



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

October 2013

20th Annual Willow Bay 5K Run and Women's Fitness Walk



Results and pictures inside

Kevin Hiemenz, Photographer

Syracuse Charger College Scholarships



Matthew Crough



Erin McConnell



Allison Cronk

Congratulations to our three outstanding young members who are the recipients of 2013 Syracuse Chargers College Scholarships. Matt Crough is a graduate of Cicero/ North Syracuse High School and is attending Albany College of Pharmacy. Erin McConnell graduated from Fabius-Pompey High School and is continuing her education at Dartmouth College. Allison Cronk is a graduate of Groton High School and is now attending SUNY College of Environmental Science and Forestry. We wish all three of them continued enjoyment and success their academic endeavors and their running!

Syracuse Chargers

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Oneida Shores

Onondaga Lake Park

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118 Foxcroft Ln., Fayetteville, NY 13066

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

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

The Syracuse Chargers Track Club Newsletter

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

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

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Chargers Membership Forms should be sent to:

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

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



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

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

Club Web Site: www.syracusechargers.org

New Charger Members

Patricia Massa

Anne Proppe

Joseph Proppe

Entry Forms in this Newsletter

September 21

Fayetteville 10K Classic

October 6

Syracuse Festival of Races

If you can't run in either of these races, we do need volunteers

Special Olympic Program at SRC Arena . Monday Sept. 9, 16, 23 & 30 6:30-7:30 pm

Paul Halbert, Chargers Volunteer and Competitive Teams Member, Dies at Age 74

Paul Halbert, formerly of LaFayette and more recently of San Tan, AZ, died on his 74th birthday, August 29, following a long battle with Alzheimer's. Paul was a good friend of and significant contributor to the Chargers as both a volunteer and member of our competitive teams.

Following his retirement from Carrier in 1995, Paul raced particularly well in the 55-59 and 60-64 age groups. He was also an energetic and multi-talented race day volunteer, earning his stars as one of our regular "all-dayers" at the Corporate Challenge.

We have missed Paul since his move to AZ, and we will continue to miss him. Our condolences to Paul's wife, Arlene; to daughter Corrie Haynes and Paul and Arlene's five other children; and to the rest of the Halbert family.

Longtime Charger, Don Foster, 1938 - 2013

We were saddened to learn of the August 20th death of Don Foster, 75, of Chittenango. Don was a longtime Chargers member and an avid distance runner who favored the longer road race distances. Among the sixteen marathons Don completed were the Marine Corps Marathon and the NYC Marathon. Don earned a bronze medal in his age group in the Empire State Games Marathon. Among his favorite races of any distance was the Solvay Shuffle.

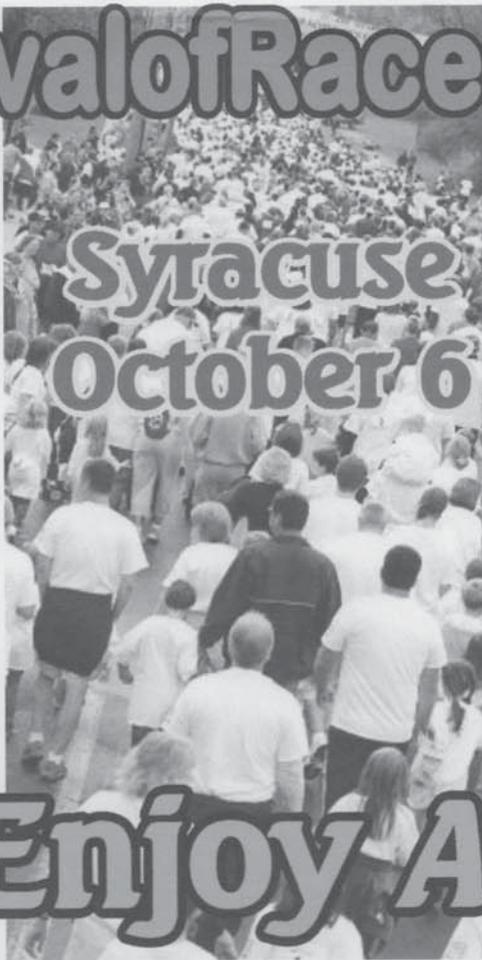
Our warmest sympathies go out to Don's wife, Melody, and his entire family.

Thanks To Our Summer Runs Volunteers

Our thanks and appreciation to Greg Broton who coordinated the Oneida Shore Monday night runs and to Tim Collins for his help at these runs.

And thanks to Jasper Royal, coordinator of the Thursday night runs at Onondaga Lake Park, and to those who assisted – Bob Nicholson, Karen Wright and Phil Longo.

FestivalofRaces.com



Come Enjoy Amazing

Festival Week Schedule Of Events:

Wednesday, October 2

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

Saturday, October 5

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

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

Sunday, October 6

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

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

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

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

Tops Community Walk, 10:50 a.m.

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

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

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

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

Individual Entry Form

Last Name: _____ Date of Birth (MM-DD-YY): _____

First Name: _____ Initial: _____ Gender: _____ Age on Race Day: _____

Mailing Address: _____ Citizenship: _____

City: _____ State: _____ Zip Code: _____

Daytime Telephone: _____ 2013 USATF Number: _____

5K Club Team or Alumni Team, 3K School, College or Non-Profit Group: _____ USATF Club #: _____

Expected Finishing Time: _____ Email Address (example: sforentrant@myisp.com): _____

5K Race (\$22 until 7/31; \$25 from 8/1 to 9/15; \$30 by 10/5; \$35 race day) _____

3K Fun & Fitness Run (\$7 if under 18; \$10 for 18 and older; \$15 for all on race day) _____

Community Walk (\$5 if under 18; \$10 for 18 and older; \$15 for all on race day) _____

Check here if knee replacement recipient

Check here if hip replacement recipient

Preferred Shirt Size: _____

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

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

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

Signature: _____ Date: _____

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

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

Five Things To Keep in Mind About the Weekend of Sunday, October 6th

#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 national 5K 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, call Mark Driscoll at 449-9615. To help with site breakdown on Sunday, call Tom Ryan at 622-0328. And to help with photography, call Dave Oja at 446-6285.

#2—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.

#3—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.festivaofraces.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.

#4—Participants, volunteers, and spectators will all witness some amazing performances! What a great opportunity for everyone—5K runners, 3K Fun & Fitness Run participants of all ages, Tops Friendly Markets Community Walk participants, visitors of the various exhibitors along SOSPlus Wellness Way, as well as volunteers and spectators—to witness age-group competition at its finest! Prior to 2012, the Festival course has hosted 40 performances that tied or surpassed listed U.S. 5K records. There's one road race in upstate NY that routinely hosts national records, and it's the Syracuse Festival of Races. Come watch history being made!

#5—Don't forget the "Festival Two-Fer"! Enter either the 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!

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 2013 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 6!

At this point, it looks like we have significant interest in fielding one or more teams in the W50+, W60+, W70+, M70+, and M80+ divisions—but we hope to be able to field complete M40+, W40+, M50+, and M60+ teams as well. Please e-mail Dave Oja (daveoja@festivalofraces.com) if you're interested in either coordinating or joining one of our teams in any of the divisions.

We will also (as always) be scoring open men's and women's teams as well, even though it's only the masters categories that are USATF National Championships. Go Chargers!

Syracuse Chargers Age Group Records 30-34 Men

45m	David Robinson	5.6	2/17/85
50m	David Robinson	5.8	3/10/85
50m	David Robinson	5.8	3/17/85
60y	David Robinson	6.4	3/18/84
55m	David Eaton	6.60	12/7/03
60m	David Eaton	7.35	1/12/03
100m	David Robinson	10.8	4/21/84
200m	David Robinson	22.3	5/5/84
300y	David Robinson	33.9	3/25/84
300m	David Robinson	36.8	2/17/83
400m	Brendan Jackson	51.2	7/25/93
400y	Phil Rougeux	55.2	2/14/93
500m	Michael Roman	1:10.9	3/27/88
600y	Jasper Royal	1:18.4	3/26/83
600m	Tom Carter	1:24.0	2/2/85
800m	Tom Carter	1:53.8	8/8/84
880y	Tom Carter	1:56.4	/18/83
1000y	Dave Worden	2:24.28	3/24/85
1000m	Tom Carter	2:28.1	12/17/83
1500m	Derek Treadwell	3:46.55	6/11/06
1 mile	Derek Treadwell	4:07.51	6/11/06
2000m	John Trowse	5:48.0	3/24/01
3000m	Derek Treadwell	8:06.13	6/6/06
2 miles	Larry Nafie	9:38.5	2/29/80
5km (r)	Mark Andrews	14:21	8/25/02
5km (t)	Derek Treadwell	14:19.59	4/29/06
5 miles (r)	Mark Andrews	23:35	3/15/03
10km (r)	Tom Carter	29:49	4/2/83
10km (t)	Mark Andrews	29:27.62	4/26/02
15km (r)	Tom Carter	45:47	11/13/83
15km (t)	Javier Martinez	55:07.1	2/26/04
10 miles	Aaron Robertson	53:12	6/28/09
20km	Tom Carter	1:01:53	1/29/83
1/2 marathon	Tom Carter	1:06:50	10/7/84
25km	Tim Woodbridge	1:30:21	10/1/89
30km	Joe Daley	1:38:12	3/22/81
Marathon	Mark Andrews	2:27:48	10/7/01
50km	Aaron Robertson	3:20:12	3/6/11
50 miles	Bob Timmon	9:16:07	8/10/82
1 hour run	Reinhold Wotawa	10.33 miles	5/16/82
1500m walk	David Talcott	6:32.9	2/7/93
1 mile walk	David Talcott	7:19.7	1/24/93
3km walk	David Talcott	14:12.7	2/21/93
5km walk(t)	David Talcott	23:33.2	7/25/93
8km walk	David Talcott	38:38	7/7/90
10km walk(r)	David Talcott	1:21:21	7/7/90
15km walk(t)	David Talcott	1:15:13.9	2/10/93
10 mi walk	David Talcott	1:21:21	7/4/90
20km walk	Greg Page	2:16:17	8/14/82
25km walk(r)	Greg Page	2:48:43	8/14/82
25km walk(t)	David Talcott	2:23:06.5	6/26/93
30km walk(r)	Greg Page	3:21:15	8/14/82
30km walk(t)	David Talcott	2:55:13.0	6/26/93
35km walk	Greg Page	3:54:29	8/14/82
40km walk	Greg Page	4:30:27	8/14/82
50km walk	Greg Page	5:39:58	8/14/82
55m HH	Kerry Sloan	7.82	3/7/93
60m HH	Michael Saafir	8.13	2/23/85
110m HH	Michael Saafir	15.4	3/29/86
400m IH	Kerry Sloan	55.7	3/27/93
3000m steeplechase	Charles Duggan	9:31.9	6/28/87
Long Jump	Dave Aungier	21-6	5/76
Triple Jump	Bob Doran	43-8 1/4	3/23/86
High Jump	Dennis Rhoads	6-9	6/15/94
Pole Vault	Mike Thompson	16-8 3/4	1/29/00
Shot Put (16 lb.)	Norman Deep	47-10 3/4	8/5/97
Discus (2kg)	Joseph Benoit	155-11	7/28/90
Javelin	Kevin Richardson	193-10	7/25/93
Hammer (16 lb.)	Jesse Doty	204-10 1/2	8/7/10
Weight Throw (35 lb.)	Jesse Doty	66-0 1/2	3/2/13
Superweight Throw	Norman Deep	26-10 1/2	3/28/99
Weight Pentathlon	Norman Deep	2736	6/1/97
Indoor Pentathlon	Steve Suto	2780	1/13/85
Outdoor Pentathlon	Mike Roux	2819	7/28/01
Decathlon	Dave Aungier	6450	5/76

Chargers Age Group Records 30-34 Women

45m	Irene Thompson	6.2	1/11/87
50m	Irene Thompson	6.7	3/24/87
50m	JoAnn Angotti	6.7	2/6/88
55m	Irene Thompson	7.2	2/87
55m	JoAnn Angotti	7.2	1/17/88
60m	Irene Thompson	8.24	4/2/89
100m	Irene Thompson	12.4	8/2/87
200m	Irene Thompson	26.3	8/2/87
300y	JoAnn Angotti	39.56	3/29/87
300m	Janine Schilly	43.1	1/24/82
400m	Janine Schilly	59.3	8/1/82
400m	Sascha Scott	59.3	6/29/09
440y	Ruth Gais	68.0	1978
600y	Janine Schilly	1:28.5	3/27/82
600m	Janine Schilly	1:46.2	2/11/84
800m	Sascha Scott	9:46.96	12/5/09
880y	Janine Schilly	2:21.0	6/13/82
1000y	Janine Schilly	2:46.7	3/28/82
1000m	Jennifer Patruno	2:52.34	1/31/04
1500m	Jennifer Patruno	4:26.03	7/6/02
1 mile	Jennifer Patruno	4:47.28	1/25/03
2000m	Amy Gillenson	7:19.7	2/2/85
3000m	Sascha Scott	9:46.96	12/5/09
2 miles	Ruth Gais	12:10.0	1978
5km (r)	Chrissie Morganti	17:23	8/6/95
5km (t)	Murphee Hayes-Falls	17:17.83	5/10/08
8km	Kristin White	28:19	2/10/00
5 miles	Carolyn Eich	29:36	5/11/91
10km (r)	Andrea Burke	34:44	10/8/84
10km (t)	Murphee Hayes-Falls	37:16.89	4/24/08
15km (r)	Andrea Burke	55:08	11/11/84
15km (t)	Patti Ford	61:47.1	3/9/90
10 miles	Murphee Hayes-Falls	61:02	6/2/08
20km	Andrea Burke	1:17:08	7/84
1/2 mara.	Murphee Hayes-Falls	1:21:52	10/12/08
25km	Patti Ford	1:46:52	5/3/87
30km	Karen Stocker-Laquidari	2:07:49	3/24/86
Marathon	Chrissie Morganti	2:52:59	12/3/95
55m HH	Cathy McKeever	10.7	2/4/90
60m HH	Cathy McKeever	11.64	4/5/92
100m HH	Diane Thompson	15.27	7/27/00
400m IH	Diane Thompson	64.49	7/29/00
Long Jump	Irene Thompson	17-3 1/2	3/11/89
High Jump	Janine Schilly	4-10	4/26/80
Shot Put,4kg	Angel Raleigh	29-0	7/28/01
Discus	Kelly Thompson	88-5	8/25/01
Javelin	JoAnn Angotti	92-9	6/11/88
Hammer	Angel Raleigh	70-1 3/4	8/2/01
Wgt.Throw,20#	Kelly Thompson	29-3 3/4	8/25/02
Wgt.Throw,25#	Kathy Pierce	18-9	5/27/84



Recent Charger Open Records

50km, trail	6:43:49	Mary DaSilva	8/24/13	Green Lakes
1000km, trail	14:04:17	Luana Pesco Koplowitz	8/24/13	Green Lakes

Recent Charger Age Group Records

3km, rd (70-74)	14:32	Sue Gardinier	5/6/12	Syracuse
3km, rd (70-74)	14:22	Sue Gardinier	5/5/13	Syracuse
3km, rd (50-54)	11:37	Joanne Singer	5/5/13	Syracuse
3km, rd (20-24)	11:29	Beth Hart	4/28/90	Syracuse
3km, rd (20-24)	11:25	Megan O'Connor	5/5/13	Syracuse
50km, trail (65-69)	6:43:49	Mary DaSilva	8/24/13	Green Lakes
100km, trail (55-59)	14:04:17	Luana Pesco Koplowitz	8/24/13	Green Lakes

We Will Begin Including Ultra Marathon Trail Runs As Charger Records

It seems there is a small but growing number of members of the running community, including several members of our club, who are interested in running in ultra marathons, that is, distances longer than the marathon. It also seems part of the lure for some of these runners is to run these distances on trails. Since it is more difficult to accurately measure trail distances than road and track distances, we will add a new category of Charger age group records - ultra marathon trail runs. For now, let us say that the trail distances for record purposes must be 50 kilometers or over, and must be deemed reasonably accurate in distance. We may modify those standards as we think about this a little more.

We do have two members of our club who completed their respective ultra marathon events at the Green Lakes Endurance Runs on August 24. **Mary DaSilva**, running and walking through leg cramps and back and side muscle pulls, completed the 50 kilometer trail event in 6:43:49, which placed her first in the 60 plus age group, is a personal record for Mary, and qualifies her, at least for now, as our Charger open and 65-69 age group record holder. Mary had completed the same event in 2012 in 6:54:32. She only started running at age 60, and ran her first ultra at age 63. Quite an accomplishment.

Perhaps equally impressive was the 100 kilometer run on the same Green Lakes course that day by **Luana Pesco Koplowitz**, who finished with a time of 14:04:17. That's just over 14 hours of running and walking! Luana broke her previous personal best of 14:34:24, although she acknowledged that the Mozart 100km race that she ran in Austria last year was on a hillier course. This is also a Charger open record, and a 55-59 age group record as well. It is the third 100km race Luana has completed.

So now, if you are interested, you may run in three types of 100km events: road, track and trail - if you can find them.

Paul Dunham Wins Age Group At Turning Stone Half Marathon

Running in his first race since a hip replacement, **Paul Dunham** won the 70-74 age group at the Turning Stone Half Marathon on August 25 with a time of 2:39:02. There were an impressive 423 finishers in the race.

Compiling 3km Road Records From Mountain Goat Runs Is Completed

Some recent (and some not so recent) Charger age group records for the 3km road run may be found in this month's age group records listing. They include records in the 2013 race by **Sue Gardinier** (14:22, 70-74 age group), **Joanne Singer** (11:22, 50-54 age group), and **Megan O'Connor** (11:25, 20-24 age group). It appears that checking on Charger records for the Mountain Goat 3km is now completed.

The 20th Annual
WILLOW BAY 5k RUN & FITNESS WALK FOR WOMEN
 Conducted by the Syracuse Chargers Track Club
 Onondaga Lake Park, Liverpool, NY
 Aug. 17, 2013
 OVERALL RESULTS

Place	Name	Age	Time	Div
1	Erin McConnell	18	18:10	1 1519
2	Katie Sischo	19	18:29	2 1519
3	Megan Ann Pierce	17	18:47	3 1519
4	Brittany Alkerton	14	19:58	1 1014
5	Claudette R Mainville	46	20:37	1 4549
6	Rachel Ziemba	14	20:48	2 1014
7	Courtney Kelley	19	20:49	4 1519
8	Susan Lopez	21	20:57	1 2024
9	Meleana Spera	20	21:04	2 2024
10	Sofie Matson	10	21:12	3 1014
11	Lindsay Weaver	15	21:13	5 1519
12	Felicia Case	34	21:18	1 3034
13	Karyl Sargent	50	21:18	1 5054
14	Lucy Person	12	21:27	4 1014
15	Gabrielle Schug	17	21:37	6 1519
16	Rachel A Gregg	33	21:41	2 3034
17	Kathleen Ann Wheeler	42	21:50	1 4044
18	Patti E Ford	57	22:08	1 5559
19	Alyshia Alkerton	10	22:19	5 1014
20	Allison Cronk	17	22:24	7 1519
21	Jessica Dudley	34	22:33	3 3034
22	Linda Annan	20	22:40	3 2024
23	Amy DiFabio	32	22:42	4 3034
24	Kathryn Annan	56	22:52	2 5559
25	Elena Haarer	13	22:56	6 1014
26	Kerry Zubrzycki	39	23:02	1 3539
27	Lauren Ferris	14	23:04	7 1014
28	Jessica Turner	17	23:10	8 1519
29	Michelle Gloska	14	23:24	8 1014
30	Laura Sage	28	23:35	1 2529
31	Kathy Wilson-Sischo	47	23:42	2 4549
32	Bridget Kuszaj	29	23:43	2 2529
33	Sue Gardinier	71	23:45	1 7074
34	Alicia Bielik	32	23:47	5 3034
35	Kimberly A Cavallo	45	24:04	3 4549
36	Cori Mainville	16	24:12	9 1519
37	Michelle Callahan	44	24:33	2 4044
38	Shirley A Yablonski	59	24:48	3 5559
39	Brooke Morgan	11	24:56	9 1014
40	Kayla Penoyer	15	24:56	10 1519
41	Cathy Kelley	46	24:57	4 4549
42	Patricia Bennett	47	25:00	5 4549
43	Kristin MacDonald	39	25:00	2 3539
44	Allison Congelli	13	25:01	10 1014
45	Susan Weaver	46	25:02	6 4549
46	Tammy Congelli	46	25:03	7 4549
47	Maria Ziemba	47	25:27	8 4549
48	Abigail Whiting	19	25:35	11 1519
49	Kathy Frawley	61	25:38	1 6064
50	Michelle Cusimano	49	25:43	9 4549
51	Marjorie Chetney	36	25:52	3 3539
52	Clara Matthews	50	25:52	2 5054
53	Kelly Casson	39	26:03	4 3539
54	Rosalie Brennan	64	26:12	2 6064
55	Sharon Schug	50	26:17	3 5054
56	Petrina Panebianco	26	26:31	3 2529
57	Mary Ann Pierce	50	26:35	4 5054
58	Sarah Bender	27	26:44	4 2529
59	Kelly Ewald	34	26:48	6 3034
60	Susan Gloska	14	26:52	11 1014
61	Emily O'Reilly	11	26:56	12 1014
62	Melissa Severance	44	27:05	3 4044
63	Jamie Golden	43	27:12	4 4044
64	Melissa Hoch	34	27:13	7 3034
65	Marguerite E Dodd	32	27:19	8 3034
66	Kiana Severance	15	27:23	12 1519
67	Abigail Frey	13	27:23	13 1014
68	Pam Cronk	43	28:05	5 4044



Patti Ford & daughter Erin McConnell



Meleana Spera



Rachel Gregg

69	Rebecca Quilty-Koval	25	28:11	5	2529
70	Ruth Ripley	66	28:12	1	6569
71	Amy Morrison	14	28:13	14	1014
72	Cara Thompson	51	28:14	5	5054
73	Bridget Lichtinger	43	28:17	6	4044
74	Shannon Davies	44	28:18	7	4044
75	Kristin Fischer	44	28:19	8	4044
76	Heather Leahey	37	28:23	5	3539
77	Juhee LaHaye	36	28:24	6	3539
78	Margaret Feyerabend	47	28:26	10	4549
79	Samantha Kunzelman	33	28:29	9	3034
80	Julie Darmody-Latham	42	28:31	9	4044
81	Kirsten Jonnjan	33	28:33	10	3034
82	Kate Hitchcock	56	28:33	4	5559
83	Kristina Turtura	31	28:40	11	3034
84	Sherrri Hubert	37	28:50	7	3539
85	Aniela Valenzuela	30	28:55	12	3034
86	Joan Deyle	68	28:57	2	6569
87	Donna Dallal-Ferne	55	29:06	5	5559
88	Wendy Morrison	43	29:17	10	4044
89	Kate Howard	57	29:25	6	5559
90	Elizabeth Cavallario	48	29:44	11	4549
91	Jennifer M Piraino	38	29:48	8	3539
92	Anna Ziemba	12	29:50	15	1014
93	Cynthia Mead	43	29:52	11	4044
94	Sarah Balduzzi	9	29:52	1	0109
95	Jane Tartick	57	29:56	7	5559
96	Mary Kimberly	52	30:05	6	5054
97	Annette Chrysler	48	30:05	12	4549
98	Sylvia L Betcher	65	30:16	3	6569
99	Katherine Balduzzi	40	30:17	12	4044
100	Courtney Button	23	30:29	4	2024
101	Barbara Monahan	48	30:31	13	4549
102	Kristen Januseski	38	30:37	9	3539
103	Courtenay McKeon	41	30:39	13	4044
104	Heidi Szalach	39	30:41	10	3539
105	Kim Szalach	35	30:43	11	3539
106	Kimberly Van Camp	30	30:43	13	3034
107	Heather Frawley	36	30:43	12	3539
108	Ashley O'Bryan	24	30:48	5	2024
109	Carol Rider	71	30:57	2	7074
110	Akiko Rhone	55	31:07	8	5559
111	Amber Ricker	22	31:09	6	2024
112	Theresa Summa	52	31:10	7	5054
113	Christine Learned	41	31:17	14	4044
114	Dottie Arnold	61	31:19	3	6064
115	Shannon Green	27	31:23	6	2529
116	Erin Jones	44	31:23	15	4044
117	Kathleen Murphy	69	31:23	4	6569
118	Jessica York	24	31:25	7	2024
119	Kimberly Bailey	32	31:30	14	3034
120	Donna Cornacchia	64	31:46	4	6064
121	Maria Fumano	47	31:52	14	4549
122	Marguerite Fulton-Newton	65	31:54	5	6569
123	Savaria Raineri	21	31:55	8	2024
124	Cassandra Darmody	43	32:01	16	4044
125	Jan Heisler	53	32:03	8	5054
126	Emily Cavallario	13	32:14	16	1014
127	Molly Murphy	43	32:21	17	4044
128	Tammy Asch	42	32:22	18	4044
129	Kristina Jenne	52	32:26	9	5054
130	Sara Havener	27	32:38	7	2529
131	Stephanie MacDerment	38	32:39	13	3539
132	Brooke Fingland	34	33:05	15	3034
133	Nicole Weaver	29	33:06	8	2529
134	Colleen Lewis	35	33:07	14	3539
135	Jennifer Gillis	28	33:11	9	2529
136	Amy Dobrovec	40	33:13	19	4044
137	Kelly Burdick	28	33:29	10	2529
138	Heather Sweeney	49	33:31	15	4549
139	Emily Bearer	21	33:37	9	2024
140	Abby Feyerabend	12	33:43	17	1014
141	Cindy Shore	57	34:01	9	5559
142	Melinda Portmess	60	34:01	5	6064
143	Jenna Lipke	12	34:06	18	1014



Karen Spera, Daisha Thomas, Michelle & Jenny Sacco



Carol Rider Courtenay McKeon



Connie Ciccone

144	Kim Lipke	41	34:06	20	4044
145	Shelley Trace	50	34:13	10	5054
146	Marcy J Tobin	50	34:22	11	5054
147	Anne E Proppe	62	34:28	6	6064
148	Kim Onisk	58	34:29	10	5559
149	Daisha Thomas	12	34:47	19	1014
150	Karen Spera	49	34:49	16	4549
151	Jenny Sacco	36	34:52	15	3539
152	Michelle Sacco	9	34:53	2	0109
153	Karen Neijstrom	26	35:06	11	2529
154	Diann Ferris	48	35:31	17	4549
155	Brenda Kelley	57	35:44	11	5559
156	Kathleen Effler	66	35:56	6	6569
157	Anne Driscoll	52	36:39	12	5054
158	Shannon Driscoll	24	36:39	10	2024
159	Kathi Chaszczewski	51	36:44	13	5054
160	Kristin T Baker	45	36:56	18	4549
161	Emma Baker	10	36:56	20	1014
162	Catherine Davis	47	36:57	19	4549
163	Christine Mooney	18	37:32	13	1519
164	Deborah Wood	53	37:38	14	5054
165	Ellie Fraher	10	37:49	21	1014
166	Ann Netter	50	38:02	15	5054
167	Jennifer Fraher	40	38:12	21	4044
168	Taylor Converse	12	38:17	22	1014
169	Meredith Smith-Converse	40	38:22	22	4044
170	Kayla Lopez	10	38:37	23	1014
171	Olivia Misciagna	11	38:52	24	1014
172	Maggie Kaminski	9	39:02	3	0109
173	Mikaela Kaminski	12	39:05	25	1014
174	Anne Berent	49	39:10	20	4549
175	Jessica Mintanye	20	39:28	11	2024
176	Connie Ciccione	68	39:41	7	6569
177	Julia McCann	9	39:46	4	0109
178	Abigail Walsh	9	39:48	5	0109
179	Kelly Kaminski	42	39:51	23	4044
180	Jamie McCann	34	40:26	16	3034
181	Sofia Bjelanovic	9	40:28	6	0109
182	Kenna Ridzi	6	40:34	7	0109
183	Jody Ridzi	36	40:34	16	3539
184	Kerrie Conwell-Strong	38	40:35	17	3539
185	Christina Mosher	37	40:46	18	3539
186	Michelle Lipes	42	40:46	24	4044
187	Leslie Thompson	46	41:08	21	4549
188	Kristen Stock	25	41:09	12	2529
189	Crystal M Henderson	32	41:19	17	3034
190	Dee Caldwell	52	42:01	16	5054
191	Dorothy Schiessl	72	42:58	3	7074
192	Katie McCarthy	35	43:02	19	3539
193	Mary Kunzelman	76	43:37	1	7579
194	Karen Sanderson	41	44:07	25	4044
195	Sharon Sonnacchio	72	44:09	4	7074
196	Joy Strickland	41	45:19	26	4044
197	Lisa Goodman	46	45:34	22	4549
198	Molly Lange	45	46:30	23	4549
199	Martha Whiting	47	46:31	24	4549
200	Judy Flynn	53	46:35	17	5054
201	Debbie Williams	54	47:58	18	5054
202	Amanda Duffy	30	47:59	18	3034
203	Robin Ariola	47	48:02	25	4549
204	Lina Moore	42	48:02	27	4044
205	Margaret Byrnes	67	50:07	8	6569
206	Darlene Seamans	59	50:43	12	5559
207	Mary McCarthy	63	51:36	7	6064
208	Donna Defio	59	52:00	13	5559
209	Cindy O'Bryan	52	52:00	19	5054
210	Lamia Rawda	45	52:35	26	4549
211	Beth Butler	46	52:36	27	4549
212	LaDonna L Goldsmith	71	53:29	5	7074
213	Abbie Boglione	15	56:13	14	1519
214	Eddie Smith	51	56:13	20	5054
215	Cindy Sanderson	55	58:00	14	5559
216	Joanne Heagle	68	58:01	9	6569



Sue Gardenier



AGE GROUP RESULTS

Name	Age	Time
=====		
DIV = 01/09		
94 Sarah Balduzzi	9	29:52
152 Michelle Sacco	9	34:53
172 Maggie Kaminski	9	39:02
DIV = 10/14		
4 Brittany Alkerton	14	19:58
6 Rachel Ziemba	14	20:48
10 Sofie Matson	10	21:12
DIV = 15/19		
1 Erin McConnell	18	18:10
2 Katie Sischo	19	18:29
3 Megan Ann Pierce	17	18:47
7 Courtney Kelley	19	20:49
DIV = 20/24		
8 Susan Lopez	21	20:57
9 Meleana Spera	20	21:04
22 Linda Annan	20	22:40
DIV = 25/29		
30 Laura Sage	28	23:35
32 Bridget Kuszaj	29	23:43
56 Petrina Panebianco	26	26:31
DIV = 30/34		
12 Felicia Case	34	21:18
16 Rachel A Gregg	33	21:41
21 Jessica Dudley	34	22:33
DIV = 35/39		
26 Kerry Zubrzycki	39	23:02
43 Kristin MacDonald	39	25:00
51 Marjorie Chetney	36	25:52
DIV = 40/44		
17 Kathleen Ann Wheeler	42	21:50
37 Michelle Callahan	44	24:33
62 Melissa Severance	44	27:05
DIV = 45/49		
5 Claudette R Mainville	46	20:37
31 Kathy Wilson-Sischo	47	23:42
35 Kimberly A Cavallo	45	24:04
41 Cathy Kelley	46	24:57
DIV = 50/54		
13 Karyl Sargent	50	21:18
52 Clara Matthews	50	25:52
55 Sharon Schug	50	26:17
DIV = 55/59		
18 Patti E Ford	57	22:08
24 Kathryn Annan	56	22:52
38 Shirley A Yablonski	59	24:48

DIV = 60/64			
49 Kathy Frawley	61	25:38	
54 Rosalie Brennan	64	26:12	
114 Dottie Arnold	61	31:19	
DIV = 65/69			
70 Ruth Ripley	66	28:12	
86 Joan Deyle	68	28:57	
98 Sylvia L Betcher	65	30:16	
DIV = 70/74			
33 Sue Gardinier	71	23:45	
109 Carol Rider	71	30:57	
191 Dorothy Schiessl	72	42:58	
DIV = 75/79			
193 Mary Kunzelman	76	43:37	

DOUBLE YOUR FUN CHALLENGE

(2 x Time < Age)(Prize winners have % >= 100)

AGE-T%	Place	Time	Age

WINNERS:			
150.9675	33 Sue Gardinier	23.750	71.709
130.75177	18 Patti Ford	22.133	57.879
124.43021	24 Kathryn Annan	22.866	56.906
123.76229	24 Rosalie Brennan	26.200	64.851
120.12262	38 Shirley Yablonski	24.800	59.580
119.26617	49 Kathy Frawley	25.633	61.143
118.01402	13 Karyl Sargent	21.300	50.273
117.79875	86 Joan Deyle	28.950	68.205
117.37103	70 Ruth Ripley	28.200	66.197
115.2012	109 Carol Rider	30.950	71.309
112.30440	5 Claudette Mainville	20.616	46.306
111.43250	117 Kathleen Murphy	31.383	69.942
107.53966	98 Sylvia Betcher	30.266	65.097
102.56448	122 Marguerite Fulton-Newton	31.900	65.436
102.20368	120 Donna Cornacchia	31.766	64.933
101.24848	31 Kathy Wilson-Sischo	23.700	47.991

Sister-Sister Category Team Results

1. Team: 02
19:58 + 22:19 = 42:17
3 Brittany Alkerton, 2 Alyshia Alkerton
2. Team: 15
21:50 + 24:04 = 45:54
200 Kathleen Ann Wheeler, 34 Kimberly Cavallo
3. Team: 13
23:24 + 26:52 = 50:16
76 Michelle Gloska, 77 Susan Gloska
4. Team: 03
20:48 + 29:50 = 50:38
210 Rachel Ziemba, 208 Anna Ziemba
5. Team: 16
23:02 + 28:31 = 51:33
211 Kerry Zubrzycki, 212 Julie Darmody-Latham
6. Team: 16-1
23:02 + 28:33 = 51:35
211 Kerry Zubrzycki, 87 Kate Hitchcock
7. Team: 16-2
23:02 + 32:01 = 55:03
211 Kerry Zubrzycki, 50 Cassandra Darmody
8. Team: 16-4
28:31 + 28:33 = 57:04
212 Julie Darmody-Latham, 87 Kate Hitchcock
9. Team: 04
26:44 + 31:25 = 58:09
17 Sarah Bender, 207 Jessica York
10. Team: 16-3
23:02 + 35:31 = 58:33
211 Kerry Zubrzycki, 61 Diann Ferris
11. Team: 18
28:40 + 31:09 = 59:49
231 Kristina Turtura, 227 Amber Ricker
12. Team: 16-5
28:31 + 32:01 = 1:00:32
212 Julie Darmody-Latham, 50 Cassandra Darmody
13. Team: 16-7
28:33 + 32:01 = 1:00:34
87 Kate Hitchcock, 50 Cassandra Darmody
14. Team: 06
30:37 + 30:43 = 1:01:20
91 Kristen Januseski, 69 Heather Frawley
15. Team: 14
26:48 + 34:49 = 1:01:37
60 Kelly Ewald, 176 Karen Spera
16. Team: 10
30:48 + 33:11 = 1:03:59
137 Ashley O'Bryan, 75 Jennifer Gillis
17. Team: 16-6
28:31 + 35:31 = 1:04:02
212 Julie Darmody-Latham, 61 Diann Ferris
18. Team: 16-8
28:33 + 35:31 = 1:04:04
87 Kate Hitchcock, 61 Diann Ferris
19. Team: 16-9
32:01 + 35:31 = 1:07:32
50 Cassandra Darmody, 61 Diann Ferris
20. Team: 12
36:39 + 36:44 = 1:13:23
56 Anne Driscoll, 35 Kathi Chaszczewski
21. Team: 01
39:02 + 39:05 = 1:18:07
95 Maggie Kaminski, 96 Mikaela Kaminski
22. Team: 07
46:30 + 46:31 = 1:33:01
104 Molly Lange, 202 Martha Whiting
23. Team: 11
52:00 + 52:00 = 1:44:00
52 Donna Defio, 138 Cindy O'Bryan

Mother-Daughter Category Team Results

1. Team: 08
18:10 + 22:08 = 40:18
121 Erin McConnell, 66 Patti E Ford
2. Team: 15
18:29 + 23:42 = 42:11
172 Katie Sischo, 205 Kathy Wilson-Sischo
3. Team: 28
20:37 + 24:12 = 44:49
113 Claudette R Mainville, 114 Cori Mainville
4. Team: 04
18:47 + 26:35 = 45:22
146 Megan Ann Pierce, 145 Mary Ann Pierce
5. Team: 31
22:40 + 22:52 = 45:32
5 Linda Annan, 4 Kathryn Annan
6. Team: 40
20:49 + 24:57 = 45:46
99 Courtney Kelley, 98 Cathy Kelley
7. Team: 10
20:48 + 25:27 = 46:15
210x Rachel Ziemba, 209M Maria Ziemba
8. Team: 26
21:13 + 25:02 = 46:15
197 Lindsay Weaver, 199 Susan Weaver
9. Team: 35
21:37 + 26:17 = 47:54
166 Gabrielle Schug, 167 Sharon Schug
10. Team: 09
25:01 + 25:03 = 50:04
39 Allison Congelli, 40 Tammy Congelli
11. Team: 36
22:24 + 28:05 = 50:29
45 Allison Cronk, 46 Pam Cronk
12. Team: 30
23:47 + 28:33 = 52:20
21 Alicia Bielik, 87 Kate Hitchcock
13. Team: 03
27:05 + 27:23 = 54:28
170 Melissa Severance, 169 Kiana Severance
14. Team: 10-1
29:50 + 25:27 = 55:17
208x Anna Ziemba, 209M Maria Ziemba
15. Team: 24
21:04 + 34:49 = 55:53
177 Meleana Spera, 176 Karen Spera
16. Team: 12
30:37 + 25:38 = 56:15
91x Kristen Januseski, 70M Kathy Frawley
17. Team: 12-1
30:43 + 25:38 = 56:21
69x Heather Frawley, 70M Kathy Frawley
18. Team: 34
28:13 + 29:17 = 57:30
130 Amy Morrison, 131 Wendy Morrison
19. Team: 32
23:04 + 35:31 = 58:35
62 Lauren Ferris, 61 Diann Ferris
20. Team: 37
20:57 + 37:38 = 58:35
214 Susan Lopez, 215 Deborah Wood
21. Team: 21
29:52 + 30:17 = 1:00:09
13 Sarah Balduzzi, 12 Katherine Balduzzi
22. Team: 11
29:44 + 32:14 = 1:01:58
32 Elizabeth Cavallario, 33 Emily Cavallario
23. Team: 38
28:26 + 33:43 = 1:02:09
63 Margaret Feyerabend, 221 Abby Feyerabend

- 24. Team: 18
34:06 + 34:06 = 1:08:12
107 Jenna Lipke, 108 Kim Lipke
- 25. Team: 33
32:38 + 35:44 = 1:08:22
84 Sara Havener, 97 Brenda Kelley
- 26. Team: 22
34:52 + 34:53 = 1:09:45
158 Jenny Sacco, 159 Michelle Sacco
- 27. Team: 14
25:35 + 46:31 = 1:12:06
201 Abigail Whiting, 202 Martha Whiting
- 28. Team: 20
36:39 + 36:39 = 1:13:18
56 Anne Driscoll, 57 Shannon Driscoll
- 29. Team: 19
36:56 + 36:56 = 1:13:52
10 Emma Baker, 11 Kristin T Baker
- 30. Team: 29
37:49 + 38:12 = 1:16:01
67 Ellie Fraher, 68 Jennifer Fraher
- 31. Team: 23
38:17 + 38:22 = 1:16:39
41 Taylor Converse, 174 Meredith Smith-
Converse
- 32. Team: 05
39:02 + 39:51 = 1:18:53
95x Maggie Kaminski, 94M Kelly Kaminski
- 33. Team: 05-1
39:05 + 39:51 = 1:18:56
96x Mikaela Kaminski, 94M Kelly Kaminski
- 34. Team: 39
25:43 + 53:29 = 1:19:12
48 Michelle Cusimano, 219 LaDonna L Goldsmith
- 35. Team: 25
33:29 + 46:35 = 1:20:04
25 Kelly Burdick, 65 Judy Flynn
- 36. Team: 27
40:34 + 40:34 = 1:21:08
155 Jody Ridzi, 156 Kenna Ridzi
- 37. Team: 06
41:08 + 41:09 = 1:22:17
229 Leslie Thompson, 178 Kristen Stock
- 38. Team: 17
30:48 + 52:00 = 1:22:48
137x Ashley O'Bryan, 138M Cindy O'Bryan
- 39. Team: 07
32:39 + 50:43 = 1:23:22
111 Stephanie MacDermont, 168 Darlene Seamans
- 40. Team: 17-1
33:11 + 52:00 = 1:25:11
75x Jennifer Gillis, 138M Cindy O'Bryan
- 41. Team: 13
46:30 + 42:58 = 1:29:28
104x Molly Lange, 165M Dorothy Schiessl
- 42. Team: 13-1
46:31 + 42:58 = 1:29:29
202x Martha Whiting, 165M Dorothy Schiessl
- 43. Team: 01
47:58 + 47:59 = 1:35:57
203 Debbie Williams, 59 Amanda Duffy
- 44. Team: 16
44:07 + 57:55 = 1:42:02
162x Karen Sanderson, 163M Kathy Sanderson

Grandmother-Granddaughter Category Team Results

- 1. Team: 01
25:35 + 42:58 = 1:08:33
201 Abigail Whiting, 165 Dorothy Schiessl
- 2. Team: 02
34:28 + 34:47 = 1:09:15
149 Anne E Proppe, 238 Daisha Thomas

Aunt-Niece Category Team Results

- 1. Team: 05
23:02 + 23:04 = 46:06
211x Kerry Zubrzycki, 62N Lauren Ferris
- 2. Team: 06
23:02 + 23:47 = 46:49
211x Kerry Zubrzycki, 21N Alicia Bieli
- 3. Team: 03
21:04 + 26:48 = 47:52
177 Meleana Spera, 60 Kelly Ewald
- 4. Team: 07
21:18 + 27:23 = 48:41
164 Karyl Sargent, 71 Abigail Frey
- 5. Team: 05-1
28:31 + 23:04 = 51:35
212x Julie Darmody-Latham, 62N Lauren Ferris
- 6. Team: 05-2
28:33 + 23:04 = 51:37
87x Kate Hitchcock, 62N Lauren Ferris
- 7. Team: 06-1
28:31 + 23:47 = 52:18
212x Julie Darmody-Latham, 21N Alicia Bielik
- 8. Team: 06-2
28:33 + 23:47 = 52:20
87x Kate Hitchcock, 21N Alicia Bielik
- 9. Team: 05-3
32:01 + 23:04 = 55:05
50x Cassandra Darmody, 62N Lauren Ferris
- 10. Team: 06-3
32:01 + 23:47 = 55:48
50x Cassandra Darmody, 21N Alicia Bielik
- 11. Team: 05-4
35:31 + 23:04 = 58:35
61x Diann Ferris, 62N Lauren Ferris
- 12. Team: 06-4
35:31 + 23:47 = 59:18
61x Diann Ferris, 21N Alicia Bielik
- 13. Team: 04
21:41 + 38:37 = 1:00:18
81 Rachel A Gregg, 110 Kayla Lope
- 14. Team: 08
25:35 + 46:30 = 1:12:05
201 Abigail Whiting, 104 Molly Lange
- 15. Team: 02
30:48 + 52:00 = 1:22:48
137x Ashley O'Bryan, 52A Donna Defio
- 16. Team: 02-1
33:11 + 52:00 = 1:25:11
75x Jennifer Gillis, 52A Donna Defio
- 17. Team: 01
56:13 + 56:13 = 1:52:26
23 Abbie Boglione, 173 Edie Smith



Anne Proppe – 2nd pl. Grandmother-Granddaughter award

Perfect Conditions for the Willow Bay 5K Run & Fitness Walk for Women
20th Anniversary Year

We are very proud to be celebrating the 20th 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 two decades that the Syracuse Chargers host this race!

It was August 17th, but it felt more like October for this year's edition of this women-only race. It was comfortably cool and in the 60s with calm winds at race time. Due to construction within Onondaga Lake Park, the race course was moved from the East Shore Trail to the Shoreline Walking Path. The starting time was moved up to an earlier 8am start in an attempt to minimize interaction with the casual park users. Billy Norton, as lead bicycle, and Mike Joyner, on his 4-wheeler, did a fine job of leading the runners from ages 6 through 76 along the narrower and curvier than usual course.

Our winner was 18 year old Erin McConnell of Lafayette with a time of 18:10, our runner up was Katie Sisco of Jamesville, with last year's winner, Megan Ann Pierce taking third place overall. As our champion, Erin McConnell received, among other items, an original piece of artwork donated to the race by well-known local artist and nationally-ranked runner Coreen Steinbach.

Claudette Mainville from Carthage captured the master crown with an outstanding 5th overall finish in a time of 20:37.

There were a total of 215 finishers and among them we had a record 23 Sister-Sister teams, a record 44 Mother-Daughter teams, 2 Grandmother-Granddaughter teams, and a record 17 Aunt-Niece Teams. The number of aunt-niece teams was more than double the number we had at last year's race. Our winning mother-daughter team was our champion, Erin McConnell, and her mom Patti Ford with a combined time of 40:18. Our winning sister-sister team was our returning winners from last year 14-year old Brittany Alkerton and her 10 year old sister Alyshia. The Alkerton girls, who are from Brockville, Ontario, ran a combined time of 42:17.

Our winning grandmother-granddaughter team was Dorothy Schiessl with granddaughter Abigail Whiting. Our winning aunt-niece team was Kerry Zubrzycki with niece Lauren Ferris. Alicia Bielik also teamed up with her speedy aunt Kerry to score as our 2nd place aunt-niece team.

We had 16 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 on race-day, she has won the challenge! The ages of the winners for this year's challenge were between 46 and 71.

Many thanks to our race coordinators:

Mark Driscoll (finish line)

Bob Hiemenz (pre-race registration and results)

Mike Joyner (course)

I'd like to express my gratitude to our team of volunteers. They are: Marcia Baldwin, Tim Baldwin, Mike Buselli, Jim Clancy, Terri Clark, Lori Dietz, Kevin Hiemenz, Chuck Milazzo, Billy Norton, Dave Oja, Pat Piscitelli, Mary Lou Plante, Ron Plante, Evan Stolicker, Mike Stolicker, Rob Swizdor, Greg Tuttle, Ron Westbrook, and Evelyn White.

Kevin Hiemenz did a great job as official race photographer capturing each finisher as they crossed the line. His photos are available on our website at the link to our race.

Please patronize our generous race sponsors:

Chary Griffin of Hunt Properties
Fleet Feet Sports Syracuse
The Bikery

Many thanks to Bruegger's (Route 57), Abbott Farms and Country Store on Rt. 370 in Baldwinsville, The Bikery on Van Buren Road in Baldwinsville, Syracuse Banana, Adele Comisso of RiKreations, Liverpool Chiropractic and Wellness, Lissa Bovay of Lia Sophia, Mark Perrin from The Bikery, Brian Collins of the Empire State Marathon & Half Marathon, Coreen Steinbach Fine Art, Steve Grimaldi of No Waves, No Worries Standup Paddleboards, and Anthony's Bodyworks for furnishing refreshments and/or door prizes for our event.

Thanks to David Burgess and his team of EMTs who were onsite throughout the morning.

Last, but not least, I'd like to recognize the Onondaga Lake Park staff, especially Eric Sopchak and Nicole Campagna, for serving as our park/race liaisons.

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



Congratulation, Chary and Mickey

Congratulation to Chary Griffin and Mickey Piscitelli who competed in the USA Triathlon 2013 Age Group National Championships in Milwaukee last month in the Olympic Distance. Chary finished 9th in the 65-69 age group in a time of 3:15:27; and Mickey finished 61st in the 55-59 age group in a time of 3:08:32 --- both very competitive.



Chary is off to London this month to the World Championships and will represent the USA next year in Edmonton, Canada as well.

THE 16TH ANNUAL GROTON LABOR DAY 5K

Groton, September 2, 2013

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

	AGE	TIME	PACE	AGEGROUP
1 Tom Eickelberg	24	17:16	5:34	1 M20-29
2 Jason Jenks	16	17:30	5:38	1 M15-19
3 Robert Dunham	20	17:30	5:38	2 M20-29
4 Keith Eggleston	53	19:55	6:25	1 M50-59
5 Eric Peck	19	20:46	6:42	2 M15-19
6 Norman Cheney	58	21:03	6:47	2 M50-59
7 Caleb Kinney	20	21:18	6:52	3 M20-29
8 Walter Iddings	53	21:21	6:53	3 M50-59
9 Jeffrey Cronk	45	21:29	6:55	1 M40-49
10 Julie Barclay	40	21:36	6:58	1 F40-49
11 Josh Marlette	17	21:48	7:01	3 M15-19
12 Brian Watson	26	21:51	7:02	4 M20-29
13 Reid Bush	17	22:02	7:06	4 M15-19
14 Rachel Phillips	24	22:10	7:09	1 F20-29
15 Steve Cunningham	50	22:11	7:09	4 M50-59
16 Adam Cronk	13	22:12	7:09	1 M01-14
17 Brandon Stafford	30	22:27	7:14	1 M30-39
18 Will Stoughton	17	22:39	7:18	5 M15-19
19 Garrett Lockwood	15	22:41	7:18	6 M15-19
20 Allison Cronk	17	22:49	7:21	1 F15-19
21 Carl Franck	61	22:52	7:22	1 M60+
22 John Smillie	60	23:13	7:29	2 M60+
23 John Hylas	55	23:41	7:38	5 M50-59
24 Dana Gerhart	59	23:58	7:43	6 M50-59
25 Dan Kinney	52	24:01	7:44	7 M50-59
26 Richard Moore	14	24:02	7:44	2 M01-14
27 Michael Terwilliger	58	24:07	7:46	8 M50-59
28 Luke Lauchle	16	24:14	7:48	7 M15-19
29 Katheryn Okonsky	28	24:20	7:50	2 F20-29
30 Mike Perkins	15	24:24	7:51	8 M15-19
31 Teddy Brenner	10	24:24	7:52	3 M01-14
32 Zsofia Franck	60	25:35	8:14	1 F60+
33 Eric Eastman	14	25:41	8:16	4 M01-14
34 Caroline Rasmussen	55	26:01	8:23	1 F50-59
35 Matthew Adams	17	26:03	8:23	9 M15-19
36 Jared McCormick	38	26:14	8:27	2 M30-39
37 David Johnson	59	26:20	8:29	9 M50-59
38 Catherine Jenks	14	26:21	8:29	1 F01-14
39 Al Wruck	68	26:31	8:32	3 M60+
40 David Scott	18	26:37	8:34	10 M15-19
41 Jerry Bergenstock	71	26:39	8:35	4 M60+
42 Chuck Henderson	58	26:40	8:35	10 M50-59
43 Barry Dunning	44	26:53	8:40	2 M40-49
44 Jessica Kennett	38	27:12	8:46	1 F30-39
45 Sophia Darling	38	27:12	8:46	2 F30-39
46 William Batzer	16	27:26	8:50	11 M15-19
47 Nathan Collingsworth	12	27:35	8:53	5 M01-14
48 Mitch Collingsworth	54	27:36	8:53	11 M50-59
49 Michelle Eastman	46	27:48	8:57	2 F40-49
50 Leah Forehand	14	27:59	9:01	2 F01-14
51 Emily Hess	15	28:00	9:01	2 F15-19
52 Barbara Sobol	52	28:02	9:02	2 F50-59
53 Edward Hotchkin	63	28:05	9:03	5 M60+
54 Sarah Hayes	35	28:18	9:07	3 F30-39
55 Michaela Dunham	17	28:23	9:08	3 F15-19
56 Marissa Cronk	14	28:26	9:09	3 F01-14
57 Matt Scaglione	28	28:53	9:18	5 M20-29
58 Beth Evener	26	28:53	9:18	3 F20-29
59 Timothy Buckley	46	28:55	9:19	3 M40-49
60 Gracie Dittman	13	28:59	9:20	4 F01-14
61 Ruthanne Forehand	17	29:00	9:20	4 F15-19
62 Natale Dabulewicz	23	29:10	9:24	4 F20-29
63 Mike Eshanbrenner	55	29:27	9:29	12 M50-59

64 Thomas Buckley	13	29:34	9:31	6 M01-14
65 David Stathis	54	29:38	9:32	13 M50-59
66 Jamie Soroka	53	29:38	9:33	14 M50-59
67 John Brenner	49	29:40	9:33	4 M40-49
68 To Magnosi	48	29:47	9:36	5 M40-49
69 Wayne Dunham	51	29:59	9:39	15 M50-59
70 Steve Gallow	53	30:11	9:43	16 M50-59
71 Jerry Smith	66	30:16	9:45	6 M60+
72 Reese Lockwood	12	30:22	9:47	7 M01-14
73 Korissa Kinney	15	30:32	9:50	5 F15-19
74 Steven Craft	48	30:40	9:53	6 M40-49
75 Patrick Graham	50	30:52	9:56	17 M50-59
76 Nathan Forehand	24	31:26	10:07	6 M20-29
77 Matthew Forster	13	32:15	10:23	8 M01-14
78 Hannah Collingsworth	12	32:19	10:25	5 F01-14
79 Soa McCormick	39	32:28	10:27	4 F30-39
80 Lilly McCormick	11	32:31	10:28	6 F01-14
81 Tom Sroczynski	68	32:50	10:34	7 M60+
82 Jennifer Hamilton	40	32:57	10:37	3 F40-49
83 Peggy Dunham	50	33:03	10:39	3 F50-59
84 Eugene Forehand	40	34:17	11:02	7 M40-49
85 Colleen Gloster-Gray	50	34:28	11:06	4 F50-59
86 Gwendolyn Claussen	37	34:43	11:11	5 F30-39
87 Faith Forster	14	34:48	11:13	7 F01-14
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98 Tina Forster	49	40:32	13:03	4 F40-49
99 Alexis Scarlata	16	40:53	13:10	6 F15-19
100 Dawn Metcalf	46	41:02	13:13	5 F40-49
101 William Fatout	62	41:13	13:16	8 M60+
102 Kathi Sovocool	54	41:30	13:22	10 F50-59
103 Cathy Hall	53	42:08	13:34	11 F50-59
104 Chrissie Allen	37	42:08	13:34	6 F30-39
105 Kathy Dexter	67	44:30	14:20	4 F60+
106 Ellen Reed	24	45:56	14:47	5 F20-29
107 Lorri Hunter	53	48:00	15:27	12 F50-59

Race Coordinator: Scott Weeks



Cronk Family – Jeff and Allison competed in the Groton Race, and Allison and Mom Pam ran Willow Bank Women's race and walk.

Fayetteville 10K Classic
11th Annual—Saturday, September 21, 2013
To Benefit the Syracuse Chargers Track Club's College Scholarship Program
Held in connection with the Fayetteville Festival also at Beard Park



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

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

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

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

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

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

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

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

2013 Fayetteville 10K Classic Entry Form

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

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

Last Name	First Name	Sex	Age as of 9/21/13	
Street Address	City	State	Zip	

Phone: _____ E-mail: _____ Date of Birth ___/___/___ T-Shirt: ___S___M___L___XL

Participant Waiver for Race Registration

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

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

Signature: _____ **Date:** _____

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

WHAT IS YOUR FAVORITE WORKOUT?

Throughout my years of running, I have tried to learn as much as possible about the best ways to train. Books, of course, are a great source of useful information. I accumulated all I could find and studied them like I was cramming for an exam. Then, after a few years of racing I realized each person is different, and the general advice in the books might not be tailored to my individual needs. So, I began to rely more and more on my own personal experience to see what helped me in particular. This made it necessary to keep an accurate and detailed log, in order to benefit from the experiences and not repeat the same mistakes.

Then I discovered another source of useful information, namely other runners. Whenever I did a race and saw a runner who performed well, I would approach him during the cool down and try to find out his "secret." If I directly asked "What is your favorite workout?" I seldom received anything useful. A much better approach was "You ran a really good race today. I'm always curious how good runners such as you train. I like intervals and do a lot of them. What's your favorite workout?" Even with that cautious approach some divulge no information, because they have none or they don't want to give away their secrets to a competitor. Others seem happy to trade training ideas.

One fellow said he went to the track twice per week and ran each straightaway as hard as possible and jogged the curves. He kept this up "till my legs turned to pure rubber and I could barely walk off the track." Another offered a similar hard/easy formula except he timed each quarter and made sure he stayed on 5K-pace. If he ran a full three miles, it would amount to a 5K race, so he limited himself to two miles.

The most original and intriguing answer I received was "I don't do any slow running at all. It just makes me slower. Three times a week I walk to this nearby hill and do repeats. One minute up as hard as possible and an easy minute down. After one hour I'm pretty burned out, so I walk back home." Easy to describe and hard to do.

I've used the hill repeats workout often but in a modified form. I liked to do at least a half-mile easy warm up before hitting the hill. I would do several 15-second repeats, then 30 seconds and work my way up to a full minute or minute and a half. After spending a considerable time with the longer intervals, I would work my way back down through the shorter repeats.

All the expert coaches tell us we can't race well with just one kind of workout. We need long runs, tempo runs, intervals, hills, easy recovery runs and days off. Perhaps that is true for most runners, but plenty of great runners focused on one form of training. Roger Bannister broke the 4-minute mile with an exclusive diet of quarters. Similarly Emil Zatopek won the Olympic 5K, 10K and marathon with a massive amount of interval training. So, sometimes it isn't necessary to spread your training around as the books advise. Get all the information you can from every source and see what fits you best. You are, after all, an experiment of one.

Sam Graceffo

Calendar of Events

September

21 (Saturday) **Fayetteville 10K Classic** contact: dkenn15@verizon.net Online: GetEntered.com

October

6 (Sunday) **Syracuse Festival of Races, 5K,** contact : **Dave Oja 446-6285**

13 USATF Niagara Masters Cross Country Association Championships 11:00 a.m., 6 km, Akron Falls Park 44 Parkview Drive, Akron, NY info at: <http://www.gvh.net>

20 USA Masters 5 KM Cross Country Championships, Deer Path Park, Flemington, NJ
www.usatf.org/2013MastersXC

November

10 5K & 10K Burn Run, East Syracuse Fire Station # 2 www.TheBurnRun.org

10 USATF Niagara Open Cross Country Association Championships , 11:00 a.m., 8 km,
Robert Trent Jones Golf Course at Cornell University <http://www.gvh.net/>

*No fee for listing your race or meet on our calendar--email information to [NandEWhite @aol.com](mailto:NandEWhite@aol.com)
For a full-page non-commercial entry form the fee is \$75. Again please email Evelyn White*

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 _____

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

_____ E-mail Address _____
 City State Zip

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

Primary Fields of Interest: _____
 _____ Road Running _____ Track Running
 _____ Race Walking _____ Field Events
 _____ Physical Fitness _____ Youth Development

Membership Status: _____
 _____ New
 _____ Renewal

I would like to help with: _____
 _____ Track Meets _____ Road Races
 _____ Coaching
 _____ Special Olympics Program

_____ Other (please specify interest)

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



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

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

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

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

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

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

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

_____ Date _____
Signature(s)

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)

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

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

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

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

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

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

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