



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLXIV

Syracuse Chargers Track Club

October 2015



Sam Pomeranz
Jewish Community Center
of Syracuse



Everyone Can Run Beginners Program

Presented by the **Syracuse Chargers Track Club** and hosted by the **Jewish Community Center of Syracuse**, the **Everyone Can Run Beginners Program** will begin on Wednesday **October 28, 2015**.

This is a **FREE eight-week program** designed to take you from walking to running and will start **Wednesday October 28, 2015** and continue through **Wednesday December 16, 2015**.

Greg Tuttle of the **Syracuse Chargers Track Club** will lead the **Wednesday** sessions. **Information Presentations** from **Running Related Professionals**, will be held at most of the training sessions.

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

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

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

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

All registrants will receive a 2 week trial pass to the JCC Fitness Center, including use of their indoor track and the 2nd. Floor Fitness Center Lounge.

Information on the costs to become a Chargers and/or a JCC member, will also be available at the training sessions.

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

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

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

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

Syracuse Chargers Track Club, Inc.

Board of Directors

President

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Vice President

Mark Driscoll 449-9615
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Available

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Available

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Open (Men) Coordinator

Available

Open (women) Coord.

Available

Masters (Men)

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Available

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Merchandise

Available

Awards Banquet

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

Volunteers

Available

Scholarship Award

John View
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Sunday Walkers Program

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Summer Runs

Available

Oneida shores

Greg Broton
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Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices

Mark Driscoll 449-9615

Webmaster

Chris Raulli
craulli88@gmail.com

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

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

The Syracuse Chargers Track Club Newsletter

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

Staff:

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

Chargers Membership Forms should be sent to:

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

Changing your address? Let Julie know as soon as possible (339-8553) or julie.shafer.js@gmail.com.
Also, if you are going away for an extended period, let Julie know or the Newsletter will be returned to us and we are charged the first class fee for "return to sender" service.
It will **NOT** be forwarded.



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

number is "04-0092"

Send Merchandise orders to:

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

Club Web Site: www.syracusechargers.org

New Members:

Miranda Gumbita Cy Lurie Dan Williams Dylan Williams

Renewing Members:

Jeffrey Bastable	Jack Bubb	Addie Buerkle	Alice Patricia Carroll	Paula Carrol
James Clancy	Lewis Cutler	Daly Family	Mary DaSilva	Mike Fitzpatrick
Sue Gardinier	Mary Gregg	Sharon Harding	LeRoy Hodge	Kelly Family
Klotz & Fenwick Family	Ray Kneer	Eric Lauber	Barb & Jim LoPiccolo	Peter McLennan
Stan More	Philip Mulry	Robert Neuland	Ed Rossmann	Gregory Tuttle &
Terri Clark				

Recent Charger Age Group Records

F 10-11 Discus, 1kg	Jenna Deep	50-10	6/23/2015
F 10-11 Turbo Javelin	Jenna Deep	52-9	7/21/2015
F 10-11 Triathlon (outdoor)	Jenna Deep	623 points	7/7/2015
F 10-11 Shot (6 lb)	Jenna Deep	21-3/4	6/27/2015
M 65-69 1500m Walk	Bob Nicholson	9:42.18	7/14/2015
M 65-69 5k Walk Road	Bob Nicholson	34:09	7/15/2015

Jenna Deep had a busy summer of it, rewriting the record book in the F10-11 age group. All but her shot record were set at Felder meets held at Nottingham High School. Jenna’s Discus throw replaces Amy Lee’s 38-9 effort from 2003. Her new turbo javelin and outdoor triathlon records were also set at Felder meets. (She and Megan Johnston share an indoor triathlon record of 505 points from last winter.) Jenna’s shot record displaces her own indoor put and was set while earning first place in the event at the Adirondack Association Junior Olympic meet, held at Shenendehowa High School. Her performance qualified her for the USATF Region 1 championships in Fitchburg MA where she placed 10th.

Jenna’s younger sister Georgia (F8) also had an active summer, winning medals of her own at the Shenendehowa and Fitchburg meets and also at the Empire State Liberty games. Watch out, Jenna!

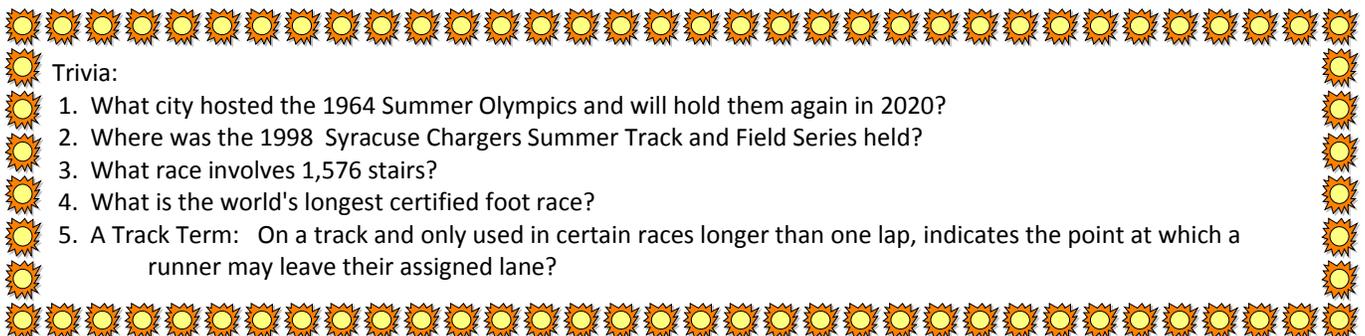
Bob Nicholson set his new walk records at the National Senior Games held in St. Paul, MN. Both efforts yielded him 6th place in his age group. Neither of them displaced anyone from the record book, since he already held both records: 10:18.0 and 35:35.9, both set in 2012.

Shades of Nazca? Mysterious Lines Appear on Sunnycrest Track

While preparing last month’s review of Sunnycrest track I noticed a waterfall start curve that I couldn’t identify near the end of the backstretch. At the exact end of the backstretch, where the curve begins, there is the 200m/3000m starting waterfall. Every outdoor metric track has one of these. Some short distance behind it (i.e., further from the finish line) there is another waterfall that marks the start of the 3000m steeplechase. Shortly behind that is yet another waterfall, and this is the mysterious one. I wrote to Andrew Hecker, an expert on track markings whose website www.trackinfo.org ought to reside on every track geek’s list of favorites, and he was at a loss to explain it. Anybody have any idea what this line is for?

My conjecture is that the steeplechase water jump must have been relocated at some point, perhaps when astro-turf was installed in the infield, or perhaps to make room for the long jump runway, and the mystery line is the original steeplechase start.

Sunnycrest has another set of unusual markings in the common start/finish area. There you will find five lines parallel to the finish line, which together with the finish line form a “grid” of 6 lines, exactly 1 meter apart. Andrew tells



Trivia:

1. What city hosted the 1964 Summer Olympics and will hold them again in 2020?
2. Where was the 1998 Syracuse Chargers Summer Track and Field Series held?
3. What race involves 1,576 stairs?
4. What is the world's longest certified foot race?
5. A Track Term: On a track and only used in certain races longer than one lap, indicates the point at which a runner may leave their assigned lane?

me this is an example of a "European grid finish", which was commonly used in the days of mechanical stop-watches as an aid to finish line judges.

Eerie Story (It's October, Isn't it?)

I really don't like to travel to strange places. It is hard and stressful even to get in your run. You have to do something like run in some random direction for 30 minutes (or some other chosen time); then, turn around and attempt to retrace your steps. But the hotel room was oppressive, and I thought I had to do something, so I headed out to see if I could find some refreshment.

I didn't really expect to find anything suitable, but it wasn't long before I turned a sharp corner and found a promising looking place nestled at the beginning of a long block of otherwise featureless brick. The neon sign in the window read *The Far Turn Bar and Grill*. "What the heck," I thought, "let's give it a try." The glass door as I pushed through it had an oddly silvered appearance, almost like a mirror.

Once inside, I found what appeared to be a typical sports bar: large screen TVs hanging from the ceiling, people standing around in clumps engaged in animated conversation, a harried bartender attempting heroically to keep up with impossibly many requests. I found a seat next to two beefy blue-collar types (plumbers? taxi drivers?) who were engaged in heated debate on some topic or other, and tried to catch the barkeep's eye.

Eventually he noticed me and I tried to make my request understood over the bursts of cheers or groans from the assembled groups around me, all seemingly glued to what was unfolding on the TV screens. "Bud Light," I said, but apparently in vain, as just now a particularly loud roar erupted. Even the bartender's eyes wandered to the screen, and he muttered something like "No! Way too early for a move like that." Curious now, I turned to look at one of the screens, expecting to see a manager on the mound tapping his left wrist in order to summon his star reliever. Instead, to my utter astonishment, I saw a line of racewalkers weaving sinuously along the inside edge of a track! The logo in the lower left-hand corner of the screen read "ESPN-5: Hengelo Men's 10KW semi-final."

Somewhat rattled, I tossed off half my drink - which had just arrived - attempting to clear my head. Next to me the two beefy guys were still going at it, and now one of them was repeatedly striking the other's bowling shirt next to the "FF" logo with his forefinger, attempting to drive home his point by dint of sheer physical force. I couldn't help trying to overhear: "Gatlin's got nuffin", he was saying, "even Bolt could beat him." I held up my beer glass and looked at it skeptically.

Across the bar from me two platinum blondes were earnestly debating whether distance runners or sprinters had the better bottoms ... I'd had enough! Dropping a \$5 bill on the bar, I ran from that place aghast, returning to the relative sanity of my hotel room, where the 100-channel TV feed showed nothing but baseball, hockey, tennis, and golf.

The next day I awoke with second thoughts. "Where else in America," I thought, "can you find a bar where ordinary people gather to watch and talk about Track and Field? This place is some kind of fantasy land! You should spend the day boning up on your Track and Field statistics so you can go back there tonight and join in." But when later that evening I turned past what I took to be the same sharp corner, I found nothing but an uninterrupted city block, made of featureless brick.

Syracuse Chargers Records for Females 30-34 years

45m	Irene Thompson	6.2	1/11/1987
50m	Irene Thompson	6.7	3/24/1987
50m	JoAnn Angotti	6.7	2/6/1988
55m	Irene Thompson	7.2	2/87
55m	JoAnn Angotti	7.2	1/17/1988
60m	Irene Thompson	8.24	4/2/1989
100m	Irene Thompson	12.4	8/2/1987
200m	Irene Thompson	26.3	8/2/1987
300y	JoAnn Angotti	39.56	3/29/1987
300m	Janine Schilly	43.1	1/24/1982
400m	Janine Schilly	59.3	8/1/1982
400m	Sascha Scott	59.3	6/29/2009
440y	Ruth Gais	68.0	1978
600y	Janine Schilly	1:28.5	3/27/1982
600m	Janine Schilly	1:46.2	2/11/1984
800m	Sascha Scott	9:47.0	12/5/2009

880y	Janine Schilly	2:21.0	6/13/1982
1000y	Janine Schilly	2:46.7	3/28/1982
1000m	Jennifer Patruno	2:52.3	1/31/2004
1500m	Jennifer Patruno	4:26.0	7/6/2002
1 mile	Jennifer Patruno	4:47.3	1/25/2003
2000m	Amy Gillenson	7:19.7	2/2/1985
3000m road	Carolyn Eich	10:52	4/28/1990
3000m	Sascha Scott	9:47.0	12/5/2009
2 miles	Ruth Gais	12:10.0	1978
5km track	Murphee Hayes-Falls	17:17.8	5/10/2008
5km road	Chrissie Morganti	17:23	8/6/1995
8km	Kristin White	28:19.0	2/10/2000
5 miles road	Carolyn Eich	29:36.0	5/11/1991
10km road	Andrea Burke	34:44.0	10/8/1984
10km track	Murphee Hayes-Falls	37:16.9	4/24/2008
15km track	Patti Ford	1:47:01	3/9/1990
15km road	Andrea Burke	55:08.0	11/11/1984
10 miles	Murphee Hayes-Falls	61:02.0	6/2/2008
20km	Andrea Burke	1:17:08	7/1984
half marathon	Murphee Hayes-Falls	1:21:52	10/12/2008
25km road	Patti Ford	1:46:52	5/3/1987
30km road	Karen Stocker-Laquidari	2:07:49	3/24/1986
marathon	Chrissie Morganti	2:52:59	12/3/1995
55m HH	Cathy McKeever	10.7	2/4/1990
60m HH	Cathy McKeever	11.64	4/5/1992
100m HH	Diane Thompson	15.27	7/27/2000
400m IH	Diane Thompson	64.49	7/29/2000
high jump	Janine Schilly	4ft 10in	4/26/1980
long jump	Irene Thompson	17-3 1/2	3/11/1989
weight throw 20lb	Kelly Thompson	29-3 3/4	8/25/2002
weight throw 25lb	Kathy Pierce	18-9	5/27/1984
discus	Kelly Thompson	88-5	8/25/2001
hammer	Angel Raleigh	70-1 3/4	8/2/2001
javelin	JoAnn Angotti	92-9	6/11/1988
shot put 4kg	Angel Raleigh	29-0	7/28/2001

Syracuse Chargers Records for Males 30-34 years

45m	David Robinson	5.6	2/17/1985
50m	David Robinson	5.8	3/10/1985
50m	David Robinson	5.8	3/17/1985
55m	David Eaton	6.6	12/7/2003
60y	David Robinson	6.4	3/18/1984
60m	David Eaton	7.35	1/12/2003
100m	David Robinson	10.8	4/21/1984
200m	David Robinson	22.3	5/5/1984
300y	David Robinson	33.9	3/25/1984
300m	David Robinson	36.8	2/17/1983
400m	Brendan Jackson	51.2	7/25/1993
440y	Philip Panebianco	54.6	7/29/2015
500m	Michael Roman	1:10.9	3/27/1988
600y	Jasper Royal	1:18.4	3/26/1983
600m	Tom Carter	1:24.0	2/2/1985
800m	Tom Carter	1:53.8	8/8/1984
880y	Tom Carter	1:56.4	5/18/1983
1000y	Dave Worden	2:24.3	3/2/1985
1000m	Tom Carter	2:28.1	12/17/1983
1500m	Derek Treadwell	3:46.5	6/11/2006
1 mile	Derek Treadwell	4:07.5	6/11/2006
2000m	John Trowse	5:48.0	3/24/2001
3000m road	Tim Otis	9:07	4/25/1987
3000m	Derek Treadwell	8:06.1	6/6/2006

3000m	Derek Treadwell	8:06.1	6/6/2006
3000m steeple	Charles Duggan	9:31.9	6/28/1987
2 miles	Larry Nafie	9:38.5	2/29/1980
5km track	Derek Treadwell	14:19.6	4/29/2006
5km road	Mark Andrews	14:21	8/25/2002
5 miles road	Mark Andrews	23:35	3/15/2003
10km road	Tom Carter	29:49.0	4/2/1983
10km track	Mark Andrews	29:27.6	4/26/2002
15km track	Javier Martinez	55:07.1	2/26/2004
15km road	Tom Carter	45:47.0	11/13/1983
10 miles	Aaron Robertson	53:12.0	6/28/2009
20km	Tom Carter	1:01:53	1/29/1983
half marathon	Tom Carter	1:06:50	10/7/1984
25km road	Tim Woodbridge	1:30:21	10/1/1989
30km road	Joe Daley	1:38:12	3/22/1981
marathon	Mark Andrews	2:27:48	10/7/2001
50km road	Aaron Robertson	3:20:12	3/6/2011
50 miles road	Bob Timmon	9:16:07	8/10/1982
1 hour run	Reinhold Wotawa	10.33 miles	5/16/1982
55m HH	Kerry Sloan	7.82	3/7/1993
60m HH	Michael Saafir	8.13	2/23/1985
110m HH	Michael Saafir	15.4	3/29/1986
400m IH	Kerry Sloan	55.7	3/27/1993
high jump	Dennis Rhoades	6ft 9in	6/15/1994
pole vault	Mike Thompson	16-8 3/4	1/29/2000
triple jump	Bob Doran	43-8 1/4	3/23/1986
long jump	Dave Aungier	21-6	5/76
weight pentathlon	Norman Deep	2736	6/1/1997
weight throw 35lb	Jesse Doty	66-0 1/2	3/2/2013
shot put 16lb	Norman Deep	47-10 3/4	8/5/1997
superweight	Norman Deep	26-10 1/2	3/28/1999
discus 2kg	Joseph Benoit	155-11	7/28/1990
hammer 16lb	Jesse Doty	204-10 1/2	8/7/2010
javelin	Kevin Richardson	193-10	7/25/1993
indoor pentathlon	Steve Suto	2780	1/13/1985
decathlon	Dave Aungier	6450	5/76
outdoor pentathlon	Mike Roux	2819	7/28/2001
1500m walk	David Talcott	6:32.9	2/7/1993
1 mile walk	David Talcott	7:19.7	1/24/1993
3000m walk	David Talcott	14:12.7	2/21/1993
5km walk track	David Talcott	23:33.2	7/25/1993
8km walk	David Talcott	38:38.0	7/7/1990
10km walk road	David Talcott	48:21.0	7/7/1990
15km walk track	David Talcott	1:15:13.9	2/10/1993
10 mile walk	David Talcott	1:21:21	7/4/1990
20km walk road	Greg Page	2:16:17	8/14/1982
25km walk road	Greg Page	2:48:43	8/14/1982
25km walk track	David Talcott	2:23:06.5	6/26/1993
30km walk road	Greg Page	3:21:15	8/14/1982
30km walk track	David Talcott	2:55:13.0	6/26/1993
35km walk	Greg Page	3:54:29	8/14/1982
40km walk	Greg Page	4:30:27	8/14/1982
50km walk	Greg Page	5:39:58	8/14/1982

Alternate Web Link for Chargers Records

The latest Chargers records can always be found on my personal web server at the URL http://barnyard.syr.edu/charger_records.html. There will also be a working link on the new Chargers website.



THE CHARGER CHALLENGE

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

PROGRAM RULES, AWARDS AND ENTRY FEES:

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

THE CHARGER CHALLENGE

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

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

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

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

Mileage: All actual mileage covered can be recorded

THE CHARGER 500 MILE CHALLENGE

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

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

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

Actual mileage up to 3 miles per day can be recorded

THE FAMILY CHALLENGE

Family members combine their mileage towards a common goal

Entry

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

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

CHARGER CHALLENGE APPLICATION FORM

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

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

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

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

Signature(s) _____ Date _____

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

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

Thursday Night Onondaga Lake Park Fun Run Results

August 27th

			8 km		
			Paul Cianfrocca	51	34:33
5 km					
Jackie Smith	49	26:01	5 Mile		
Ken Iandolo	64	28:54	Chuck Milazzo	59	41:55
Lew Cutler	65	32:32	Jim Cox	54	41:56

The Virtues of Volunteering for Your Club

We are all busy people with lots of responsibilities and our time is valuable. Most of us are either full-time students or work full-time at our jobs. You may think that you are too busy to volunteer, but perhaps you can find the time. Volunteering is an opportunity to connect with the other members of your running community. If you have first aid training or you're interested in events management, volunteering can provide an excellent way to gain invaluable work experience, or draw on the skills you already possess. Many enjoy the social aspect of volunteering as an on-course marshal and seeing the smiles on some of the faces as they run by. You get all the excitement of race day without actually running it! You will feel good about yourself for enabling your pals to compete and achieve their goals on a safe course.

If you are super organized and efficient, perhaps packet pick-up or day of race registration is the place for you. Are you a pro on your I-pad? You could volunteer to write up results from our fun runs or track meets. Perhaps you are new to running or usually stick to the shorter distances. Have you ever run on trails? Watching others persevere at a longer distance, or on a surface other than asphalt, may give you the motivation to go out there and do it yourself. Sometimes just being there and seeing the determination of the runners will make you realize that you want to try it too!

"If you want to lift yourself up, lift up someone else." [Booker T. Washington](#)
Volunteers are invaluable and our race directors will be delighted to hear from you.

Please contact Mickey at mpiscitelli2@verizon.net to volunteer at any upcoming Charger event!

Delivery of monthly Chargers newsletter

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

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

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

Race Walk Corner:

The USA 40km Championships were held in Joe Palaia Park, Ocean Township, NJ on September 13th. A clear day that had the mercury climb to about 80 degrees saw a dwindling field take on the challenge of 20 laps of the park. Chargers Dave & Erin Talcott were there - Dave going the whole 40k and Erin doing 20k. Erin would win the 20k in a few ticks over 2 hours as a workout. Dave went out in fourth place (with first being a guest competitor from Columbia). As the miles ticked by the youngster in third would drop out leaving an opening for 2nd American for Dave. Final time 3:53:11 some 22 minutes behind the US leader—29 year old Michael Mannozi. Erin is on a plane to China as this is being put together. She will compete in a Stage race near Shanghai. The race consists of 4 races in 4 days—two 10k's, a 12k and a 15k. Erin was the only USA competitor invited for the second straight year.

Everyone Can Run Beginners Program

Registration Form

Name _____ Date of Birth _____

Address _____ Phone _____

E-mail address: _____

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

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

Participant Waiver for Program

I know that running is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able, and by my signature, I certify that I am medically able to perform this event, and am in good health. I assume all risks associated with running, including but not limited to: falls or contact with other participants, the all such risks being known and appreciated by me. I understand that personal music players are not allowed during my training and I will abide by this rule. I have read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club and the Jewish Community Center and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these training session, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs or any other record of this event for any legitimate purpose.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____

Please turn in this completed form at member services at the JCC or mail it to: Greg Tuttle, 9450 Chalkstone Course 20-2, Brewerton, NY 13029

Please email Greg at tuttlegreg@hotmail.com or call him at 315-430-9409, to seek more information about this program.



Syracuse Festival of Races

Come Enjoy Amazing!
Sunday, October 4, 2015



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

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

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

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



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

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



Festival Week Schedule

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

Saturday, October 3
Late Registration and Packet Pickup
 Dick's Sporting Goods, DeWitt,
 10:00 a.m. - 2:00 p.m.

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

Sunday, October 4
 All outside Manley Field House,
 Comstock Ave. at E. Colvin St., Syracuse

Registration Tent Opens, 7:30 a.m.

Men's 5K, 8:50 a.m.
MVP Health Care® Women's 5K, 9:50 a.m.
3K Fun & Fitness Run, 10:45 a.m.
Tops Community Walk, 10:50 a.m.
Wellness Way, 8:00 a.m. - Noon

On-Site Awards Ceremony, 11:25 a.m.
USATF Championship Awards Brunch,
 12:00 noon, Tiffany Ballroom
 Genesee Grande Hotel, Syracuse

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

Individual Entry Form

Last Name		Date of Birth (MM-DD-YY)	
First Name		Initial	Age on Race Day
Mailing Address		Citizenship	
City		State	Zip Code
Daytime Telephone		2015 USATF Number	
5K Club Team, 3K School, College or Non-Profit Group		USATF Club #	
Expected Finishing Time	Email Address (example: sforentrant@myisp.com)		

5K Races (\$22 until 6/30; \$25 from 7/1 to 9/15; \$30 by 10/3; \$35 race day) _____
3K Fun & Fitness Run (\$7 if under 18; \$10 for 18 and older; \$15 for all on race day) _____
Community Walk (\$5 if under 18; \$10 for 18 and older; \$15 for all on race day) _____
National Championship Award Brunch (\$15 prior to 9/29) _____

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

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

RELEASE: In consideration of the acceptance of my or my child's entry into any of the events of the 2015 Syracuse Festival of Races, I hereby make the following agreements: I know that running or walking in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all physical and psychological risks associated with running or walking in this event, including, but not limited to: falls; contact with other participants, vehicles, or other objects; the effects of the weather, including heat, cold, wind, or humidity; traffic and the conditions of the roads; and negligent acts of other participants, volunteers, or spectators, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers and similar wheeled conveyances, roller skates, roller blades, pets, and personal music players of any kind are not allowed in the races, and I agree to abide by all race rules. Having read this waiver and knowing these facts, and in consideration of your accepting my or my child's entry, I fully release and forever discharge the Syracuse Festival of Races, LLC; Syracuse Chargers Track Club, Inc.; the City of Syracuse; Syracuse University; and all other sponsoring organizations and institutions from any and all claims, demands, damages, causes of action, liabilities or expenses of any kind whatsoever, which occur either directly or indirectly, as a result of or in connection with my or my child's participation in the event, even if such consequences result from the negligence, fault, or carelessness of the organizers, volunteers, or sponsoring organizations. This release shall be binding on my heirs, administrators, successors and assigns, and shall inure to the benefit of the successors and assigns of the organizers and sponsoring entities. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me or my child while participating in or traveling to/from this event.

Signature: _____ Date: _____

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

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



UPSTATE NY HOLIDAY CLASSIC XVII

Open, Youth and Masters Indoor Track & Field Invitational

Also serving as the

2015 USA Junior, Open & Masters Indoor 5000m Race Walk Championships

Also serving as the

USATF Niagara Association Open & Masters Men's & Women's Indoor Track & Field Championships

Featuring the Roger Messenger Masters (30+) Mile

New this year – Youth events – 60, 200, 1500, LJ, 4x200

Hosted by the River Road Running Club and the USATF Niagara Association

Sunday, December 27, 2015

Rochester Institute of Technology, Gordon Field House, Rochester, NY

Online Registration:

2015/16 USATF MEMBERS - \$15.00 per athlete – ONLINE ONLY.

You will pay an additional small online processing fee.

To enter online please go to: <http://www.usatf-niagara.org/>

To join/renew your USATF membership for 2015 please go to:

<http://www.usatf.org/Products---Services/Individual-Memberships.aspx>

Online registration closes at Noon (ET) on Saturday, December 26, 2015.

ALL OTHERS - \$20.00 per athlete - ONLINE ONLY.

You will pay an additional small on-line processing fee.

To enter on-line please go to: <http://www.usatf-niagara.org/>

Online registration closes at Noon (ET) on Saturday, December 26, 2015.

All online registrants will receive a **FREE** Holiday Classic commemorative tumbler glass. Entry fee is non-refundable.

Day-of-Meet Registration:

EVERYONE - \$25.00 per athlete for day-of-meet registration beginning at 7:30am.

No special deals for USATF members.

Day-of-Meet registrants may receive a Holiday Classic commemorative tumbler glass – supply is limited.

UPSTATE NY HOLIDAY CLASSIC XVII

Open Indoor Track & Field Invitational

Featuring the 2015 USA Junior, Open & Masters Indoor 5000m Race Walk Championships

Also serving as the

USATF Niagara Association Open & Master Men & Women Indoor Track & Field Championships

New this year – Youth events

Featuring the Roger Messenger Masters (30+) Mile

Hosted by the River Road Running Club and the USATF Niagara Association

Sunday, December 27, 2015

Rochester Institute of Technology, Gordon Field House, Rochester, NY

Order of Track Events

7:30 a.m.	Doors Open - Packet Pick-Up for Online Registrants Begins	
7:30 a.m.	Doors Open - Day-of-Meet Registration Begins	
8:30 a.m.	5000m Race Walk - Women	W Junior/Open/Masters
8:30 a.m.	10,000m Race Walk – Women	Invitation Only W Jr./Open/Masters
9:25 a.m.	5000m Race Walk – Men	M Junior/Open/Masters
9:25 a.m.	10,000m Race Walk – Men	Invitation Only M Jr./Open/Masters
10:15 a.m.	5000m Run Final	Women/Men - Sections as needed
	60m Hurdles Semi-Final	Women (33")
	60m Hurdles Semi-Final	Men (42")
	1500m Run Final	Women/Youth
	60m Hurdles Final	Men (42")
	60m Hurdles Final	Women (33")
	1500m Run Final	Men
	60m Dash Semi-Final	Women
	60m Dash Semi-Final	Men
	400m Dash Final	Women
	400m Dash Final	Men
	60m Dash Final	Youth – all age groups, G/B, younger 1 st
	60m Dash Final	Women
	60m Dash Final	Men
	800m Run Final	Women
	800m Run Final	Men
	200m Dash Final	Youth – all age groups, G/B, younger 1 st
	200m Dash Final	Women
	200m Dash Final	Men
	3000m Run Final	Women
	3000m Run Final	Men
	Messenger Masters Mile	Women, Sections as needed (Ages 30+)
	Messenger Masters Mile	Men, Sections as needed (Ages 30+)
	4 x 200m Relay	Youth – all age groups, G/B, younger 1 st
	4 x 200m Relay	Women
	4 x 200m Relay	Men
	4 x 400m Relay	Women
	4 x 400m Relay	Men

Note: There is no "official" time order for running events after 10:15 a.m. We will proceed directly from event to event as allowed by the entry numbers. All events will be timed finals unless otherwise listed. Open 60m Dash and 60m Hurdles: The **top 8 times** will advance to the finals. Fast sections will run first **unless otherwise indicated**. The Messenger Masters Mile is open to Runners Ages 30+. See below for specific event information. Please do not contact RIT for information about this meet. For complete meet information and results go to: <http://www.usatf-niagara.org/>



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

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

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

Charger Ed Stabler (Dr. Edward Stabler) won the 2015 Lisa Alford-Onondaga County Office of the Aging Senior Citizen of the Year award. Ed is an emeritus Syracuse University faculty member in the electrical and computer engineering department and a Hospice Volunteer Family Caregiver according to Hospice of Central New York. In their announcement they continued: ‘Stabler has been volunteering for over 30 years at too many local organizations to list here. He began volunteering because he feels he has been blessed in his life, and for that, he owes everyone. After volunteering with many organizations he began volunteering for Hospice in part to help himself be more sensible about aging and end-of-life, and he has come to appreciate the importance of helping families plan for end of life.’ Hospice believes that the greatest contribution that Ed makes to our community is in the example he continually offers of how to give wholeheartedly to others. They added “As a Hospice volunteer he often agrees to take last minute assignments to set vigil with an actively dying person he may never have even met before, dropping everything in order to go to be present during their final hours. We are only one of the organizations that Ed gives his time so freely to, and we are truly inspired by the breath of his commitment to our community.” Truly one of the great runners in Syracuse Charger history—Ed is the kind of runner, the kind of quality individual that we should all try to emulate.



Cudos to Paul Dunham who not only finished the Turningstone 10k on August 23rd, but he won the 70+ age group with an excellent time of 1:11!! Great job Paul!

Calendar of Events

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

October

- 3 Sat USA 5km Masters Race Walk Champs, Kingsport, TN. Visit www.kingsportracewalks.com
- 4 Sun Syracuse Festival of Races 5k, 8:50am, Syracuse, NY. Visit www.festivalofraces.org
- 25 Sun USA 30km Race Walk Champs, Valley Cottage, NY 8:00am. Contact Dave McGovern or visit www.usatf.org

November

- 22 Sun USA 50km Race Walk Champs, Santee, CA 7:00am. Contact Philip Dunn or visit www.usatf.org

December

- 27 Sun Upstate Holiday Classic, Niagara Indoor Champs, 8:30am, RIT, Henrietta, NY .

Bold Print—SCTC Event

The Syracuse Chargers’ Newsletter calendar will include:

- *SCTC owned or hosted fun runs, races, or track meets.
- *USATF Association, Regional, or National Championships for Running, Track & Field, and Race Walking.
- *Races which are part of the current year’s CNY Running Club Cup Series.
- *Races which have paid to have their paper entry form incorporated into our newsletter (\$75 per issue).



 Trivia Answers:
 

 1. Tokyo, Japan. 

 2. Jamesville-Dewitt High School. 

 3. The annual Empire State Building Run Up, the oldest Tower Race in the world. 

 4. The Self Transcendence 3100 Mile Race in Queens, NY 

 5. Break-Line. 



SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Application

_____ (M)(F) _____	_____	
Name	Birth Date	<u>I would like to help with:</u>
_____ (M)(F) _____	_____	<input type="checkbox"/> Track Meets
Name	Birth Date	<input type="checkbox"/> Road Races
_____ (M)(F) _____	_____	<input type="checkbox"/> Coaching
Name	Birth Date	<input type="checkbox"/> Special Olympics
_____ (M)(F) _____	_____	<input type="checkbox"/> Other: _____
Name	Birth Date	
_____ (M)(F) _____	_____	
Name	Birth Date	

Mailing Address – Street or P.O. Box			Telephone
_____	_____	_____	_____
City	State	Zip	E-mail Address
			I would like to receive Charger information by e-mail Yes___ No___

<u>Method of Receiving the Monthly Newsletter:</u>	<u>Membership Status:</u>	<u>Primary Fields of Interest:</u>
<input type="checkbox"/> printed and to arrive via US Mail	<input type="checkbox"/> New	<input type="checkbox"/> Road Running <input type="checkbox"/> Track Running
<input type="checkbox"/> sent to my e-mail inbox	<input type="checkbox"/> Renewal	<input type="checkbox"/> Race Walking <input type="checkbox"/> Field Events
		<input type="checkbox"/> Physical Fitness <input type="checkbox"/> Youth Development

Mail this form and check to: Julie Hernandez, Membership Coordinator Register Online: RunSignUp.com
P.O. Box 2354, Liverpool, NY 13089-2354

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___ Y Lg___

Additional Contributions: Purpose is to ensure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in Track and Field, Cross Country, and Road Racing. 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 13089-2354

Return Service Requested

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

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	Total			