 Aleks Smietana 9 16.3
 Shonique Dennis 10 16.5
 Aiden Griffin 6 17.1
 Lauren Davis 11 17.2
 Faithlyn Gay 9 17.4
 Macaela Burns 8 17.8
 Gabriel Green 6 18.0
 Bob Tambe 42 18.2
 Amanda Smietana 6 18.5
 Jelani Greaves 5 18.8
 Lita Tambe 11 19.1
 Elijah Bailey 3 19.9
 Connor Eberly 10 20.1
 Audrey Tambe 9 20.4
 Ga'verri Jones-Collins 7 20.7
 Peyton Parsons 5 25.1
 MaKayla Grobsmith 4 29.6
 Patrick Davenport 4 31.1
 Demetrius Washington-Ellison 3 32.6
 Keyarra Smith 3 36.6

400 Meters

Javier Martinez 44 1:02.9
 Russell Smth 49 1:10.9
 Aleks Smietana 9 1:26.7
 Nolan Burns 11 1:28.7
 Connor Eberly 10 1:46.7

800 Meters

Phil Panebianco 30 2:03.2
 Antonio Martinez 20 2:18.8
 John McEachen 45 2:21.2
 Javier Martinez 44 2:32.8
 Kai Smith 10 3:40.5
 Nolan Burns 11 4:22.6

4x100 Meter Relay

Teenage Mutants 58.5

Rece Camedine, Loon Connor, Russ Wood, Jacob Wood

Power Rangers

58.8

Aman Singh, Colin Gwitt, Ga'verri Jones-Colins, Soloman Lawrence

Norwich YMCA

1:07.0

Kai Smith, Carissa Nichols, Milla Gonzalez, Katie Gawronski

Norwich YMCA

1:16.3

Faithlyn Gray, Lauren Davis, Macaela Burns, Sarah Davis

Wild Boys

1:26.7

Aiden Griffin, Peyton parsons, Gabriel Green, Ian Denny

Thunder Cats

1:33.0

Elijah Bailey, Jelani Greaves, Patrick Davenport, Marissa Johnson

200 Meters

Jacob Wood 17 26.7
 Ian Denny 12 32.9
 Kai Smith 10 34.5
 Milla Gonzalez 11 35.4
 Leon Conner 16 35.6
 Aleks Smietana 9 36.0
 Nolan Burns 11 37.0
 Lauren Davis 11 37.9
 Sarah Davis 9 38.2
 Marissa Johnson 10 39.7
 Shonique Dennis 10 29.7
 Dianna Crawford 9 40.3
 Aiden Griffin 6 41.2
 Faithlyn Gray 9 42.4
 Gabriel Green 6 43.2
 Jelani Greaves 5 43.4
 Macaela Burns 8 43.7
 Elijah Bailey 3 46.7
 Amanda Smietana 6 46.8



18th Annual Groton Labor Day 5K and

1 Mile Fun Run

September 7, 2015



Race Day Schedule

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



Sponsoring Organization:

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

Course Records:

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

Course Map:

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

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

Entry Fees:

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

***Team Discounts Available (5+

athletes...email Scott)

***Fun run competitors can purchase a T-Shirt for \$8 --> Send order with this application. Quantities are limited!

***Registrations not received by race day will be considered not sent and you will need to register on race day.

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

Please Make Checks Payable to:

Groton Sports Boosters, Cross Country

Scott Weeks, Race Director

Groton Central School District

400 Peru Rd.

Groton, NY 13073

Awards:

*Ribbons to every finisher in both races

*Top 3 & Youngest in the Mile Fun Run

*Plaque to top 3 male & Female in 5K

*Plaque to top Masters male & female

*\$25 Gift Certificate to top male & female in 5K

*Medals to the top 3 in each age group (<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60+) T-shirts to first 100 entries received

SITE:

Groton High School
400 Peru Rd.

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

RACE Check One

1 Mile _____ 5K Race _____

T-Shirt Check One

Sm _____ Med _____ Lg _____ XL _____

Name (PrintClearly): _____

Address: _____

City _____

State _____

Zip _____

Phone _____

Age (Race Day) _____

Gender _____

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

Signature _____

Date _____

Signature of parent or guardian (if under 18) _____

Applications & Questions

Contact Scott @ sweeks@groton.cnyric.org

Additional applications @ www.grotoncs.org

Optional Online Registration @ <https://>

www.getentered.com/Register/?event=32832

Willow Bay 5k Run and Fitness Walk for Women

The 22nd Annual
 WILLOW BAY 5k RUN & FITNESS WALK FOR WOMEN
 Conducted by the Syracuse Chargers Track Club
 Onondaga Lake Park, Liverpool, New York Aug. 15, 2015

OVERALL RESULTS

Place	Name	Age	Time	Div
1	Leah Andrianos	26	19:41	1 2529
2	Brittany Alkerton	16	20:17	1 1519
3	Karyl Sargent	52	20:24	1 5054
4	Erin O'Connor	20	20:46	1 2024
5	Heather Szuba	30	21:15	1 3034
6	Kelly Jordan	22	21:20	2 2024
7	Alyshia Alkerton	12	21:25	1 1014
8	Lucy Person	14	21:45	2 1014
9	Carmela Carr	15	21:53	2 1519
10	Jennifer LaValle	33	21:58	2 3034
11	Laura Sage	30	22:17	3 3034
12	Alexandra Street	15	22:35	3 1519
13	Lindsay Weaver	17	22:41	4 1519
14	Kim Keenan Kirkpatrick	48	22:43	1 4549
15	Galyn Schenk	52	22:51	2 5054
16	Kathleen Ann Wheeler	44	22:55	1 4044
17	Kara D Rusch	47	23:08	2 4549
18	Allison Congelli	14	23:08	3 1014
19	Tammy Congelli	48	23:14	3 4549
20	Krystan Ceyle	41	23:33	2 4044
21	Susan Lopez	23	23:34	3 2024
22	Heather Lacey	37	24:01	1 3539
23	Savannah Kuhr	13	24:13	4 1014
24	Katherine Fletcher	18	24:17	5 1519
25	Allison Lange	15	24:23	6 1519
26	Bridget Kuszaj	31	24:27	4 3034
27	Emily Elwood	21	24:29	4 2024
28	Patricia Bennett	49	24:30	4 4549
29	Suzanne Leone	62	24:31	1 6064
30	Devon Rodgers	35	24:40	2 3539
31	Carrie Viggiano	35	24:48	3 3539
32	Shawna Moscibrodzki	33	25:03	5 3034
33	Susan Weaver	48	25:20	5 4549
34	Abigail Frey	15	25:31	7 1519
35	Jean Rand	66	25:34	1 6569
36	Nancy K Hardwick	62	25:35	2 6064
37	Shannon Green	29	25:39	2 2529
38	Lindsey Matthews	12	25:50	5 1014
39	Michelle Gloska	16	26:00	8 1519
40	Abigail Hope	15	26:21	9 1519
41	Rebecca Quilty-Koval	27	26:21	3 2529
42	Amanda Youngman	33	26:22	6 3034

43	Clara Jones	19	26:25	10	1519
44	Emeline Jones	19	26:25	11	1519
45	Christine Sullivan	19	26:29	12	1519
46	Abby Feyerabend	14	26:33	6	1014
47	Jen James	43	26:35	3	4044
48	Cynthia Mead	45	26:38	6	4549
49	Terri Roney	52	26:40	3	5054
50	Jennifer Brice	52	26:46	4	5054
51	Melissa Fumano	19	26:49	13	1519
52	Merrilee Gorton	52	26:51	5	5054
53	Kathy Frawley	63	26:52	3	6064
54	Kelly Casson	41	27:00	4	4044
55	Sue Gardinier	73	27:12	1	7074
56	Jessica Griffith	11	27:14	7	1014
57	Susanne Tupper	50	27:16	6	5054
58	Kelly Griffith	47	27:22	7	4549
59	Karen Crisofulli	69	27:23	2	6569
60	Susan Gloska	16	27:35	14	1519
61	Rosalie Brennan	66	27:37	3	6569
62	Brittany Ellis	24	27:38	5	2024
63	Meghan Murman	36	27:57	4	3539
64	Kimberly A Cavallo	47	27:57	8	4549
65	Terry Andrianos	52	28:05	7	5054
66	Paige Carter	17	28:13	15	1519
67	Petrina Panebianco	28	28:18	4	2529
68	Margaret Feyerabend	49	28:23	9	4549
69	Philippa Read	57	28:37	1	5559
70	Megan Merola	13	28:46	8	1014
71	Lori L Merola	42	28:48	5	4044
72	Rachel Haller	21	28:52	6	2024
73	Karen A Wilton	49	28:55	10	4549
74	Carolyn Yerdon	52	29:00	8	5054
75	Sarah Balduzzi	11	29:02	9	1014
76	Debbie Tracy	59	29:02	2	5559
77	Tammy Thomas	47	29:06	11	4549
78	Penny Noll	63	29:23	4	6064
79	Francine Cantor	60	29:24	5	6064
80	Bridget Lichtinger	45	29:25	12	4549
81	Ashleigh Marzullo	30	29:32	7	3034
82	Anais Carniciu	26	29:33	5	2529
83	Jacqueline Hough	29	29:48	6	2529
84	Becky Engels	58	29:52	3	5559
85	Natalia Lott	34	29:55	8	3034
86	Kendal Henning	12	29:55	10	1014
87	Beth Tartaglia	48	30:07	13	4549
88	Ericka Burns	39	30:22	5	3539
89	Janet Leipold	47	30:22	14	4549
90	Becky Jo Ross	48	30:24	15	4549
91	Pat Ronk	54	30:39	9	5054
92	Akiko Rhone	57	30:40	4	5559
93	Shannon Davies	46	30:50	16	4549
94	Mary Jo Champlin	33	30:55	9	3034
95	Mandi Neave	32	30:57	10	3034
96	Lisa Kaylor	46	31:03	17	4549

97	Doreen Forbes	45	31:04	18	4549
98	Katrina DeGilormo	18	31:18	16	1519
99	Ruth Ripley	68	31:18	4	6569
100	Sheila Callahan	47	31:34	19	4549
101	Beth G Montague	62	31:46	6	6064
102	Sara Gutierrez	34	31:51	11	3034
103	Joan Deyle	70	31:57	2	7074
104	Jenny Sacco	38	31:59	6	3539
105	Michelle Sacco	11	31:59	11	1014
106	Lisa Fostveit	44	31:59	6	4044
107	Carol Wilkie	59	32:02	5	5559
108	McCaela Sullivan	20	32:03	7	2024
109	Lara Wines	46	32:17	20	4549
110	Selina Lazarus	46	32:18	21	4549
111	Phoebe Ariola	16	32:22	17	1519
112	Sarah Bender	29	32:22	7	2529
113	Carol Rider	73	32:29	3	7074
114	Mary Beth Domachowske	57	32:35	6	5559
115	Bonnie Silvernail	64	32:43	7	6064
116	Molly Murphy	45	32:46	22	4549
117	Becca Ziemba	8	32:52	1	0109
118	Maria Ziemba	49	32:53	23	4549
119	Molly Elwood	20	32:55	8	2024
120	Cindy Shore	59	33:04	7	5559
121	Leigha Fostveit	11	33:09	12	1014
122	Rosemary Laquidari	71	33:12	4	7074
123	Donna Ditota	54	33:16	10	5054
124	Ellie Fraher	12	33:19	13	1014
125	Colleen Graham	50	33:20	11	5054
126	Mary Graham	52	33:20	12	5054
127	Olivia Leader	9	33:22	2	0109
128	Robin Cook	54	34:07	13	5054
129	Ashley Cavallo	11	34:07	14	1014
130	Kristin Via	36	34:16	7	3539
131	Marguerite M Fulton-Newton	67	34:38	5	6569
132	Molly James	11	34:54	15	1014
133	Joy Rinaldi	40	34:57	7	4044
134	Michelle Paparo	41	34:57	8	4044
135	Dottie Arnold	63	35:07	8	6064
136	Isabelle Wells	9	35:30	3	0109
137	Barbara Wells	43	35:30	9	4044
138	Amanda Hughes	31	35:43	12	3034
139	Hannah Hughes	13	35:43	16	1014
140	Elizabeth Dubiel	30	35:51	13	3034
141	Stephanie Razavi	28	35:52	8	2529
142	Amy Smithee	43	36:23	10	4044
143	Anne Leader	40	36:29	11	4044
144	Maria Fumano	49	36:29	24	4549
145	Mig Campitello	44	36:53	12	4044
146	Kim Pierce	38	36:57	8	3539
147	Dina MacCammon	43	36:57	13	4044
148	Rosemary Angotti	47	37:09	25	4549
149	Laurie Leonardo	58	37:10	8	5559
150	Stephanie Pooler	40	37:34	14	4044

151	Emily Tracy	29	37:38	9	2529
152	Shannon Shaw	30	37:39	14	3034
153	Tara Vincent	37	37:42	9	3539
154	Jennifer Fraher	42	38:13	15	4044
155	Marcy J Tobin	52	38:18	14	5054
156	Donna Cornacchia	66	38:22	6	6569
157	Suzanne Cuddy	47	38:30	26	4549
158	Clare Cuddy	16	38:30	18	1519
159	Kim Ryder	62	38:37	9	6064
160	Erin Woods	38	38:41	10	3539
161	Isabell Smith	57	38:48	9	5559
162	Laccy Braun	46	38:51	27	4549
163	Anne E Proppe	64	38:53	10	6064
164	Charlene Syers	53	39:03	15	5054
165	Katie Thomsen	30	39:03	15	3034
166	Gabby Liedka	3	39:03	4	0109
167	Virginia Leotta	62	39:27	11	6064
168	Mary Ann Murphy	49	39:59	28	4549
169	Jan Heisler	55	40:06	10	5559
170	Ava Hecker	10	40:06	17	1014
171	Marissa Hall	25	40:10	10	2529
172	Jennifer Haas	39	40:19	11	3539
173	Sonya Tolone	35	40:24	12	3539
174	Glenda Helinger	57	40:44	11	5559
175	Kelly Cook	30	41:00	16	3034
176	Michelle Fava	29	41:01	11	2529
177	Courtney Abbott Hill	32	41:43	17	3034
178	Katherine Balduzzi	42	42:07	16	4044
179	Emily Balduzzi	7	42:07	5	0109
180	Rosalie Young	72	43:08	5	7074
181	Kenna Ridzi	8	44:01	6	0109
182	Emma Ridzi	6	44:01	7	0109
183	Jody Ridzi	38	44:01	13	3539
184	Kathleen Effler	68	44:21	7	6569
185	Diane Berman	64	44:21	12	6064
186	Marie E Christopher	57	44:31	12	5559
187	Dorothy Schiessl	74	44:34	6	7074
188	Connie Ciccone	70	44:39	7	7074
189	Jessica LaBarge	39	45:23	14	3539
190	Robin Ariola	49	45:23	29	4549
191	Marcellina Rodriguez	13	45:28	18	1014
192	Alese Burnett	32	45:47	18	3034
193	Aissata Samake	16	45:54	19	1519
194	Trinity Green	15	45:55	20	1519
195	Alicia Kilpatrick	19	46:25	21	1519
196	Rebecca Michalek	36	48:14	15	3539
197	Helene Degan	42	48:20	17	4044
198	Casey Cook	33	48:56	19	3034
199	Deborah Wood	55	49:44	13	5559
200	Dee Caldwell	54	52:12	16	5054
201	Emily Caldwell	11	53:46	19	1014
202	Carol Frey	80	55:00	1	8084
203	Debra Green	43	57:57	18	4044
204	Becky Ragonese	47	57:57	30	4549
205	Dorothy Ragonese	69	57:57	8	6569

Sister-Sister Category Team Results

1. Team: 06
20:17 + 21:25 = 41:42
52 Brittany Alkerton, 51 Alyshia Alkerton
2. Team: 02
22:55 + 27:57 = 50:52
11 Kathleen Ann Wheeler, 10 Kimberly A Cavallo
3. Team: 14
24:48 + 26:22 = 51:10
127 Carrie Viggiano, 153 Amanda Youngman
4. Team: 10
25:03 + 26:49 = 51:52
91 Shawna Moscibrodzki, 90 Melissa Fumano
5. Team: 07
26:25 + 26:25 = 52:50
58 Clara Jones, 59 Emeline Jones
6. Team: 05
26:00 + 27:35 = 53:35
49 Michelle Gloska, 50 Susan Gloska
7. Team: 01
24:29 + 32:55 = 57:24
5 Emily Elwood, 6 Molly Elwood
8. Team: 17
26:29 + 32:03 = 58:32
155 Christine Sullivan, 156 McCaela Sullivan
9. Team: 18
32:22 + 32:22 = 1:04:44
178 Sarah Bender, 344 Phoebe Ariola
10. Team: 09
33:20 + 33:20 = 1:06:40
77 Colleen Graham, 78 Mary Graham
11. Team: 04
26:38 + 42:07 = 1:08:45
102 Cynthia Mead, 46 Katherine Balduzzi
12. Team: 03
29:02 + 42:07 = 1:11:09
47 Sarah Balduzzi, 45 Emily Balduzzi
13. Team: 08
32:46 + 39:59 = 1:12:45
75 Molly Murphy, 88 Mary Ann Murphy
14. Team: 12
36:57 + 36:57 = 1:13:54
92 Kim Pierce, 93 Dina MacCammon
15. Team: 13
44:01 + 44:01 = 1:28:02
94 Emma Ridzi, 96 Kenna Ridzi
16. Team: 20
44:21 + 44:21 = 1:28:42
342 Diane Berman, 343 Kathleen Effler
17. Team: 15
45:54 + 45:55 = 1:31:49
134 Aissata Samake, 133 Trinity Green
18. Team: 16
57:57 + 57:57 = 1:55:54
114 Debra Green, 135 Becky Ragonese

Mother-Daughter Category Team Results

1. Team: 24
23:08 + 23:14 = 46:22
140 Allison Congelli,
141 Tammy Congelli
2. Team: 17
19:41 + 28:05 = 47:46
116 Leah Andrianos,
117 Terry Andrianos
3. Team: 10
22:41 + 25:20 = 48:01
69 Lindsay Weaver,
70 Susan Weaver
4. Team: 09
26:25 + 26:46 = 53:11
58x Clara Jones,
57M Jennifer Brice
5. Team: 09-1
26:25 + 26:46 = 53:11
59x Emeline Jones,
57M Jennifer Brice
6. Team: 07
27:14 + 27:22 = 54:36
43 Jessica Griffith,
44 Kelly Griffith
7. Team: 18
26:33 + 28:23 = 54:56
119 Abby Feyerabend,
120 Margaret Feyerabend
8. Team: 01
28:46 + 28:48 = 57:34
8 Megan Merola, 7 Lori L Merola
9. Team: 15
28:52 + 28:55 = 57:47
106 Rachel Haller,
107 Karen A Wilton
10. Team: 31
26:35 + 34:54 = 1:01:29
186 Jen James, 187 Molly James
11. Team: 02
27:57 + 34:07 = 1:02:04
10 Kimberly A Cavallo,
9 Ashley Cavallo
12. Team: 20
27:37 + 34:57 = 1:02:34
124 Rosalie Brennan,
154 Michelle Paparo
13. Team: 12
26:49 + 36:29 = 1:03:18
90 Melissa Fumano, 89 Maria Fumano
14. Team: 13
31:59 + 31:59 = 1:03:58
98 Jenny Sacco, 99 Michelle Sacco
15. Team: 25
31:59 + 33:09 = 1:05:08

148 Lisa Fostveit, 147 Leigha Fostveit
16. Team: 26
32:52 + 32:53 = 1:05:45
149 Becca Ziemba, 150 Maria Ziemba
17. Team: 14
37:38 + 29:02 = 1:06:40
104x Emily Tracy, 110M Debbie Tracy
18. Team: 05
33:22 + 36:29 = 1:09:51
26 Olivia Leader, 27 Anne Leader
19. Team: 11
35:30 + 35:30 = 1:11:00
79 Barbara Wells, 80 Isabelle Wells
20. Team: 08
29:02 + 42:07 = 1:11:09
47x Sarah Balduzzi, 46M Katherine Balduzzi
21. Team: 06
35:43 + 35:43 = 1:11:26
38 Amanda Hughes, 39 Hannah Hughes
22. Team: 04
33:19 + 38:13 = 1:11:32
24 Ellie Fraher, 25 Jennifer Fraher
23. Team: 32
23:34 + 49:44 = 1:13:18
327 Susan Lopez, 197 Deborah Wood
24. Team: 29
38:30 + 38:30 = 1:17:00
167 Clare Cuddy, 168 Suzanne Cuddy
25. Team: 30
32:22 + 45:23 = 1:17:45
344 Phoebe Ariola, 182 Robin Ariola
26. Team: 27
39:03 + 39:03 = 1:18:06
161 Gabby Liedka, 163 Katie Thomsen
27. Team: 28
39:03 + 39:03 = 1:18:06
162 Charlene Syers, 163 Katie Thomsen
28. Team: 33
32:18 + 46:25 = 1:18:43
199 Selina Lazarus, 326 Alicia Kilpatrick
29. Team: 03
34:07 + 48:56 = 1:23:03
13 Robin Cook, 12 Casey Cook
30. Team: 08-1
42:07 + 42:07 = 1:24:14
45x Emily Balduzzi, 46M Katherine Balduzzi
31. Team: 16
44:01 + 44:01 = 1:28:02
94x Emma Ridzi, 95M Jody Ridzi
32. Team: 16-1
44:01 + 44:01 = 1:28:02
96x Kenna Ridzi, 95M Jody Ridzi
33. Team: 22
45:54 + 57:57 = 1:43:51
134x Aissata Samake, 114M Debra Green
34. Team: 22-1
45:55 + 57:57 = 1:43:52
133x Trinity Green, 114M Debra Green

35. Team: 34
52:12 + 53:46 = 1:45:58
329 Dee Caldwell, 330 Emily Caldwell
36. Team: 23
57:57 + 57:57 = 1:55:54
114x Debra Green, 53M Dorothy
Ragonese
37. Team: 23-1
57:57 + 57:57 = 1:55:54
135x Becky Ragonese,
53M Dorothy Ragonese

Grandmother-Granddaughter Category Team

1. Team: 01
24:23 + 44:34 = 1:08:57
3 Allison Lange, 2 Dorothy Schiessl
2. Team: 06
39:03 + 39:03 = 1:18:06
161 Gabby Liedka, 162 Charlene Syers
3. Team: 02
40:06 + 40:06 = 1:20:12
21 Jan Heisler, 23 Ava Hecker
4. Team: 05
25:31 + 55:00 = 1:20:31
125 Abigail Frey, 143 Carol Frey
5. Team: 03
38:53 + 45:28 = 1:24:21
67 Anne E Proppe,
68 Marcellina Rodriguez
6. Team: 04
45:54 + 57:57 = 1:43:51
134x Aissata Samake,
53G Dorothy Ragonese
7. Team: 04-1
45:55 + 57:57 = 1:43:52
133x Trinity Green,
53G Dorothy Ragonese

Aunt-Niece Category Team Results

1. Team: 03
20:24 + 25:31 = 45:55
71 Karyl Sargent,
125 Abigail Frey
2. Team: 02
29:02 + 26:38 = 55:40
47x Sarah Balduzzi,
102A Cynthia Mead
3. Team: 01
22:55 + 34:07 = 57:02
11 Kathleen Ann Wheeler,
9 Ashley Cavallo
4. Team: 08
25:50 + 38:18 = 1:04:08
339 Lindsey Matthews,
16 Marcy J Tobin

5. Team: 02-1
 42:07 + 26:38 = 1:08:45
 45x Emily Balduzzi, 102A Cynthia Mead
6. Team: 05
 40:06 + 40:06 = 1:20:12
 21 Jan Heisler, 23 Ava Hecker
7. Team: 05-1
 40:06 + 40:19 = 1:20:25
 21 Jan Heisler, 128 Jennifer Haas
8. Team: 05-2
 40:06 + 40:19 = 1:20:25
9. Team: 06
 45:54 + 57:57 = 1:43:51
 134x Aissata Samake,
 135A Becky Ragonese
10. Team: 06-1
 45:55 + 57:57 = 1:43:52
 133x Trinity Green,
 135A Becky Ragonese

AGE GROUP RESULTS

O'All Name	City	State	Age	Time
=====	=====	=====	=====	=====
Under 10				
117 Becca Ziemba	Cazenovia	NY	8	32:52
127 Olivia Leader	Auburn	NY	9	33:22
136 Isabelle Wells	Syracuse	NY	9	35:30
166 Gabby Liedka	Syracuse	NY	3	39:03
179 Emily Balduzzi	Syracuse	NY	7	42:07
181 Kenna Ridzi	DeWitt	NY	8	44:01
182 Emma Ridzi	DeWitt	NY	6	44:01
10-14				
7 Alyshia Alkerton	Brockville	ON	12	21:25
8 Lucy Person	Syracuse	NY	14	21:45
18 Allison Congelli	Tully	NY	14	23:08
23 Savannah Kuhr	Liverpool	NY	13	24:13
38 Lindsey Matthews	NisKayuna	NY	12	25:50
46 Abby Feyerabend	Syracuse	NY	14	26:33
56 Jessica Griffith	E Syracuse	NY	11	27:14
70 Megan Merola	Liverpool	NY	13	28:46
75 Sarah Balduzzi	Syracuse	NY	11	29:02
86 Kendal Henning	Liverpool	NY	12	29:55
105 Michelle Sacco	Liverpool	NY	11	31:59
121 Leigha Fostveit	Cazenovia	NY	11	33:09
124 Ellie Fraher	Auburn	NY	12	33:19
129 Ashley Cavallo	Syracuse	NY	11	34:07
132 Molly James	Syracuse	NY	11	34:54
139 Hannah Hughes	Camden	NY	13	35:43
170 Ava Hecker	Stafford	VA	10	40:06
191 Marcellina Rodriguez	Syracuse	NY	13	45:28
201 Emily Caldwell	Watertown	NY	11	53:46
15-19				
2 Brittany Alkerton	Brockville	ON	16	20:17
9 Carmela Carr	Syracuse	NY	15	21:53
12 Alexandra Street	Syracuse	NY	15	22:35
13 Lindsay Weaver	Camillus	NY	17	22:41
24 Katherine Fletcher	Syracuse	NY	18	24:17
25 Allison Lange	Baldwinsville	NY	15	24:23
34 Abigail Frey	Syracuse	NY	15	25:31
39 Michelle Gloska	Central Square	NY	16	26:00
40 Abigail Hope	Liverpool	NY	15	26:21
43 Clara Jones	Hamilton	NY	19	26:25
44 Emeline Jones	Hamilton	NY	19	26:25
45 Christine Sullivan	Charlotte	NC	19	26:29

51	Melissa Fumano	Syracuse	NY	19	26:49
60	Susan Gloska	Central Square	NY	16	27:35
66	Paige Carter	Cicero	NY	17	28:13
98	Katrina DeGilormo	Clay	NY	18	31:18
111	Phoebe Ariola	E Syracuse	NY	16	32:22
158	Clare Cuddy	Cicero	NY	16	38:30
193	Aissata Samake	Pennellville	NY	16	45:54
194	Trinity Green	Pennellville	NY	15	45:55
195	Alicia Kilpatrick	DeWitt	NY	19	46:25
20-24					
4	Erin O'Connor	Ramsen	NY	20	20:46
6	Kelly Jordan	Romulus	NY	22	21:20
21	Susan Lopez	Syracuse	NY	23	23:34
27	Emily Elwood	Cincinnatus	NY	21	24:29
62	Brittany Ellis	Camillus	NY	24	27:38
72	Rachel Haller	Brewerton	NY	21	28:52
108	McCaela Sullivan	Charlotte	NC	20	32:03
119	Molly Elwood	Syracuse	NY	20	32:55
25-29					
1	Leah Andrianos	E Syracuse	NY	26	19:41
37	Shannon Green	Liverpool	NY	29	25:39
41	Rebecca Quilty-Koval	Cicero	NY	27	26:21
67	Petrina Panebianco	Baldwinsville	NY	28	28:18
82	Anais Carniciu	Syracuse	NY	26	29:33
83	Jacqueline Hough	Syracuse	NY	29	29:48
112	Sarah Bender	Syracuse	NY	29	32:22
141	Stephanie Razavi	Liverpool	NY	28	35:52
151	Emily Tracy	Newport	NY	29	37:38
171	Marissa Hall	Baldwinsville	NY	25	40:10
176	Michelle Fava	N Syracuse	NY	29	41:01
30-34					
5	Heather Szuba	Skaneateles	NY	30	21:15
10	Jennifer LaValle	Liverpool	NY	33	21:58
11	Laura Sage	Manlius	NY	30	22:17
26	Bridget Kuszaj	Phoenix	NY	31	24:27
32	Shawna Moscibrodzki	Syracuse	NY	33	25:03
42	Amanda Youngman	Baldwinsville	NY	33	26:22
81	Ashleigh Marzullo	Clay	NY	30	29:32
85	Natalia Lott	Liverpool	NY	34	29:55
94	Mary Jo Champlin	Chittenango	NY	33	30:55
95	Mandi Neave	Liverpool	NY	32	30:57
102	Sara Gutierrez	Baldwinsville	NY	34	31:51
138	Amanda Hughes	Camden	NY	31	35:43
140	Elizabeth Dubiel	Syracuse	NY	30	35:51
152	Shannon Shaw	Auburn	NY	30	37:39
165	Katie Thomsen	Syracuse	NY	30	39:03
175	Kelly Cook	Liverpool	NY	30	41:00
177	Courtney Abbott Hill	Baldwinsville	NY	32	41:43
192	Alese Burnett	Syracuse	NY	32	45:47
198	Casey Cook	Watertown	NY	33	48:56
35-39					
22	Heather Lacey	Hastings	NY	37	24:01
30	Devon Rodgers	Baldwinsville	NY	35	24:40
31	Carrie Viggiano	Auburn	NY	35	24:48

63	Meghan Murman	Liverpool	NY	36	27:57
88	Ericka Burns	Cicero	NY	39	30:22
104	Jenny Sacco	Liverpool	NY	38	31:59
130	Kristin Via	West Monroe	NY	36	34:16
146	Kim Pierce	Chittenango	NY	38	36:57
153	Tara Vincent	Syracuse	NY	37	37:42
160	Erin Woods	Syracuse	NY	38	38:41
172	Jennifer Haas	Boston	MA	39	40:19
173	Sonya Tolone	Liverpool	NY	35	40:24
183	Jody Ridzi	DeWitt	NY	38	44:01
189	Jessica LaBarge	Liverpool	NY	39	45:23
196	Rebecca Michalek	Syracuse	NY	36	48:14
40-44					
16	Kathleen Ann Wheeler	Camillus	NY	44	22:55
20	Krystan Ceyle	Jamesville	NY	41	23:33
47	Jen James	Syracuse	NY	43	26:35
54	Kelly Casson	Liverpool	NY	41	27:00
71	Lori L Merola	Liverpool	NY	42	28:48
106	Lisa Fostveit	Cazenovia	NY	44	31:59
133	Joy Rinaldi	Liverpool	NY	40	34:57
134	Michelle Paparo	Syracuse	NY	41	34:57
137	Barbara Wells	Syracuse	NY	43	35:30
142	Amy Smithee	Syracuse	NY	43	36:23
143	Anne Leader	Auburn	NY	40	36:29
145	Mig Campitello	Cicero	NY	44	36:53
147	Dina MacCammon	Liverpool	NY	43	36:57
150	Stephanie Pooler	Liverpool	NY	40	37:34
154	Jennifer Fraher	Auburn	NY	42	38:13
178	Katherine Balduzzi	Syracuse	NY	42	42:07
197	Helene Degan	N Syracuse	NY	42	48:20
203	Debra Green	Pennellville	NY	43	57:57
45-49					
14	Kim Keenan Kirkpatrick	Pittstown	NJ	48	22:43
17	Kara D Rusch	Hamilton	NY	47	23:08
19	Tammy Congelli	Tully	NY	48	23:14
28	Patricia Bennett	N Syracuse	NY	49	24:30
33	Susan Weaver	Camillus	NY	48	25:20
48	Cynthia Mead	Liverpool	NY	45	26:38
58	Kelly Griffith	E Syracuse	NY	47	27:22
64	Kimberly A Cavallo	Syracuse	NY	47	27:57
68	Margaret Feyerabend	Syracuse	NY	49	28:23
73	Karen A Wilton	Brewerton	NY	49	28:55
77	Tammy Thomas	Lacona	NY	47	29:06
80	Bridget Lichtinger	Cicero	NY	45	29:25
87	Beth Tartaglia	Liverpool	NY	48	30:07
89	Janet Leipold	Liverpool	NY	47	30:22
90	Becky Jo Ross	Mattydale	NY	48	30:24
93	Shannon Davies	Liverpool	NY	46	30:50
96	Lisa Kaylor	Hastings	NY	46	31:03
97	Doreen Forbes	Memphis	NY	45	31:04
100	Sheila Callahan	Philadelphia	NY	47	31:34
109	Lara Wines	Watertown	NY	46	32:17
110	Selina Lazarus	Liverpool	NY	46	32:18
116	Molly Murphy	Tully	NY	45	32:46

118	Maria Ziemba	Cazenovia	NY	49	32:53
144	Maria Fumano	Syracuse	NY	49	36:29
148	Rosemary Angotti	Liverpool	NY	47	37:09
157	Suzanne Cuddy	Cicero	NY	47	38:30
162	Laccy Braun	Mattydale	NY	46	38:51
168	Mary Ann Murphy	Tully	NY	49	39:59
190	Robin Ariola	E Syracuse	NY	49	45:23
204	Becky Ragonese	N Syracuse	NY	47	57:57
50-54					
3	Karyl Sargent	LaFayette	NY	52	20:24
15	Galyn Schenk	Syracuse	NY	52	22:51
49	Terri Roney	Skaneateles	NY	52	26:40
50	Jennifer Brice	Hamilton	NY	52	26:46
52	Merrilee Gorton	Mexico	NY	52	26:51
57	Susanne Tupper	Hastings	NY	50	27:16
65	Terry Andrianos	E Syracuse	NY	52	28:05
74	Carolyn Yerdon	Bedford	NY	52	29:00
91	Pat Ronk	Liverpool	NY	54	30:39
123	Donna Ditota	Syracuse	NY	54	33:16
125	Colleen Graham	Pittsford	NY	50	33:20
126	Mary Graham	Syracuse	NY	52	33:20
128	Robin Cook	Watertown	NY	54	34:07
155	Marcy J Tobin	Rochester	NY	52	38:18
164	Charlene Syers	Syracuse	NY	53	39:03
200	Dee Caldwell	Watertown	NY	54	52:12
55-59					
69	Philippa Read	DeWitt	NY	57	28:37
76	Debbie Tracy	Liverpool	NY	59	29:02
84	Becky Engels	Baldwinsville	NY	58	29:52
92	Akiko Rhone	Syracuse	NY	57	30:40
107	Carol Wilkie	Liverpool	NY	59	32:02
114	Mary Beth Domachowske	Syracuse	NY	57	32:35
120	Cindy Shore	Binghamton	NY	59	33:04
149	Laurie Leonardo	Syracuse	NY	58	37:10
161	Isabell Smith	Clay	NY	57	38:48
169	Jan Heisler	Baldwinsville	NY	55	40:06
174	Glenda Helinger	Mexico	NY	57	40:44
186	Marie E Christopher	Liverpool	NY	57	44:31
199	Deborah Wood	Syracuse	NY	55	49:44
60-64					
29	Suzanne Leone	Cicero	NY	62	24:31
36	Nancy K Hardwick	Watertown	NY	62	25:35
53	Kathy Frawley	Brewerton	NY	63	26:52
78	Penny Noll	Cazenovia	NY	63	29:23
79	Francine Cantor	Syracuse	NY	60	29:24
101	Beth G Montague	Syracuse	NY	62	31:46
115	Bonnie Silvernail	Tully	NY	64	32:43
135	Dottie Arnold	Sackets Harbor	NY	63	35:07
159	Kim Ryder	Bernharads Bay	NY	62	38:37
163	Anne E Proppe	Baldwinsville	NY	64	38:53
167	Virginia Leotta	Fulton	NY	62	39:27
185	Diane Berman	Syracuse	NY	64	44:21
65-69					
35	Jean Rand	Syracuse	NY	66	25:34

59	Karen Crisofulli	Fulton	NY	69	27:23
61	Rosalie Brennan	Syracuse	NY	66	27:37
99	Ruth Ripley	Pennellville	NY	68	31:18
131	Marguerite M Fulton-Newto	Liverpool	NY	67	34:38
156	Donna Cornacchia	Hannibal	NY	66	38:22
184	Kathleen Effler	Syracuse	NY	68	44:21
205	Dorothy Ragonese	N Syracuse	NY	69	57:57
70-74					
55	Sue Gardinier	Verona	NY	73	27:12
103	Joan Deyle	Central Square	NY	70	31:57
113	Carol Rider	Bridgeport	NY	73	32:29
122	Rosemary Laquidari	Liverpool	NY	71	33:12
180	Rosalie Young	DeWitt	NY	72	43:08
187	Dorothy Schiessl	Baldwinsville	NY	74	44:34
188	Connie Ciccone	Skaneateles	NY	70	44:39
80-84					
202	Carol Frey	Cicero	NY	80	55:00

Age Graded Results

AGE-T%	Bib	Plce	First	Last	Time	Age
135.56856	340	55	Sue	Gardinier	27.183	73.704
129.41586	139	35	Jean	Rand	25.550	66.131
128.21380	71	3	Karyl	Sargent	20.383	52.268
127.80541	37	29	Suzanne	Leone	24.500	62.624
126.53630	17	59	Karen	Crisofulli	27.366	69.257
123.07169	18	36	Nancy K	Hardwick	25.566	62.930
121.09775	124	61	Rosalie	Brennan	27.600	66.845
117.57600	61	53	Kathy	Frawley	26.850	63.138
115.72243	142	15	Galyn	Schenk	22.833	52.846
112.89134	20	113	Carol	Rider	32.466	73.304
109.91649	100	103	Joan	Deyle	31.933	70.200
108.99059	19	99	Ruth	Ripley	31.283	68.191
107.79912	189	122	Rosemary	Laquidari	33.183	71.542
107.51392	121	78	Penny	Noll	29.366	63.146
106.16136	336	14	Kim Keenan	Kirkpatrick	22.700	48.197
104.38887	141	19	Tammy	Congelli	23.216	48.471
103.76786	22	17	Kara D	Rusch	23.116	47.975
103.04895	110	76	Debbie	Tracy	29.016	59.802
102.45301	331	79	Francine	Cantor	29.383	60.208
101.45565	87	28	Patricia	Bennett	24.483	49.679
100.61308	81	69	Philippa	Read	28.600	57.550
99.09275	333	49	Terri	Roney	26.650	52.816
98.63432	42	115	Bonnie	Silvernail	32.700	64.506
98.44125	164	52	Merrilee	Gorton	26.833	52.830
98.15122	136	101	Beth G	Montague	31.750	62.326
98.14364	57	50	Jennifer	Brice	26.750	52.506
97.70771	48	84	Becky	Engels	29.850	58.331
97.39623	76	131	Marguerite M	Fulton-Newton	34.616	67.430
97.14063	11	16	Kathleen Ann	Wheeler	22.900	44.490
95.61626	70	33	Susan	Weaver	25.316	48.413
93.38309	83	92	Akiko	Rhone	30.650	57.243
93.29473	56	107	Carol	Wilkie	32.016	59.739
92.65122	117	65	Terry	Andrianos	28.066	52.008
92.62284	177	57	Susanne	Tupper	27.250	50.479

91.06271	64	135	Dottie	Arnold	35.100	63.926
90.50548	130	74	Carolyn	Yerdon	28.983	52.463
89.49274	171	120	Cindy	Shore	33.050	59.154
89.00811	337	20	Krystan	Ceyle	23.533	41.893
88.78731	82	114	Mary Beth	Domachowske	32.566	57.830
88.38523	97	91	Pat	Ronk	30.633	54.150
87.25936	85	156	Donna	Cornacchia	38.350	66.927
86.96981	120	68	Margaret	Feyerabend	28.383	49.369
86.11113	44	58	Kelly	Griffith	27.350	47.102
86.01697	107	73	Karen A	Wilton	28.900	49.717
84.54379	102	48	Cynthia	Mead	26.616	45.005
84.51339	10	64	Kimberly A	Cavallo	27.933	47.214
83.93283	1	180	Rosalie	Young	43.116	72.378
83.29874	2	187	Dorothy	Schiessl	44.550	74.219
83.25266	67	163	Anne E	Proppe	38.866	64.715
82.10526	144	123	Donna	Ditota	33.250	54.600
82.07325	186	47	Jen	James	26.566	43.608
81.61784	137	77	Tammy	Thomas	29.083	47.474
80.81837	54	159	Kim	Ryder	38.600	62.391
79.96177	192	87	Beth	Tartaglia	30.100	48.136
79.62077	13	128	Robin	Cook	34.100	54.301
79.45055	193	90	Becky Jo	Ross	30.383	48.279
79.27373	191	167	Virginia	Leotta	39.433	62.520
79.12873	126	188	Connie	Cicccone	44.633	70.635
78.94769	78	126	Mary	Graham	33.316	52.605
78.55233	32	149	Laurie	Leonardo	37.150	58.364
78.04223	341	22	Heather	Lacey	24.000	37.460
77.78399	185	80	Bridget	Lichtinger	29.400	45.736
77.60172	195	89	Janet	Leipold	30.366	47.130
77.21159	338	10	Jennifer	LaValle	21.950	33.895
76.72263	343	184	Kathleen	Effler	44.333	68.027
76.08958	115	54	Kelly	Casson	26.983	41.063
75.96904	150	118	Maria	Ziamba	32.866	49.936
75.86396	77	125	Colleen	Graham	33.316	50.550
75.50962	72	100	Sheila	Callahan	31.550	47.646
75.48397	145	93	Shannon	Davies	30.816	46.523
74.94372	169	96	Lisa	Kaylor	31.033	46.515
74.67902	29	161	Isabell	Smith	38.783	57.926
73.76083	184	97	Doreen	Forbes	31.050	45.805
73.73940	7	71	Lori L	Merola	28.783	42.449
73.15542	143	202	Carol	Frey	54.983	80.446
72.83892	31	30	Devon	Rodgers	24.650	35.909
72.80941	328	5	Heather	Szuba	21.233	30.919
72.71191	342	185	Diane	Berman	44.333	64.471
72.16829	176	109	Lara	Wines	32.266	46.572
71.35955	127	31	Carrie	Viggiano	24.783	35.370
71.26965	199	110	Selina	Lazarus	32.283	46.016
71.21381	129	174	Glenda	Helinger	40.716	57.991
70.08585	148	106	Lisa	Fostveit	31.966	44.808
69.69726	21	170	Jan	Heisler	40.083	55.873
69.35077	14	11	Laura	Sage	22.266	30.884
69.28369	75	116	Molly	Murphy	32.750	45.380
69.20641	16	155	Marcy J	Tobin	38.283	52.989
68.17846	162	164	Charlene	Syers	39.033	53.224

67.74436	89	144	Maria	Fumano	36.466	49.408
67.63408	116	1	Leah	Andrianos	19.666	26.602
67.09957	91	32	Shawna	Moscibrodzki	25.033	33.594
65.03925	15	186	Marie E	Christopher	44.500	57.884
64.62549	35	63	Meghan	Murman	27.933	36.104
64.38909	41	148	Rosemary	Angotti	37.150	47.841
64.33423	174	88	Ericka	Burns	30.350	39.050
63.49731	103	26	Bridget	Kuszaj	24.433	31.029
63.40508	153	42	Amanda	Youngman	26.366	33.435
61.81563	79	137	Barbara	Wells	35.483	43.868
61.68496	88	168	Mary Ann	Murphy	39.966	49.306
61.62848	168	157	Suzanne	Cuddy	38.483	47.433
60.56352	98	104	Jenny	Sacco	31.966	38.720
60.42574	194	162	Laccy	Braun	38.833	46.930
60.37089	53	205	Dorothy	Ragonese	57.950	69.969
60.11827	36	142	Amy	Smithee	36.366	43.726
60.02006	62	145	Mig	Campitello	36.866	44.254
59.26635	93	147	Dina	MacCammon	36.933	43.778
58.71457	154	134	Michelle	Paparo	34.933	41.021
57.88244	334	85	Natalia	Lott	29.900	34.613
57.71855	152	133	Joy	Rinaldi	34.933	40.326
56.63110	200	37	Shannon	Green	25.633	29.032
56.24918	25	154	Jennifer	Fraher	38.200	42.974
55.48276	197	199	Deborah	Wood	49.716	55.168
55.17893	27	143	Anne	Leader	36.466	40.243
55.02803	182	189	Robin	Ariola	45.366	49.928
54.52409	165	94	Mary Jo	Champlin	30.900	33.695
54.13899	138	102	Sara	Gutierrez	31.833	34.468
53.89708	160	150	Stephanie	Pooler	37.550	40.476
53.89061	122	130	Kristin	Via	34.250	36.915

Our July 4th Footraces....sometimes it takes a village (and town!)



A heartfelt thank you goes out to the following individuals and groups who helped make this year's Cazenovia July 4th Footraces a successful event. May you all enjoy the rest of the summer and we certainly hope that we'll see you next year!

2015 Cazenovia July 4th Road Races Volunteer List

Eric Bansbach, Nick Barna, Lauren Burbidge, The Burrells, Patti Burritt, Caeli Carroll, Maureen Carroll, Cindy Clark, Lyndy Clark, Roger Cook, John Denison, Kim Denison, Whitney Denison, Drew Devendorf, Denise Devine, Racheal Devine, Mark Driscoll, The Ellithorpes, Dave Falge, Julia Falge, Bailey Forrett, Molly Gabor, Jack Gabor, Jackie Gamlen, Cindy Gilliland, Alan Glos, The Goldackers, Chary Griffin, The Grunerts, J.T. Hall, Lynn Hart, Meggie Hart, The Hartnetts, Bob Hiemenz, Caroline Hudson, Luke Hudson, Ella Huftalen, Marianne Hunt, Tim Hunt, Jason Hyatt, Al Keilen, David Kempf, Heather Ketcham, Mike Ketcham, Taylor Ketcham, Tony Koppers, Colton Kubiniec, Tom Kubiniec, Maddie Langey, Rose Langey, Pat Leone, Sue Leone, Randy Light, John Henry Light-Olson, Morgan Mapstone, Taylor Mapstone, Jon Marecek, Mandi Millen, Daniel Morgan, Harry McDonough, Jimi McPherson, Tom Neidl, Tony Pagano, The Parks, Sandy Patrizio, Chris Percoski, Jenna Percoski, Katie Percoski, Becca Pfohl, Mickey Piscitelli, Pat Piscitelli, Liz Pittman, Marla Reger, Todd Relyea, Katie Robbins, Ed Roikle, Clara Rowles, Satchwell Family, John Sayre, TJoanna Seeley, Nancy Sellers, Julie Sholtzberger, Tom Seely, Lori Shepard, Dave Sparks, Orson Sproule, Maria Stalder, Megan Stanford, Diane Sullivan, The Suttons, Alexa Tillman, Laura Vogl, The Webbers, Jacob Wells, Eleanor Wester, The Wetzels, Kurt Wheeler, Delaney Yorks, The Youngs, and Joe Zambito

We must also thank the Cazenovia Village Police Dept., CAVAC, Cazenovia Fire Dept., National Grid, and the Town and Village of Cazenovia!



Syracuse Festival of Races



Come Enjoy Amazing!
Sunday, October 4, 2015



Allied Sign
 Auburn Party Rental
 BAM Productions
 City of Syracuse
 Freihofer's &
 Entenmann's

Many thanks to these
 2015 Syracuse Festival of Races Sponsors,
 who make it possible for the Festival to offer

- ◆ GREAT Shirts
- ◆ GREAT Refreshments
- ◆ GREAT Giveaways
- ◆ GREAT Atmosphere
- ◆ GREAT Courses
- ◆ GREAT Awards
- ◆ GREAT Non-profit fundraising *and*
 the best time you'll have at a road race this year!

Visit www.FestivalofRaces.com
 for convenient online registration,
 SFoR news updates and information



Onondaga School of
 Therapeutic Massage
 Rural Metro
 Medical Transport
 Starbucks
 Subway
 Syracuse University
 SU Ambulance



Syracuse Festival of Races
 213 Scott Avenue
 Syracuse, NY 13224
www.FestivalofRaces.com

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



Festival Week Schedule

Wednesday, September 30
School Group Number and Shirt Pickup
 (3K school group coordinators), 4:00-6:00 p.m.,
 213 Scott Avenue, Syracuse

Saturday, October 3
Late Registration and Packet Pickup
 Dick's Sporting Goods, DeWitt,
 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 4
 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.
Wellness Way, 8:00 a.m. - Noon

On-Site Awards Ceremony, 11:25 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	Age on Race Day
Mailing Address		Citizenship	
City		State	Zip Code
Daytime Telephone		2015 USATF Number	
5K Club Team, 3K School, College or Non-Profit Group		USATF Club #	
Expected Finishing Time	Email Address (example: sforentrant@myisp.com)		

5K Races (\$22 until 6/30, \$25 from 7/1 to 9/15; \$30 by 10/3; \$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) _____

Member of a 5K family team? Teammate relationship: _____ Preferred Shirt Size _____

HW
 HW 40+
 M/D
 M/S
 F/S
 F/D
 B/S
 B/B
 S/S (must enter by 10/3 to score)

RELEASE: In consideration of the acceptance of my or my child's entry into any of the events of the 2015 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.

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**



THE CHARGER CHALLENGE

A program designed to provide guidance, incentive and long-term motivation to runners and walkers through awards and recognition. Runners and walkers of all ages, abilities and levels of experience, are welcome to participate. Participants do not have to be Syracuse Chargers Track Club members. Three programs different Charger Programs are available. Whether you exercise for enjoyment, weight loss/maintenance, social or competitive reasons, you are encouraged to take on the Charger Challenge!

PROGRAM RULES, AWARDS AND ENTRY FEES:

All Challenge Programs require an application and are free for Syracuse Chargers members. Non-Chargers members will pay the appropriate entry fees listed below. Upon receipt, applicants are sent a log sheet for recording dates and miles run/walked, along with procedural instructions and GUIDELINES FOR NEW RUNNERS. When mileage reaches award levels, log sheets need to be submitted to receive award. Participants' achievements are also recognized in the Syracuse Chargers Track Club *Newsletter*.

THE CHARGER CHALLENGE

A program designed for higher mileage walkers/runners, or those seeking a longer term goal.

Entry Fee: \$5/person Non-Chargers, FREE for Chargers members

Awards: 500 miles T-Shirt
1000 miles Patch or Ribbon

2500 miles Long-Sleeve T-Shirt
5000 miles Trophy
10000 miles A plaque (to be presented at the annual awards banquet)

Mileage: All actual mileage covered can be recorded

THE CHARGER 500 MILE CHALLENGE

Aimed towards junior or senior participants, those new to a running/walking program, or those with physical limitations

Entry Fee: \$5/person for Non-Chargers
FREE for Chargers members

Awards: 100 miles Ribbon
250 miles Patch
500 miles T-shirt

Actual mileage up to 3 miles per day can be recorded

THE FAMILY CHALLENGE

Family members combine their mileage towards a common goal

Entry

Fee: \$20 total for Non-Chargers members, includes up to 4 immediate family members residing at the same address. FREE for Chargers Members.

Awards: 5000 miles 1 plaque and up to 4 T-shirts

CHARGER CHALLENGE APPLICATION FORM

Challenge Program Desired: **Charger Challenge** **Family Challenge** **500 Mile Challenge**
Name(s): _____ E-mail _____
Age(s) _____ Shirt Size(s): S M L XL
Address: _____
Telephone: _____ Charger Member? (Y) (N) Fee Enclosed \$ _____
(Payable to Syracuse Chargers Track Club)

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

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

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

Signature(s) _____ Date _____

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

Parents' or Guardian's Signature if under 18 years Date _____



Welcome to the "High Five" section. This section is a new addition to the Syracuse Chargers' Newsletter. Members of the Chargers are invited to send in their "happy" news...whether it is a setting a new PR, or placing in your age group at a race, or completing a marathon...whatever you are pumped up about and want to share.

This section will enable you to get a virtual "high five" via the newsletter for a job well done.

Please send your happy news via e-mail to dwtalcott@juno.com

Charger Challenge

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

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

Walk or run and record your miles. With milestone of 100, 250, 500, 1000, or even 10,000 miles everyone can participate. There is even a family category. For more information see the Registration Form on the previous page.

Wayne Simon 11, completed the 500-Mile Charger Challenge earlier this year. He was just 6 when he started the challenge in 2010. Wayne enjoys 5K races and has completed approximately 17 at this time. He also enjoys volunteering at such events as the Festival of Races and the Half Ironman. A good student, Wayne has received the Presidential Award for Academic Achievement. He plays alto sax and would like to try and play golf some day.

It isn't hard to figure out where Wayne got his interest in running. His father, Rick, has run several ultra-marathons and marathons and his mother, Sara, has run several half-marathons. Wayne often runs or rides his bike when his dad runs. He plans on continuing to run. It keeps him in shape for both lacrosse and basketball. Wayne would like to try for a Charger scholarship to help him when he attends university. For now, he wants to do the Waterloo 5K again and would like to do the Mad Cow 5K. Congratulations Wayne!



Delivery of monthly Chargers newsletter

There has been discussion on how the members of the club receive the monthly newsletter. As of now each member is mailed a copy of the newsletter and the newsletter is posted on the club's website around the time of the mailing, <http://www.syracusechargers.org/newsletter/newsletter.html>.

Recently there have been requests to receive the newsletter via e-mail instead of a printed copy. We are now giving every member the option of receiving the newsletter by US Mail or by e-mail. The requested delivery method has been added as a question on the membership renewal form.

If you would like to begin to receive the newsletter via email, please send an email to Julie Hernandez at Julie.shafer.js@gmail.com or wait until your next membership renewal and indicate your preference then.

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

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-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	Total			