



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

November 2013

Syracuse Festival of Races



1st #746 Andrea Damad 4th #931 Seth Yerne 3rd #542 Scott Weeks 2nd #503 Chad Newton



1st #570 Melody Fairchild 2nd #4 Laurel Leone 574 Sonja Friend-Uhl

Photographer – Yuki Mizuma

Syracuse Chargers

Track Club, Inc.

-2-

Board of Directors

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Mark Driscoll
449-9615
mdriscol@syr.edu

Administrative VP

Evelyn White
637-6211
nandewhite@aol.com

Secretary

Roger Hahn
446-7132

Treasurer

David Kennedy
569-3302

Scholastic Coach

Jim McCaul
342-1123

Open (Men)

David Patruno
423-7246

Open (Women)

Masters (Men)

Greg Tuttle
tuttlegreg@hotmail.com
430-9409

Masters (Women)

Mickey Piscitelli
mpiscitelli2@verizon.net
638-9662

Road Races Coord.

Dave Oja 446-6285
daveoja@a-znet.com

Membership Coord.

Julie Shafer
Julie.shafer.js@gmail.com

Program Coordinators

Charger Records

Nick Wetter
wetternick@yahoo.com

Charger Challenge

Ed Polly 446-5637
102 Rosewell Meadow
DeWitt, NY 13214
Golfnrun@twcny.rr.com

Special Olympics

Peter Rhodes
422-1037

Youth Programs

Mark Driscoll 449-9615
Jasper Royal 416-3811

Merchandise

Evelyn White
nandewhite@aol.com

Social

Mickey Piscitelli
mpiscitelli2@verizon.net
638-9662

Volunteers

Evelyn White, 637-6211
NandEWhite@aol.com

Scholarship Fund

John View

Summer Runs

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At Large

James Alexander
vorlonsrule@verizon.net
Pat Leone
420-4921, pat@leonetiming.com
Bob Hiemenz
699-3311 bobhiem@twcny.rr.com
Chris Raulli
craulli88@gmail.com

Send Merchandise orders to: **Evelyn White**
118 Foxcroft Ln., Fayetteville, NY 13066

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

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

The Syracuse Chargers Track Club Newsletter

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

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

Newsletter Staff

Evelyn White, Editor (NandEWhite@aol.com) 637-6211
(Calendar of Events, Road Race Results, Entry Forms)
Nick Wetter (Track & Field Results & Charger Records)
email: wetternick@yahoo.com

Contributing Writers: **Nick Wetter** (track & field)
Gabe Yankowitz, Physical Therapist
Sam Graceffo, MD

Chargers Membership Forms should be sent to:

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

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



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

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

Club Web Site: www.syracusechargers.org

New Charger Members

Kevin Abel	Robert Dunham	Phil Nagy	Anton Ninno	Alec Penoyer
Brooke Penoyer	Gary Penoyer	Kasey Penoyer	Kyle Rihyman	

Entry Forms in this Newsletter

November 6	Burn Race
December 14	Last Chance Trail Run & Pancake Breakfast, Highland Forest

Special Olympics at SRC Arena – Monday’s – Dec. 2, 9, 16 & 23 6:30-7:30 pm

In September, we had one of our most successful programs. Since we relocated to OCC SRC Arena the attendance has exploded, fortunately, our hard core volunteers have risen to the occasion and enthusiastically put on an upbeat fun fitness hour that offers something for everyone, including wheelchair participants, walkers ,etc. I believe every Charger would enjoy the experience. and yes, we have openings for a few volunteers. Peter Rhodes ...[315-422-1037](tel:315-422-1037)....Per56@aol.com

Charger President, Mark Driscoll, Honored



At the 16th annual Groton Labor Day 5K and Mile Fun Run, Mark Driscoll was awarded the Joseph R. Weeks Sr., Dedicated Volunteer Award. Mark has attended and assisted with the event for all of the past races possibly with the exception of the first year. Mostly helping with the efforts of Leone Timing, but has been with the race long enough that he assists with race day setup in the same capacity as any of the other committee members. Often having another commitment on Labor Day, he still finds a way to fit in this event.

As many of us are aware, Mark serves the upstate running community in a much larger capacity than the already demanding position as President of the Syracuse Chargers Track Club. He exemplifies what the Chargers are all about. People!

Thank you, Mark, for continuing to offer your efforts and expertise.

Frank McNulty, 1930 – 2013

We were very sorry to learn of the death of Frank McNulty, 83, on September 8th. Frank was a longtime Chargers member and frequent volunteer at multiple road races and fun runs for decades. As a retired mechanical engineer, Frank brought to each of his volunteer tasks an interest in detail and precision that made him a favorite of any of the race directors fortunate enough to have his help on race day. In addition to his running, Frank also competed in swimming. Our thoughts go out to Kay, and to each of Frank's and Kay's six daughters and their families!

Tom Walnut, 1924 – 2013

The Chargers lost another of our oldest and longest contributors when Tom Walnut, 89, succumbed to heart failure on September 28th. Having spent more than forty years as a professor of Physical Chemistry at Syracuse University, Tom was also one of the phenomenal group of S.U. and ESF faculty runners who helped to bring national credibility to competitive masters long distance running. As one of the key members of medal-winning and record-setting Chargers 50+, 60+, and 70+ teams, Tom represented both the Chargers and Syracuse with distinction. We send our sincere condolences to Lois, and to Susan and Stephen and their families.

11TH Annual Fayetteville 10K Classic – September 21, 2013

Our thanks and appreciation to our Volunteers

Dave Oja
Mike Guzman
Terri Clark
Jim McCaul
Sam Graceffo

Jim McKeever
Eric Webber
Jim Clancy
Bob Hiemenz
Julie Shafer

Greg Spears
Greg Tuttle
Jack Hosp
Evelyn White
Bill Dunham

Jasper Royal
Karen Wright
Rose Hosp
Jim Simek
Aspen Sports

Mark Driscoll
John Minnick
Ed Polly
Faheen Mujahid

David Kennedy, Race Director

As always, our apologies if we omitted your name. Your help was appreciated and many of you handled more than one assignment.

Thanks to Mayor Mark Olson and Karen Shepardson for spearheading the Village effort; and as usual, we benefited from the outstanding support of the Manlius Police Department and the Fayetteville Fire Department.

Special thanks to Bob Hiemenz for leading the timing and results crew this year!

Many thanks to these fine supporters of the 2013 Fayetteville 10K Classic!

Cazenovia Jewelry
Northside Collision Centers
Scholastic Sports Sales
Tops Friendly Markets

Village of Fayetteville



11th Annual Fayetteville 10K Classic
Fayetteville, NY, September 21, 2013

Place	Name	Age	Time	Div
1	Michael Dee	22	37:01	1 M2029
2	Richard Terpening	42	37:10	1 M4049
3	Erich Nieman	36	38:27	1 M3039
4	Columbia Warren	36	39:52	2 M3039
5	Seth Kutil	28	40:34	2 M2029
6	Joe Woodworth	35	41:21	3 M3039
7	Kristin Green	30	43:22	1 F3039
8	Jack Stauffer	53	43:46	1 M5059
9	Kenneth Cresswell	51	45:02	2 M5059
10	Zack Kelley	46	45:15	2 M4049
11	Kevin Hanlon	56	46:23	3 M5059
12	Ed Theobald	61	46:37	1 M6069
13	Chris Shimos	45	46:54	3 M4049
14	Elizabeth Besio	55	47:33	1 F5059
15	Jordan Ryan	26	47:45	3 M2029
16	Michael Clark	26	48:18	4 M2029
17	Kara Stauffer	38	48:26	2 F3039
18	Breann Dodge	33	48:46	3 F3039
19	Colin Harris	35	48:53	4 M3039
20	Eric Sprague	56	49:31	4 M5059
21	Robert Svenson	35	49:46	5 M3039
22	Steven Indrick	57	50:55	5 M5059
23	Andrew Trapasso	44	51:33	4 M4049
24	Bill Kousmanidis	47	51:50	5 M4049
25	Samantha Gerbino	22	52:18	1 F2029
26	Bob Webber	57	52:31	6 M5059
27	Garrett Anderson	45	52:38	6 M4049
28	Richard Harvey	29	53:02	5 M2029
29	Justin Unger	28	53:52	6 M2029
30	Sara Wyker	26	54:36	2 F2029
31	Sara Downing	31	54:47	4 F3039
32	Natalie McBane	30	55:07	5 F3039
33	Katherine Eichhorn	33	55:11	6 F3039
34	Zachary Karmen	62	55:15	2 M6069
35	Brian Patsos	38	55:38	6 M3039
36	Rachel Watkins	31	55:53	7 F3039
37	Heather Feng	31	56:29	8 F3039
38	Diane Goode	50	56:47	2 F5059
39	Delvin Vick	36	57:02	7 M3039
40	Paul J Chwalek	59	57:05	7 M5059
41	Beth Salatti	27	58:03	3 F2029
42	Kate Hammer	28	58:07	4 F2029
43	Anne Biermann	60	58:17	1 F6069
44	Tara Blum	40	58:19	1 F4049
45	Tracy Pidkaminy	38	58:35	9 F3039
46	Kelly Cresswell	47	59:20	2 F4049
47	Lauren Kuebler	21	59:52	5 F2029
48	Michael Kuebler	18	59:53	1 M0119
49	Kelly Knudsen	29	1:00:08	6 F2029
50	Sara Hernon	31	1:00:08	10 F3039
51	Lisa Indrick	57	1:00:29	3 F5059
52	Trisha Bombardo	30	1:00:39	11 F3039
53	David Gerbino	52	1:00:41	8 M5059

54	Antoinette Follett	46	1:00:49	3 F4049
55	Steve Seifritz	61	1:01:06	3 M6069
56	Joanna Irvine	25	1:01:10	7 F2029
57	Tim Cleary	43	1:01:51	7 M4049
58	Lynn Moroz	48	1:02:00	4 F4049
59	Emily Irvine	27	1:02:57	8 F2029
60	Jennifer Delles	27	1:03:41	9 F2029
61	Bob Carroll	50	1:04:16	9 M5059
62	Joseph Hernon	27	1:05:10	7 M2029
63	Ashlee Burgess	29	1:06:23	10 F2029
64	Kelly Russell	31	1:07:22	12 F3039
65	Courtenay McKeon	41	1:07:40	5 F4049
66	Carol Rider	71	1:08:18	1 F7079
67	Faith Wohlrab	27	1:08:48	11 F2029
68	Gerard Wohlrab	26	1:08:48	8 M2029
69	Anton Ninno	62	1:13:11	4 M6069
70	Dom Mercurio	77	1:13:29	1 M7079
71	Shari Lindars	41	1:13:58	6 F4049
72	Joe Midgley	30	1:15:59	8 M3039
73	Kristina Jenne	52	1:17:10	4 F5059
74	Connie Ciccone	68	1:28:40	2 F6069
75	Toni Athans	52	1:28:40	5 F5059



2013 Syracuse Festival of Races: More World Bests, U.S. Bests, and USATF's Athlete of the Week Honors . . .

The rainy race morning was apparently a greater hardship for our volunteers than for our runners, because the performances at the 21st annual Syracuse Festival of Races were stunning once again this year.

With runners entered from 28 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. Despite the heavily puddled course conditions, the Men's 5K and MVP Health Care Women's 5K produced: eight new single-age 5K world best listings; two dozen world-class (age-graded above 90%) performances; nearly two dozen performances that make the all-time top-fifty world 5K performance lists in various age groups; nearly 120 national-class (age-graded above 80%) performances; eight new male single-age course records; thirteen new male single-age course records; and the usual flood of season and personal bests for runners from the front of the pack to the back. In addition, this was the third consecutive year in which USA Track & Field's Athlete of the Week selection for the first week in October (Kathryn Martin, of Northport, NY) was in recognition of a performance at the Syracuse Festival of Races.

And Many Chargers Highlights! The 2013 SFoR results are also loaded with Chargers highlights. Not only did **Sue Gardinier** win the women's 70-74 gold medal in the USA Masters 5 km Championship, but her time of 23:43 also surpassed Margret Betz's U.S. 5K single-age best for women age 71. **Andrea Damad** became the first Charger to win the Men's 5K at the SFoR, running 15:21, and also earning Andrea the 2013 John Trowse Award, presented by Allied Sign Company to the top CNY finisher in the Men's 5K. **Scott Weeks** was the USA Masters 5 km Championship men's runnerup, with his 15:27 just two ticks behind North Carolina's Chad Newton. **Ray Kneer** captured the national bronze medal in the men's 70-74 age group in 21:37. **Wally McRae** and **Fred Schlereth** earned individual silver and bronze national championship medals in the men's 80-84 age group, teaming with their Chargers teammates **David Rider** and **Sheldon Kall** to capture the men's 80+ team national title. Our Women's 50+ team of **Liz Besio**, **Shirley Yablonski**, and **Eileen Clinton** were the 5K National Championship bronze medallists. And **Seth Yernye** placed fourth overall in the Men's 5K, giving the Chargers three of the top four places overall in this year's Men's 5K.

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

Got 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 fled the downpours 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!

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 119, smashing their prior best totals for participation in their "home" event. And Laurie Valentine and the Fay-El community came out with over 478 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 in this issue of the *Newsletter* or elsewhere, 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.

Tops Friendly Market Community Walk Fundraising Results Still Being Tallied

With more than \$4,000 raised through their participation in the Syracuse Festival of Races, the Learning Disabilities Association of CNY appears to be the largest of our 2013 non-profit fundraisers. Congratulations to LDACNY for their impressive success, and to all of our participating non-profits. Complete results of the fundraising are usually complete by early December, and we'll have a more complete list of the fundraising totals at that time.

Thanks To Our 2013 Festival of Races Sponsors!

It goes without saying that without the various types of support provided by our sponsorship team the Festival wouldn't happen. Please don't forget to thank the following businesses, organizations and institutions with your words and your shopping choices.

Thanks to Our Most Key Volunteers

All volunteers are key to the success of a well-done running event, but among the many volunteers whose skill and effort made the 21st annual Syracuse Festival of Races such a success are some who made an especially large commitment to the event:

Bob Brock, Stacie Fanelli, and Yuki Mizuma, the photographers who captured so many of the special moments, athletes, and events of race morning.

Tom Bull, who helped to coordinate school group participation in the 3K Fun & Fitness Run—and helped on David Kennedy's split timing team as well.

Tom Burke, who once again did a terrific job as course coordinator this year.

Hank Church, who did an outstanding job in his first year as coordinator of course activities.

Jim Clancy, whose experience and knowledge of the event makes him first in line in the SFoR race director succession plan—but who keeps insisting he'll retire if the current RD retires.

Terri Clark, who was an enormous help in her first year as awards coordinator.

Deb Clary, the very capable and gracious coordinator of our National Championship hospitality tent on race morning.

Tracy Crompt and Sam Sampere who coordinated the fine work of the Jamesville-DeWitt High School girls' XC team the Tops Friendly Markets Refreshments Area.

Mark Driscoll, who once again coordinated our start and finish line operations, and also helped with a million other details before, and during race weekend.

Bill Dunham, who made the trip from Whitesboro on Friday, Saturday, and Sunday of Festival weekend to help in about a hundred ways.

Katie Frontino, who launched and maintains our SFoR Facebook page.

Corrie Haynes, who did a fantastic job managing 5K non-Championship registrations as well as the day-before-race and race morning registration operations—very ably assisted on race morning by an all-star cast of volunteers in the registration tent!

Dr. Shane Jennings, who expertly coordinated our race-day medical coverage, assisted by Rural Metro Medical Services and Syracuse University Ambulance.

Scott Davison, who directed the water stop operation, very ably supported by Jim Simek and by Head Coach Steve Evans and the Lemoyne College men's basketball team.

Jim McCaul, who played a key role in visiting athlete hospitality throughout the weekend as well as officiating, cleaning up, and making it fun.

Linda, Matt, Krissie, and Katie Oja, all of whom have helped in a range of important ways—and lived "Festival Madness" for twenty-one years in a row.

Dave Patruno, who provided mid-race reports from our lead vehicle and then does a tremendous job helping to direct site breakdown.

Bill Quinlisk, referee for the 2013 USA Masters 5 km Championships and a great contributor to our preparations and race-day operations.

Tom Ryan, for more than two decades our coordinator of start and finish structures—and so much more!

Joe Tomchik, who so expertly handles a range of race site tasks, and **Barb Tomchik**, who is always an all-star in the registration tent on race morning.

Greg Tuttle, whose coordination of hospitality for our many visiting athletes has generated rave reviews not only for Greg but also for Grant Tuttle, Linda Oja, Jim McCaul, and Deb Clary.

Shirley Yablonski, who did a great job coordinating individual registration for the 3K Fun & Fitness Run.

Many Thanks to All of the Festival Volunteers!

The following individuals were instrumental in conducting another tremendously successful edition of the Syracuse Festival of Races! Thanks and congratulations to all for enabling the Chargers and the Syracuse area to host an annual road running event that puts Syracuse in the national spotlight!

Garrett Andrews	Brianna Fernandez	Jake Levine	Deborah Ritz
Kara Andrews	Jason Fischer	Linda Littlejohn	Ryan Roberts
Maxwell Arnold	Brynn Foley	Ivy Liu	Chris Robinson
Ben Batash	Makenzie Foote	Jiahou Lixhue	Lauren Rojas-Castillo
Chris Battiloro	Madalyn Forte	Ryan Lonie	Ryan Romish
Joe Behan	Rose Foulis	Qwadere Lovell	Matt Rothro
Kelly Bender	Katie Frontino	Maylinh Luong	Tom Ryan
Dan Block	Melissa Gao	Sali Lutwin	Nicole Salzman
Jaylen Borchartd	Claudia Gariv	Don Mahan	Sam Sampere
Bob Brock	Nate Gause	Connor Mahoney	Rodney Sanford
Jason Bruno	Nicholas Gil	Connor Maizes	Ashley Silverstein
Isabela Budelmann	Madeline Goldbery	Nathaniel Majoris	Jim Simek
Stan Buscek	Molly Golombi	Pilar Marin	Mike Smiley
Tom Bull	Jillian Gonyea	Tony Martin	Kara Smith
Juan Burgos	Dan Gorman	Sydney McAlmont	Nancy Smith
Tom Burke	Julie Gratien	Michael McBrien	Jessica Snyder
Ken Burkus	Wei Guan	Jim McCaul	Jen Snyder
Khianna Calica	Bev Halderman	Brendan McCauley	Jacquelyn Sparkes
Joe Camerino	Jordan Hartwig	Krista Melchione	Kurt Stanton
Emilee Carpenter	Corrine Haynes	Mallory Miller	Tish Stark
Nate Champion	Mitch Hoey	Matthew Mitch	Molly Sterriker
Shirley Chan	Allison Hohreiter	Yuki Mizuma	Alexandra Street
Tiffany Chu	Linsey House	Brigitte MoneyMaker	Trisha Tanti
Hannah Chung	Jianna Howard	Laura Moon	Ian Teti
Paul Cianfrocca	John Howard	Lauren Morelli	Emily Thiel
Jim Clancy	Victoria Hutzley	Marty Muench	Alex Thompson
Garrison Clark	Samantha Jaffe	Faheem Mujahid	Kathy Thompson
Terri Clark	Sami Jamal	Rose Ann Napierski	Zach Thomsen
Deb Clary	Jim Janson	Michael Norris	Melissa Tobin
Carina Clores	Dr. Shane Jennings	Lizzie O'Brien	Barb Tomchik
Jessica Collindres	Tom Jones	Katie Oja	Joe Tomchik
Toni-Anne Conklin	Dr. Jeremy Joslin	Krissie Oja	Grant Tuttle
PJ Connell	Kriti Kanwal	Linda Oja	Greg Tuttle
Jennifer Cooper	Catherine Keane	Matt Oja	Hannah Visnosky
Tracy Crompt	Teilhard Kendrick	Tony Pagano	Kimberly Walsh
Jen Czelusniak	David Kennedy	Jamal Palmer	Barb Walton
Lisa Daly	Scott Kevy	Karl Palmer	Laura Wengert
Sean Dantonello	Christine Kim	Rachel Patrich	Jack Wentzell
Daylin Davis	Fred King	Dave Patruno	Christina White
Leah Davis	Sandre Kirton	Joe Peraino	Evelyn White
Scott Davison	Kelsey Kissane	Sue Peraino	Marcus White
Dan Drashinsky	Matt Kowalsky	Scout Peterson	Vivian Wong
Doug Driscoll	Nicole Kugler	Jess Picone	Scott Wortman
Mark Driscoll	Zach Lanzer	Emily Pomeroy	Shirley Yablonski
Bill Dunham	Rick Lavin	Shirley Poon	Abbey Yonta
EJ Dziedzic	Ashley Lawless	Christine Prall	Ivy Yuan
Steve Evans	Jim Lawton	Emma Putman	Alyssa Zahakos
Rachel Fairbanks	Jennifer Lee	Bill Quinlisk	Panagiotis Zaraidonis
Stacie Fanelli	Kaelyn Lee	Katherine Racanelli	Katie Zeppetelli
Jennifer Fang	Sue Hee Lee	Jane Reilley	Cambria Ziemer
Sue Farrell	Kelly Ann Leong	John Reilley	Emily Zimmerman

If we've inadvertently omitted you from the list, please accept our apologies for the oversight, and please let us know so that we can thank you in a future issue of the *Chargers Newsletter*.

THE 21st ANNUAL SYRACUSE FESTIVAL OF RACES
Syracuse, NY October 6, 2013

MEN'S 5K

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

Rank	Name	Time	Age	Sex	City	State	Rank	Name	Time	Age	Sex	City	State
1	Andrea Damad	26 M	15:21	M	Syracuse	NY	53	Tim Dwyer	53 M	17:41	M	Rochester	NY
2	Chad Newton	41 M	15:25	M	Pisgah Forest	NC	54	Nathan Skipper	50 M	17:45	M	Ellenwood	GA
3	Scott Weeks	43 M	15:27	M	Cortland	NY	55	Kyle Lanier	40 M	17:45	M	Lincoln University	PA
4	Seth Yernye	25 M	15:29	M	Angola	NY	56	Evan Whittaker	13 M	17:47	M	Alpine	NY
5	Kristian Blaich	47 M	15:29	M	Decatur	GA	57	Richard Larsen	61 M	17:47	M	Sheburne	MA
6	Hector Rivera	42 M	15:37	M	Clifton	NJ	58	Kareem Lanier	40 M	17:48	M	Lincoln University	PA
7	Kent Lemme	46 M	15:41	M	Pittsfield	MA	59	Peter Mullin	62 M	17:49	M	Houseton	TX
8	Kevin Miller	51 M	15:51	M	Olathe	KS	60	Thomas Cawley	54 M	17:49	M	Hazlet	NJ
9	William Hoyne	31 M	16:08	M	Syracuse	NY	61	Mohamed Adam	19 M	17:52	M	Utica	NY
10	Christopher Taddeo	23 M	16:09	M	Clay	NY	62	John Sabatino	46 M	17:52	M	Morris Plains	NJ
11	Brian Pilcher	57 M	16:22	M	Ross	CA	63	Aidan Cunniffe	19 M	17:52	M	Malvern	PA
12	Brian Crowley	48 M	16:25	M	Hillsborough	NJ	64	Martin Corona	18 M	17:53	M	Syracuse	NY
13	Ron Kochanowicz	42 M	16:27	M	Smithville	MO	65	Josh Kuehling	31 M	17:54	M	Oriskany	NY
14	Kirt Komocki	40 M	16:29	M	Rochester	NY	66	Dennis Kinney	53 M	17:55	M	Rochester	NY
15	Colin Heenan	25 M	16:32	M	Cicero	NY	67	Dale Campbell	60 M	17:59	M	Huntington Beach	CA
16	Alan Evans	50 M	16:33	M	Beaver Dams	NY	68	Michael Olson	48 M	18:06	M	Vestal	NY
17	Matthew Whittis	45 M	16:33	M	Columbus	GA	69	Don Hughes	56 M	18:10	M	Syracuse	NY
18	Juan Martinez	35 M	16:36	M	Syracuse	NY	70	Jimmy Fallon	53 M	18:10	M	Walpole	MA
19	Volker Burkowski	42 M	16:38	M	Gansevoort	NY	71	Eric Houck	15 M	18:12	M	Syracuse	NY
20	Nick Mosey	35 M	16:40	M	Kingston	ON	72	Chris Kelly	51 M	18:13	M	Westwood	MA
21	Todd Halbig	37 M	16:41	M	Payetteville	NY	73	Mark Rybinski	58 M	18:13	M	Manlius	NY
22	Mark Williams	40 M	16:41	M	Columbia	NY	74	Michael Mooney	57 M	18:14	M	Jackson	NJ
23	Jason Mintz	34 M	16:41	M	Syracuse	NY	75	Arek Robinson, II	26 M	18:16	M	Syracuse	NY
24	Mike Nier	48 M	16:41	M	Rochester	NY	76	Theodore Williams	24 M	18:16	M	Syracuse	NY
25	Victor Breedveld	40 M	16:43	M	Atlanta	GA	77	Robert Pogue	22 M	18:20	M	Davenport	IA
26	John Battistelli	20 M	16:45	M	Dix Hills	NY	78	Carl Gensib	54 M	18:22	M	North Brunswick	NJ
27	Gary Droze	52 M	16:49	M	Tallahassee	FL	79	William Dixon	66 M	18:24	M	Brattleboro	VT
28	George Young	32 M	16:51	M	Liverpool	NY	80	Gregory Dawson	48 M	18:28	M	Williamsburg	VA
29	Alec Hembre	22 M	16:53	M	Collierville	TN	81	Lloyd Hansen	65 M	18:28	M	Blomfield Hills	MI
30	John Sullivan	53 M	16:54	M	West Roxbury	MA	82	Gary Radford	56 M	18:29	M	Cicero	NY
31	Derrick Staley	54 M	16:55	M	Ballston Lake	NY	83	Gregory Carroll	52 M	18:30	M	Cazenovia	NY
32	Derrick Jones	41 M	16:58	M	Henrietta	NY	84	Loren Davies	46 M	18:34	M	Liverpool	NY
33	Gary Rosenberg	42 M	16:59	M	Morristown	NJ	85	Timothy Riccardi	55 M	18:36	M	Marietta	NY
34	Scott Siriano	47 M	16:59	M	Dillon	CO	86	Charles Morrow	53 M	18:37	M	New York City	NY
35	Ken Youngers	57 M	17:02	M	Tucker	GA	87	Scott Jones	31 M	18:42	M	Liverpool	NY
36	Michael Dee	22 M	17:03	M	East Syracuse	NY	88	Artem Talanov	19 M	18:43	M	Ellicott City	MD
37	Robert Irwin	40 M	17:04	M	Guilderland	NY	89	John Hanlon	47 M	18:44	M	Riverdale	NJ
38	Charlie Andrews	56 M	17:07	M	Rochester	NY	90	Ronville Gravesande	63 M	18:47	M	Union	NJ
39	Brendan McCauley	21 M	17:07	M	Belmont	NH	91	Wayne Crandall	50 M	18:52	M	West Henrietta	NY
40	Arden Kellner	16 M	17:08	M	Belmont	NH	92	Jamie Campbell	38 M	18:52	M	Oneida	NY
41	Jeremy West	26 M	17:09	M	Vernon	NY	93	Brian Cummins	58 M	18:54	M	Cortland	NY
42	Matt Oberst	32 M	17:12	M	Farmington	NY	94	Kirk Larson	62 M	18:56	M	Atlanta	GA
43	Casey Carlstrom	54 M	17:18	M	Ithaca	NY	95	Tim McMullen	60 M	18:58	M	Churchville	NY
44	Jordan Varano	34 M	17:24	M	Vestal	NY	96	Ed Teneyck	33 M	19:05	M	Syracuse	NY
45	Sean McCauley	21 M	17:25	M	Belmont	NH	97	Jon Weibaker	55 M	19:09	M	Saratoga Springs	NY
46	David Small	42 M	17:29	M	Hoboken	NY	98	Tony Machulskis	53 M	19:11	M	Rochester	NY
47	Brian Suhr	30 M	17:32	M	Farmington	NY	99	Don Miller	43 M	19:12	M	Auburn	NY
48	Scott Bickham	47 M	17:33	M	Farmington	NY	100	Severn Loftus	37 M	19:12	M	Fulton	NY
49	Jeffrey Brison	49 M	17:36	M	Corning	NY	101	Michael Jackson	41 M	19:16	M	Red Lion	PA
50	John Van Kerkhove	51 M	17:39	M	Schenectady	NY	102	Mike Fitzpatrick	51 M	19:19	M	Syracuse	NY
51	Joseph Mora	52 M	17:39	M	Rochester	NY	103	John Tarkowski	60 M	19:21	M	Northville	MI
52	David Bischoff	51 M	17:41	M	Fayetteville	NY	104	Paul Carlin	67 M	19:22	M	Indianapolis	IN
							105	Jerry Learned	65 M	19:31	M	Gainesville	GA
							106	Roger Price	64 M	19:32	M	Randolph	NJ
							107	Scott Linnell	57 M	19:34	M	Colts Neck	NJ
							108	Paul Cianfrocca	49 M	19:34	M	Camillus	NY
							109	Doug Goodhue	71 M	19:35	M	Milford	MI
							110	Neal Coffey	52 M	19:39	M	Cazenovia	NY
							111	Wally Hayes	61 M	19:40	M	Ann Arbor	MI
							112	Robert Raymonda	54 M	19:42	M	Syracuse	NY

113	Bob Dalton	60	M	19:45	10	M60-64	Fayetteville	GA	173	Jim Kerr	53	M	21:32	34	M50-54	Auburn	NY
114	Michael Stalker	50	M	19:47	24	M50-54	Burnt Hills	NY	174	Michael Girard	17	M	21:34	9	M14-19	Phoenix	NY
115	Jim Werven	47	M	19:47	15	M45-49	West Henrietta	NY	175	Kevin Kelly	62	M	21:34	16	M60-64	Fayetteville	NY
116	Keith Scott	51	M	19:50	25	M50-54	Le Roy	NY	176	Ted Truet	61	M	21:36	17	M60-64	Syracuse	NY
117	JL Seymour	68	M	19:53	5	M65-69	Somerset	NJ	177	Ray Kneer	71	M	21:37	3	M70-74	Cincinnati	NY
118	Patrick Wrobel	61	M	19:53	11	M60-64	Seneca Falls	NY	178	Evan Davis	11	M	21:37	7	M01-13	Newport	NY
119	Simon Hurley	48	M	19:56	16	M45-49	Cazenovia	NY	179	James Burns	49	M	21:38	20	M45-49	Cazenovia	NY
120	Mark Martin	48	M	19:57	17	M45-49	Fulton	NY	180	Mitch Moore	59	M	21:40	13	M55-59	Rochester	NY
121	Chris Loughlin	35	M	20:01	6	M35-39	Cicero	NY	181	Russell Houck	50	M	21:51	35	M50-54	Syracuse	NY
122	Jack Cavanaugh	16	M	20:02	7	M14-19	Montgomery	NY	182	Michael Reif	64	M	21:51	18	M60-64	Victor	NY
123	Raymond Clark	31	M	20:03	10	M30-34	Syracuse	NY	183	John Awaerter	48	M	21:53	21	M45-49	Syracuse	NY
124	Kevin Wall	40	M	20:03	17	M40-44	Minoa	NY	184	Bruce Matteson	46	M	21:53	22	M45-49	Deansboro	NY
125	Travis Gerken	33	M	20:05	11	M30-34	Syracuse	NY	185	Michael O'Connor	37	M	21:58	12	M35-39	East Syracuse	NY
126	Bruce Wilkins	60	M	20:06	12	M60-64	Fairport	NY	186	Jim Quinn	49	M	21:59	23	M45-49	Baldwinsville	NY
127	Hector Matos, Jr.	36	M	20:09	7	M35-39	Rutherford	NJ	187	Richard Harvey	29	M	22:02	22	M20-29	Clay	NY
128	Peter Cutler	39	M	20:09	8	M35-39	Potsdam	NY	188	Ric Bond	56	M	22:04	14	M55-59	Liverpool	NY
129	Jim Bright	55	M	20:09	12	M55-59	Skaneateles	NY	189	Kevin Garvey	32	M	22:05	15	M30-34	Syracuse	NY
130	Thomas Crowley	60	M	20:10	13	M60-64	Boonville	NY	190	Edward Neighbour, II	50	M	22:13	36	M50-54	Sparta	NJ
131	Connor Carroll	17	M	20:12	8	M14-19	Cazenovia	NY	191	Stan More	62	M	22:14	19	M60-64	Syracuse	NY
132	Milton Schumacher	69	M	20:13	6	M65-69	North Scituate	RI	192	Tyler Toomey	15	M	22:18	10	M14-19	Baldwinsville	NY
133	Yuzhi Shen	22	M	20:17	14	M20-29	Syracuse	NY	193	Phil Rizza	29	M	22:19	23	M20-29	North Syracuse	NY
134	Kevin Tampone	34	M	20:20	12	M30-34	Syracuse	NY	194	Phil Driscoll	53	M	22:21	37	M50-54	Syracuse	NY
135	Anthony DiRubbio	11	M	20:21	2	M01-13	Skaneateles	NY	195	Thomas Lamme	66	M	22:25	11	M65-69	Penfield	NY
136	David Bowen	61	M	20:24	14	M60-64	Port Byron	NY	196	Brian Butler	43	M	22:34	22	M40-44	Syracuse	NY
137	Paul Goodwyn	24	M	20:25	15	M20-29	Syracuse	NY	197	Jeremy Guidroz	30	M	22:35	16	M30-34	Fulton	NY
138	Gavin Meyer	13	M	20:28	3	M01-13	Syracuse	NY	198	Jay Ferrimani	54	M	22:37	38	M50-54	Fairport	NY
139	John Kolh	35	M	20:29	9	M35-39	Camillus	NY	199	Thomas Metz	47	M	22:38	24	M45-49	Denville	NY
140	Kristopher Boettcher	25	M	20:30	16	M20-29	Saranac Lake	NY	200	Eric Bansbach	48	M	22:40	25	M45-49	Fayetteville	NY
141	Martin Gordon	52	M	20:30	26	M50-54	Henrietta	NY	201	George Tooker	73	M	22:43	4	M70-74	Wrentham	MA
142	Douglas Scheer	41	M	20:30	18	M40-44	Oneida	NY	202	Zachary Medicis	11	M	22:50	8	M01-13	Syracuse	NY
143	Daniel Kalinowski	22	M	20:30	17	M20-29	Syracuse	NY	203	Mark Godleski	42	M	22:54	23	M40-44	East Syracuse	NY
144	Jeff Richardson	39	M	20:31	10	M35-39	East Syracuse	NY	204	Steven Wladis	43	M	22:55	24	M40-44	Fayetteville	NY
145	Ethan Mosure	13	M	20:31	4	M01-13	Marcellus	NY	205	Mitchell Garner	63	M	22:55	20	M60-64	Ann Arbor	MI
146	Scott Porter	54	M	20:32	27	M50-54	Seneca Falls	NY	206	John Rapasadi	54	M	23:00	39	M50-54	Canastota	NY
147	Lennie Davis	53	M	20:35	28	M50-54	Newport	NY	207	Jason Winkler	39	M	23:03	13	M35-39	Syracuse	NY
148	Joseph Riccardi	13	M	20:36	5	M01-13	Marietta	NY	208	William Chapin	70	M	23:04	5	M70-74	Watertown	NY
149	Jim May	67	M	20:39	7	M65-69	Williamson	NY	209	Ralph Kelley	58	M	23:05	15	M55-59	Constantia	NY
150	Kevin Didio	53	M	20:42	29	M50-54	Syracuse	NY	210	Paul Gellert	45	M	23:05	26	M45-49	Liverpool	NY
151	Harold Nolan	66	M	20:44	8	M65-69	Navesink	NJ	211	Anargyros Chatzidimi	33	M	23:08	17	M30-34	Syracuse	NY
152	Cale Schad	13	M	20:49	6	M01-13	Fabius	NY	212	Teshale Kelly	7	M	23:12	9	M01-13	Camillus	NY
153	Jay Harris	44	M	20:57	19	M40-44	Syracuse	NY	213	Fay Bradley	75	M	23:13	1	M75-79	Independence	KS
154	George Stanley, Jr.	45	M	20:57	18	M45-49	Syracuse	NY	214	James Gregoire	71	M	23:17	6	M70-74	Romulus	NY
155	Ken Cresswell	51	M	20:58	30	M50-54	Cazenovia	NY	215	Patrick Lafler	20	M	23:21	24	M20-29	Syracuse	NY
156	Tim Kane	54	M	21:04	31	M50-54	Sherrill	NY	216	Darrall Fogus	57	M	23:24	16	M55-59	Brewerton	NY
157	Jeffrey Cronk	45	M	21:05	19	M45-49	Groton	NY	217	Bela Harris	15	M	23:25	11	M14-19	Syracuse	NY
158	Jim Cox	53	M	21:06	32	M50-54	Liverpool	NY	218	W. Kyle Fritz	30	M	23:27	18	M30-34	Syracuse	NY
159	Alex Strzelecki	22	M	21:06	18	M20-29	New Hyde Park	NY	219	Charlie Patterson	71	M	23:27	7	M70-74	Buford	GA
160	Joel Radunzel	30	M	21:09	13	M30-34	Syracuse	NY	220	Henning Mehrens	71	M	23:31	8	M70-74	South Lake Tahoe	CA
161	Bradley Anderson	34	M	21:13	14	M30-34	Binghamton	NY	221	Harvey Teres	63	M	23:36	21	M60-64	Syracuse	NY
162	Dave Minier	64	M	21:17	15	M60-64	Wyoming	MI	222	Brandon Croll	26	M	23:37	25	M20-29	Oneda	NY
163	David Miranda	40	M	21:22	20	M40-44	Baldwinsville	NY	223	Sean Kelly	46	M	23:39	27	M45-49	Camillus	NY
164	Tony Gingello	66	M	21:22	9	M65-69	Rochester	NY	224	Sam Larabee	21	M	23:41	26	M20-29	Syracuse	NY
165	Przemyslaw Nowicki	69	M	21:25	10	M65-69	Holmdel	NJ	225	Roger Fox	54	M	23:43	40	M50-54	Palmyra	NY
166	John Werbitsky	20	M	21:26	19	M20-29	East Aurora	NY	226	Tom Weddle	75	M	23:43	2	M75-79	Minneapolis	MN
167	Chad Elkovitch	37	M	21:27	11	M35-39	Skaneateles	NY	227	Mark Person	54	M	23:45	41	M50-54	Syracuse	NY
168	Brian Hotchkin	29	M	21:29	20	M20-29	East Syracuse	NY	228	Edward Farney	49	M	23:47	28	M45-49	Lowville	NY
169	Edward Smith	71	M	21:29	2	M70-74	Mountain Lakes	NJ	229	John Farah	70	M	23:47	9	M70-74	Ann Arbor	MI
170	Robert Mozo	50	M	21:30	33	M50-54	Clay	NY	230	James Leitz	74	M	23:48	10	M70-74	Bayonne	NJ
171	Justin Trombetta	24	M	21:30	21	M20-29	Camillus	NY	231	Mark Peters	56	M	23:51	17	M55-59	Manlius	NY
172	Stephen Younis	44	M	21:31	21	M40-44	Syracuse	NY	232	Stephen Feikes	55	M	23:53	18	M55-59	Syracuse	NY

233 David Kellner	44 M	23:53	25 M40-44	Baldwinsville	NY	293 Tony Polzin	57 M	27:19	25 M55-59	Baldwinsville	NY
234 Robert Fiumano	60 M	23:53	22 M60-64	Baldwinsville	NY	294 Richard Russell	53 M	27:27	51 M50-54	Liverpool	NY
235 Larry Clark	52 M	23:55	42 M50-54	Baldwinsville	NY	295 Mark Trobert	70 M	27:35	17 M70-74	Jamesville	NY
236 Michael McAuliff	52 M	23:56	43 M50-54	Camillus	NY	296 Richard Hill	77 M	27:37	7 M75-79	Middletown	NY
237 George Cavanaugh	50 M	23:57	44 M50-54	Montgomery	NY	297 Don Pembleton	57 M	27:44	26 M55-59	Amherst	NY
238 Logan Gaston	32 M	24:00	19 M30-34	Solvay	NY	298 Benjamin Ashby	12 M	27:45	19 M01-13	Syracuse	NY
239 Mark Keese	51 M	24:01	45 M50-54	Middletown	DE	299 John Ashby	40 M	27:45	31 M40-44	Syracuse	NY
240 Charles Keating	72 M	24:04	11 M70-74	Clearwater	FL	300 Kahlil Adames	36 M	27:53	18 M35-39	Minoa	NY
241 David Ash	43 M	24:10	26 M40-44	Spring Valley	NY	301 James Lathshaw	40 M	27:57	32 M40-44	New York Mills	NY
242 Tim Kellogg	52 M	24:23	46 M50-54	Longmont	CO	302 Alex Thor	59 M	27:59	27 M55-59	Syracuse	NY
243 Kermitt Bowen	72 M	24:26	12 M70-74	Suwanee	GA	303 Malcolm Cohen	71 M	28:11	18 M70-74	Ann Arbor	MI
244 Steve Chapman	40 M	24:28	27 M40-44	Liverpool	NY	304 Christopher Edmonds	12 M	28:22	20 M01-13	Syracuse	NY
245 Hilary Peterlin	72 M	24:31	13 M70-74	Oak Ridge	NJ	305 Andrew Milstein	41 M	28:23	33 M40-44	Syracuse	NY
246 Gynu Oakes	56 M	24:33	19 M55-59	Akwesasne	NY	306 Max Milstein	12 M	28:23	21 M01-13	Syracuse	NY
247 William Ash	71 M	24:36	14 M70-74	Hewitt	NJ	307 Thomas Crawford	29 M	28:25	28 M20-29	East Amherst	NY
248 James Malerba	46 M	24:39	29 M45-49	Cicero	NY	308 Gary Salvetti	57 M	28:33	28 M55-59	Liverpool	NY
249 Timothy Cavanaugh	56 M	24:39	20 M55-59	Cicero	NY	309 Eric Seiff	80 M	28:34	1 M80-84	Bronx	NY
250 Tracey More	62 M	24:40	23 M60-64	Alfred Station	NY	310 Joseph Cudia	75 M	29:07	8 M75-79	Lakewood	NJ
251 Patrick Ganley	35 M	24:42	14 M35-39	Clifton Park	NY	311 Kai Gesek	11 M	29:08	22 M01-13	Dewitt	NY
252 Harry Carter	76 M	24:45	3 M75-79	Blackstone	MA	312 Glenn Gesek	41 M	29:08	34 M40-44	Dewitt	NY
253 Joshua Aitken	37 M	24:50	10 M01-13	Jamesville	NY	313 Peter Cannavo	49 M	29:11	32 M45-49	Syracuse	NY
254 Delvin Vick	72 M	24:53	15 M35-39	North Syracuse	NY	314 Rudy Rusli	31 M	29:33	23 M30-34	Syracuse	NY
255 Phillip Kroll	12 M	24:56	15 M70-74	Ann Arbor	MI	315 Addison Simone	12 M	30:00	23 M01-13	Syracuse	NY
256 Matthew Houck	25 M	25:01	11 M01-13	Syracuse	NY	316 Vivian Lockwood	55 M	30:12	29 M55-59	Clay	NY
257 CJ Watson	25 M	25:07	27 M20-29	Syracuse	NY	317 David Aitken	40 M	30:16	35 M40-44	Jamesville	NY
258 Scott Russell	57 M	25:12	21 M55-59	Endicott	NY	318 Tyler Aitken	10 M	30:16	24 M01-13	Jamesville	NY
259 Robert Simmonds	63 M	25:17	24 M60-64	Auburn	NY	319 Mark Arbon	51 M	30:21	52 M50-54	Syracuse	NY
260 Colin Massulik	38 M	25:21	16 M35-39	Liverpool	NY	320 Gary Phillips	67 M	30:41	13 M65-69	Liverpool	NY
261 Joseph Hucko	45 M	25:21	47 M50-54	Syracuse	NY	321 Roger Dausman	67 M	30:52	14 M65-69	Phoenix	NY
262 John Cressey	45 M	25:24	30 M45-49	Syracuse	NY	322 Sam Graceffo	77 M	30:56	9 M75-79	Fayetteville	NY
263 Kevin Karoglianian	30 M	25:25	20 M30-34	Syracuse	NY	323 Rick Quatrone	54 M	31:03	53 M50-54	Syracuse	NY
264 Kevin Morrisroe	62 M	25:48	25 M60-64	Rome	NY	324 Wally McRae	81 M	31:05	2 M80-84	Manlius	NY
265 Keith Bone	61 M	25:51	26 M60-64	Brewerton	NY	325 Tom McKeown	65 M	31:21	15 M65-69	Skaneateles	NY
266 Patrick Vanslyke	44 M	25:54	28 M40-44	Cicero	NY	326 Jason Thomas	28 M	31:22	29 M20-29	Syracuse	NY
267 John Riccardi	13 M	25:54	12 M01-13	Marietta	NY	327 Dom Mercurio	77 M	31:26	10 M75-79	East Syracuse	NY
268 Edward Hotchkin	63 M	26:00	27 M60-64	Cortland	NY	328 Scott Rapasadi	57 M	31:34	30 M55-59	Canastota	NY
269 Davey George	8 M	26:00	13 M01-13	Fayetteville	NY	329 Charles Grundher	60 M	31:38	29 M60-64	Baldwinsville	NY
270 Richard Carlson, Jr.	46 M	26:01	31 M45-49	Boonton	NJ	330 Edward Milde	24 M	31:40	30 M20-29	Syracuse	NY
271 Dave George	40 M	26:02	29 M40-44	Fayetteville	NY	331 Jon Leifer	75 M	32:02	11 M75-79	Manlius	NY
272 Devlin Cameron	12 M	26:06	14 M01-13	Chittenango	NY	332 David Elkovitch	62 M	32:03	30 M60-64	Skaneateles	NY
273 Eugenio Franqui	51 M	26:10	48 M50-54	Rochester	NY	333 Fritz Schlereth	80 M	32:25	3 M80-84	Syracuse	NY
274 Kyle Chiesa	13 M	26:14	15 M01-13	Manlius	NY	334 Willis Moses	87 M	32:38	1 M85-89	Vestal	NY
275 Dave Frisina	57 M	26:14	22 M55-59	Syracuse	NY	335 John Crowley	62 M	32:53	31 M60-64	Cicero	NY
276 Tommy Fletcher	11 M	26:16	16 M01-13	Fayetteville	NY	336 Kramer Kwaczala	21 M	32:54	31 M20-29	Baldwinsville	NY
277 Martin Harms	76 M	26:16	4 M75-79	Ithaca	NY	337 Anthony Marrone	29 M	33:00	32 M20-29	Syracuse	NY
278 Bryan English	33 M	26:18	21 M30-34	Syracuse	NY	338 David Rider	83 M	33:22	4 M80-84	Brantingham	NY
279 Tim Kahn	75 M	26:21	5 M75-79	Clovis	CA	339 John Matheson	81 M	33:47	5 M80-84	Niagara Falls	NY
280 Chris Scanlon	43 M	26:24	30 M40-44	Syracuse	NY	340 Cody Lafler	22 M	33:51	33 M20-29	Syracuse	NY
281 Jude Scanlon	11 M	26:24	17 M01-13	Syracuse	NY	341 Thomas Murtaugh, Sr.	70 M	35:02	19 M70-74	Dunedin	FL
282 Bill Rudd	55 M	26:30	23 M55-59	Clay	NY	342 Paul Isaac	50 M	35:11	54 M50-54	Folcroft	PA
283 Eric Awaerter	11 M	26:40	18 M01-13	Syracuse	NY	343 Kyle Robinson	26 M	35:23	34 M20-29	New York Mills	NY
284 Andrew Sherwood	73 M	26:43	16 M70-74	Atlanta	GA	344 Paco Valle	56 M	35:35	31 M55-59	Clay	NY
285 Wade Stockman	78 M	26:43	6 M75-79	Rensselaer	NY	345 Ted Sullivan	81 M	35:41	6 M80-84	Williamsville	NY
286 Jared Ehmke	32 M	26:48	22 M30-34	Fredonia	NY	346 Michael Whalen	59 M	35:43	32 M55-59	Baldwinsville	NY
287 James Frontino	63 M	26:59	28 M60-64	Brookville	PA	347 Steven Lillie	59 M	35:43	33 M55-59	Liverpool	NY
288 Donny Hager	53 M	27:00	49 M50-54	Clarion	PA	348 Ted Emmanuel	45 M	35:44	33 M45-49	Liverpool	NY
289 Craig Shelton	52 M	27:00	50 M50-54	Oswego	NY	349 Rand Hurrle	35 M	36:35	19 M35-39	Syracuse	NY
290 Vincent Santaguida	36 M	27:02	17 M35-39	Brewerton	NY	350 Rick Schneider	54 M	36:44	55 M50-54	Phoenix	NY
291 Michael Defio	67 M	27:04	12 M65-69	Camillus	NY	351 Jeffrey Bastable	67 M	36:45	16 M65-69	Fayetteville	NY
292 Michael Eschenbrenne	55 M	27:17	24 M55-59	Ithaca	NY	352 Lysle Bassett	75 M	37:31	12 M75-79	Camillus	NY

353 David Ashley	82 M	37:37	7 M80-84	Syracuse	NY	44 Nancy Nicholson	51 F	21:19	11 F50-54	Queensbury	NY
354 Jeff Habel	26 M	38:09	35 M20-29	Baldwinsville	NY	45 Morgan Lucason	10 F	21:22	3 F01-13	Holland Patent	NY
355 Jerry Shelley	46 M	38:10	34 M45-49	Simpsonville	SC	46 Erika Campbell	64 F	21:24	3 F60-64	Ridgewood	NJ
356 Robert Rivard	83 M	38:27	8 M80-84	Amherst	NY	47 Jennifer Wilson	30 F	21:38	3 F30-34	Liverpool	NJ
357 Tim McGinnis	54 M	38:47	56 M50-54	Manlius	NY	48 Nicole Egan	20 F	21:39	3 F20-29	West Caldwell	NJ
358 Sheldon Kall	82 M	41:49	9 M80-84	Manlius	NY	49 Jacqueline Augustine	24 F	21:43	4 F20-29	Syracuse	NY
359 Daniel Napoliello	73 M	44:22	20 M70-74	Toms River	NJ	50 Krista Babiarz	29 F	21:58	5 F20-29	Auburn	NY
360 Richard Sullivan	85 M	51:01	2 M85-89	Buffalo	NY	51 Sonnet Loftus	30 F	21:58	4 F30-34	Syracuse	NY
						52 Coreen Steinbach	62 F	22:01	4 F60-64	Pompey	NY
						53 Lucy Person	13 F	22:08	4 F01-13	Syracuse	NY
						54 Jan Holmquist	69 F	22:08	1 F65-69	Burlington	MA
						55 Suzanne Macaulay	36 F	22:13	3 F35-39	Rochester	NY
						56 Breann Dodge	33 F	22:16	5 F30-34	Clay	NY
						57 Kathleen Wheeler	42 F	22:20	12 F40-44	Camillus	NY
						58 Belinda O'Brien	61 F	22:20	5 F60-64	Fairport	NY
						59 Ronda Davis	46 F	22:25	7 F45-49	Newport	NY
						60 Hannah Quick	24 F	22:26	6 F20-29	Syracuse	NY
						61 Lorie Ann Voight	48 F	22:37	8 F45-49	Syracuse	NY
						62 Phoebe White	10 F	22:39	5 F01-13	Manlius	NY
						63 Jill Radunzel	29 F	22:40	7 F20-29	Syracuse	NY
						64 Sawyer Cresap	18 F	22:42	5 F14-19	Syracuse	NY
						65 Kelly Taylor	35 F	22:44	4 F35-39	Manlius	NY
						66 Eileen Stempel	46 F	22:46	9 F45-49	Syracuse	NY
						67 Jill Gordon	50 F	22:46	12 F50-54	Henrietta	NY
						68 Colleen Magnussen	53 F	22:47	13 F50-54	Geneseo	NY
						69 Evangeline Soilleau	18 F	22:48	6 F14-19	New Orleans	NY
						70 Emily Russell	26 F	22:49	8 F20-29	Endicott	NY
						71 Gina Burrows	49 F	22:53	10 F45-49	Liverpool	NY
						72 Elizabeth Besio	55 F	23:00	3 F55-59	Camillus	NY
						73 Alexis Kuhl	29 F	23:04	9 F20-29	Syracuse	NY
						74 Amy Lease	59 F	23:04	4 F55-59	Denver	CO
						75 Cara Callahan	24 F	23:08	10 F20-29	Syracuse	NY
						76 Sharon Moore	59 F	23:11	5 F55-59	Rochester	NY
						77 Madison Riccardi	13 F	23:12	6 F01-13	Marietta	NY
						78 Suzanne Craybas	44 F	23:15	13 F40-44	Camillus	NY
						79 Shlobbean Archey	46 F	23:17	11 F45-49	Pittsfield	MA
						80 Deborah Felz	60 F	23:22	6 F60-64	Williamston	MI
						81 Carolyn Smith-Hanna	62 F	23:24	7 F60-64	Pittsford	NY
						82 Gail Geiger	50 F	23:31	14 F50-54	Caledonia	NY
						83 Sue Gardinier	71 F	23:43	1 F70-74	Verona	NY
						84 Christine Stork-Medi	44 F	23:45	14 F40-44	Syracuse	NY
						85 Carli Arbon	13 F	23:46	7 F01-13	Syracuse	NY
						86 Elizabeth Briggs	52 F	23:51	15 F50-54	North Syracuse	NY
						87 Heidi Frazer	21 F	23:53	11 F20-29	Syracuse	NY
						88 Kristan Smith	43 F	23:54	15 F40-44	East Syracuse	NY
						89 Samantha Aitken	11 F	23:55	8 F01-13	Jamesville	NY
						90 Tanja Grant	42 F	23:56	16 F40-44	Indianapolis	IN
						91 Cindy Ingalls	62 F	24:03	8 F60-64	Pittsford	NY
						92 Colleen Dags	44 F	24:09	17 F40-44	Victor	NY
						93 Jill Cutspec	21 F	24:11	12 F20-29	Williamsville	NY
						94 Laurie Tuovila	40 F	24:18	18 F40-44	Central Square	NY
						95 Kimberly Cavallo	45 F	24:20	12 F45-49	Syracuse	NY
						96 Roxane Niezabytowski	44 F	24:22	19 F40-44	Syracuse	NY
						97 Betsy Pfohl	51 F	24:25	16 F50-54	Fayetteville	NY
						98 Shirley Yablonski	59 F	24:26	6 F55-59	Oswego	NY
						99 Susan Gustafson	67 F	24:32	2 F65-69	Hingham	MA
						100 Jeanne Herrick	62 F	24:34	9 F60-64	Rochester	NY
						101 Nicole Derue	32 F	24:35	6 F30-34	Cicero	NY
						102 Natalie McBane	30 F	24:36	7 F30-34	Cazenovia	NY
						103 Elizabeth Homak	44 F	24:39	20 F40-44	Henrietta	NY

SOSPlus Joint Replacement Awards Winner

1 Kevin Morrisroe 62 M 25:48 8:19 HIP Rome

MVP Health Care Women's 5K

1 Melody Fairchild	40 F	16:51	1 F40-44	Boulder	CO
2 Laurel Leone	28 F	17:02	1 F20-29	Minoa	NY
3 Sonja Friend-Uhl	42 F	17:09	2 F40-44	Brentwood	TN
4 Karen Bloodgett	37 F	17:32	1 F35-39	Fairport	NY
5 Lori Kingsley	47 F	17:47	1 F45-49	Wysox	PA
6 Emily Bryans	46 F	17:52	2 F45-49	Schenectady	NY
7 Trisha Byler	29 F	18:05	2 F20-29	Rochester	NY
8 Marisa Sutura Strange	50 F	18:10	1 F50-54	Pleasant Valley	NY
9 Nancy Meck	41 F	18:13	3 F40-44	Atlanta	GA
10 Deborah Torneden	52 F	18:43	2 F50-54	Andover	KS
11 Jessica Sicherman	45 F	18:48	3 F45-49	Syracuse	NY
12 Michelle Lafleur	41 F	18:52	4 F40-44	Savannah	GA
13 Lorraine Jasper	51 F	19:01	3 F50-54	Birchrunville	PA
14 Kristin White	42 F	19:01	5 F40-44	Manlius	NY
15 Kathryn Martin	62 F	19:06	1 F60-64	Northport	NY
16 Lesley Chaplin	55 F	19:31	1 F55-59	McDonough	GA
17 Elizabeth Lucason	9 F	19:31	1 F01-13	Holland Patent	NY
18 Alyssa Tower	51 F	19:37	4 F50-54	Vancouver	WA
19 Anne Benson	48 F	19:38	4 F45-49	Clifton Park	NY
20 Hannah Butler	15 F	19:40	1 F14-19	Syracuse	NY
21 Melissa Senall	41 F	19:40	6 F40-44	Fairport	NY
22 Abbie Sullivan	17 F	19:50	2 F14-19	Canandaigua	NY
23 Kelly Ann Nugent	38 F	19:54	2 F35-39	Clinton	NY
24 Audra Naujokas-Knapp	43 F	19:54	7 F40-44	Rochester	NY
25 Erika Duthiers	40 F	19:55	8 F40-44	Pittsford	NY
26 Joanne Singer	53 F	19:59	5 F50-54	Baldwinsville	NY
27 Leann Young	30 F	20:02	1 F30-34	Liverpool	NY
28 Gae Orsini	46 F	20:09	5 F45-49	Mendon	NY
29 Gabrielle Williamson	11 F	20:12	2 F01-13	Holland Patent	NY
30 Mary-gay Li	49 F	20:15	6 F45-49	Atlanta	GA
31 Ena Weinstein	54 F	20:19	6 F50-54	Baldwin	GA
32 Martha McLaughlin	43 F	20:21	9 F40-44	East Aurora	NY
33 Lisa Butler	52 F	20:32	7 F50-54	Granville Summit	PA
34 Beth Stalker	54 F	20:43	8 F50-54	Burnt Hills	NY
35 Carissa Swilley	32 F	20:45	2 F30-34	Syracuse	NY
36 Courtney Kelley	19 F	20:51	3 F14-19	Constantia	NY
37 Suzanne Myette	56 F	20:52	2 F55-59	Binghamton	NY
38 Alexandra Doney	19 F	20:53	4 F14-19	Syracuse	NY
39 Anna Fox	52 F	20:55	9 F50-54	Palmyra	NY
40 Kim Kraebel	44 F	20:58	10 F40-44	Cortland	NY
41 Mary Buck	50 F	21:00	10 F50-54	Mechanicville	NY
42 Edie Stevenson	64 F	21:09	2 F60-64	Boulder	CO
43 Sally Drake	40 F	21:13	11 F40-44	Albany	NY

104	Debbie Sandy	57 F	24:42	7 F55-59	Constantia	NY	164	Christian Mosure	38 F	27:37	10 F35-39	Marcellus	NY
105	Linda Owens	55 F	24:45	8 F55-59	Liverpool	NY	165	Virginia Slobe	51 F	27:38	25 F50-54	Red Creek	NY
106	Nancy Krupka	58 F	24:51	9 F55-59	Syracuse	NY	166	Kristina Turtura	31 F	27:38	11 F30-34	Liverpool	NY
107	Carol Dodge	56 F	24:53	10 F55-59	Fulton	NY	167	Nepelose Pooler Eise	44 F	27:43	29 F40-44	Syracuse	NY
108	Jean Bolley	61 F	24:54	10 F60-64	Bath	MI	168	Kelly Creswell	47 F	27:45	20 F45-49	Cazenovia	NY
109	Eileen Clinton	55 F	24:57	11 F55-59	Syracuse	NY	169	Lauri Francis	56 F	27:46	14 F55-59	Syracuse	NY
110	Laurel Chiesa	45 F	24:57	13 F45-49	Manlius	NY	170	Rosalie Brennan	64 F	27:47	14 F60-64	Syracuse	NY
111	Cathy Kelley	46 F	25:00	14 F45-49	Constantia	NY	171	Dena Troubetaris	41 F	27:48	30 F40-44	Manlius	NY
112	Mary DiRubbo	43 F	25:02	21 F40-44	Skaneateles	NY	172	Nicole Hurley	22 F	27:55	21 F20-29	Jamesville	NY
113	Cande Olsen	63 F	25:03	11 F60-64	Chatham	NJ	173	Meredith Ritter	39 F	27:55	11 F35-39	Fayetteville	NY
114	Maureen Hohl	52 F	25:03	17 F50-54	Camillus	NY	174	Robyn Taft-Smith	32 F	28:03	12 F30-34	North Syracuse	NY
115	Lenore Webber	66 F	25:04	3 F65-69	Newtonville	MA	175	Tanya Gesek	42 F	28:05	31 F40-44	East Syracuse	NY
116	Lynn Driver	62 F	25:05	12 F60-64	Ann Arbor	MI	176	Andrea Hollier	49 F	28:09	21 F45-49	Red Creek	NY
117	Marie White	53 F	25:10	18 F50-54	Henrietta	NY	177	Molly Ganley	27 F	28:11	22 F20-29	Syracuse	NY
118	Shay Frey	21 F	25:17	13 F20-29	Syracuse	NY	178	Xiaokang Dong	23 F	28:14	23 F20-29	Syracuse	NY
119	Kelli Maher	41 F	25:21	22 F40-44	La Fayette	NY	179	Kristen Guarente	37 F	28:22	12 F35-39	Liverpool	NY
120	Michele Richardson	41 F	25:24	9 F01-13	East Syracuse	NY	180	Mary Begley	59 F	28:23	15 F55-59	Manlius	NY
121	Gracie Thomas	12 F	25:24	23 F40-44	Jamesville	NY	181	Paula Haynes	39 F	28:24	13 F35-39	Syracuse	NY
122	Sue Riccardi	51 F	25:26	19 F50-54	Marcellus	NY	182	Mary Lewis	60 F	28:26	15 F60-64	Tega Cay	SC
123	Ashley Fess	23 F	25:27	14 F20-29	Whitesboro	NY	183	Andrea Lee	45 F	28:30	22 F45-49	Syracuse	NY
124	Ellen Somers	54 F	25:29	20 F50-54	Syracuse	NY	184	Kelly Mahan	11 F	28:30	11 F01-13	Liverpool	NY
125	Lisa Moore	46 F	25:30	15 F45-49	Dewitt	NY	185	Charlene Francis	72 F	28:33	3 F70-74	Hyde Park	MA
126	Shellie Armstrong	32 F	25:35	8 F30-34	North Syracuse	NY	186	Elizabeth Hayes	19 F	28:37	11 F14-19	Syracuse	NY
127	Kari Dalton	27 F	25:35	5 F35-39	Syracuse	NY	187	Amelia Loop	10 F	28:37	12 F01-13	Liverpool	NY
128	Olivia Accardo	22 F	25:40	15 F20-29	Syracuse	NY	188	Ellen Nitz	73 F	28:38	4 F70-74	Brighton	MI
129	Caeli Carroll	15 F	25:44	7 F14-19	Cazenovia	NY	189	Ruth Ripley	66 F	28:44	6 F65-69	Pennellville	NY
130	Karen Lein	55 F	25:54	12 F55-59	Newton Highlands	MA	190	Lauren Kelley	37 F	28:45	14 F35-39	Syracuse	NY
131	Alison Cridge	42 F	25:55	24 F40-44	Syracuse	NY	191	Ellen Brunet	52 F	28:46	26 F50-54	Parish	NY
132	Melissa Whipps	38 F	25:56	6 F35-39	Fayetteville	NY	192	Diane Pluff	52 F	28:50	27 F50-54	Jamesville	NY
133	Maja Cannavo	14 F	25:59	8 F14-19	Syracuse	NY	193	Cara Thompson	52 F	28:56	28 F50-54	Baldwinsville	NY
134	Brooke Harp	32 F	26:00	9 F30-34	Oneida	NY	194	Jennifer Makin	27 F	28:56	24 F20-29	Solvay	NY
135	Connie Miranda	45 F	26:03	16 F45-49	Baldwinsville	NY	195	Victoria Cunningham	25 F	29:00	25 F20-29	Syracuse	NY
136	Ana Thor	21 F	26:03	16 F20-29	Syracuse	NY	196	Sharon Stevens	39 F	29:15	15 F35-39	Baldwinsville	NY
137	Vanessa Nye	42 F	26:04	25 F40-44	Seneca Falls	NY	197	Cindy Heck	52 F	29:16	29 F50-54	Clay	NY
138	Mona Willson	29 F	26:07	17 F20-29	La Fayette	NY	198	Amy Hilmowitz	31 F	29:19	13 F30-34	Arlington	VA
139	Elizabeth Wolaver	12 F	26:09	10 F01-13	Jamesville	NY	199	Amanda Semmel	12 F	29:30	13 F01-13	Jamesville	NY
140	Cindy Harris	41 F	26:09	26 F40-44	Syracuse	NY	200	Grace McGuire	11 F	29:31	14 F01-13	Jamesville	NY
141	Donna Swanson	61 F	26:13	13 F60-64	Quincy	MI	201	Eileen Fatcheric	52 F	29:32	30 F50-54	Syracuse	NY
142	Amrita Stuetzle	21 F	26:14	18 F20-29	Syracuse	NY	202	Mary Rosado	63 F	29:36	16 F60-64	New York	NY
143	Denise Shang	37 F	26:16	7 F35-39	Manlius	NY	203	Kimberly Bailey	33 F	29:37	14 F30-34	Liverpool	NY
144	Annamarie Manolias	37 F	26:17	8 F35-39	Yonkers	NY	204	Margaret Galeazza	12 F	29:38	15 F01-13	East Syracuse	NY
145	Melissa Kelley	38 F	26:18	9 F35-39	Warners	NY	205	Chyrisse Conte	50 F	29:39	31 F50-54	Oswego	NY
146	Sophia Pluff	14 F	26:32	9 F14-19	Jamesville	NY	206	Christine Roemer	48 F	29:39	23 F45-49	Summit	NJ
147	Carrie Parsi	74 F	26:37	2 F70-74	Gloucester	MA	207	Claudine Labelle	44 F	29:40	32 F40-44	Skaneateles	NY
148	Karen Crisafulli	67 F	26:41	4 F65-69	Fulton	NY	208	Amanda Aitken	8 M	29:40	1 M01-13	Syracuse	NY
149	Pamela Fess	54 F	26:42	21 F50-54	Whitesboro	NY	209	Léo Mann	7 F	29:41	16 F01-13	Jamesville	NY
150	Anne Marie Latshaw	33 F	26:42	10 F30-34	New York Mills	NY	210	Kai Brutsaert	8 M	29:45	2 M01-13	McGraw	NY
151	Joan Kane	54 F	26:45	22 F50-54	Sherrill	NY	211	Christie Walker	29 F	29:46	26 F20-29	Solvay	NY
152	Nancy Giardina	48 F	26:45	17 F45-49	Syracuse	NY	212	Rachel Hopkins	46 F	29:47	24 F45-49	Manlius	NY
153	Anna Pluff	15 F	26:52	10 F14-19	Jamesville	NY	213	Audie Klotz	51 F	29:48	32 F50-54	Liverpool	NY
154	Lauren Sloan	22 F	26:54	19 F20-29	Syracuse	NY	214	April Wertheim	57 F	29:53	16 F55-59	Liverpool	NY
155	Maureen Wilson	23 F	27:01	20 F20-29	Syracuse	NY	215	Kelly Scaizo	54 F	29:55	33 F50-54	Fayetteville	NY
156	Deb Peterson-Smith	50 F	27:02	23 F50-54	Bridgeport	NY	216	Ashlee Burgess	29 F	30:00	27 F20-29	Fayetteville	NY
157	Anne Lytwynec	59 F	27:04	13 F55-59	Farmington	NY	217	Billie Curtis	38 F	30:06	16 F35-39	Morrisville	NY
158	Mary Harris	66 F	27:05	5 F65-69	Camp Hill	PA	218	Jo Phelps	54 F	30:15	34 F50-54	Chesapeake	VA
159	Shannon Dotts	40 F	27:08	27 F40-44	Rochester	NY	219	Carol Rider	71 F	30:19	5 F70-74	Bridgeport	NY
160	Mary Magoffin	48 F	27:10	18 F45-49	Williamsville	NY	220	Amie Dubos	31 F	30:22	15 F30-34	Liverpool	NY
161	Deana Honeywell	47 F	27:16	19 F45-49	Cicero	NY	221	Denise Oertel	35 F	30:25	17 F35-39	Chittenango	NY
162	Rochele Clark	51 F	27:30	24 F50-54	Baldwinsville	NY	222	Shannon Reeves	34 F	30:34	16 F30-34	Liverpool	NY
163	Alexia Conrad	41 F	27:32	28 F40-44	Canastota	NY	223	Christine Ashby	40 F	30:45	33 F40-44	Syracuse	NY

224	Bonnie Santaguیدا	33 F	30:46	17 F30-34	Brewerton	NY	284	Ann Stockman	81 F	35:20	1 F80-84	Rensselaer	NY
225	Katherine Cappelletto	21 F	30:49	28 F20-29	Syracuse	NY	285	Jennifer Bahr	17 F	35:25	16 F14-19	Cicero	NY
226	Susan Edwards	56 F	31:02	17 F55-59	Syracuse	NY	286	Paula Russell	52 F	35:37	46 F50-54	Endicott	NY
227	Janet Wallen	72 F	31:03	6 F70-74	Flushing	MI	287	Fran Rowe	73 F	35:44	9 F70-74	Niagara Falls	NY
228	Katie Gray	19 F	31:05	12 F14-19	Groton	NY	288	Estelle Hahn	73 F	35:55	10 F70-74	Jamesville	NY
229	Marie Grace	59 F	31:06	18 F55-59	Liverpool	NY	289	Anne Proppe	62 F	35:56	18 F60-64	Baldwinsville	NY
230	Laura Singer	19 F	31:08	13 F14-19	Ramsey	NJ	290	Roseanne Sanderson	60 F	36:00	19 F60-64	Fulton	NY
231	Haley Arbon	10 F	31:11	17 F01-13	Syracuse	NY	291	Linda Jarjisian	53 F	36:04	47 F50-54	Cochranville	PA
232	Jean Gasparini	50 F	31:17	35 F50-54	Fabius	NY	292	Nancy Poole	38 F	36:05	22 F35-39	North Syracuse	NY
233	Patricia Feeney	52 F	31:18	36 F50-54	Fabius	NY	293	Pauline Mann	11 F	36:09	20 F01-13	Syracuse	NY
234	Sinead O'Connor	10 F	31:18	18 F01-13	Syracuse	NY	294	Pamela McGrath	45 F	36:10	27 F45-49	Syracuse	NY
235	Kelly O'Connor	41 F	31:19	34 F40-44	Syracuse	NY	295	Jennifer Crisp	43 F	36:10	49 F40-44	Syracuse	NY
236	Peggy VanDerWater	41 F	31:21	35 F40-44	Cicero	NY	296	Cindy Marsh	47 F	36:18	28 F45-49	Syracuse	NY
237	Brianna Vespi	14 F	31:27	14 F14-19	Syracuse	NY	297	Joanne Ozark	36 F	36:49	23 F35-39	East Amherst	NY
238	Abigail Larkin	27 F	31:28	29 F20-29	Syracuse	NY	298	Pam Peter	43 F	36:53	50 F40-44	Syracuse	NY
239	Lauren Miller	29 F	31:29	30 F20-29	Syracuse	NY	299	Regina Shelley	46 F	36:59	29 F45-49	Simpsonville	SC
240	Colleen Schmidt	51 F	31:29	37 F50-54	Baldwinsville	NY	300	Edna Hyer	79 F	37:05	2 F75-79	South Wales	NY
241	Karen Simone	44 F	31:30	36 F40-44	Syracuse	NY	301	Donna Eschenbrenner	55 F	37:22	19 F55-59	Ithaca	NY
242	Kasha Godleski	43 F	31:30	37 F40-44	East Syracuse	NY	302	Lauren Cirulli	26 F	37:25	39 F20-29	Syracuse	NY
243	Colleen Gloster-Gray	50 F	31:33	38 F50-54	Groton	NY	303	Dannielle Melendez	21 F	37:28	40 F20-29	Albany	NY
244	Madeline Bost	74 F	31:34	7 F70-74	Randolph	NJ	304	Mary Galeazza	44 F	37:35	51 F40-44	East Syracuse	NY
245	Selina Lazarus	44 F	31:52	38 F40-44	Liverpool	NY	305	Barb Sheidon	52 F	37:36	48 F50-54	Oswego	NY
246	Jessica Leifer	62 F	32:03	17 F60-64	Manlius	NY	306	Nicole Page	28 F	37:39	41 F20-29	Camillus	NY
247	Stacey Robbins	39 F	32:11	18 F35-39	Cazenovia	NY	307	Erika Peryea-Hewitt	32 F	37:54	18 F30-34	Liverpool	NY
248	Dena Yager	41 F	32:12	39 F40-44	Baldwinsville	NY	308	Patricia Leonard	57 F	38:03	20 F55-59	Freeville	NY
249	Julie Sheedy	45 F	32:14	25 F45-49	Syracuse	NY	309	Hayley Kairewich	30 F	38:08	19 F30-34	Chittenango	NY
250	Tami Graf	77 F	32:15	1 F75-79	Lusby	MD	310	Christine Ganley	61 F	38:10	20 F60-64	Syracuse	NY
251	Emily Simmonds	29 F	32:16	31 F20-29	Auburn	NY	311	Karen Cordano	36 F	38:11	24 F35-39	Syracuse	NY
252	Lindy Drapikowski	46 F	32:16	26 F45-49	Syracuse	NY	312	Sarah Hagelin	40 F	38:15	52 F40-44	Manlius	NY
253	Shirley Larsen	70 F	32:18	8 F70-74	Grand Blanc	MI	313	Vicki O'Connor	38 F	38:33	25 F35-39	East Syracuse	NY
254	Anna Bozart	15 F	32:32	15 F14-19	Phoenix	NY	314	Kelly Fredericks	41 F	39:23	42 F20-29	Syracuse	NY
255	Ann Lenweaver	42 F	32:35	40 F40-44	Clay	NY	315	Jaime Strain Bennett	23 F	39:32	53 F40-44	Liverpool	NY
256	Angela Hughes	41 F	32:36	41 F40-44	Liverpool	NY	316	Janet Seeley	57 F	39:42	21 F55-59	Baldwinsville	NY
257	Kate Branaqan	52 F	32:41	39 F50-54	Syracuse	NY	317	Lynn Hamilton	50 F	39:43	49 F50-54	Brewerton	NY
258	Katherine Oja	23 F	32:42	32 F20-29	Syracuse	NY	318	Connie Ciccone	68 F	40:47	9 F65-69	Skaneateles	NY
259	Christine Larsson	44 F	32:50	42 F40-44	Chittenango	NY	319	Helen Botti	76 F	40:57	3 F75-79	Kenmore	NY
260	Jody Thomas	42 F	32:51	43 F40-44	Manlius	NY	320	Tanya Johnson-Ruffin	42 F	41:39	54 F40-44	Syracuse	NY
261	Mary Pat Walsh	52 F	32:56	40 F50-54	Syracuse	NY	321	Gina Ianier	48 F	41:46	30 F45-49	Lincoln University	PA
262	Marguerite Fulton-Ne	65 F	32:56	7 F65-69	Liverpool	NY	322	Bonnie Gaine	60 F	42:42	21 F60-64	Martville	NY
263	Nicole Ratliff	13 F	32:57	19 F01-13	North Syracuse	NY	323	Elizabeth Ladd	29 F	42:42	43 F20-29	Hastings	NY
264	Heidi Ratliff	52 F	32:57	41 F50-54	Syracuse	NY	324	Grace Perry	28 F	43:04	44 F20-29	Syracuse	NY
265	Selena Martin	37 F	33:07	19 F35-39	Syracuse	NY	325	Andrea Kooritzky	39 F	43:08	26 F35-39	Cicero	NY
266	Brandy Swift	40 F	33:12	44 F40-44	Liverpool	NY	326	Angela Thor	58 F	43:45	22 F55-59	Syracuse	NY
267	Kerri Aitken	40 F	33:14	45 F40-44	Jamesville	NY	327	Elizabeth Martin	34 F	44:08	20 F30-34	Syracuse	NY
268	Marcella Haddix	39 F	33:23	20 F35-39	Syracuse	NY	328	Kishi Ducre	41 F	44:17	55 F40-44	Jordan	NY
269	Jackie Penfield	41 F	33:23	46 F40-44	Chittenango	NY	329	Karen Sanderson	41 F	45:07	56 F40-44	Jordan	NY
270	Samantha Yanni	21 F	33:56	33 F20-29	Albany	NY	330	Karyn Turbull	28 F	45:44	45 F20-29	Erieville	NY
271	Kayla McDonough	27 F	33:59	34 F20-29	Rome	NY	331	Jill Hageman-Clark	51 F	46:11	50 F50-54	Liverpool	NY
272	Stephanie Robinson	26 F	34:02	35 F20-29	New York Mills	NY	332	Kelly Gardner	51 F	46:11	51 F50-54	Red Creek	NY
273	Mary Lockett	51 F	34:06	42 F50-54	Jamesville	NY	333	Cindy Sanderson	55 F	52:26	23 F55-59	Elbridge	NY
274	Colleen Fawcett	43 F	34:07	47 F40-44	Chittenango	NY							
275	Erin Donovan	23 F	34:19	36 F20-29	Liverpool	NY							
276	Melinda Reiner	50 F	34:24	43 F50-54	Syracuse	NY							
277	Marge Ventrone	50 F	34:25	44 F50-54	Clay	NY							
278	Karen Kelly	54 F	34:27	45 F50-54	Camillus	NY							
279	Carole Ozark	66 F	34:39	8 F65-69	Weedsport	NY							
280	Amanda Lashua	26 F	34:39	37 F20-29	Syracuse	NY							
281	Holly Skiff	38 F	34:42	21 F35-39	Phoenix	NY							
282	Darleece Radlowski	28 F	35:02	38 F20-29	Jamesville	MA							
283	Amoge Okonkwo	41 F	35:14	48 F40-44	Camden	NY							

SOSPlus Joint Replacement Awards Winner

1 Debbie Sandy 57 F 24:42 HIP Constantia NY

THE 21st ANNUAL SYRACUSE FESTIVAL OF RACES
Syracuse, NY October 6, 2013

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

USATF NATIONAL MASTERS MEN'S 40+ TEAM RESULTS

1.	47:27	ATLANTA TRACK CLUB	(15:49)
=====			
1	15:25	Chad Newton	43 Pisgah Forest NC
2	15:29	Kristian Blaich	47 Decatur GA
3	16:33	Matthew Whitis	45 Columbus GA
4	(16:43)	Victor Breedveld	40 Atlanta GA
=====			
2.	50:05	GARMIN RUNNERS	(16:42)
=====			
1	16:25	Brian Crowley	48 Hillsborough NJ
2	16:41	Mark Williams	40 Columbia NJ
3	16:59	Gary Rosenberg	42 Morristown NJ
4	(17:29)	David Small	42 Hoboken NJ
=====			
3.	50:08	GENESEE VALLEY HARRIERS	(16:43)
=====			
1	16:29	Kirt Konocki	40 Rochester NY
2	16:41	Mike Nier	48 Rochester NY
3	16:58	Derrick Jones	41 Henrietta NY
4	(17:33)	Scott Bickham	47 Corning NY
5	(19:12)	Don Miller	43 Auburn NY
=====			
4.	50:37	WILLOW STREET AC	(16:53)
=====			
1	16:38	Volker Burkowski	42 Gansevoort NY
2	16:55	Derrick Staley	54 Ballston Lake NY
3	17:04	Robert Irwin	40 Gunderland NY
=====			
5.	54:49	TNT INTERNATIONAL RACING CLUB	(18:17)
=====			
1	17:45	Kyle Lanier	40 Lincoln University PA
2	17:48	Kareem Lanier	40 Lincoln University PA
3	19:16	Michael Jackson	41 Red Lion PA
4	(24:01)	Mark Keese	51 Middletown DE
5	(24:10)	David Ash	43 Spring Valley NY
=====			
6.	1:07:23	GARMIN RUNNERS B	(22:28)
=====			
1	18:44	John Hanlon	47 Riverdale NJ
2	22:38	Thomas Metz	47 Denville NJ
3	26:01	Richard Carlson, Jr.	46 Boonton NJ

USATF NATIONAL MASTERS MEN'S 50+ TEAM RESULTS			

1.	51:19	GENESEE VALLEY HARRIERS	(17:07)
=====			
1	16:33	Alan Evans	50 Beaver Dams NY
2	17:07	Charlie Andrews	56 Rochester NY
3	17:39	John Van Kerkhove	51 Rochester NY
4	(17:41)	David Bischoff	51 Fairport NY
5	(17:41)	Tim Dwyer	53 Rochester NY

USATF NATIONAL MASTERS MEN'S 60+ TEAM RESULTS			

1.	51:36	ATLANTA TRACK CLUB	(17:12)
=====			
1	16:49	Gary Droze	52 Tallahassee FL
2	17:02	Ken Youngers	57 Tucker GA
3	17:45	Nathan Skipper	50 Ellenwood GA
=====			
3.	53:17	HFC STRIDERS	(17:46)
=====			
1	16:54	John Sullivan	53 West Roxbury MA
2	18:10	Jimmy Fallon	53 Walpole MA
3	18:13	Chris Kelly	51 Westwood MA
=====			
4.	53:47	GENESEE VALLEY HARRIERS B	(17:56)
=====			
1	17:39	Joseph Mora	52 Fayetteville NY
2	17:55	Dennis Kinney	53 Rochester NY
3	18:13	Mark Rybinski	58 Manlius NY
4	(18:52)	Wayne Crandall	50 West Henrietta NY
5	(19:11)	Tony Machulskis	53 Rochester NY
=====			
5.	54:25	SHORE ATHLETIC CLUB	(18:09)
=====			
1	17:49	Thomas Cawley	54 Hazlet NJ
2	18:14	Michael Mooney	57 Jackson NJ
3	18:22	Carl Gensib	54 North Brunswick NJ
4	(19:34)	Scott Linnell	57 Colts Neck NJ
=====			
6.	55:40	SYRACUSE TRACK CLUB	(18:34)
=====			
1	18:10	Don Hughes	56 Syracuse NY
2	18:36	Timothy Riccardi	55 Marietta NY
3	18:54	Brian Cummins	58 Cortland NY
4	(19:42)	Robert Raymonda	54 Syracuse NY
5	(20:09)	Jim Bright	55 Skaneateles NY
=====			
7.	58:49	GENESEE VALLEY HARRIERS C	(19:37)
=====			
1	18:29	Gary Radford	56 Cicero NY
2	19:50	Keith Scott	51 Le Roy NY
3	20:30	Martin Gordon	52 Henrietta NY
4	(21:40)	Mitch Moore	59 Rochester NY
5	(22:37)	Jay Ferrimani	54 Fairport NY

USATF NATIONAL MASTERS MEN'S 50+ TEAM RESULTS			

1.	57:29	ANN ARBOR TRACK CLUB	(19:10)
=====			
1	18:28	Lloyd Hansen	65 Bloomfield Hills MI
2	19:21	John Tarkowski	60 Northville MI
3	19:40	Wally Hayes	61 Ann Arbor MI
4	(21:17)	Dave Minier	64 Wyoming MI
5	(22:55)	Mitchell Garner	63 Ann Arbor MI
=====			
2.	58:12	ATLANTA TRACK CLUB	(19:24)
=====			
1	18:56	Kirk Larson	62 Atlanta GA
2	19:31	Jerry Learned	65 Gainesville GA
3	19:45	Bob Dalton	60 Fayetteville GA

 USATF NATIONAL MASTERS MEN'S 80+ TEAM RESULTS

1.	1:36:52	SYRACUSE CHARGERS TRACK CLUB	(32:18)
1	31:05	Wally McRae	81 Manlius NY
2	32:25	Fritz Schlereth	80 Syracuse NY
3	33:22	David Rider	83 Brantingham NY
4	(41:49)	Sheldon Kall	82 Manlius NY
2.	1:47:55	BELLE WATLING A.C.	(35:59)
1	33:47	John Matheson	81 Niagara Falls NY
2	35:41	Ted Sullivan	81 Williamsville NY
3	38:27	Jerry Rivard	83 Amherst NY
4	(51:01)	Richard Sullivan	85 Buffalo NY

THE 21st ANNUAL SYRACUSE FESTIVAL OF RACES
 Syracuse, NY October 6, 2013

WOMEN'S 5K

 USATF NATIONAL MASTERS WOMEN'S 40+ TEAM RESULTS

1.	54:53	ATLANTA TRACK CLUB	(18:18)
1	17:09	Sonja Friend-Uhl	42 Brentwood TN
2	18:13	Nancy Meck	41 Atlanta GA
3	19:31	Lesley Chaplin	55 McDonough GA
4	(20:15)	Mary-gay Li	49 Atlanta GA
5	(20:19)	Ena Weinstein	54 Baldwin GA
2.	55:17	WILLOW STREET AC	(18:26)
1	17:47	Lori Kingsley	47 Wysox PA
2	17:52	Emily Bryans	46 Schenectady NY
3	19:38	Anne Benson	48 Clifton Park NY
4	(21:13)	Sally Drake	40 Albany NY
3.	59:29	GENESEE VALLEY HARRIERS	(19:50)
1	19:40	Melissa Senall	41 Fairport NY
2	19:54	Audra Naujokas-Knapp	43 Rochester NY
3	19:55	Erika Duthiers	40 Pittsford NY
4	(20:09)	Gae Orsini	46 Mendon NY
5	(20:21)	Martha McLaughlin	43 East Aurora NY
4.	1:47:29	TNT INTERNATIONAL RACING CLUB	(35:50)
1	29:39	Christine Roemer	48 Summit NJ
2	36:04	Linda Jarjisian	53 Cochranville PA
3	41:46	Gina Lanier	48 Lincoln University PA

 USATF NATIONAL MASTERS MEN'S 70+ TEAM RESULTS

3.	58:57	GENESEE VALLEY HARRIERS	(19:39)
1	18:58	Tim McMullen	60 Churchville NY
2	19:53	Patrick Wrobel	61 Seneca Falls NY
3	20:06	Bruce Wilkins	60 Fairport NY
4	(20:24)	David Bowen	61 Port Byron NY
5	(20:39)	Jim May	67 Williamson NY
4.	59:24	SHORE ATHLETIC CLUB	(19:48)
1	18:47	Ronville Gravesande	63 Union NJ
2	19:53	JL Seymore	68 Somerset NJ
3	20:44	Harold Nolan	66 Navesink NJ
4	(21:25)	Przemyslaw Nowicki	69 Holmdel NJ
5.	1:05:38	GENESEE VALLEY HARRIERS B	(21:53)
1	21:22	Tony Gingello	66 Rochester NY
2	21:51	Michael Reif	64 Victor NY
3	22:25	Thomas Lamme	66 Penfield NY

 USATF NATIONAL MASTERS MEN'S 70+ TEAM RESULTS

1.	1:07:05	ANN ARBOR TRACK CLUB	(22:22)
1	19:35	Doug Goodhue	71 Milford MI
2	23:43	Thom Weddle	75 Minneapolis MN
3	23:47	John Farah	70 Ann Arbor MI
4	(24:56)	Phillip Kroll	72 Ann Arbor MI
5	(28:11)	Malcolm Cohen	71 Ann Arbor MI
2.	1:12:55	CLIFTON ROADRUNNERS CLUB	(24:19)
1	23:48	James Leitz	74 Bayonne NJ
2	24:31	Hilary Peterlin	72 Oak Ridge NJ
3	24:36	William Ash	71 Hewitt NJ
4	(44:22)	Daniel Napolietto	73 Toms River NJ
3.	1:14:36	ATLANTA TRACK CLUB	(24:52)
1	23:27	Charlie Patterson	71 Buford GA
2	24:26	Kermit Bowen	72 Suwanee GA
3	26:43	Andrew Sherwood	73 Atlanta GA
4.	1:18:13	SHORE ATHLETIC CLUB	(26:05)
1	21:29	Edward Smith	71 Mountain Lakes NJ
2	27:37	Richard Hill	77 Middletown NJ
3	29:07	Joseph Cudia	75 Lakewood NJ
5.	1:18:49	SYRACUSE CHARGERS TRACK CLUB	(26:17)
1	21:37	Ray Kneer	71 Cincinnati NY
2	26:16	Martin Harms	76 Ithaca NY
3	30:56	Sam Graceffo	77 Fayetteville NY

4. 1:36:12 SYRACUSE CHARGERS TRACK CLUB (32:04)

- 1 26:41 Karen Crisafulli 67 Fulton NY
- 2 28:44 Ruth Ripley 66 Pennellville NY
- 3 40:47 Connie Ciccone 68 Skaneateles NY

USATF NATIONAL MASTERS WOMEN'S 70+ TEAM RESULTS

1. 1:31:59 PLAYMAKERS ELITE/NEW BALANCE (30:40)

- 1 28:38 Ellen Nitz 73 Brighton MI
- 2 31:03 Janet Wallen 72 Flushing MI
- 3 32:18 Shirley Larsen 70 Grand Blanc MI

2. 1:53:46 CHECKERS AC (37:56)

- 1 35:44 Fran Rowe 73 Niagara Falls NY
- 2 37:05 Edna Hyer 79 South Wales NY
- 3 40:57 Helen Botti 76 Kenmore NY

Age Graded - Men

PLACE NAME	AGE RESIDENCE	GRADE	TIME
1 Brian Pilcher	57 Ross CA	95.54	16:22
2 Kevin Miller	51 Olathe KS	93.86	15:51
3 Kristian Blaich	47 Decatur GA	93.01	15:29
4 William Dixon	66 Brattleboro VT	92.07	18:24
5 Ken Youngers	57 Tucker GA	91.79	17:02
6 Peter Mullin	62 Houston TX	91.73	17:49
7 Doug Goodhue	71 Pittsford MI	91.22	19:35
8 Kent Lemme	46 Pittsfield MA	91.14	15:41
9 Richard Larsen	61 Shelburne MA	91.03	17:47
10 Lloyd Hansen	65 Bloomfield Hills MI	90.85	18:28
11 Chad Newton	43 Pisgah Forest NC	90.63	15:25
12 Charlie Andrews	56 Rochester NY	90.58	17:07
13 Derrick Staley	54 Ballston Lake NY	90.14	16:55

Age Graded - Women

1 Kathryn Martin	62 Northport NY	103.14	19:06
2 Jan Holmquist	69 Burlington MA	98.95	22:08
3 Edie Stevenson	64 Boulder CO	95.89	21:09
4 Sue Gardinier	71 Verona NY	95.49	23:43
5 Erika Campbell	64 Ridgewood NJ	94.75	21:24
6 Marisa Sutura	50 Pleasant Valley NY	92.31	18:10
7 Deborah Torneden	52 Andover KS	91.83	18:43
8 Lesley Chaplin	55 McDonough GA	91.59	19:31
9 Lori Kingsley	47 Wysox PA	91.15	17:47
10 Melody Fairchild	40 Boulder CO	90.89	16:51
11 Sonja Friend-Uhl	42 Brentwood TN	90.38	17:09

USATF NATIONAL MASTERS WOMEN'S 50+ TEAM RESULTS

1. 1:03:02 WILLOW STREET AC (21:01)

- 1 20:43 Beth Stalker 54 Burnt Hills NY
- 2 21:00 Mary Buck 50 Mechanicville NY
- 3 21:19 Nancy Nicholson 51 Queensbury NY

2. 1:04:13 GENESEE VALLEY HARRIERS (21:25)

- 1 20:32 Lisa Butler 52 Granville Summit PA
- 2 20:55 Anna Fox 52 Palmyra NY
- 3 22:46 Jill Gordon 50 Henrietta NY
- 4 (22:47) Colleen Magnussen 53 Geneseo NY
- 5 (23:31) Gail Geiger 50 Caledonia NY

3. 1:12:23 SYRACUSE CHARGERS TRACK CLUB (24:08)

- 1 23:00 Elizabeth Besio 55 Camillus NY
- 2 24:26 Shirley Yablonski 59 Oswego NY
- 3 24:57 Eileen Clinton 55 Syracuse NY

4. 1:15:25 GENESEE VALLEY HARRIERS B (25:09)

- 1 23:11 Sharon Moore 59 Rochester NY
- 2 25:10 Marie White 53 Henrietta NY
- 3 27:04 Anne Lytwynec 59 Farmington NY

USATF NATIONAL MASTERS WOMEN'S 60+ TEAM RESULTS

1. 1:09:47 GENESEE VALLEY HARRIERS (23:16)

- 1 22:20 Belinda O'Brien 61 Fairport NY
- 2 23:24 Carolyn Smith-Hanna 62 Pittsford NY
- 3 24:03 Cindy Ingalls 62 Pittsford NY
- 4 (24:34) Jeanne Herrick 62 Rochester NY

2. 1:11:44 LIBERTY ATHLETIC CLUB (23:55)

- 1 22:08 Jan Holmquist 69 Burlington MA
- 2 24:32 Susan Gustafson 67 Hingham MA
- 3 25:04 Lenore Webber 66 Newtonville MA
- 4 (26:37) Carrie Parsi 74 Gloucester MA
- 5 (28:33) Charlene Francis 72 Hyde Park MA

3. 1:13:21 PLAYMAKERS ELITE/NEW BALANCE (24:27)

- 1 23:22 Deborah Feltz 60 Williamston MI
- 2 24:54 Jean Bolley 61 Bath MI
- 3 25:05 Lynn Driver 62 Ann Arbor MI
- 4 (26:13) Donna Swanson 61 Quincy MI

Family Teams

Husband-Wife Category Team Results

- 1. Team: 06
16:51 + 20:02 = 36:53
917 George Young, 2 Leann Young
- 2. Team: 04
21:09 + 22:40 = 43:49
865 Joel Radunzel, 191 Jill Radunzel
- 3. Team: 02
24:42 + 28:11 = 52:53
774 Patrick Ganley, 84 Molly Ganley
- 4. Team: 01
26:42 + 27:57 = 54:39
131 Anne Marie Latshaw, 815 James Latshaw
- 5. Team: 05
27:02 + 30:46 = 57:48
880 Vincent Santaquida, 208 Bonnie Santaquida

Masters Husband-Wife Category Team Results

- 1. Team: 04
20:35 + 22:25 = 43:00
750 Lennie Davis, 54 Ronda Davis
- 2. Team: 05
20:55 + 23:43 = 44:38
572 Anna Fox, 770 Roger Fox
- 3. Team: 10
21:22 + 26:03 = 47:25
846 David Miranda, 157 Connie Miranda
- 4. Team: 06
21:04 + 26:45 = 47:49
802 Tim Kane, 116 Joan Kane
- 5. Team: 03
20:58 + 27:45 = 48:43
740 Ken Cresswell, 46 Kelly Cresswell
- 6. Team: 02
23:55 + 27:30 = 51:25
734 Larry Clark, 40 Rochele Clark
- 7. Team: 07
23:39 + 34:27 = 58:06
806 Sean Kelly, 120 Karen Kelly
- 8. Team: 12
25:12 + 35:37 = 1:00:49
878 Scott Russell, 204 Paula Russell
- 9. Team: 01
30:16 + 33:14 = 1:03:30
702 David Aitken, 8 Kerri Aitken
- 10. Team: 08
32:02 + 32:03 = 1:04:05
817 Jon Leifer, 133 Jessica Leifer

Father-Son Category Team Results

- 1. Team: 03
18:30 + 20:12 = 38:42
725 Gregory Carroll, 724 Connor Carroll
- 2. Team: 10
20:36 + 18:36 = 39:12
869x Joseph Riccardi, 515F Timothy Riccardi
- 3. Team: 08
18:12 + 21:51 = 40:03
793x Eric Houck, 795F Russell Houck
- 4. Team: 04
20:35 + 21:37 = 42:12
750 Lennie Davis, 749 Evan Davis
- 5. Team: 10-1
25:54 + 18:36 = 44:30
868x John Riccardi, 515F Timothy Riccardi
- 6. Team: 09
23:12 + 23:39 = 46:51
807 Teshale Kelly, 806 Sean Kelly
- 7. Team: 08-1
25:01 + 21:51 = 46:52
794x Matthew Houck, 795F Russell Houck

- 8. Team: 02
26:40 + 21:53 = 48:33
708x Eric Auwaerter, 709F John Auwaerter
- 9. Team: 06
26:00 + 26:02 = 52:02
779 Davey George, 778 Dave George
- 10. Team: 05
21:27 + 32:03 = 53:30
759 Chad Elkovitch, 760 David Elkovitch
- 11. Team: 01
24:50 + 30:16 = 55:06
703x Joshua Aitken, 702F David Aitken
- 12. Team: 07
29:08 + 29:08 = 58:16
781 Glenn Gesek, 782 Kai Gesek
- 13. Team: 01-1
30:16 + 30:16 = 1:00:32
704x Tyler Aitken, 702F David Aitken

Father-Daughter Category Team Results

- 1. Team: 06
18:36 + 23:12 = 41:48
515 Timothy Riccardi, 196 Madison Riccardi
- 2. Team: 02
19:40 + 22:34 = 42:14
28 Hannah Butler, 721 Brian Butler
- 3. Team: 04
18:30 + 25:44 = 44:14
725 Gregory Carroll, 32 Caeli Carroll
- 4. Team: 07
22:08 + 23:45 = 45:53
178 Lucy Person, 859 Mark Person
- 5. Team: 08
22:49 + 25:12 = 48:01
203 Emily Russell, 878 Scott Russell
- 6. Team: 01
23:55 + 30:16 = 54:11
9x Samantha Aitken, 702F David Aitken
- 7. Team: 03
25:59 + 29:11 = 55:10
30 Maja Cannavo, 723 Peter Cannavo
- 8. Team: 01-1
29:41 + 30:16 = 59:57
7x Amanda Aitken, 702F David Aitken

Mother-Son Category Team Results

- 1. Team: 07
20:28 + 22:46 = 43:14
841 Gavin Meyer, 226 Eileen Strempele
- 2. Team: 03
21:37 + 22:25 = 44:02
749 Evan Davis, 54 Ronda Davis
- 3. Team: 08
20:36 + 25:26 = 46:02
869x Joseph Riccardi, 281M Sue Riccardi
- 4. Team: 05
22:50 + 23:45 = 46:35
837 Zachary Medicis, 224 Christine Stork-Medicis
- 5. Team: 02
24:57 + 26:14 = 51:11
35 Laurel Chiesa, 732 Kyle Chiesa
- 6. Team: 08-1
25:54 + 25:26 = 51:20
868x John Riccardi, 281M Sue Riccardi
- 7. Team: 04
23:12 + 34:27 = 57:39
807 Teshale Kelly, 120 Karen Kelly
- 8. Team: 01
24:50 + 33:14 = 58:04
703x Joshua Aitken, 8M Kerri Aitken
- 9. Team: 01-1
30:16 + 33:14 = 1:03:30
704x Tyler Aitken, 8M Kerri Aitken

Mother-Daughter Category Team Results

1. Team: 14
19:01 + 22:39 = 41:40
635 Kristin White, 248 Phoebe White
2. Team: 07
22:16 + 24:53 = 47:09
56 Breann Dodge, 57 Carol Dodge
3. Team: 16
23:12 + 25:26 = 48:38
196 Madison Riccardi, 281 Sue Riccardi
4. Team: 05
25:27 + 26:42 = 52:09
71x Ashley Fess, 72M Pamela Fess
5. Team: 05-1
26:42 + 26:42 = 53:24
131x Anne Marie Latshaw, 72M Pamela Fess
6. Team: 10
26:32 + 28:50 = 55:22
185x Sophia Pluff, 184M Diane Pluff
7. Team: 10-1
26:52 + 28:50 = 55:42
183x Anna Pluff, 184M Diane Pluff
8. Team: 01
23:55 + 33:14 = 57:09
9x Samantha Aitken, 8M Kerri Aitken
9. Team: 13
22:49 + 35:37 = 58:26
203 Emily Russell, 204 Paula Russell
10. Team: 08
31:05 + 31:33 = 1:02:38
92 Katie Gray, 89 Colleen Gloster-Gray
11. Team: 01-1
29:41 + 33:14 = 1:02:55
7x Amanda Aitken, 8M Kerri Aitken
12. Team: 11
32:57 + 32:57 = 1:05:54
192 Heidi Ratliff, 193 Nicole Ratliff
13. Team: 06
29:38 + 37:35 = 1:07:13
81 Margaret Galeazza, 82 Mary Galeazza
14. Team: 09
34:39 + 36:49 = 1:11:28
171 Carole Ozark, 172 Joanne Ozark
15. Team: 03
34:06 + 37:25 = 1:11:31
135 Mary Lockett, 37 Lauren Cirulli

Brother-Brother Category Team Results

1. Team: 04
17:07 + 17:25 = 34:32
832 Brendan McCauley, 833 Sean McCauley
2. Team: 03
18:12 + 25:01 = 43:13
793 Eric Houck, 794 Matthew Houck
3. Team: 06
20:36 + 25:54 = 46:30
869 Joseph Riccardi, 868 John Riccardi
4. Team: 05
22:14 + 24:40 = 46:54
847 Stan More, 848 Tracey More
5. Team: 01
24:50 + 30:16 = 55:06
703 Joshua Aitken, 704 Tyler Aitken

Brother-Sister Category Team Results

1. Team: 04
19:12 + 21:58 = 41:10
819 Severn Loftus, 136 Sonnet Loftus
2. Team: 05
20:36 + 23:12 = 43:48
869x Joseph Riccardi, 196S Madison Riccardi
3. Team: 02
20:12 + 25:44 = 45:56
724 Connor Carroll, 32 Caeli Carroll

4. Team: 01
24:50 + 23:55 = 48:45
703B Joshua Aitken, 9S Samantha Aitken
5. Team: 05-1
25:54 + 23:12 = 49:06
868x John Riccardi, 196S Madison Riccardi
6. Team: 01-2
30:16 + 23:55 = 54:11
704B Tyler Aitken, 9S Samantha Aitken
7. Team: 01-1
24:50 + 29:41 = 54:31
703B Joshua Aitken, 7S Amanda Aitken
8. Team: 01-3
30:16 + 29:41 = 59:57
704B Tyler Aitken, 7S Amanda Aitken

Sister-Sister Category Team Results

1. Team: 04
19:31 + 21:22 = 40:53
138 Elizabeth Lucason, 139 Morgan Lucason
2. Team: 02
22:20 + 24:20 = 46:40
639 Kathleen Wheeler, 33 Kimberly Cavallo
3. Team: 03
25:27 + 26:42 = 52:09
71 Ashley Fess, 131 Anne Marie Latshaw
4. Team: 01
23:55 + 29:41 = 53:36
9 Samantha Aitken, 7 Amanda Aitken
5. Team: 05
45:07 + 52:26 = 1:37:33
206 Karen Sanderson, 205 Cindy Sanderson



Please contact Dave Oja to arrange pickup of your family team awards if your team placed among the top three in any of the categories and you didn't pick up your awards at the race site.

3K Fun and Fitness Run (photo courtesy of Bob Brock)



Charger Record Holder Teshale Kelly (7) and 1st 75/79 finisher Fay Bradley from Kansas. Note their running style -



Linda Owens
Photographer Stacie Fanelli



Sam Graceffo



Martin Harms
Photographer Bob Brock

Recent Charger Age Group Records

5km, rd (70-74)	24:01	Sue Gardinier	9/7/13	Liverpool
5km, rd (70-74)	23:43	Sue Gardinier	10/6/13	Syracuse
5km, rd (7&Un)	23:06	Teshale Kelly	10/6/13	Syracuse
5mi, rd (70-74)	35:21	Ray Kneer	9/8/13	Ithaca

Sean Bernstein Winner Of Niagara Track And Field Hall Of Fame Award

Sean Bernstein received the James D. Ulrich Award during the Niagara Track and Field Hall of Fame awards ceremony at the RIT Inn and Conference Center in Rochester on September 7. The Ulrich award recognizes the “Outstanding Male College Athlete of the Year from other than NCAA Division I colleges in or from the Niagara Association.” Sean is a repeat winner of this award, having also won it in 2012.

Sean is a graduate of SUNY-Oneonta, and represented the Chargers while winning both sprint events at the 2013 Maccabiah in Jerusalem. He also is the holder of the Charger open records for both 100 and 200 meters. Congratulations to Sean for another fine accomplishment.

Sue Gardinier, Teshale Kelly Set Age Group Records At Festival Of Races

Sue Gardinier and **Teshale Kelly** both broke their own Charger 5km road records at the Festival of Races in Syracuse on October 6. Teshale’s time of 23:06 bettered his own mark of 23:14. Sue’s time of 23:43 shattered her own previous record of 24:01, a mark she had set at the ARC of Onondaga 5km run in Liverpool on September 9. Not only is Sue’s time a new Charger record, but it is also a new U.S. single age record for age 71.

A New 5 Mile Record For Ray Kneer

It is good to see that **Ray Kneer** has been running well lately. He has broken three 70-74 Charger age group records this summer. The latest is a 5 mile road record that he ran in 35:21 at the Ithaca 5 & 10, conducted by the Finger Lakes Running Club on September 8.

Ray’s other two records this year are the 10 mile run that he ran in 1:16:30 in Cazenovia on July 4, and the 5km road run in which he was timed in 21:31 on August 3.

Miscellaneous Results

39th Annual Ithaca 10 miler 9/8/13

Andrea Damad, 26	1 st overall	53:05
Alexander Looi, 24	3 rd overall	56:47

Rock ‘n’ Roll Virginia Beach 1/2 Marathon 9/1/13

Greg Selke	2/18-24	11 th overall	1:14:34
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ING Marathon, Hartford, Ct. 10/12/13

Arek Robinson	25/29	3:21.06
Megan O’Connor	20/24	3:26:37

THE THIRD ANNUAL CMB A RUN FOR THEIR LIFE 5K 10/13

Sascha Scott	38	1st overall	17:51
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THE THIRD ANNUAL CMB A RUN FOR THEIR LIFE 15K RACE

Michael Dee	22	1st overall	56:31
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Corning Wine Glass 1/2 Marathon 10/6

Alexander Looi	24	1st overall	1:14:32.23
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Chargers Age Group Records 35-39 Men

45m	Al Walton	5.3	1/11/87
45m	Al Walton	5.3	2/5/89
50y	Al Walton	5.6	3/8/87
50m	Al Walton	5.8	3/20/88
55m	Al Walton	6.2	3/15/89
60m	Al Walton	7.24	4/2/89
100m	Al Walton	10.7	4/22/87
100m	Al Walton	10.7	8/2/87
100m	Al Walton	10.7	8/8/87
100m	Al Walton	10.7	7/31/88
200m	Al Walton	21.7	8/9/87
220y	David Wright	29.6	4/5/78
300y	Al Walton	32.79	3/29/87
300m	Al Walton	36.5	3/27/88
400m	Tyrone Guiden	51.08	8/6/95
500m	Jasper Royal	1:09.9	3/27/88
600y	Jasper Royal	1:17.6	3/25/85
600m	Jasper Royal	1:25.5	3/18/84
800m	Scott Weeks	1:55.41	2/12/10
880y	Bruce Fredrikson	2:15.0	2/27/75
1000m	Scott Weeks	2:29.74	2/2/07
1500m	Charles Duggan	4:01.0	1/27/91
1 mile	Tom Carter	4:17.2	7/17/88
2000m	John Dwyer	5:42.2	2/2/85
3000m	Tom Carter	8:35.9	12/19/87
2 miles	John Trowse	9:43.00	12/8/02
5km (r)	Tom Carter	14:54	8/12/88
5km (t)	John Trowse	15:08.99	6/28/03
8km (r)	Tom Carter	24:57	8/15/87
8km (t)	Steve Nix	30:12.0	1/8/93
5 miles	Scott Bagle	25:10	3/16/02
10km (r)	Joe Contario	31:25	9/24/89
10km (t)	Joe Contario	32:19.6	7/26/91
15km (r)	Tom Carter	48:17	3/24/91
15km (t)	John View	55:14.5	4/11/86
10 miles	Tom Carter	51:46	4/30/88
20km	Tom Carter	1:05:33	6/18/88
1/2 mara	Robin Wheelless	1:11:15	9/22/96
25km	Charles Duggan	1:24:45	9/25/88
30km	Ron Gay	1:45:08	3/20/83
Marathon	Bruce Fredrikson	2:34:00	5/16/76
50km	Sam Paris	3:30:31	1977
12 hr run (r)	Jason Fahy	49.020 mi.	5/15/10
1 mi. walk	Jim Miner	8:09.0	7/19/87
3km walk	Jim Miner	15:20.2	3/20/88
5km walk (r)	Jim Miner	26:40	9/12/87
8km walk	Jim Miner	43:34	8/15/87
10km walk (r)	Jim Miner	54:23	5/30/87
15km walk (r)	Jim Miner	1:25:53	4/5/87
20km walk	Nick Wetter	1:51:59	7/30/87
50m HH	Steve Suto	8.4	3/22/87
55m HH	Steve Suto	8.9	1/13/83
60m HH	Steve Suto	9.8	3/19/89
110m HH	Brian Lange	16.6	7/15/96
400m IH	Robin Wheelless	1:06.3	6/28/95
Long Jump	Al Walton	21-10 3/4	3/27/88
Triple Jump	Bob Doran	43-1 1/2	6/28/89
High Jump	Dennis Rhoads	6-8	6/14/97
Pole Vault	Mike Thompson	16-1 1/4	1/26/02
Shot Put, 16 lb.	Norman Deep	44-0	8/2/02
Discus	Brian Lange	128-2 1/2	8/16/94
Hammer	Gary Bartell	153-5 1/2	8/10/85
Javelin	Steve Suto	166-2	7/8/90
Weight, 35lb	Joe Benoit	51-3	1/18/97
Weight, 56lb	Norman Deep	26-9 1/2	6/16/03
Weight Pent.	Norman Deep	2741	7/18/03
Indoor Pent.	Steve Suto	2499	2/4/87
Outdoor Pent	Al Walton	2897	8/22/87
Decathlon	Brian Lange	6550	7/18/96

Chargers Age Group Records 35-39 Women

45m	Kathy Pierce	6.5	1/11/87
45m	Irene Thompson	6.5	12/29/91
50m	Kathy Pierce	7.0	3/17/85
55m	Kathy Pierce	7.2	2/17/84
55m	Irene Thompson	7.2	3/22/92
60m	Irene Thompson	8.19	4/5/92
100m	Irene Thompson	12.99	7/27/91
100m	Irene Thompson	12.9	2/25/93
200m	Irene Thompson	26.5	6/16/91
300y	Kathy Pierce	42.0	3/24/85
300m	Irene Thompson	44.8	1/23/93
400m	Irene Thompson	61.16	10/10/93
500m	Kathy Pierce	87.8	2/23/85
600m	Pat Delia	1:49.8	3/22/87
800m	Patti Ford	2:21.1	1/20/94
1000m	Andrea Burke	3:08.7	2/4/90
1500m	Patti Ford	4:44.2	12/3/93
1 mile	Patti Ford	5:15.1	1/25/92
2000m	Karen Vanderwood	7:11.6	3/16/02
3000m	Patti Ford	10:08.9	12/30/93
2 miles	Leatha Damron	11:53.0	7/22/99
5km (r)	Andrea Burke	17:09	5/25/85
5km (t)	Patti Ford	17:46.1	7/25/93
8km (t)	Patti Ford	29:16.0	?
10km (t)	Murphee Hayes	37:31.31	7/10/09
15km (r)	Carolyn Eich	58:19	7/11/93
15km (t)	Patti Ford	58:26.4	3/10/94
10 miles	Karen Stopyra	1:02:32	7/4/96
20km	Andrea Burke	1:15:52	6/20/85
1/2 mara	Karen Stopyra	1:22:33	9/22/96
25km	Elizabeth Mastin	1:45:00	10/1/89
30km	Mickey Dockwiller	2:45:37	3/27/93
Marathon	Patti Ford	2:56:16	10/24/93
50km	Lorie Marnell	5:21:56	7/5/97
2km racewalk	Patricia Jones	11:41.0	3/24/01
50m HH	Kathy Pierce	9.6	3/9/86
55m HH	Karen Wameling	9.7	2/13/99
60m HH	Karen Wameling	10.63	3/25/00
80m HH	Karen Wameling	17.28	7/24/98
100m HH	Karen Wameling	17.34	8/1/98
110m HH	Irene Thompson	19.3	6/13/92
400m IH	Kathy Pierce	80.3	7/22/87
2km steeple	Marilyn Brandt	7:55.84	8/6/95
Long Jump	Irene Thompson	16-4 1/2	8/16/92
Triple Jump	Kathy Pierce	31-5 1/4	7/20/86
High Jump	Irene Thompson	4-8 1/2	8/4/89
Shot Put, 4kg	Kathy Pierce	33-6	10/10/86
Discus (1kg)	Kathy Pierce	105-1/2	?
Javelin	Kathy Pierce	100-3	5/18/86
Hammer (4kg)	Kelly Thompson	90-3 3/4	7/25/03
Weight Throw	Kelly Thompson	29-10	3/22/01
Wgt. Pentathlon	Kathy Pierce	2191	5/26/85
Pentathlon, Indoor			
	Irene Thompson	2310	3/5/94
Pentathlon, Outdoor			
	Irene Thompson	2489	8/16/92
Heptathlon	Irene Thompson	3677	6/15/92



THE THERAPY CORNER

RUNNING AND KNEE ARTHRITIS – ONCE AGAIN...

Gretchen Reynolds, a health and fitness columnist for the NY Times, recently (9/25/13) penned an article titled “Why don’t runners get knee arthritis?”

If you’ve followed this column, you know that this is a topic I have covered a few times in the past, in an attempt to provide runners with hard evidence to refute the persistent question/statement non-runners often lob at us: “Aren’t you afraid that all that pounding will lead to arthritis?” As I have shown in the past, numerous studies have again and again shown that there is no increased risk for developing arthritis of the knees or hips in those who engage in long-distance running for many years. Ms. Reynolds cites two more recent studies that once again show this to be the case.

Despite what appears to be this compelling evidence, a tour of the online comments from readers reveals an unrelenting skepticism on the part of many people. Typical comments seem to fall within two categories; (1)those who question these findings due to the fact that they know runners who have had joint replacements, and (2)those who are unconvinced because, after all, almost every runner they know has complained of knee pain at one time or another. After reading these remarks, the question I’m left with is – why does this myth persist?

With respect to the first group, it has to be pointed out that they are missing a crucial piece when they seem to be interpreting Ms. Reynolds’ article title, and the various study conclusions, as indicating that distance running in some way confers immunity from the development of knee or hip arthritis. This is, of course, not the case. A certain percentage of runners do in fact develop arthritic knees and/or hips, and some do go on to require joint replacements. *But* – and this is a big but – this percentage is not at a higher rate than the sedentary population. (Some investigators do propose that running may actually lower the risk, but this has not been conclusively proven.)

Based on this fact alone, there should therefore be no reason to blame this condition on the activity. To date, there has been no single cause of arthritis definitively identified (e.g., genetics, prior injury, abnormal mechanics, bacterium...), so those runners who do end up with the condition may just be victims of the same causes as anyone else.

With respect to the second category of skeptics – those who point to the high incidence of knee pain in runners – the problem is that their conclusions are based on a misunderstanding of knee anatomy.

The knee actually has two joints – one between the two long bones of the lower limb, the femur and tibia (thigh and shin bone), the one between the patella (knee cap) and the femur. The arthritis that possibly leads to a joint replacement involves the first joint, while the condition that most often causes knee pain in runners, known by various names such as Runner’s Knee, patellofemoral pain syndrome (PFPS), or chondromalacia patella, is found in the second. (See Therapy Corners 15, 16, 72, 89, and 103 online at the Chargers website for a more detailed explanation of this problem.) While PFPS is the most common knee complaint among runners, it is not the type of arthritis that necessarily progresses steadily, nor does it lead to joint replacement.

The point is, this is a very common problem and so it is not surprising that the non-running public combines two separate facts – runners often have knee pain and arthritis causes knee pain – into the one conclusion that runners are doomed to develop knee arthritis. But now that you know why this myth persists, you are well-armed with the information you’ll need at your next cocktail party or family reunion to explain to your obnoxious boss or uncle why running is not going to inevitably lead to your joints being replaced. And they will either be grateful for the tutorial or will walk away glassy-eyed, never to bother you again with this question.

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.

Chary Griffin's London Worlds Triathlon Recap (picture of Chary & Ginny)



London is a beautiful city and the race course for Olympic Distance (standard distance) wound through the historic monuments and palaces throughout London. It also snarled London traffic to a standstill. Weather was similar to ours with cloudy skies, rain and cooler temps. Five days of races attracted a field of 5,000 with a good number of folks doing multiple distances.

The team USA group had 650 athletes and we were fortunate to have a very well located hotel 10 min walk from the venue. Due to the traffic no advance riding of the bike course was allowed which was a bit disconcerting. The rain was another concern as there were 70 crashes in the sprint race as the bike courses were very technical with tight turns and traffic bumps. Race day dawned sunny thank God and cold. Frost on the ground and the swim was shortened as per ITU rules to prevent hypothermia. Turns out the water at 58 degrees was much warmer than the air. No mercy here with warm up – the wait to swim was 40 min then jump in the water & go. Swim was in Hyde Park in a small lake called the Serpentine and was very clearly marked and easy to sight – also no weed and some swans in attendance. A long run out to transition followed which helped get circulation going for the very chilly ride in wet tri suit. Another long run through transition and out on the bike course for two loops.

The first loop was a bit tentative as we were viewing for the first time. Great crowd control and the entire course was barricaded. Being not so reliant on electronics as my peers was a bonus as the computer was stuck on something I couldn't read and the HR monitor was not too readable either without reading glasses. So focus on not getting disqualified and/or riding into the minefield of manhole covers. The second loop was more relaxed and faster – passing instead of being passed. Back into transition with Sue Michaels, a Skaneateles friend who was also competing. Ginny Burton was also in London for the Sprint Race. The run x- crossed the swim exit and was three loops of Hyde Park. A good chance to warm up and actually view the HR. Flat & fast with loads of crowd support. Beautiful finish line area with announcer on top of standings as you finish. I was thrilled to be 9th in my 65-69 age group for the world.

I have learned the secret to getting through these large & stress inducing events is to detach when you can. Trash novel, rest up, and be inventive when necessary! Another thought, as Triathlon grows and the attendance numbers as well, be as well prepared for long lines and less support. Plan more time for everything. Final thought – Worlds in Edmonton, Canada next year (same continent) and Chicago in 2015 (same country). Milwaukee for Nationals will get you there.

Ginny Burton finished age group sprint distance age 60-64, 57th in her age group, and 1:57:42 time
Susan Kreplin-Michaels finished age group Olympic distance age 55-59, 18th in her age group and 2:24:48 time
Chary Griffin finished age group Olympic Distance age 65-69, 9th in her age group and 3:08 time
Sprint distance is 1/2 mile swim, 12.5 mile bike, and 5k run Olympic distance is 1 mile swim, 25 mile bike, and 10k run

Calendar of Events

November

- 10 5K & 10K Burn Run, East Syracuse Fire Station # 2 [www. TheBurnRun.org](http://www.TheBurnRun.org)
- 10 USATF Niagara Open Cross Country Association Championships , 11:00 a.m., 8 km, Robert Trent Jones Golf Course at Cornell University <http://www.gvh.net/>

December

- 14 (Sat.) **Last Chance Trail Run and Pancake Breakfast, Highland Forest** (entry form in Newsletter)

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

Last Chance Trail Run and Pancake Breakfast
Skyline Lodge, Highland Forest, Fabius NY
Saturday, December 14, 2013 8:00 - 9:15 a.m. Start

Celebrate the Holidays with us, you don't have to run--just enjoy the pancakes if you prefer!

Run on beautiful snowy, icy trails. Fall down and get up. Step in ice water streams that have no safe crossing. Climb over, under and around fallen trees. Then return to the warmth of Skyline Lodge for aroma therapy. The smell of butter, pancakes, maple syrup, coffee and sausages fills the air. It is noisy with the chatter and laughing of your friends. An all-you-can-eat breakfast awaits you. This run is not for everyone. It is cold and the footing can be perilous. It is the kind of run that appeals to people who enjoy the wilderness. You're allowed to run, walk, skid, slide, wade, struggle and climb the trail. You may freeze. The trail is 9 miles but there are shortcuts allowing runs of various lengths. The full trail takes 80 to 120 minutes to complete. The trail is well-marked so you should not get lost.

Children: Forest walks will be provided for the children while the parents run. Bundle them up warmly!

Time: Start any time between 8:00 and 9:15. You can start when you please and quit when you are tired and hungry. Run with a partner so that someone will hear you when you admire something interesting. It is safer and partners are plentiful. **The first pancake is served at 9:00 and the last pancake is served at 10:30.** The event has never been canceled; if the road to Fabius is open we'll run. If the snow is deep, we run on Park Roads.

Entry: The cost is \$10.00 per person, or \$5.00 for under 12. People under 6 are our guests. Maximum for a family is \$20.00. Send check, payable to "Syracuse Chargers Track Club," **by December 10 2013** to:
Mark Driscoll, 1112 Meadowbrook Dr., Syracuse, NY 13224 (449-9615 evenings)

Last Chance Trail Run and Breakfast - December 14, 2013

Name: _____ Street _____ Auto Lic. _____

Tel. No. _____ City, State, Zip _____

Release: I know that running on rough woodland trails in December is potentially dangerous. I agree that I should not enter and run unless I am physically able and trained. I will run sensibly and I assume all risks associated with the event including but not limited to injuries caused by slips, contact with other runners, getting lost, eating too much, effects of weather and/or condition of trail, hypothermia, all such risks being known and appreciated, even welcomed, by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the Syracuse Chargers Track Club, Inc. all the race organizers and volunteers, Onondaga County Parks, Road Runners Club of America, and other sponsors, or successors from all claims or liabilities arising from my participation in this event.

Signature: _____ Date: _____

Signature also of parent if under 18: _____ Date: _____

Directions: Highland Forest is in the SE corner of Onondaga County off Route 80, 4 miles East of Fabius.

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 _____

Other (please specify interest) _____

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



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

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

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

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

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

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

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

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.
118 Foxcroft Lane
Fayetteville, New York 13066 – 2570

Return Service Requested

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

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

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

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

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