



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

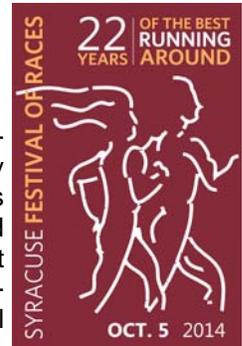
Volume XLVI I

Syracuse Chargers Track Club

October 2014

2014 Syracuse Festival of Races: More World & U.S. Records, Personal Bests, & More

With runners entered from 20 states and Canada, supporters of Syracuse-area distance running hoped for another rewriting of the lists of U.S. and world 5K bests, and that's exactly what occurred. The Bankers Healthcare Group Men's 5K and MVP Health Care® Women's 5K produced: two age-group 5K world records; three single-age 5K world bests; a dozen and a half world-class (age-graded above 90%) performances; twenty-two performances that make the all-time top-fifty world 5K performance lists in various age groups; nearly 105 national-class (age-graded above 80%) performances; and a mountain of season and personal bests for local and area runners from the front of the pack to the back.



Including These Chargers Highlights!

The 2014 SFoR results are also loaded with Chargers highlights. The Chargers men's 80+ team of **Wally McRae, Fred Schlereth, David Rider, and Sheldon Kall** successfully repeated as Men's 80+ Club Team National Champions. Wally also earned the individual bronze medal in the men's 80-84 age group. **Scott Weeks** was the USA Masters 5 km Championship men's bronze medalist, with his 15:43. Despite her year of injuries, **Sue Gardinier** captured the women's 70-74 bronze medal in the USA Masters 5 km Championship. And our Women's 60+ team of **Sue Leone, Ruth Ripley, and Connie Ciccone** earned bronze medals in the W60+ national championship.

Congratulations to everyone who ran so well and enjoyed this year's edition of "the best running around!"

Syracuse Festival of Races Record Parade Continues Harvey, Holmquist, and McCormack Surpass National Marks



The annual rewriting of U.S. masters (40+) long distance running records continued at the Syracuse Festival of Races (SFoR) on Sunday, October 5, with three athletes improving upon current age-group marks.

Tom McCormack, 61, of Jonesborough, TN, covered the Bankers Healthcare Group Men's 5K course in 16:58, improving by two seconds the men's 60-64 5K record that was set by Jim O'Neill in 1986 and has stood for 28 years.

Continued on page 7.

Syracuse Chargers Track Club, Inc.

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Volunteers

TBD

Scholarship Award

John View

Summer Runs

TBD

Oneida shores

TBD

Onondaga Lake Park

TBD

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

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

The Syracuse Chargers Track Club Newsletter

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

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Gabe Yankowitz, Physical Therapist
Sam Graceffo, MD

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by the 8th of the month.

Chargers Membership Forms should be sent to:

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

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

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

It will **NOT** be forwarded.



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

Send Merchandise orders to:

Dave Oja
213 Scott Avenue
Syracuse, NY 13224

Club Web Site: www.syracusechargers.org

New Charger Members

Michael McGuire

Note from the Membership Coordinator

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

Julie Shafer

Charger Men Finish Third In Niagara Open 5KM Championships At Bergen

The Chargers open men's team placed third in a very competitive race at the Jenny Kuzma Memorial Bergen 5km Championships in Bergen on August 9. The race served as the Niagara USATF 5km road championships. Alex Brimstein lead the team by finishing 9th with a time of 15:13. Alex was followed by Chargers Nick Guarino, 15th (15:31); Greg Selke, 16th (15:36); Scott Weeks, 17th (15:36); Josh Guarino, 18th (15:39); and Andrea Demad, 20th (15:43). Scott, age 42, finished as the first master runner in the race.

The race was won by Kiplangat Tisia of Rochester with a time of 14:44. Patrick Geoghegan of Syracuse finished second with a time of 14:49.

Robert Bruce Wins Event At Massachusetts Senior Games

Bob Bruce placed first, 85-89, in the 50 meter dash (10:42) and second in the 100 meter dash (21:78) at the Massachusetts Senior Games in Springfield on June 14.

Scott Weeks Wins Age Group At Chris Thater 5 KM

Scott Weeks placed first, 40-49, and 10th overall in the Chris Thater Memorial 5km Road Race in Binghamton on August 23, with a time of 15:35.

Fulton Loop Around The Lake 5km - August 23

John McEachen	20:34	11th place
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USA 5km Race Walk Championships - Albany, NY, May 31

Dave Talcott (54)	24:11	3rd
Erin Taylor-Talcott (36)	24:37	4th (1st woman)

Also, Erin placed first woman overall in the 5km race walk (25:12.24) at the USATF Eastern Regional Championships in Albany on June 21, and sixth overall in the 20km race walk (1:43:41.92) at the USATF Outdoor Women's Championships in Sacramento, California, on June 28.

Michael Dee Places Second At Teal Ribbon 5km

Michael Dee finished second at the Teal Ribbon 5km Run and Walk in Minoa on September 13 with a time of 17:45. The father-son duo of Kevin and Mark Hanlon also competed in the race, Kevin placing 26th (20:53) and twelve year old Mark placing 45th (22:58)

Sascha Scott, Michael Dee First In Their Age Groups At Bread Run

Sascha Scott placed 7th overall (18:34) and 1st, 35-39, and Michael Dee finished 6th overall (18:11) and 1st, 20-24, in the 5km at the CNY Bread Run on September 21.

Sue Gardinier, Kermit Cadrette Age Group Winners At Falling Leaves 5km

Sue Gardinier placed first, 70-74 (27:40), and Kermit Cadrette placed first, 75-79 (29:51) at the Falling Leaves 5km road run in Utica on September 28.

12th Annual Fayetteville Classic-5 Miler

The 12th annual Fayetteville Classic was conducted on September 20 and featured a couple of new and exciting differences from prior years.. The distance changed from 10K to 5 miles and the course included a scenic stretch along the historic Erie Canal. It was a beautiful end of summer day and a perfect kickoff to the all-day Fayetteville Festival.

We want to thank all of our volunteers, most of whom handled several jobs to make this event successful. Bob Hiemenz did a great job as race administrator and as the official timer, ably assisted at the finish line by Mark Driscoll, Jim McCaul, and Colleen Cianfrocco. Dave Oja, was responsible, among other things, for the course set-up with the help of Jim Clancy and Bill Durham, who also manned the water stops. Senor Mike Guzman was the official starter and Tim Cleary paced the pack as the lead biker. Ed Polly, Nathan Adler, and John Minnick protected our runners as course monitors, covering several locations each. And back at Beard Park, Jasper Royal was putting the little speedsters through their paces in the kids' runs.

Thanks also to Mayor Mark Olson and Karen Shepardson for spearheading the Village effort and to the Manlius Police Department and the Fayetteville Fire Department for their outstanding support, as usual.

We also want to express our gratitude for the contributions of our fine sponsors: Cazenovia Jewelry, Eagle Newspapers, Northside Collision Centers, Tops Markets, Scholastic Sports, and the Village of Fayetteville to make this an enjoyable day for our runners and the rest of the running community.

The 12th Annual Fayetteville Classic 5-Miler
Conducted by the Syracuse Chargers Track Club
Fayetteville, New York, September 20, 2014

OVERALL RESULTS

Place	Name	Age	Time	Div
1	Matthew May	29	29:03	1 M2029
2	Michael Dee	23	29:20	2 M2029
3	Erich Nieman	37	29:37	1 M3039
4	Seth Kutil	29	32:15	3 M2029
5	Robert Haas	54	33:29	1 M5059
6	Charlie Poole	13	33:42	1 M0119
7	Kristin Kmack	31	34:21	1 F3039
8	Chuck Milazzo	59	35:18	2 M5059
9	Jack Stuafter	54	35:43	3 M5059
10	Michael Buselli	56	36:17	4 M5059
11	Andrew Trapasso	45	36:17	1 M4049
12	Raymond Kneer	72	37:01	1 M7079
13	Miranda Blechman	28	37:04	1 F2029
14	Jim Cox	54	37:16	5 M5059
15	Doug Lape	45	38:06	2 M4049
16	Galyn Schenk	51	38:18	1 F5059
17	Edmond Theobald	62	38:23	1 M6069
18	Elizabeth Besio	56	38:24	2 F5059
19	Elizabeth Briggs	52	38:47	3 F5059
20	Zach Dineen	40	38:56	3 M4049
21	Jim Burns	50	39:13	6 M5059
22	Megham Florkowski	36	39:32	2 F3039
23	Kevin Kelly	63	40:38	2 M6069
24	Hillary Stratton	33	40:39	3 F3039
25	John Azbill	46	40:41	4 M4049
26	Steven Indrick	58	40:43	7 M5059
27	Breann Dodge	34	41:03	4 F3039
28	Justin Jennings	30	41:52	2 M3039
29	John Friedrichs	53	42:09	8 M5059
30	Lynda Poole	50	42:24	4 F5059
31	Natalie McBane	31	43:07	5 F3039
32	William Little	48	43:19	5 M4049
33	Nancy Smith	61	43:38	1 F6069
34	Joseph Beard	46	43:55	6 M4049
35	Jason Pistilli	34	43:59	3 M3039
36	Linda Greiner	58	44:00	5 F5059
37	Pat Piscitelli	59	44:04	9 M5059
38	Garrett Anderson	46	44:19	7 M4049
39	Chelsea Schepp	31	44:34	6 F3039
40	Tara Blum	41	44:38	1 F4049
41	Rachel Watkins	32	44:42	7 F3039
42	Emmet Owens	61	44:47	3 M6069
43	David Witmer	59	44:58	10 M5059
44	Tucker Green	35	45:07	4 M3039
45	Michael Beacham	57	45:52	11 M5059
46	Holly Jennings	30	46:00	8 F3039
47	Tracie Revette	33	46:01	9 F3039
48	Paul Chwalek	60	46:26	4 M6069
49	Ynesse Abdul-Malak	40	46:41	2 F4049
50	Michael Robbins	53	47:27	12 M5059
51	Jennifer Pawliw	31	47:39	10 F3039
52	Mark Trobert	71	47:52	2 M7079
53	Silviu Pasniciuc	46	47:55	8 M4049
54	Lisa Indrick	58	48:06	6 F5059
55	Robert Michiel	65	48:53	5 M6069
56	Lloyd Besaw	67	49:16	6 M6069
57	Mark Peters	57	49:37	13 M5059
58	Samantha Gerbino	23	50:19	2 F2029
59	Carlye Brand	28	51:03	3 F2029
60	Lorraine Murray	53	52:30	7 F5059
61	Caitlin Cunningham	32	52:31	11 F3039
62	Marget Rhode	32	52:56	12 F3039
63	Carol Rider	72	54:37	1 F7079
64	Kitty Doupe	31	55:28	13 F3039
65	Avery Bower	13	55:35	2 M0119
66	Mark Bower	43	55:38	9 M4049
67	Jonathon Leifer	75	57:00	3 M7079
68	Kerry Johnson	39	57:49	14 F3039
69	Kara Satalin	26	57:49	4 F2029
70	Jessica Leifer	63	57:51	2 F6069
71	Sam Graceffo	78	1:03:26	4 M7079
72	Patricia Gagliano	36	1:04:50	15 F3039
73	Christina Thomas	36	1:06:21	16 F3039
74	Sheldon Kall	83	1:16:03	1 M8089

THE THERAPY CORNER

Too Much, Too Soon, Too Fast - revisited

"The Holidays" came early for me this year, in the form of the October issue of the **Journal of Orthopedic and Sports Physical Therapy (JOSPT)**. The entire journal this month is dedicated to all things running, from a group of guest editorials on the problem of ever-increasing running injuries, to research and review articles on topics such as the minimal shoe revolution, the different risk factors for injury, and the changes in stress loads on hip muscles related to the rate of turnover.

One of the aforementioned editorials is authored by Amby Burfoot, the 1968 Boston Marathon champion and, since 1978, an editor at *Runner's World* magazine.

Burfoot writes of his early career as a marathoner in the mid-1960's when, he claims, none of his running contemporaries complained about injuries. Sure, there was the occasional sore knee, but after a few days of "rest" – i.e., easy running – these problems almost always resolved without any professional intervention. Compare this to present-day runners who, according to one of the other articles, are injured at an alarming rate of 73% of all runners each year! The central theme of this special issue seeks to answer the question: What accounts for this increase?

Burfoot offers a rather simple, straightforward hypothesis: compared to the runners of his era, he speculates, runners today are simply not as well prepared to handle the physical stresses encountered in the events they choose to enter.

While lauding the incredible increase in the sheer number of runners participating in half and full marathons today (the result of two running booms in the 1970s and 1990s), Burfoot laments the lack of adequate preparation by most of these runners prior to these races. In his era, he says, virtually every runner who ran the Boston Marathon had been a high school and college track and/or cross-country athlete who continued to build on their extensive training base before attempting the ultimate challenge. Today's marathon participant, by comparison, is likely to be a 30- or 40-something year old who just recently "took up" running and, within the space of as little as half a year elects to toe the line for a 26.2 mile. Many new runners, he writes, "...are more motivated, disciplined, and goal seeking than they are sufficiently conditioned. Their reach exceeds their grasp."

What Burfoot is describing, of course, is the concept of training errors ("*too much, too fast, too soon*") as the primary cause (60-70% according to several studies) of running injuries, surpassing all other factors such as biomechanical or footwear issues. But while this "fact" has become doctrine over the years – in large part because it just seems, well, logical – there are good reasons to question this conventional wisdom.

First, we have the inconvenient detail that several studies that have looked at the connection between so-called training errors and the incidence of running injuries fail to agree on exactly what those errors are in quantitative terms. How much is too much? How soon is too soon? As another paper in this issue of JOSPT argues, the much-vaunted "10% rule," which states that increasing running mileage by more than 10% per week increases the likelihood of injury, is in reality questionable. (The actual figure, according to this study, may be closer to a 30% increase over a 2-week period.)

The real problem, though, with blaming training errors as a singular cause of running injuries is the fact that the overwhelming majority of injuries affect a part of only one limb. Assuming that most people run with both legs, it begs the question: Are injured runners going too far or too fast on one side only?

The obvious conclusion to be drawn from this is that injuries are always multifactorial. Some asymmetry in limb biomechanics almost always plays some role in the development of overuse injuries. Taken in conjunction with some training error, it only becomes a question of how much of an error it will take to cause a problem in any particular individual. As Burfoot himself notes, some runners will break down at 6 miles per week, while others – the "biomechanically blessed" – will tolerate much more abuse, if you will, before they sustain an injury.

These lucky people are far and few between, however, so the average runner – the ones Amby Burfoot refers to – would do well to heed his warning and be more patient and deliberate in preparing for long and/or hard efforts such as a first marathon.

Gabe Yankowitz, PT, DPT, OCS

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



The Burn Run 5k & 10k

Sunday, November 9, 2014

Proceeds go to the Burn Foundation of Central New York

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

Course: Certified Run through Franklin Park with great community support!

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

Entry Fee:

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

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

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

Special thanks to the Bull & Bear Roadhouse for great food, THE REBEL 105.9 for some great music

For additional information and to register online visit www.theBurnRun.org

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

Revisit them any time at:

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

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

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

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

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

Continued from front page

Sabra Harvey, 65, of Houston, TX, ran the MVP Health Care® Women's 5K in 20:27, dramatically lowering the previous record of 21:16, which was set by Margret Betz at the Syracuse Festival of Races in 2001.

Jan Holmquist, 70, of Burlington, MA, also racing in the MVP Health Care® Women's 5K, crossed the line in 22:16, clipping 61 seconds from the previous record, set by Marie-Louise Michelsohn at the Syracuse Festival of Races two years ago. Holmquist's mark is actually a "third-generation" U.S. women's 70-74 age group 5K record for the SFoR, as Michelsohn's record had been preceded by Margret Betz's having set the prior record of 24:02 at the 2007 SFoR.

Falling slightly short in her attempt to break the 5K record for women over 40 was Jennifer Rhines, of Boston, MA, who finished second overall in the MVP Health Care® Women's 5K in 15:58. Running with her Boston Athletic Association teammate for much of the race, Rhines passed the halfway point in 7:48, well under Colleen DeReuck's masters women's 5K record of 15:48. A headwind for much of the final two kilometers slowed the pace, but Rhines' time of 15:58 ranks as the third fastest 5K in history by a woman age 40 or older.

This was the first year in which both 5K races at the Syracuse Festival of Races were won by former Syracuse University distance stars. Joe Whalen, 23, of Syracuse, won the Banker's Healthcare Group Men's 5K in 14:56. Sarah Pagano, 23, of Brighton, MA, whose winning time in the MVP Health Care® Women's 5K was 15:54, is also a former Orange star in cross country and track. The SFoR starts and finishes outside Manley Field House, and S.U.'s distance runners log many of their training miles on or near the SFoR's nationally renowned 5K course.

Along with the two 5K races, the Syracuse Festival of Races included its enormously popular 3K Fun & Fitness Run, and the non-profit-centered Tops Friendly Markets Community Walk, both of which enjoyed the sunny skies and brisk temperatures.

Complete results for the 2014 Syracuse Festival of Races are available at: <http://www.festivalofraces.com/results.html>.

Major support for the 2014 Syracuse Festival of Races is provided by: Bankers Healthcare Group; MVP Health Care; Tops Friendly Markets; Nationwide Insurance; USA Track & Field; the Syracuse Chargers Track Club, Inc.; Dick's Sporting Goods; Time Warner Cable News; and Cumulus Media of Syracuse.

Got Festival of Races Family Team Awards? Yours May Still Be Waiting!

Thanks to those of you who picked up your family team awards on race morning! Those of you who left the Festival before grabbing your family team awards in the Chargers tent aren't out of luck. If you live in the Syracuse area and would like to pick up your family team awards, please call (446-6285) or e-mail (daveoja@festivalofraces.com) to arrange a convenient pickup or delivery time. For those of you living elsewhere, we'll get these into the mail to you before Christmas for sure!

Tops Friendly Market Community Walk Fundraising Results Still Being Tallied

With nearly \$4,000 already raised to date though their participation in the Syracuse Festival of Races, the **Learning Disabilities Association of CNY** is likely to be the largest of our 2014 non-profit fundraisers for the third consecutive year. Congratulations to LDACNY for their impressive success, and to all of our participating non-profits. At this writing, **Starbucks Team Sadie for the Jonathan Cancer Fund** is likely to be our second most prolific participating non-profit, with **ARISE** and the **Cpl. Kyle R. Schneider Freedom Team** close behind.

Keep in mind that the Syracuse Festival of Races welcomes any non-profit organization to use the Festival for its fundraising and visibility raising purposes. Interested non-profits should call Dave Oja (446-6285) anytime

Fayetteville Elementary and Ed Smith Repeat in Festival of Races 3K Fun & Fitness Run

Way to go, Fayetteville Elementary and Ed Smith, once again winners of the Festival Cup and the Boys & Girls Cup, respectively—and both with the largest groups they've ever had that the Festival. Kristin Baker's Ed Smith group numbered 143, smashing their prior best totals for participation in their "home" event. And Laurie Valentine and the Fay-El community came out with over 507 students, staff, and family members, so they've earned the right to design the front of next year's 3K T-shirt. (And wasn't this year's 3K shirt a beauty?)

Congratulations to all of the participating school groups, and sincere thanks to the school group coordinators who spent their time and energy making it possible for so many kids, families and school staff to enjoy the many wonderful experiences of Festival of Races morning. Take a look at any of the photos of the 3K Fun & Fitness Run, and you'll see why so many schools find group participation in the Festival an ideal community-building activity for kicking off the school year.

THE 22nd ANNUAL SYRACUSE FESTIVAL OF RACES
 Syracuse, NY October 5, 2014 WOMEN'S 5k
 Timing By Leone Timing (www.leonetiming.com)

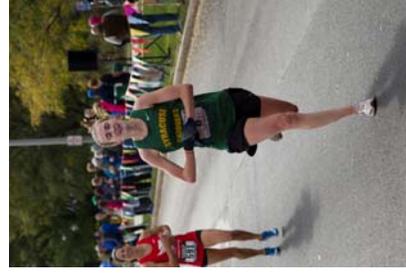
Sarah Pagano	23	F20-29	15:54	5:07	Brighton MA
Jennifer Rhines	40	F40-44	15:58	5:09	Boston MA
Hannah Davidson	24	F20-29	16:30	5:19	Fayetteville NY
Maegen Krifchin	26	F20-29	16:57	5:28	Syracuse NY
Sarah Loerch	29	F20-29	17:30	5:38	Rochester NY
Sonja Friend-Uhl	43	F40-44	17:40	5:41	Brentwood TN
Jenn Randall	23	F20-29	17:43	5:42	Ithaca NY
Sascha Scott	39	F35-39	17:59	5:48	Syracuse NY
Brittany Burns	26	F20-29	18:06	5:50	Watertown NY
Holly Ortlund	40	F40-44	18:07	5:50	Decatur GA
Michelle Lafleur	42	F40-44	18:16	5:53	Savannah GA
Robyn Holland	43	F40-44	18:16	5:53	Winston Salem NC



Marisa Sutura	51	F50-54	18:32	5:58	Pleasant Valley NY
Cathleen Willy	30	F30-34	18:33	5:59	New Hartford NY
Doreen McCoubrie	52	F50-54	18:49	6:04	Malvern PA
Leslee Hoey	45	F45-49	18:53	6:05	Downingtown PA
Elizabeth Lucason	10	F01-13	18:57	6:06	Camden NY
Melissa Senall	42	F40-44	19:00	6:07	Fairport NY
Nancy Stewart	58	F55-59	19:37	6:19	Atlanta GA
Erika Duthiers	41	F40-44	19:37	6:19	Pittsford NY
Linda Hawke	47	F45-49	19:43	6:21	Malvern PA
Audra Naujokas-Knapp	44	F40-44	20:11	6:30	Rochester NY
Morgan Lucason	11	F01-13	20:12	6:30	Camden NY
Kelly Ann Nugent	39	F35-39	20:14	6:31	Clinton NY
Peggy Conlon	46	F45-49	20:20	6:33	Chester Springs PA
Ryan Kelly	24	F20-29	20:25	6:34	Verona NY
Sabra Harvey	65	F65-69	20:26	6:35	Houston TX

Julie Hankin	50	F50-54	20:32	6:37	Malvern PA
Beth Anne Deciantis	52	F50-54	20:31	6:37	Rochester NY
Amelia Sicherman-Gilbert	13	F01-13	20:47	6:42	Syracuse NY
Mary Swan	53	F50-54	20:53	6:43	Penn Valley PA
Laurie Wharton	48	F45-49	20:55	6:44	Marietta GA
Kara Stauffer	39	F35-39	20:55	6:44	Manlius NY
Joan Miller	58	F55-59	21:00	6:46	Chestnut Hill MA
Carol Bischoff	50	F50-54	21:03	6:47	Macedon NY
Amy Roberson	31	F30-34	21:03	6:47	Sauquoit NY
Heather Szuba	30	F30-34	21:06	6:48	Skaneateles NY
Victoria Bok	53	F50-54	21:11	6:49	Jamaica Plain MA
Jennifer Lavalie	33	F30-34	21:13	6:50	Liverpool NY
Betsy Stewart	51	F50-54	21:15	6:51	West Chester PA
Ashlie Roberts	29	F20-29	21:15	6:51	Williamson NY
Ena Weinstein	55	F55-59	21:28	6:55	Baldwin GA
Coreen Steinbach	63	F60-64	21:38	6:58	Pompey NY
Megan Hahn	31	F30-34	21:36	6:57	Manlius NY
Phoebe White	11	F01-13	21:45	7:00	Manlius NY
Kelly Brunscheen	24	F20-29	21:50	7:02	Cicero NY
Nicole Egan	21	F20-29	21:50	7:02	West Caldwell NJ
Kathleen Wheeler	43	F40-44	21:58	7:05	Camillus NY
Jennifer Willson	31	F30-34	22:05	7:07	Liverpool NY
Renee Affinati	33	F30-34	22:07	7:07	West Monroe NY
Rachel Gregg	34	F30-34	22:13	7:09	Liverpool NY
Jan Holmquist	70	F70-74	22:16	7:10	Burlington MA
Fiona Knauss	24	F20-29	22:23	7:13	Syracuse NY
Joanne Hill	50	F50-54	22:25	7:13	Scituate MA
Robin Affinati	33	F30-34	22:23	7:13	West Monroe NY
Sonnet Loftus	31	F30-34	22:34	7:16	Syracuse NY
Kim Kraebel	45	F45-49	22:35	7:16	Cortland NY
Sharon Moore	60	F60-64	22:39	7:18	Rochester NY
Breann Dodge	34	F30-34	22:49	7:21	Clay NY
Isabella Brancato	12	F01-13	22:51	7:22	Liverpool NY
Colleen Magnussen	54	F50-54	22:59	7:24	Geneseo NY
Katharine Trapp	43	F40-44	23:08	7:27	Norcross GA
Laura Abernathy	42	F40-44	23:02	7:25	Cazenovia NY
Laura Ackerman	37	F35-39	23:14	7:29	Baldwinsville NY
Ruth Yanai	56	F55-59	23:15	7:29	Syracuse NY
Marie White	54	F50-54	23:34	7:35	Henrietta NY
Hannah Kryuch	12	F01-13	23:38	7:37	Manlius NY
Stephanie Mitchell	38	F35-39	23:41	7:38	McMinville OR
Gayle Liallella	56	F55-59	23:46	7:39	Princeton NJ
Gail Geiger	51	F50-54	23:49	7:40	Caledonia NY
Cindy Ingalls	63	F60-64	23:56	7:43	Pittsford NY
Libby James	78	F75-79	23:54	7:42	Fort Collins CO
Eileen Stimpel	47	F45-49	24:00	7:44	Syracuse NY
Carolyn Smith-Hanna	63	F60-64	24:01	7:44	Pittsford NY
Ivy Bell	59	F55-59	24:10	7:47	New York NY

Photos by Bob Brock
www.Bobbrockphotos.com



Suzanne Leone	61	F60-64	7:48	24:12	Cicero NY
Christine Stork-Medicis	45	F45-49	7:46	24:05	Syracuse NY
Susan Gustafson	68	F65-69	7:49	24:15	Hingham MA
Michele Richardson	42	F40-44	7:51	24:22	East Syracuse NY
Drusilla Pratt-Otto	55	F55-59	7:52	24:26	Brookline MA
Anne Lytwynec	60	F60-64	7:54	24:30	Farmington NY
Eva Hopper	22	F20-29	7:53	24:29	Syracuse NY
Laurel Chiesa	46	F45-49	7:55	24:36	Manlius NY
Yong Collins	59	F55-59	7:55	24:36	Richmond TX
Maria Milanesi	24	F20-29	7:56	24:38	Seneca Falls NY
Natalie McBane	31	F30-34	7:58	24:45	Cazenovia NY
Kelli Maher	44	F40-44	7:58	24:45	Lafayette NY
Melissa Whipps	39	F35-39	8:01	24:54	Fayetteville NY
Jeanne Herrick	63	F60-64	8:03	25:00	Pittsford NY
Cande Olsen	64	F60-64	8:06	25:09	Chatham NJ
Ann Lynn	41	F40-44	8:07	25:11	Victor NY
Kristen D'Imperio	31	F30-34	8:06	25:09	Minoa NY
Juliana Murillo	27	F20-29	8:07	25:13	Syracuse NY
Susan Strrat	59	F55-59	8:09	25:20	Rockaway NJ
Eileen Clinton	56	F55-59	8:07	25:12	Syracuse NY
Mary Lewis	61	F60-64	8:12	25:26	Tega Cay SC
Carol Dodge	57	F55-59	8:11	25:25	Fulton NY
Linda Owens	56	F55-59	8:10	25:21	Liverpool NY
Elizabeth Sheridan	22	F20-29	8:14	25:32	Syracuse NY
Kimberly Cavallo	46	F45-49	8:13	25:31	Syracuse NY
Lisa Moore	47	F45-49	8:15	25:37	Dewitt NY
Karanya Aksornkoe	42	F40-44	8:17	25:44	Liverpool NY
Lynda McGuire	66	F65-69	8:18	25:48	Scottsville NY
Anne Marie Laitshaw	34	F30-34	8:19	25:49	Clinton NY
Dana Himmel	35	F35-39	8:25	26:07	Baldwinsville NY
Leslie Nowicki	51	F50-54	8:26	26:11	Holmdel NJ
Deborah Perry	32	F30-34	8:27	26:14	North Syracuse NY
Kate Auwaerter	48	F45-49	8:27	26:14	Syracuse NY
Samantha Lagana	21	F20-29	8:27	26:14	Syracuse NY
Marley Grimshaw	20	F20-29	8:28	26:18	Syracuse NY
Amrita Stuetzle	22	F20-29	8:27	26:16	Syracuse NY
Joan Kane	55	F55-59	8:28	26:17	Sherrill NY
Taylor Ketcham	15	F14-19	8:29	26:19	Cazenovia NY
Lenore Webber	67	F65-69	8:34	26:34	Newtownville MA
Catherine Carter	42	F40-44	8:32	26:31	Jamesville NY
Mary Graham	51	F50-54	8:33	26:33	Syracuse NY
Mariah Ward	20	F20-29	8:35	26:39	Long Beach NY
Tracy Torelli	32	F30-34	8:35	26:33	Fabius NY
Alexa Kowbel	11	F01-13	8:35	26:39	Cicero NY
Gwen Riley-Zuckerbraun	41	F40-44	8:36	26:43	Syracuse NY
Kathryn Sullivan	25	F20-29	8:35	26:39	Endicott NY
Shaneaka Butler	25	F20-29	8:37	26:44	Syracuse NY
Rachel Hopkins	47	F45-49	8:39	26:53	Dewitt NY



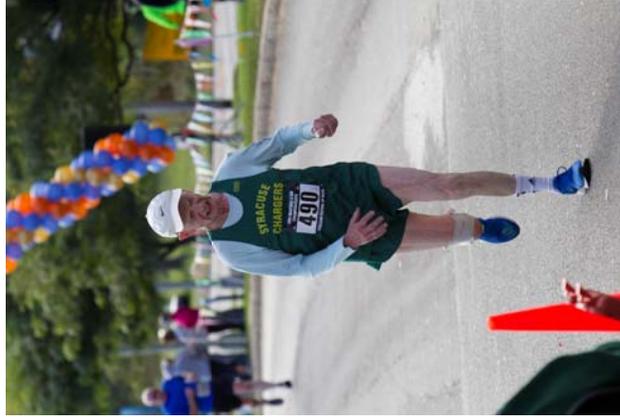
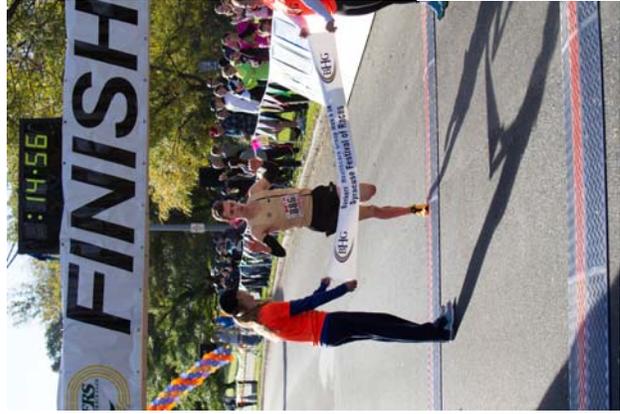
Carla Avicelli	38	F35-39	26:59	8:42	Brewerton NY
Ellen Somers	55	F55-59	26:58	8:41	Syracuse NY
Karen Lein	56	F55-59	27:06	8:44	Newton Highlands MA
Danielle Freshnock	22	F20-29	27:16	8:47	Middletown NJ
Emily Johnson	24	F20-29	27:13	8:46	Baldwinsville NY
Kelly Cresswell	48	F45-49	27:16	8:47	Cazenovia NY
Jesse Crandall	35	M35-39	27:14	8:46	Syracuse NY
Kathy Frawley	62	F60-64	27:10	8:45	Brewerton NY
Shawn Cheshire	39	F35-39	27:14	8:46	Canillus NY
Trish Gallen	37	F35-39	27:14	8:46	Manlius NY
Alexia Conrad	42	F40-44	27:25	8:50	Canastota NY
Ruth Thelen	70	F70-74	27:36	8:53	Saint Johns MI
Rosalie Brennan	65	F65-69	27:47	8:57	Syracuse NY
Sue Gardinier	72	F70-74	27:56	9:00	Verona NY
Ruth Ripley	67	F65-69	27:56	9:00	Pennellville NY
Kim Bailey	34	F30-34	27:53	8:59	Liverpool NY
Deb Peterson-Smith	51	F50-54	27:55	9:00	Bridgeport NY
Kelly Scalzo	55	F55-59	28:19	9:07	Fayetteville NY
Nancy Coye	60	F60-64	28:37	9:13	Syracuse NY
Eileen Gleason	41	F40-44	28:36	9:13	North Syracuse NY
Charlene Francis	73	F70-74	28:50	9:17	Hyde Park MA
Heather McGill	24	F20-29	28:48	9:16	Manlius NY
Xiaokang Dong	24	F20-29	28:49	9:17	Syracuse NY
Julia Ketcham	11	F01-13	28:56	9:19	Cazenovia NY
Victoria Cunningham	26	F20-29	28:55	9:19	Syracuse NY
Amanda O'Connell	21	F20-29	29:07	9:23	Marshfield MA
Ellen Nitz	74	F70-74	29:08	9:23	Brighton MI
Jusine Leruste	22	F20-29	29:07	9:23	Syracuse NY
Tracy Cramp	48	F45-49	29:20	9:27	Syracuse NY
Amazjah Grant	22	F20-29	29:19	9:27	Syracuse NY
Kimberly Davis	43	F40-44	29:25	9:28	Cicero NY
Andrea Hollier	50	F50-54	29:21	9:27	Red Creek NY
Ellen Brunet	53	F50-54	29:33	9:31	Parish NY
Melinda Portmess	61	F60-64	29:36	9:32	Tully NY
Marion Verrette	58	F55-59	29:39	9:33	Liverpool NY
Rachel May	57	F55-59	29:46	9:35	Syracuse NY
Katie Oja	24	F20-29	29:43	9:34	Syracuse NY
Emily Appgar	12	F01-13	29:48	9:36	Syracuse NY
Nina Fico	6	F01-13	29:53	9:37	Central Square NY
Andrea Lee	46	F45-49	29:52	9:37	Syracuse NY
Nancy Linnenbach	50	F50-54	30:11	9:43	Baldwinsville NY
Gina Sanford	35	F35-39	30:09	9:43	Central Square NY
Lucille Murphy	50	F50-54	30:17	9:45	Liverpool NY
Rachel Smith	10	F01-13	30:28	9:49	East Syracuse NY
Kristen Smith	44	F40-44	30:28	9:49	East Syracuse NY
Carol Rider	72	F70-74	30:51	9:56	Bridgeport NY
Susan Edwards	57	F55-59	31:03	10:00	Syracuse NY
Bonnie Silvernall	63	F60-64	30:59	9:59	Tully NY
Therese Sullivan	56	F55-59	31:14	10:04	Endicott NY

73	Janet Wallen	F70-74	31:24	10:07	Flushing MI	39	Vicki O'Connor	F35-39	37:54	12:12	East Syracuse NY
10	Abigail Coates	F01-13	31:20	10:06	East Syracuse NY	80	Edna Hyer	F80-84	38:12	12:18	South Wales NY
33	Brooke Harp	F30-34	31:20	10:05	Oneida NY	28	Melanie Reynolds	F20-29	38:07	12:17	Liverpool NY
20	Caitlin Lytle	F20-29	31:23	10:06	Syracuse NY	29	Jenna Sourwine	F20-29	38:22	12:21	Lafayette NY
63	Jessica Leifer	F60-64	31:29	10:08	Manlius NY	41	Anika Reese	F40-44	38:46	12:29	Syracuse NY
53	Eileen Fatcheric	F50-54	31:31	10:09	Syracuse NY	63	Anne Proppe	F60-64	39:16	12:38	Baldwinsville NY
40	Sharon Stevens	F40-44	31:38	10:11	Baldwinsville NY	58	Janet Seeley	F55-59	39:16	12:39	Baldwinsville NY
42	Diana Krell	F40-44	31:37	10:11	Fayetteville NY	34	Jennifer Wilber	F30-34	40:28	13:02	Syracuse NY
28	Colette Reynolds	F20-29	31:42	10:13	Syracuse NY	37	Joanne Ozark	F35-39	41:00	13:12	East Amherst NY
45	Claudine Labelle	F45-49	31:57	10:17	Skaneateles NY	50	Patty Raymond	F50-54	42:15	13:36	East Syracuse NY
71	Shirley Larsen	F70-74	32:03	10:19	Grand Blanc MI	43	Jess Ryan Gostin	F40-44	42:19	13:38	Syracuse NY
32	Kate Elstad	F30-34	32:03	10:19	Syracuse NY	9	Lola Gostin	F01-13	42:20	13:38	Syracuse NY
43	Amy Dejohn	F40-44	32:04	10:19	Baldwinsville NY	60	Deborah Regan	F60-64	42:17	13:37	Oswego NY
26	Callie Verrette	F20-29	32:06	10:20	Liverpool NY	32	Elizabeth Hall	F30-34	42:32	13:42	Syracuse NY
28	Shannon Rathbun	F20-29	32:14	10:23	Phoenix NY	59	Angela Thor	F55-59	43:27	13:59	Syracuse NY
34	Grace Giarusso	F30-34	32:14	10:23	Baldwinsville NY	45	Lisa Davis	F45-49	43:55	14:08	North Syracuse NY
39	Holly Skiff	F35-39	32:27	10:27	Phoenix NY	40	Elin Riggs	F40-44	45:33	14:40	Syracuse NY
31	Kitty Doupe	F30-34	32:35	10:30	Phoenix NY	50	Patricia Hipolito	F50-54	48:37	15:39	Baldwinsville NY
24	Meghan Shea	F20-29	32:40	10:31	Camillus NY	52	Cynthia Vandevalk	F50-54	50:37	16:18	Baldwinsville NY
40	Lisa Coe	F40-44	32:45	10:33	Baldwinsville NY	69	Connie Ciccone	F65-69	51:51	16:42	Skaneateles NY
32	Elizabeth Robinson	F30-34	32:49	10:34	Liverpool NY						
37	Karen Cordano	F35-39	32:57	10:37	Syracuse NY						
53	Mary Walsh	F50-54	33:16	10:43	Syracuse NY						
28	Lan Tran	F20-29	33:40	10:50	Syracuse NY						
49	Alice Patterson	F45-49	33:45	10:52	Baldwinsville NY						
39	Joan Spencer	F35-39	33:46	10:52	Baldwinsville NY						
20	Dana Oglesby	F20-29	33:52	10:54	Syracuse NY						
44	Colleen Fawcett	F40-44	33:57	10:56	Chittenango NY						
75	Madeline Bost	F75-79	34:41	11:10	Randolph NJ						
74	Christa Maier	F70-74	34:54	11:14	Williamsville NY						
41	Lynn Jones	F40-44	35:11	11:20	Syracuse NY						
67	Carole Ozark	F65-69	35:24	11:24	Weedsport NY						
74	Fran Rowe	F70-74	35:37	11:28	Niagara Falls NY						
58	Patricia Leonard	F55-59	35:29	11:26	Freeville NY						
82	Anny Stockman	F80-84	35:44	11:30	Rensselaer NY						
25	Elyssa Klenotiz	F20-29	35:49	11:32	Liverpool NY						
74	Estelle Hahn	F70-74	36:06	11:38	Jamesville NY						
49	Betsy Henderson	F45-49	36:01	11:36	Baldwinsville NY						
44	Pam Peter	F40-44	36:10	11:39	Syracuse NY						
62	Kathleen Powers	F60-64	36:33	11:46	Syracuse NY						
7	Marielle Emmanuel	F01-13	36:47	11:51	Liverpool NY						
45	Selina Lazarus	F45-49	36:48	11:51	Liverpool NY						
53	Barbara Sheldon	F50-54	36:49	11:51	Oswego NY						
71	Rosalie Young	F70-74	36:57	11:54	Dewitt NY						
33	Renee Newton	F30-34	37:11	11:58	Baldwinsville NY						
22	Katy Diaz	F20-29	37:07	11:57	North Syracuse NY						
56	Donna Eschenbrenner	F55-59	37:22	12:02	Ithaca NY						
37	Katie McBeth	F35-39	37:28	12:04	North Syracuse NY						



THE 22nd ANNUAL SYRACUSE FESTIVAL OF RACES
 Syracuse, NY October 5, 2014 MEN'S 5k
 Timing By Leone Timing (www.leonetiming.com)

Joe Whelan	23	M20-29	14:56	4:49	Syracuse NY
Gregory Mitchell	41	M40-44	15:03	4:51	McMinnville OR
Andrew Foxenberg	30	M30-34	15:12	4:54	Kirkville NY
John Moore	26	M20-29	15:34	5:01	Fayetteville NY
Zakaria Adam	18	M14-19	15:37	5:02	Utica NY
Chad Newton	44	M40-44	15:40	5:03	Pisgah Forest NC
Nicholas Guarino	25	M20-29	15:41	5:03	Bergen NY
Scott Weeks	42	M40-44	15:43	5:04	Groton NY
Craig Greenslit	44	M40-44	15:44	5:04	Berthoud CO
Thomas Voorheis	23	M20-29	15:49	5:06	Syracuse NY
Kristian Blaich	48	M45-49	15:50	5:07	Decatur GA
Peter Francia	24	M20-29	15:53	5:07	Bloomfield NY
Josh Guarino	25	M20-29	15:59	5:09	Bergen NY
William Hoyne	32	M30-34	16:00	5:09	Clay NY
Mike Melfi	38	M35-39	16:09	5:12	Clay NY
Steve Rathbun	22	M20-29	16:10	5:13	North Syracuse NY
Musa Gwanzura	42	M40-44	16:11	5:13	Roanoke Rapids NC
Joshua Perks	40	M40-44	16:14	5:14	Fairport NY
Michael Bott	25	M20-29	16:15	5:14	Camillus NY
Matthew Roberts	30	M30-34	16:16	5:15	Williamson NY
Matthew Whitts	46	M45-49	16:17	5:15	Tucker GA



Nick Mosey	36	M35-39	16:16	5:15	Kingston ON
Brian Crowley	49	M45-49	16:20	5:16	Hillsborough NJ
Derrick Jones	42	M40-44	16:23	5:17	Henrietta NY
Mark Zamek	51	M50-54	16:27	5:18	Lavelle NJ
Robert Irwin	41	M40-44	16:37	5:21	Guiderland NY
Steve Wilcox	43	M40-44	16:38	5:22	Cumming GA
Mike Nier	49	M45-49	16:41	5:23	Rochester NY
Alan Evans	51	M50-54	16:44	5:23	Beaver Dams NY
Benson Worthington	20	M20-29	16:44	5:23	Syracuse NY
Francis Burdett	49	M45-49	16:46	5:24	Worcester MA
Ruben Henderson Jr.	52	M50-54	16:47	5:25	Grand Rapids MI
Ken Youngers	58	M55-59	16:49	5:25	Tucker GA
Mark Williams	41	M40-44	16:50	5:26	Columbia NJ
John Battistelli	21	M20-29	16:51	5:26	Syracuse NY
Gary Rosenberg	43	M40-44	16:55	5:27	Morristown NJ
John Stadlander	49	M45-49	16:55	5:27	Clifton Park NY
Volker Burkowski	43	M40-44	16:57	5:28	Gansevoort NY
Tom McCormack	61	M60-64	16:58	5:28	Jonesborough TN
Daniel Dixon Jr.	50	M50-54	16:58	5:28	Jackson MI
Derrick Staley	55	M55-59	17:01	5:29	Ballston Lake NY
Ron Zywicki	53	M50-54	17:05	5:30	Traverse City MI
Charlie Andrews	57	M55-59	17:10	5:32	Rochester NY
Frank Horn	44	M40-44	17:13	5:33	Albany NY
Richard Cohen	43	M40-44	17:14	5:33	Utica NY
George Young	33	M30-34	17:23	5:36	Liverpool NY
Brian Pilcher	58	M55-59	17:27	5:37	Ross CA
Michael Dee	23	M20-29	17:30	5:38	East Syracuse NY
Joshua Williams	40	M40-44	17:36	5:40	Geneseo NY
David Bischoff	52	M50-54	17:37	5:41	Fairport NY
Todd Halbig	38	M35-39	17:39	5:41	Fayetteville NY
Nathan Skipper	51	M50-54	17:39	5:41	Ellenwood GA
Scott Bickham	48	M45-49	17:48	5:44	Corning NY
Jeffery Dundas	55	M55-59	17:48	5:44	Conyers GA
John Van Kerkhove	52	M50-54	17:49	5:44	Rochester NY
Marcus Gage	42	M40-44	17:51	5:45	Palmyra NY
Dominic Wyzomirski	55	M55-59	17:54	5:46	Allison Park PA
Tim Lambrecht	52	M50-54	17:57	5:47	Alma MI
Robert Thornhill, III	46	M45-49	17:58	5:47	Lakeland FL
Gary Droze	53	M50-54	18:02	5:49	Tallahassee FL
Carl Nordhielm	51	M50-54	18:08	5:50	Tallahassee FL
Casey Carlstrom	55	M55-59	18:09	5:51	Ithaca NY
Joseph Mora	53	M50-54	18:09	5:51	Fayetteville NY
Theo Schnauer	50	M50-54	18:10	5:51	Manlius NY
Steven Blostein	53	M50-54	18:10	5:51	Harrowsmith ON
Carl Johnston	49	M45-49	18:12	5:52	Pittsford NY
Mark Rybinski	59	M55-59	18:16	5:53	Manlius NY
Joseph Reda, III	60	M60-64	18:18	5:54	Deforest WI
Dennis Kinney	54	M50-54	18:19	5:54	Rochester NY



Javier Martinez	43	M40-44	18:20	5:54	Baldwinsville NY	Sean Moore	29	M20-29	20:28	6:36	Syracuse NY
Brendan McCauley	22	M20-29	18:21	5:55	Belmont NH	Wally Hayes	62	M60-64	20:30	6:36	Ann Arbor MI
Jeremy Zgoda	18	M14-19	18:23	5:55	Syracuse NY	Michael Reif	65	M65-69	20:34	6:38	Victor NY
Don Hughes	57	M55-59	18:24	5:56	Syracuse NY	Faheem Mujahid	41	M40-44	20:34	6:38	Watertown NY
Dale Flanders	49	M45-49	18:26	5:56	Allegany NY	Harold Nolan	67	M65-69	20:38	6:39	Navasink NJ
Reno Stirrat	60	M60-64	18:33	5:58	Rockaway NJ	Jim May	68	M65-69	20:39	6:39	Williamson NY
Rob Blaszkiewicz	50	M50-54	18:35	5:59	GA	Gary Sterber	62	M60-64	20:40	6:39	Geneseo NY
Kevin Nickodem	58	M55-59	18:40	6:01	Chapel Hill NC	William Claus	63	M60-64	20:41	6:40	Rochester NY
Troy Holland	50	M50-54	18:43	6:02	Warrenton VA	Jacob Ferree	19	M14-19	20:42	6:40	Springfield VA
Dave Munger	47	M45-49	18:42	6:01	Davidson NC	Tim Kane	55	M55-59	20:43	6:40	Sherrill NY
Lloyd Hansen	66	M65-69	18:44	6:02	Salt Lake City UT	Mitch Moore	60	M60-64	20:50	6:43	Rochester NY
Terry Permar	60	M60-64	18:49	6:04	Perkasie PA	James Bright	56	M55-59	20:50	6:43	Skaneateles NY
Wayne Crandall	51	M50-54	18:57	6:06	West Henrietta NY	Roger Price	65	M65-69	20:53	6:44	Randolph NJ
Jim Allott	55	M55-59	18:57	6:06	Polsdam NY	Robert Haas	54	M50-54	20:51	6:43	Red Creek NY
Eric Maki	53	M50-54	18:59	6:07	Cortland NY	Mike O'Connor	38	M35-39	20:57	6:45	East Syracuse NY
Timothy Riccardi	56	M55-59	19:11	6:11	Marietta NY	Tom Zimmerman	40	M40-44	20:59	6:46	Ephrata PA
Dennis Delaney	50	M50-54	19:14	6:12	Syracuse NY	Daniel Magin	18	M14-19	20:55	6:44	Geneva NY
Guillaume Caudron-Raydele	22	M20-29	19:15	6:12	Syracuse NY	Milton Schumacher	70	M70-74	21:02	6:46	North Scituate RI
Mike Fitzpatrick	52	M50-54	19:16	6:13	Syracuse NY	John Kilduff	63	M60-64	21:06	6:48	Middletown NJ
Benjamin Koller	22	M20-29	19:16	6:12	Syracuse NY	Kenneth Cresswell	52	M50-54	21:08	6:48	Cazenovia NY
Terry McCluskey	66	M65-69	19:21	6:14	Vienna OH	Peter Eschenbrenner	27	M20-29	21:08	6:49	Philadelphia PA
Gary Radford	57	M55-59	19:23	6:15	Cicero NY	Samuel Vanetten	19	M14-19	21:08	6:48	Syracuse NY
Charles Morrow	54	M50-54	19:26	6:16	New York City NY	James Cox	54	M50-54	21:17	6:51	Liverpool NY
Scott Jones	32	M30-34	19:26	6:16	Liverpool NY	George Stanley Jr.	Md 46	M45-49	21:23	6:53	Syracuse NY
Carl Gensib	55	M55-59	19:29	6:16	North Brunswick NJ	Bradley Anderson	35	M35-39	21:28	6:55	Binghamton NY
Michael Klingensmith	34	M30-34	19:26	6:16	Fairport NY	Robert Carter	39	M35-39	21:27	6:55	Jamessville NY
Severn Loftus	38	M35-39	19:29	6:16	Fulton NY	Richard Barreto	57	M55-59	21:32	6:56	Morristown NJ
Michael Leonard	51	M50-54	19:28	6:16	Freeville NY	Przemyslaw Nowicki	70	M70-74	21:35	6:57	Holmdel NJ
Kristopher Boettcher	26	M20-29	19:28	6:16	Polsdam NY	Samuel Sampere	49	M45-49	21:18	6:52	East Syracuse NY
Emmanuel Brody	62	M60-64	19:34	6:18	Roselle NJ	Marc Gillespie	61	M60-64	21:39	6:58	Rochester NY
John Tarkowski	61	M60-64	19:33	6:18	Northville MI	John McEachen	44	M40-44	21:35	6:57	Fulton NY
Leo Kolshorn	40	M40-44	19:33	6:18	Hawley PA	Trey Martin	21	M20-29	21:43	7:00	Syracuse NY
Jeff Richardson	40	M40-44	19:33	6:18	East Syracuse NY	Elliott Dydo	23	M20-29	21:45	7:00	Syracuse NY
Gary Patton	68	M65-69	19:35	6:19	Rock Rapids IA	Kevin Neville	50	M50-54	21:48	7:01	Syracuse NY
Scott Linnell	58	M55-59	19:39	6:20	Colts Neck NJ	Michael Manz	60	M60-64	21:52	7:03	Ann Arbor MI
Doug Goodhue	72	M70-74	19:42	6:21	Milford MI	Paul Gellert	46	M45-49	21:52	7:03	Liverpool NY
Bill Bosmann	64	M60-64	19:42	6:21	Rockaway NJ	Eric Houck	16	M14-19	21:53	7:03	Syracuse NY
Paul Cianfrocca	50	M50-54	19:45	6:22	Camillus NY	Anviere Reese	12	M01-13	21:57	7:04	Syracuse NY
Michael Girard	18	M14-19	19:48	6:23	Phoenix NY	Dennis Maher	44	M40-44	21:56	7:04	Lafayette NY
Rick Royce	55	M55-59	19:54	6:25	Kingston ON	Gary Burak	56	M55-59	21:58	7:05	New Hartford NY
Patrick Moore	26	M20-29	19:47	6:22	Camillus NY	Thomas Lamme	67	M65-69	22:12	7:09	Pentfield NY
Jim Werven	48	M45-49	19:56	6:25	West Henrietta NY	Andrew Trapasso	45	M45-49	22:11	7:09	Dewitt NY
Frank Salvatore	37	M35-39	19:52	6:24	Liverpool NY	Alan Brown	57	M55-59	22:09	7:08	Manlius NY
Thomas Crowley	61	M60-64	20:01	6:27	Boonville NY	Jim Burns	50	M50-54	22:13	7:09	Cazenovia NY
Bob Dalton	61	M60-64	20:10	6:30	Fayetteville GA	John Auwaerter	49	M45-49	22:21	7:12	Syracuse NY
John Ferrini	50	M50-54	20:06	6:28	Baldwinsville NY	Brian Abernathy	47	M45-49	22:21	7:12	Cazenovia NY
Jan Frisby	70	M70-74	20:20	6:33	Grand Junction CO	Brian McKnight	42	M40-44	22:19	7:11	Fayetteville NY
Jack Stauffer	54	M50-54	20:24	6:34	Manlius NY	Patrick Wrobel	62	M60-64	22:27	7:14	Seneca Falls NY
Bill Beyerbach	59	M55-59	20:23	6:34	Rochester NY						

Mike Tober	26	M20-29	22:24	7:13	Ithaca NY	Jason Cirulli	27	M20-29	23:57	7:43	Syracuse NY
Andrew Longo	30	M30-34	22:22	7:12	Liverpool NY	William Ash	72	M70-74	24:02	7:44	Hewitt NJ
Zachary McQuaid	22	M20-29	22:33	7:16	Oswego NY	Tom Pena	71	M70-74	23:56	7:42	Saddle Brook NJ
Carl Franck	62	M60-64	22:39	7:18	Ithaca NY	John Farah	71	M70-74	24:08	7:46	Ann Arbor MI
Samuel Eschenbrenner	29	M20-29	22:40	7:18	Syracuse NY	Michael McAuliff	53	M50-54	23:59	7:43	Marcellus NY
Mikhail Yatsishin	29	M20-29	22:42	7:19	East Syracuse NY	Devlin Cameron	13	M01-13	24:00	7:44	Chittenango NY
Mark Larson	47	M45-49	22:41	7:18	Fayetteville NY	Jack Kasperski	63	M60-64	24:14	7:48	Fairport NY
Monte Piliawsky	70	M70-74	22:48	7:20	Southfield MI	Tarasinto Stashkiv	23	M20-29	24:15	7:49	Syracuse NY
Christian Weigandt	39	M35-39	22:44	7:19	Oriskany NY	Robert Simmonds	64	M60-64	24:22	7:51	Auburn NY
Jim Miller	63	M60-64	22:47	7:20	Clay NY	Riley Battaglioni	23	M20-29	24:23	7:51	Syracuse NY
Stan More	63	M60-64	22:54	7:23	Syracuse NY	Tommy Fletcher	12	M01-13	24:25	7:52	Fayetteville NY
Roland Cormier	74	M70-74	22:59	7:24	Jackson NJ	Tim Kellogg	53	M50-54	24:32	7:54	Longmont CO
Nicholas Branco	13	M01-13	22:56	7:23	Liverpool NY	John Nowatkowski	70	M70-74	24:32	7:54	Spotswood NJ
Todd Greer	33	M30-34	22:58	7:24	Clay NY	Michael Collins	46	M45-49	24:27	7:52	Syracuse NY
Justin Trombetta	25	M20-29	23:00	7:25	Camillus NY	James Leitz	75	M75-79	24:42	7:57	Bayonne NJ
Cullmon Washington Jr.	65	M65-69	23:07	7:27	Syracuse NY	Davey George	9	M01-13	24:47	7:59	Fayetteville NY
Gerrit Vanranken	14	M14-19	23:02	7:25	Jamesville NY	Dave George	41	M40-44	24:47	7:59	Fayetteville NY
David Klibbe	67	M65-69	23:05	7:26	Ft. Collins CO	Colin Massulik	39	M35-39	24:55	8:01	Liverpool NY
Jerry Leamed	66	M65-69	23:20	7:31	Gainesville GA	Kevin Phelps	34	M30-34	25:03	8:04	Syracuse NY
Rick Steison	70	M70-74	23:18	7:30	Duxbury MA	Samuel Phillips	10	M01-13	25:08	8:06	Dewitt NY
Robert Fiumano	61	M60-64	23:18	7:30	Baldwinsville NY	Kevin Burke	26	M20-29	25:10	8:06	Syracuse NY
Dacheng Ren	40	M40-44	23:21	7:31	Syracuse NY	Greg Turner	47	M45-49	25:07	8:05	Syracuse NY
Wally Herrala	70	M70-74	23:27	7:33	Ann Arbor MI	Stephen Ferre	53	M50-54	25:14	8:07	Fayetteville NY
John Elliott	76	M75-79	23:30	7:34	Columbia MD	Michael Trimm	43	M40-44	25:11	8:07	Syracuse NY
Michael Edmonds	15	M14-19	23:26	7:33	Syracuse NY	Timothy Cavanaugh	57	M55-59	25:18	8:09	Cicero NY
Craig Wunderly	70	M70-74	23:47	7:40	Hackettstown NJ	Matthew Houck	13	M01-13	25:16	8:08	Syracuse NY
Thomas Frangione	23	M20-29	23:52	7:41	Syracuse NY	Max Milstein	13	M01-13	25:16	8:08	Syracuse NY
Zachary Medicis	12	M01-13	23:50	7:41	Syracuse NY	Charles Keating	73	M70-74	25:30	8:13	Clearwater FL
Harvey Teres	64	M60-64	23:53	7:42	Syracuse NY	Craig Sheldon	53	M50-54	25:35	8:14	Oswego NY
Mark McKee	48	M45-49	23:56	7:42	Baldwinsville NY	David Bowen	62	M60-64	25:46	8:18	Port Byron NY
						Hilary Peterlin	73	M70-74	25:46	8:18	Oak Ridge NJ
						Michael Colabello	45	M45-49	25:41	8:16	Syracuse NY
						Robin Auwaerter	11	M01-13	25:48	8:19	Syracuse NY
						Kyle Chiesa	14	M14-19	25:49	8:19	Manlius NY
						John Ashby	41	M40-44	25:54	8:21	Syracuse NY
						Keith Bone	62	M60-64	25:56	8:21	Syracuse NY
						Eric Auwaerter	12	M01-13	25:55	8:21	Brewerton NY
						Robert Ramos	49	M45-49	25:57	8:21	Syracuse NY
						Louis Dimento	71	M70-74	26:09	8:25	Chittenango NY
						Nicholas Gugino	13	M01-13	26:02	8:23	Manlius NY
						John Kuhl	70	M70-74	26:13	8:27	Cazenovia NY
						Mark Peters	57	M55-59	26:08	8:25	Oakhurst NJ
						Jude Scanlon	12	M01-13	26:11	8:26	Manlius NY
						Jesse Harper	35	M35-39	26:16	8:28	Syracuse NY
						Lucian De Nevers	12	M01-13	26:17	8:28	Arkport NY
						Dylan Meyer	9	M01-13	26:21	8:29	Syracuse NY
						Joseph Beard	47	M45-49	26:19	8:28	Homer NY
						James Latshaw	41	M40-44	26:22	8:29	Clinton NY



Age Group Records 85-89 Women

50m	Patricia Peterson	12.25	6/8/12
60m	Patricia Peterson	14.32	1/29/12
100m	Patricia Peterson	22:30	7/15/11
200m	Patricia Peterson	51.43	7/16/11
400m	Patricia Peterson	2:07.79	7/17/11
5km walk (r)	Elsie Adams	1:12:12	6/7/07
Shot Put, 3kg	Elsie Adams	10-5	6/9/07
Discus, 1kg	Elsie Adams	26-6 3/4	6/9/07

Age Group Records 85-89 Men

50m	Bob Bruce	7.9	6/7/13
55m	Ed Cox	10.02	1/27/13
60m	Ed Cox	10.55	3/23/13
100m	Ed Cox	17.23	7/25/13
200m	Ed Cox	37.11	7/24/13
400m	Don Hanlon	1:51.8	6/29/09
800m	Don Hanlon	5:01.6	7/20/09
1000m	Don Hanlon	6:48.9	1/18/09
1 Mile	Don Hanlon	10:54.18	1/19/08
5km (r)	Charles Jorgensen	38:23	6/15/00
5km (t)	Charles Jorgensen	39:17.0	7/28/00
60m HH	Ed Lukens	19.84	3/29/08
Long Jump	Ed Lukens	11-4	8/3/07
Triple Jump	Ed Lukens	23-9	3/30/08
Shot Put, 4kg	Erwin Rice	20-4 1/4	6/7/08
Discus, 1kg	Erwin Rice	56-1 1/2	6/8/09
Javelin, 400g	Ed Lukens	68-8 1/4	6/8/07

Age Group Records 90-94 Women

50m	Elsie Adams	45.43	6/8/12
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Age Group Records 90-94 Men

100m	Don Hanlon	24.5	6/8/12
200m	Don Hanlon	55.1	6/8/12
400m	Don Hanlon	2:27.59	6/8/12
800m	Don Hanlon	5:59.12	6/8/12
One Mile	Don Hanlon	13:16.84	1/25/14
Shot Put, 3kg	Erwin Rice	16-0	6/11/11
Discus, 1kg	Erwin Rice	52-2 3/4	6/11/11



Kathrine Switzer to speak in Auburn High School on October 19th

Kathrine Switzer, the first woman to run the Boston Marathon, will speak at the Auburn High School on Sunday October 19th at 6:30 pm. The talk will benefit the Auburn's Friends of Seymour Library author series fundraiser.

Tickets are available at the door: adults - \$15.00; seniors and students - \$10.00.

Any coach or team leader (Scouts, etc.) who bring a minimum of five of their students will not have to pay.

Her book (as will Roger's new book Spirit of the Marathon 2 [and accompanying dvd]) will be available for purchase and autographing; of course, photo ops.





**Thanks To All
Syracuse Festival of Races
Sponsors and Volunteers!**

With the deadline for the October issue already past, we'll be able to do a comprehensive (and much more accurate) job of thanking our 2014 sponsors and volunteers in next month's issue of the *Chargers Newsletter*. For now, we offer a sincere thanks to all who helped to make the 22nd annual SFoR such a success! Check back for more next month!



OPEN MEN'S TEAM RESULTS

1. 1:22:51 SYRACUSE CHARGERS TC (16:35)
 - 1 15:42 Nicholas Guarino
 - 2 15:43 Scott Weeks
 - 3 15:54 Peter Francia
 - 4 15:59 Josh Guarino
 - 5 19:33 Kristopher Boettcher

OPEN WOMEN'S TEAM RESULTS

1. 51:10 STOTAN RACING (17:04)
 - 1 16:30 Hannah Davidson
 - 2 16:57 Maegen Krifchin
 - 3 17:43 Jenn Randall
2. 59:16 UTICA ROADRUNNERS (19:46)
 - 1 18:34 Cathleen Willy
 - 2 20:16 Kelly Ann Nugent
 - 3 20:26 Ryan Kelly
 - 4 21:06 Amy Roberson
 - 5 27:19 Danielle Freshnock

MEN'S 40'S TEAM RESULTS

1. 47:47 ATLANTA TRACK CLUB (15:56)
 - 1 15:40 Chad Newton
 - 2 15:50 Kristian Blaich
 - 3 16:17 Matthew Whitis
2. 49:38 GARMIN RUNNERS (16:33)
 - 1 16:21 Brian Crowley
 - 2 16:27 Mark Zamek
 - 3 16:50 Mark Williams
3. 50:50 WILLOW STREET AC (16:50)
 - 1 16:37 Robert Irwin
 - 2 16:56 John Stadlander
 - 3 16:57 Volker Burkowski
4. 51:41 ROADKILL RACING (17:14)
 - 1 16:14 Joshua Perks
 - 2 17:36 Joshua Williams
 - 3 17:51 Marcus Gage

5. 52:41 GENESEE VALLEY HARRIERS (17:34)

- 1 16:41 Mike Nier
 - 2 17:48 Scott Bickham
 - 3 18:12 Carl Johnston
 - 4 19:24 Gary Radford
 - 5 20:25 Bill Bayerbach
5. 54:53 SYRACUSE TRACK CLUB (18:18)
- 1 17:15 Richard Cohen
 - 2 18:21 Javier Martinez
 - 3 19:17 Dennis Delaney

MEN'S 50'S TEAM RESULTS

1. 50:54 PLAYMAKERS ELITE/NB (16:58)
 - 1 16:48 Ruben Henderson Jr.
 - 2 16:59 Daniel Dixon Jr.
 - 3 17:07 Ron Zywicki
2. 51:31 GENESEE VALLEY HARRIERS (17:11)
 - 1 16:44 Alan Evans
 - 2 17:10 Charlie Andrews
 - 3 17:37 David Bischoff
 - 4 17:50 John Van Kerkhove
 - 5 18:09 Joseph Mora
4. 55:35 GENESEE VALLEY HARRIERS-B(18:32)
 - 1 18:16 Mark Rybinski
 - 2 18:20 Dennis Kinney
 - 3 18:59 Wayne Crandall
5. 56:38 SYRACUSE TRACK CLUB (18:53)
 - 1 18:25 Don Hughes
 - 2 19:01 Eric Maki
 - 3 19:12 Timothy Riccardi
 - 4 20:53 James Bright

MEN'S 60'S TEAM RESULTS

1. 57:43 ANN ARBOR TRACK CLUB (19:15)
 - 1 18:46 Lloyd Hansen
 - 2 19:22 Terry McCluskey
 - 3 19:35 John Tarkowski
4. 1:01:58 GENESEE VALLEY HARRIERS(20:40)
 - 1 20:35 Michael Reif
 - 2 20:40 Jim May

Chris Scanlon	44	M40-44	26:21	8:29	Syracuse NY	Gary Philips	68	M65-69	32:15	10:23	Liverpool NY
Ammad Clegg	25	M20-29	26:30	8:32	Syracuse NY	James Fawcett	45	M45-49	32:18	10:24	Chittenango NY
John Harper Jr.	81	M80-84	26:32	8:33	Seal Beach CA	Fritz Schlereth	81	M80-84	32:46	10:33	Syracuse NY
Michael Vanvranken	51	M50-54	26:31	8:33	Jamesville NY	Jon Leifer	76	M75-79	32:45	10:33	Manlius NY
Martin Jodar	70	M70-74	26:44	8:36	Parlin NJ	Kevin Rich	46	M45-49	32:44	10:32	Skaneateles NY
Anthony Marrone	30	M30-34	26:43	8:36	Syracuse NY	Al Swan	74	M70-74	32:50	10:34	Clifton NJ
Robert Winter	45	M45-49	26:40	8:35	Fayetteville NY	David Rider	84	M80-84	33:06	10:39	Brantingham NY
John Stulberg	25	M20-29	27:00	8:42	Syracuse NY	Chip O'Reilly	69	M65-69	33:08	10:40	Syracuse NY
Bill Rudd	56	M55-59	27:04	8:43	Clay NY	Shyam Ramani	31	M30-34	33:31	10:47	Liverpool NY
Wade Stockman	79	M75-79	27:14	8:46	Rensselaer NY	Paul Lindars	42	M40-44	33:37	10:49	Manlius NY
Brian Fay	46	M45-49	27:10	8:45	Syracuse NY	Griffin Schumacher	11	M01-13	33:57	10:56	Liverpool NY
Kevin Morrisroe	63	M60-64	27:20	8:48	Rome NY	Eric Schumacher	47	M45-49	33:56	10:56	Liverpool NY
Silviu Pasniciuc	46	M45-49	27:17	8:47	Fayetteville NY	Willis Moses	88	M85-89	34:08	11:00	Vestal NY
Tim Kahn	76	M75-79	27:26	8:50	Clovis CA	Vivan Lockwood	56	M55-59	34:15	11:02	Clay NY
Kevin Anderson	53	M50-54	27:23	8:49	Auburn NY	Sam Graceffo	78	M75-79	34:49	11:13	Fayetteville NY
Robert Laport	53	M50-54	27:26	8:50	Syracuse NY	Roger Dausman	68	M65-69	35:04	11:18	Phoenix NY
Mark Trobert	71	M70-74	27:36	8:53	Jamesville NY	Gary Douglass	68	M65-69	35:54	11:34	Cicero NY
Ryan Fitzgerald	20	M20-29	27:49	8:57	Syracuse NY	Ted Emmanuel	46	M45-49	37:48	12:10	Liverpool NY
Eric Frederick	23	M20-29	28:11	9:05	Liverpool NY	Robert Stuenzi	59	M55-59	38:06	12:16	Cicero NY
Gary Salvetti	58	M55-59	28:10	9:04	Liverpool NY	Lysle Bassett	76	M75-79	38:36	12:26	Camillus NY
Jeff Pomeroy	47	M45-49	28:08	9:07	Jamesville NY	Andre Hawkins	20	M20-29	38:57	12:33	Syracuse NY
Brian Cottrell	53	M50-54	28:17	9:07	Jamesville NY	Douglas Angus	44	M40-44	38:57	12:33	Cazenovia NY
Donald Bersson	56	M55-59	28:13	9:05	Fayetteville NY	Sheldon Kall	83	M80-84	41:32	13:23	Manlius NY
Stephen Harris	47	M45-49	28:21	9:08	Syracuse NY	Lloyd Besaw Jr.	67	M65-69	41:29	13:21	Syracuse NY
Sean Milligan	38	M35-39	28:27	9:10	Syracuse NY	William Lysak	83	M80-84	42:20	13:38	North Syracuse NY
Edward Hoichkin	64	M60-64	28:25	9:09	Cortland NY	Daniel Napolitello	74	M70-74	42:49	13:47	Toms River NJ
Michael Defio	68	M65-69	28:42	9:15	Camillus NY	Ted Sullivan	82	M80-84	45:26	14:38	Williamsville NY
Mathias Deldicque	9	M01-13	28:36	9:13	Fayetteville NY						
Christian Pickard	25	M20-29	28:49	9:17	Syracuse NY						
Tim Sullivan	58	M55-59	28:43	9:15	Endicott NY						
Alex Thor	60	M60-64	28:46	9:16	Syracuse NY						
Jeremie Auge	39	M35-39	28:58	9:20	Syracuse NY						
Tom McKeown	66	M65-69	29:37	9:32	Skaneateles NY						
Jon Desenberg	80	M80-84	29:47	9:36	Ann Arbor MI						
Dave Walsh	63	M60-64	30:06	9:42	Syracuse NY						
Merton Shaw	42	M40-44	30:07	9:42	Solvay NY						
Andrew Milstein	42	M40-44	30:22	9:47	Syracuse NY						
Wally McRae	82	M80-84	30:36	9:51	Manlius NY						
Scott Burdo	49	M45-49	30:37	9:52	Liverpool NY						
John Rankin	30	M30-34	30:46	9:55	Solvay NY						
Eddie Banks-Crosson	35	M35-39	30:56	9:58	Liverpool NY						
Greg Deldicque	43	M40-44	31:16	10:04	Fayetteville NY						
Olivier Deldicque	11	M01-13	31:15	10:04	Fayetteville NY						
Jesse Feitel	22	M20-29	31:32	10:09	Syracuse NY						
Daniel Malay	62	M60-64	31:39	10:12	Jamesville NY						
Chris Komar	50	M50-54	31:46	10:14	Syracuse NY						
Jim Plis	65	M65-69	31:59	10:18	Auburn NY						
Anthony Discenza	58	M55-59	32:08	10:21	Manlius NY						



Team Results continued from page 15.

3 20:43 William Clauss
5. 1:05:25 GENESEE VALLEY HARRIERS(21:49)
1 20:42 Gary Sterber
2 22:14 Thomas Lamme
3 22:29 Patrick Wrobel
6. 1:36:40 SYRACUSE CHARGERS TC (32:14)
1 20:04 Thomas Crowley
2 34:53 Sam Graceffo
3 41:43 Lloyd Besaw Jr.

MEN'S 70'S TEAM RESULTS

1. 1:06:02 ANN ARBOR TRACK CLUB (22:01)
1 19:43 Doug Goodhue
2 22:49 Monte Piliawsky
3 23:30 Wally Herrala
2. 1:09:15 SHORE ATHLETIC CLUB (23:05)
1 21:38 Przemyslaw Nowicki
2 23:01 Roland Cormier
3 23:30 Wally Herrala
3. 1:12:41 CLIFTON ROADRUNNERS CLUB(24:14)
1 23:51 Craig Wunderly
2 24:05 William Ash
3 24:45 James Leitz

MEN'S 80'S TEAM RESULTS

1. 1:36:35 SYRACUSE CHARGERS TC (32:12)
1 30:39 Wally McRae
2 32:47 Fritz Schlereth
3 33:09 David Rider
4 41:43 Sheldon Kall

WOMEN'S 40'S TEAM RESULTS

1. 55:26 ATLANTA TRACK CLUB (18:29)
1 17:40 Sonja Friend-Uhl
2 18:08 Holly Ortlund
3 19:38 Nancy Stewart
2. 58:50 GENESEE VALLEY HARRIERS (19:37)
1 19:01 Melissa Senall
2 19:38 Erika Duthiers
3 20:11 Audra Naujokas-Knapp

WOMEN'S 50'S TEAM RESULTS

1. 57:54 ATHENA TRACK CLUB (19:18)
1 18:32 Marisa Sutera Strange
2 18:49 Doreen McCoubrie
3 20:33 Julie Hankin
2. 1:03:49 ATHENA TRACK CLUB B (21:17)
1 20:54 Mary Swan
2 21:17 Betsy Stewart
3 21:38 Coreen Steinbach
3.1:04:38 GENESEE VALLEY HARRIERS 21:33)
1 20:33 Beth Anne Deciantis
2 21:04 Carol Bischoff
3 23:01 Colleen Magnussen

WOMEN'S 60'S TEAM RESULTS

1.1:10:42 GENESEE VALLEY HARRIERS 23:34)
1 22:41 Sharon Moore
2 23:58 Cindy Ingalls
3 24:03 Carolyn Smith-Hanna
4 24:31 Anne Lytwynec
5 25:02 Jeanne Herrick
2. 1:13:09 LIBERTY ATHLETIC CLUB (24:23)
1 22:16 Jan Holmquist
2 24:17 Susan Gustafson
3 26:36 Lenore Webber
3. 1:44:14 SYRACUSE CHARGERS TC (34:45)
1 24:14 Suzanne Leone
2 27:58 Ruth Ripley
3 52:02 Connie Ciccone

WOMEN'S 70'S TEAM RESULTS

1.1:28:17 PLAYMAKERS ELITE/NB (29:26)
1 27:39 Ruth Thelen
2 29:11 Ellen Nitz
3 31:27 Janet Wallen
2. 1:48:50 CHECKERS AC (36:17)
1 34:56 Christa Maier
2 35:38 Fran Rowe
3 38:16 Edna Hyer

Talcott cops his second National Race Walk Title.

Charger Dave Talcott (54) led the men's field from beginning to end in winning the USA National 30km Race Walk Championships on September 14th in Rockland Lake State Park in Valley Cottage, NY. While dubbed as the USA Open and Masters Championships there were no open competitors in the field. Dave took advantage of that and was unchallenged to become the oldest athlete to ever win a national title. After a 51:35 first 10km, Dave duplicated that effort and split 20km in 1:43:10, which was his best 20km of the year. Pushing hard through 25km, which he hit in an American 50-54 record of 2:09:41, the pace caught up with him as he faded the last 5km finishing in 2:37:52 duplicating the feat he accomplished in 2011 when he won his first title – the National 40km. Previous Charger Nelson Fisher of Oswego was also in the field but was retired early by the Judges. Second place was Dan O'Brien in 3:17:11. Dan races for the Pegasus Athletic Club, a Michigan based club. The women's race was won by fellow New York State resident, Olympian Maria Michta-Coffey in 2:34:42. The women's masters title went to Susan Randall (40) of the Miami Valley Track Club of Ohio in 2:38:51. Dave will compete in the USA 40km Champs on October 12th where he will attempt to qualify for the 2016 Olympic Trials. To do so he must walk 50km in under 4:45.



Nelson Fisher

Calendar of Events

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

October

- 18 Octoberfast Races, 10k, 5k, 5k race walk, Endwell, NY. Visit www.triplecitiesrunnersclub.org
- 19 Leaf Peeper 1/2 Marathon, Cortland, NY contact Cortland YMCA at www.cortlandymca.org
- 19 Monster Scramble 5k/10k, Oakwood Cemetery, Syracuse 10:00 Contact Christy Missico 716-634-2573
- 26 22nd annual STC Halloween Run Trail 5k contact Syracuse Track Club.

November

- 1 Baldwinsville Rotary 5k run/walk for hunger. Contact Baldwinsville Rotary.
- 2 Red Baron 1/2 Marathon, Corning, NY. 1:00pm start. Visit www.spencercrest.org
- 2 Upstate Cross Country Series #4 - Ithaca, NY—6k/8k (Niagara Open Champs) visit www.gvh.net
- 9 Burn Run, East Syracuse Contact: John Minnick—johnjm_1@man.com
- 23 Upstate Cross Country Series #5 - Mendon Ponds, Rochester, NY. 6k/10k visit www.gvh.net
- 27 Cortland YMCA Turkey Trot 5k 9:00am. Visit www.cortlandymca.org
- 27 Pete Keyes Turkey Trot 5 mile 9:30am. Otsiningo Park, Binghamton, NY visit www.triplecitiesrunnersclub.org
- 27 104th Run for the Diamonds 9 Miles, Berwick, PA. Contact 570-759-1300.

December

- 6 Ugly Christmas Sweater 5k, Cortland, NY 9:00am Contact Jarrod Kolodziczek at jkolo72@hotmail.com
- 14 National 50km Race Walk Championships, Santee, CA Visit www.usatf.org
- 27 Upstate Holiday Classic, USATF Niagara Indoor T&F Champs, RIT, 9:30am . Visit www.USATF-Niagara.org.
- 27 USA Indoor Open/Masters 5,000 meter Race Walk Championships, RIT, 8:30am Contact Dave Talcott at 607-223-4361 or dwtalcott@juno.com

Bold Print—SCTC Event

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

The 2014 Chargers Grand Slam is now complete. Results will be in the November Newsletter.

Thank all those runners who competed in one, two, three, four, or all five of the 2014 Grand Slam races: 6/14—Hess Express Swamp Rat 5K or 10K; 7/4—Cazenovia July 4th 5K or 10 Miler; 8/16—Willow Bay 5K Run & Fitness Walk for Women; 9/20—Fayetteville Classic 5 Miler; 10/5—Syracuse Festival of Races Men's 5K or MVP Health Care Women's 5K.

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

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

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

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

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

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

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

 City State Zip E-mail Address _____

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

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

Road Running Track Running New Track Meets Road Races

Race Walking Field Events Renewal Coaching

Physical Fitness Youth Development Special Olympics Program

Mail this form and check to: **Julie Shafer, Membership Coordinator** Register Online: RunSignUp.com
8103 Lobos Lane, Liverpool, NY 13090

Membership Fee (12 months) : Family and/or Individual \$15 Individual Student (HS or younger)\$10
 Make checks payable to: **Syracuse Chargers Track Club, Inc.**

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

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

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

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

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

 Signature(s) Date

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

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

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

Return Service Requested

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

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

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-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: 213 Scott Avenue, Syracuse, NY 13224	Postage		3.00	+ 3.00
	Total			