



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVIII

Syracuse Chargers Track Club

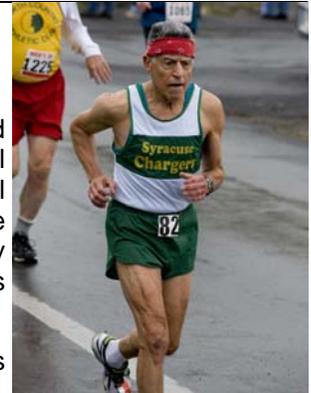
November 2014



Swamp Rat Runs

Congratulations to our 2014 Charger Grand Slammers

Don't forget that the Last Chance Trail Run and Pancake Breakfast on Saturday, December 20, will have a new wrinkle this year, as we'll use the final Chargers running event of the year to recognize the 2014 Grand Slammers, each of whom successfully completed at least four of the five 2014 Chargers Grand Slam road races.



Festival of Races

These are the dedicated and durable runners who achieved 2014 Grand Slammer status in the first year of the series:

Joe Beard, Lloyd Besaw, Connie Ciccone, Kitty Doupe, Sue Gardinier, Sam Graceffo, Bob Haas, Natalie McBane, Carol Rider, Tracie Revette, and Andy Trapasso.



Willow Bay Women's 5k

Each of our 2014 Grand Slammers is receiving complimentary entry for the Last Chance Trail Run and Pancake Breakfast, where we'll be presenting their Grand Slammer tech shirts and announcing the name of the 2014 Grandest Slammer, who will receive free entry into any of the 2015 Chargers Grand Slam events.

Come on down to Highland Forest on December 20th to celebrate the season with a trail run (or walk) of whatever length you choose, followed by an outstanding hot breakfast in front of a warm fireplace in the cozy confines of Overlook Lodge.



Cazenovia 4th of July Races

Name	City	State	Swamp Rat Runs	Cazenovia July 4th Foot Races	Willow Bay 5k Run and Fitness Walk for Women	Fayetteville Classic 5-Miler	Syracuse Festival of Races 5K
Kitty Doupe	Phoenix	NY	33:36 (5k)	33:47 (5k)	32:04	55:28	32:44
Andrew Trapasso	DeWitt	NY	47:43 (10k)	1:17:50 (10M)		36:17	22:15
Carol Rider	Bridgeport	NY	1:05:03 (10k)	1:50:37 (10M)		54:37	30:57
Connie Ciccone	Skaneateles	NY	41:17 (5k)	41:22 (5k)	41:23		52:02
Joe Beard	Homer	NY	27:59 (5k)	25:13 (5k)		43:55	26:19
Lloyd Besaw	Syracuse	NY	28:01 (5k)	27:09 (5k)		49:16	41:43
Natalie McBane	Cazenovia	NY		1:28:07 (10M)	25:40	43:07	24:49
Robert Haas	Red Creek	NY	41:42 (10k)	1:13:42 (10M)		33:29	20:59
Sam Graceffo	Fayetteville	NY	33:17 (5k)	32:45 (5k)		1:03:26	34:53
Sue Gardinier	Verona	NY	38:54 (5k)	35:04 (5k)	37:21		27:56
Tracie Revette	Cazenovia	NY	35:29 (5k)	31:07 (5k)	30:54	46:01	

Syracuse Chargers Track Club, Inc.

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Scholarship Award

John View

Summer Runs

TBD

Oneida shores

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Onondaga Lake Park

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

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

The Syracuse Chargers Track Club Newsletter

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

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Sam Graceffo, MD

Material should reach Dave Talcott, 566 McLean Road,
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by the 8th of the month.

Chargers Membership Forms should be sent to:

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

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

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

It will **NOT** be forwarded.



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

Send Merchandise orders to:

Dave Oja
213 Scott Avenue
Syracuse, NY 13224

Club Web Site: www.syracusechargers.org

Recent Charger Age Group Records

50km, road (65-69)	Mary DaSilva	6:04:17	10/11/14	Canandaigua
50km, road (55-59)	Luana Pesco-Koplowitz	6:00:38	10/11/14	Canandaigua
1/2 marathon (85-89)	Joe Conrad	2:53:55	10/26/14	Jensen Beach, FL
15km, road (70-74)	Ray Kneer	1:07:26	10/12/14	Lafayette

Ray Kneer Breaks Charger 70-74 Age Group Record For 15km

Ray Kneer broke the Charger 15km road record for 70-74 year olds by running the distance in 1:07:26 at the Lafayette Apple Run on October 12. The previous record of 1:08:55 was held by Nate White.

Luana Pesco Koplowitz, Mary DaSilva Set Ultra 50km Records

At the Can Lake 50 KM road race on October 11, Luana Pesco Koplowitz and Mary DaSilva ran along side each other for a portion of the race, and both set Charger age group records. Luana placed 46th overall and 3rd, 50-59, with a time of 6:00:38. Mary was 48th overall and 1st, 60-69, with a time of 6:04:38. In addition to both performances being Charger age group records, Mary set an age group record for the course. Mary regards Luana as a very strong runner, and said, She amazes me by the fact that she can talk forever while running, whereas, if I ever try to talk, it slows me down. The race was Luana's first road ultramarathon and she plans on running the Mendon Ponds 50km in early December.

Congratulations to both runners for their fine efforts.

Mary DaSilva runs 62.20066 miles at NorthCoast 24 Hour Race in Cleveland

At the NorthCoast 24 hour endurance run on September 20th-21st, Charger Mary DaSilva amassed 62.20066 miles to finish in 87th place. The race was the USATF 24 hour National Championship for 2014. Mary finished as the 37th woman and 3rd in the 65-69 age group.

Greg Selke Finishes Second At Lucy Town Half Marathon

Greg Selke placed second at the Lucy Town Half Marathon in Jamestown, NY, on October 11 with a time of 1:14:04. Peter Hardwick also ran the race, finishing 75th in 1:51:39. The race served as the USATF Niagara Half Marathon Championships.

USA 40km Race Walk Championships - Ocean Twp, NJ, October 12th

Dave Talcott (54)	3:37:25	2nd
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USA Masters Race Walkers of the Year

Dave and Erin Talcott (Charger members from Owego) were named the USA Masters Men's and Women's Race Walkers of the Year for 2014 by USA Track & Field. This was the second year in a row for Dave and the first for Erin. The selection was made due to their many fine performances in 2014 which included a World Best in the 50,000m race walk (4:34:46.5 which was also a world 35-39 record) with American Open Records at 25,000m; 30,000m; 35,000m; and 40,000m along the way. Dave finished second in two Open Championships this year as well as winning the 30km outright. Congratulations!

Apologies to Nelson Fisher

It was reported in the October newsletter that Nelson Fisher was a 'previous Charger'. Nelson has been and continues to be a Syracuse Charger member. Sorry, Nelson.

Joe Conrad Sets Charger Half Marathon Mark In Florida

Joe Conrad set the Charger 85-89 half marathon at the Oceanside Physical Therapy Halloween Half Marathon in Jensen Beach, Florida on October 26 with a time of 2:53:55. Joe is a former Upstate New York resident and Charger member who moved to Florida full time in 2008, let his club membership lapse for a time, and then renewed his membership a few years ago. In 1990 or 1991, while living in New York, Joe teamed up with Ed Stabler and Howard Rubin to win the 60-69 team national champions for 5km cross country at a race in Green Lakes Park. Then again, in 2001 or 2002, at the same national championship distance during a race held in Florida, Joe teamed up with David Rider and Howard Rubin to win the 70-79 another national team championship.



Joe indicated that after he moved to Florida he cut back on my running and started competing in triathlons, and until this year was running in five or six sprint triathlons a year. He noted two differences between running in Florida and Syracuse: the heat and the relative absence of the hills during running. He said that he misses the camaraderie of the Charger runners and especially, running with my favorite partner - Peter Monteleone.

Damian Panek Has Been Putting In Some Good Performances

Charger member Damian Panek had a very solid cross country season this fall while running with the modified West Genesee seventh and eight grade team, including some first place efforts. Here are some of Damian's performances (distances not available):

September 23	Longbranch Invitational	194 runners	8:56.3	4th overall
September 27	McQuaid Invitational	49 runners	9:21.6	5th
October 4	Tully Invitational	207 runners	9:07.2	4th
October 15	West Genesee m	35 runners	8:43	1st
October 18	Jamesville Beach Invitational	120 runners	9:26	1st
October 26	Green Lakes Halloween Run		20:04	8th; 1st, 14 & under

Also, Damian threw the discus 87'-02" during a Felder meet at Nottingham High School on June 25, and scored 1884 points in the outdoor pentathlon, also at a Felder meet on July 9. Both the discus and the pentathlon performances could be Charger records, pending additional information.

Damian is the grandson of Ray Panek, who still holds the 300 meter intermediate hurdles record for age 40-44 Chargers.

Call for Outstanding Athlete and Volunteer Nominations

With our 2015 Annual Meeting and Awards Banquet scheduled for Sunday, February 8, our Awards Committee is inviting all Chargers members to nominate outstanding Chargers athletes and volunteers for 2014 recognition.

Candidates for athlete awards should be nominated based on their performances in the 2014 calendar year, and candidates for volunteer awards may be nominated for either their recent or longer-term volunteer contributions to the Chargers.

Please e-mail your nominations to the Chair of our Awards Committee, Linda Oja (lindaolja@a-znet.com) by December 29.

Board of Directors Invites Nominations of Candidates

With our 2015 Annual Meeting once again coinciding with our Awards Banquet on Sunday, February 8, it is not too early for any of our members who are interested in serving on the Club's Board of Directors to let their interest be known. Mark Driscoll (mdriscoll@esf.edu) is the chair of our Nominations Committee, and Mark is interested in hearing from anyone who is (or knows of someone else who might be) interested in learning more about current opportunities to serve on the Board. Both self-nominations and the nominations of others are welcome.

Last Chance Trail Run and Pancake Breakfast
Skyline Lodge, Highland Forest, Fabius, NY
Saturday, December 20, 2014, 8:00 – 9:15 AM 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.

Chargers Grand Slam Winners: You are our guests; at this event you will receive your Grand Slammer tech shirt and we will draw the winner of the Grandest Slammer, who will receive free entry into his or her choice of four Grand Slam events.

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

Entry: The cost is \$10.00 per person, or \$5.00 for under 12, and under 6 are free. Maximum for a family is \$20.00. Send check, payable to "Syracuse Chargers Track Club," **by December 15, 2014** to: Mark Driscoll, 1112 Meadowbrook Dr., Syracuse, NY 13224 (449-9615 eve).

Last Chance Trail Run and Breakfast – December 20, 2014

Name: _____ Street _____

City, State, ZIP _____ Tel. No. _____ Lic. No. _____

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: _____

Parent Signature (if under 18): _____ Date: _____

STRETCHING AND YOUR BRAIN

We have all been taught the merits of stretching. If you have a tight muscle or a stiff joint, stretch it out and it will get better. But is this really true?

Brooke Thomas, Yoga Tune Up teacher and Corrective Exercise Specialist, has a fascinating article on the Internet that helped me see stretching in a totally new way. Part of it shows a video of an individual who has a "frozen" shoulder. We think of this as a situation in which all the structures around the joint are shortened and rigid causing the range of motion to be extremely limited. However, when the person is placed under general anesthesia, miraculously, the doctor can move the arm in any direction. If everything was really tight and frozen, how could this happen? The answer is that it was the brain that was limiting movement. When the brain was taken out of action, the joint could move.

If an area gets injured, it sends pain signals to the brain. The brain responds in ways that limit further injury. In a sense, it says, "Sorry, but I don't feel safe, so I am clamping down for now." Trying to stretch for 30 to 90 seconds to the point of severe pain will not work and will likely only reinforce the brain's idea that there is real trouble in that area and needs even more lock-down.

The analogy offered in the article is of a car parked on the edge of a cliff. The only thing holding it back is the emergency brake. The brain is the emergency brake, and it won't let up because it perceives serious danger ahead.

So what is the bottom line? You can't override your nervous system. Never stretch to the point of severe pain. Frequent, short, MILD stretching is probably OK. Just stay completely away from the red zone. The best way to convince the brain it can ease up on the brake is through normal movements. This means that most of the day we need to do what our ancestors did and what our bodies were designed to do. This included things like walking, bending, lifting and climbing. Get rid of the idea of one hour of heavy exercise and the rest of the day of "non-exercising." It is much better to keep moving lightly and naturally much of the day. Then gradually, throughout the day, the nervous system gets the message that normal movement is not painful and decides to incrementally allow a little more freedom of movement. It takes a lot of time and a very gentle touch.

Sam Graceffo, MD

Syracuse Chargers Women's Open Relay Records

4X100m	50.1	P. Greene, R. Sherman, J. Bonner, R. Brooks	6/18/85
4X220y	1:50.9	E. Hagenlocher, C. Schilly, K. Schilly, L. Cupit	1/26/74
Sprint Medley	4:35.7	C. McKeever, J. Angotti, S. Gleasman, P. Ford	3/15/86
4X440y	3:58.7	C. Schilly, L. Cupit, E. Hagenlocher, M. Rybinski	7/21/70
4X800m	9:11.0	C. Pusch, K. Schilly, M. Seybold, E. Hagenlocher	
Dist. Medley	11:53.16	H. Webster, J. Duncan, H. Swarts, J. Patruno	3/02/02
4X1600	21:46.9	J. Vollweiler, A. Cooper, M. Romagnoli, H. Swarts	1/24/98
4X1 Mile	23:50.1	C. Eccles, D. Croll, J. Janiszewski, K. Kuss	7/12/96
100X1 Mile	10:14:16.9	100 Charger Women	7/12/96

Syracuse Chargers Men's Open Relay Records

4X100m	41.9	E. Norman, M. Francis, R. Fran	
4X110y	42.9	J. Weakfall, M. Francis, D. Campbell, R. Francis	7/12/80
4X200m	1:31.9	D. Campbell, J. Weakfall, R. Francis, W. Brown	7/18/78
4X220y	1:36.4	Ouderkirk, Murphy, Willits, R. Green	
4X400m	3:16.42	J. Clark, M. LoPiccolo, C. Verkey, L. Lewis	1/28/01
4X440y	3:21.0	R. Francis, J. Weakfall, D. Pace, M. Francis	7/12/80
Sprint Medley	3:35.5	J. Drake, J. Whitehead, D. Robinson, J. Westman	7/06/86
4X800m	7:29.84	M. LoPiccolo, S. Weeks, B. Lombardo, L. Lewis	4/28/00
Dist. Med (m)	9:52.15	M. LoPiccolo, J. Clark, L. Lewis, S. Weeks	2/04/01
Dist. Med (y)	10:27.3	J. Dwyer, D. Ramsey, P. Rougeux, T. Carter	1/05/85
4X1500m	15:55.42	L. Lewis, B. Lombardo, D. White, S. Weeks	4/29/00
4X1600m	17:51.3	G. George, J. Cico, B. Sweeney, C. Crouch	12/12/81
4X1 Mile	18:37.4	J. Andrews, M. Smith, D. Worden, J. Dwyer	2/09/87
4X800m Walk	15:03.4	D. Talcott, J. Seaver, B. Harvey, D. Talcott	7/28/82

Are You a People Person? We're Seeking a Chairperson for Our Volunteer Committee!

If interested, please contact SCTC President, Dave Oja (446-6285, or daveoja@a-znet.com).

Anyone Interested in Directing the Cazenovia July 4th Foot Races?

As a result of the passing of Evelyn White last June, we are seeking a volunteer with significant volunteer experience in road race operations to serve as the race director of the Cazenovia July 4th Foot Races. If interested, please contact SCTC Road Race Coordinator, Dave Oja (446-6285, or daveoja@a-znet.com) by December 20th.

Thanks to Our 2014 SFoR Volunteer Leaders

All volunteers are important to the success of a well-done running event, but among the many volunteers whose time, talents, and effort made the 22nd annual Syracuse Festival of Races such a success are some who made an especially large commitment to the event:

Bob Brock and Stacie Fanelli 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 another outstanding job coordinating 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 as our awards coordinator again this year.

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

Jennifer Crisp, who did a great job coordinating individual registration for the 3K Fun & Fitness Run and Tops Community Walk.

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

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 including her right-hand man, **Russ Wood!**

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

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

Katie Oja, who enlivened the SFoR FaceBook page.

Linda and **Krissie Oja**, who (as usual) helped in a range of important ways before, during, and after race weekend.

Dave Patruno, who provided mid-race reports from our lead vehicle and then did an excellent job presenting the open awards and helping to direct site breakdown.

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

Greg Selke, who wore many hats on race weekend while staging much of the activity in and around the Chargers awards tent.

Joe Tomchik, who so expertly handles a range of race site tasks.

Greg Tuttle, whose coordination of hospitality for our many visiting athletes has generated rave reviews not only for Greg but also for Grant Tuttle, Bob and Ellen Giambalvo, and Mary Leivers.

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

Revisit them any time at:

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



Syracuse Festival of Races

Fastest Female Performances on Our Course By Single-Age through 2014

(includes performances run on the course in its first use for
the 1992 Syracuse Freihofer's Run for Women§)



<u>Age</u>	<u>Name</u>	<u>Residence</u>	<u>Time</u>	<u>Age-Graded %</u>	<u>Year</u>
5	Amanda Aitken	Jamesville, NY	37:44	54.10%	2011
6	Amanda Aitken	Jamesville, NY	34:44n	56.22%	2012
7	Amanda Aitken	Jamesville, NY	29:41	63.22%	2013
8	Maia Henry	Liverpool, NY	22:44	79.67%	2008
9	Elizabeth Lucason	Holland Patent, NY	19:31	89.91%	2013
10	Elizabeth Lucason	Holland Patent, NY	18:57	90.02%	2014
11	Gabrielle Williamson	Holland Patent, NY	20:11n	82.44%	2013
12	Briana Jackucewicz	Farmingdale, NJ	17:39*	92.23%	2003
13	Kelly Murray	Deerfield, NY	19:34	81.63%	2001
14	Kelly Murray	Deerfield, NY	18:51	83.35%	2002
15	Caitlin Lane	Gansevoort, NY	17:41	87.63%	2005
16	Nora Decher	Granby, CT	18:04	84.71%	1996
17	Martha Komu	Kenya	16:09	93.60%	2000
18	Ejegayehu Dibaba	Ethiopia	15:44	95.08%	2002
19	Martha Komu	Kenya	16:29	90.13%	2002
20	Eyerusalem Kuma	Ethiopia	15:38	94.70%	2002
21	Kate Leugers	Ithaca, NY	18:12	81.31%	2010
22	Laurie Gomez-Henes	Raleigh, NC	15:49	93.57%	1992§
23	Sarah Pagano	Brighton, MA	15:54(!)	93.08%	2014
24	Kathy Franey	Newton, MA	15:45	93.96%	1992§
25	Olga Romanova	Russia	16:00(!)	92.50%	2005
26	Olga Romanova	Russia	16:20(!)	90.61%	2006
27	Inna Pushkariova	Russia	16:07	91.83%	1992§
28	Elaine Van Blunk	West Deptford, NJ	15:53	93.17%	1992§
29	Genet Gebregorgis	New York, NY	16:23	90.33%	2004
30	Anne Hare	New Zealand	15:36(!)CR	94.90%	1994
31	Christine McNamara	Boulder, CO	16:05(!)	92.12%	1997
32	Lynn Jennings	Newmarket, NH	15:42(!)CR	94.49%	1992§
33	Laura Mason	E. Stroudsburg, PA	16:51	88.21%	1996
34	Lisa Vaill	Pine Plains, NY	16:57	87.89%	1997
35	Lynn Jennings	Newmarket, NH	16:07(!)	92.72%	1995
36	Karen Simmonds-Brady	Auburn, NY	17:13	87.09%	2010
37	Uta Pippig	Longmont, CO	16:13	92.84%	2002
38	Madelyn Noe	Freehold, NJ	17:29	86.51%	1999
39	Madelyn Noe	Freehold, NJ	17:21	87.63%	2000
40	Jennifer Rhines	Boston, MA	15:58MCR	95.88%	2014
41	Mary Knisely	Naperville, IL	16:43MCR	92.06%	2000
42	Sonja Friend-Uhl	Brentwood, TN	17:09	90.38%	2013
43	Emily Bryans	Schenectady, NY	17:17	90.33%	2010
44	Patty Murray-Albo	Boulder, CO	17:23	90.55%	2009
45	Stephanie Herbst-Lucke	Atlanta, GA	16:37(!)*MCR	95.57%	2011
46	Laurel Park	Ann Arbor, MI	17:32n	91.43%	2009

47	Lori Kingsley	Wysox, PA	17:46n	91.15%	2013
48	Diane LeGare	Montreal, PQ	17:53	91.54%	1999
48	Barbara Filutze	Erie, PA	17:54*	91.46%	1994
49	Diane LeGare	Montreal, PQ	17:47	93.12%	2000
49	Doreen McCoubrie	Malvern, PA	17:48	93.03%	2011
50	Carmen Ayala-Troncoso	Austin, TX	17:34	95.43%	2009
51	Carmen Ayala-Troncoso	Austin, TX	18:02	94.12%	2010
52	Carmen Ayala-Troncoso	Austin, TX	18:20	93.75%	2011
53	Carolyn Smith-Hanna	Pittsford, NY	19:55	87.41%	2004
54	Nancy Stewart	Atlanta, GA	19:16	91.53%	2010
55	Nancy Stewart	Atlanta, GA	19:22	92.26%	2011
56	Christine Kennedy	Los Gatos, CA	18:56	95.63%	2011
57	Kathryn Martin	Northport, NY	18:42*	98.13%	2008
58	Nancy Stewart	Atlanta, GA	19:37n*	94.81%	2014
59	Kathryn Martin	Northport, NY	19:02n*	99.09%	2010
60	Kathryn Martin	Northport, NY	19:04*#wW	100.31%	2011
61	Marie-Louise Michelsohn	Stoney Brook, NY	20:04	96.67%	2003
62	Kathryn Martin	Northport, NY	19:06*w	103.14%	2013
63	Marie-Louise Michelsohn	Stoney Brook, NY	20:27*	97.65%	2005
64	Edie Stevenson	Boulder, CO	21:09	95.89%	2013
65	Sabra Harvey	Houston, TX	20:26n*#wW	100.73%	2014
66	Sharon Dolan	Westphalia, MI	21:44	96.12%	2008
67	Jan Holmquist	Burlington, MA	22:10n*	95.72%	2011
68	Jan Holmquist	Burlington, MA	21:18n*	101.19%	2012
69	Jan Holmquist	Burlington, MA	22:08*	98.95%	2013
70	Jan Holmquist	Burlington, MA	22:16*#wW	100.04%	2014
71	Sue Gardinier	Verona, NY	23:43*	95.49%	2013
72	Helen Botti	Kenmore, NY	25:40n	89.67%	2009
73	Marsha Tillson	Shortsville, NY	26:42	87.69%	1994
74	Carrie Parsi	Gloucester, MA	26:36n	89.56%	2013
75	Mary Harada	West Newbury, MA	28:57n	83.76%	2010
76	Tami Graf	Lusby, MD	32:08n	76.84%	2012
77	Tami Graf	Lusby, MD	32:14n	78.02%	2013
78	Libby James	Fort Collins, CO	23:54n*w	107.21%	2014
79	Anny Stockman	Rensselaer, NY	32:58n	79.21%	2011
80	Anny Stockman	Rensselaer, NY	33:49n	78.82%	2012
81	Anny Stockman	Rensselaer, NY	35:18n	75.51%	2013
82	Anny Stockman	Rensselaer, NY	35:44n	78.35%	2014
83	Marsha Tillson	Shortsville, NY	43:30	66.25%	2004
84	Nancy Auster	Canton, NY	45:00n	66.14%	2010
85	Nancy Auster	Canton, NY	45:31n	67.78%	2011
86	Nancy Auster	Canton, NY	49:00n	65.51%	2012
87	Marsha Tillson	Canandaigua, NY	55:37	60.32%	2008
88	none thus far				
89	none thus far				

n = net time; (!) = overall winner of that year's Women's 5K (SFRW in 1992); MCR = established masters women's course record at the time; * = tied or surpassed U.S. women's single-age 5K best; # = tied or surpassed U.S. women's 5-year age-group 5K record; w = tied or surpassed ARRS women's single-age 5K world best; W = tied or surpassed ARRS women's 5-year age-group 5K world best; § = performance achieved on the course in its first use for the 1992 Syracuse Freihofer's Run for Women



Women's Top-Five Performances By Age-Group on the Syracuse Festival of Races 5K Course



1992 - 2014

(includes performances run on the course in its first use for
the 1992 Syracuse Freihofer's Run for Women)

13 & under	Briana Jackucewicz	12	Farmingdale, NJ	17:39*	92.23%	2003
	Elizabeth Lucason	10	Camden, NY	18:57	90.02%	2014
	Elizabeth Lucason	09	Holland Patent, NY	19:31	89.91%	2013
	Kelly Murray	13	Deerfield, NY	19:34	81.63%	2001
	Kelly Murray	12	Deerfield, NY	19:52	81.94%	2000
14 - 19	Ejegayehu Dibaba	18	Ethiopia	15:44	95.08%	2002
	Martha Komu	17	Kenya	16:09	93.60%	2000
	Martha Komu	19	Kenya	16:29	90.13%	2002
	Grace Momanyi	18	Kenya	16:29	90.75%	2000
	Joyce Chakua	19	Kenya	16:41	89.05%	1995
20 - 29	Eyerusalem Kuma	20	Ethiopia	15:38	94.70%	2002
	Kathy Franey	24	Newton, MA	15:45	93.96%	1992§
	Teyeba Erkesso	20	Ethiopia	15:46	93.90%	2002
	Laurie Gomez-Henes	22	Raleigh, NC	15:49	93.57%	1992§
	Elaine Van Blunk	28	West Deptford, NJ	15:53	93.17%	1992§
30 - 34	Anne Hare	30	New Zealand	15:36 CR	94.90%	1994
	Lynn Jennings	32	Newmarket, NH	15:42	94.49%	1992§
	Lioudmila Alexeeff	32	Russia	16:02	92.52%	1997
	Christine McNamara	31	Boulder, CO	16:05	92.12%	1997
	Jackie Mota	31	Kitchener, ON	16:16	91.08%	1997
35 - 39	Lynn Jennings	35	Newmarket, NH	16:07	92.72%	1995
	Uta Pippig	37	Longmont, CO	16:13	92.84%	2002
	Regina Joyce Bonney	35	Lynnwood, WA	16:16	91.86%	1992§
	Larisa Michailova	35	Russia	16:25	91.02%	2004
	Anne Forbes	35	Rochester, NY	16:44	89.30%	1992§
40 - 44	Jennifer Rhines	40	Boston, MA	15:58	95.88%	2014
	Mary Knisely	41	Naperville, IL	16:43	92.06%	2000
	Sonja Friend-Uhl	41	Brentwood, TN	16:50	91.42%	2012
	Melody Fairchild	40	Boulder, CO	16:51	90.89%	2013
	Carol McLatchie	40	Houston, TX	16:55#	90.39%	1992§
45 - 49	Stephanie Herbst-Lucke	45	Atlanta, GA	16:37#MCR	95.57%	2011
	Laurel Park	46	Ann Arbor, MI	17:32n	91.43%	2009
	Marisa Hanson	45	Pleasant Valley, NY	17:41	89.81%	2008
	Emily Bryans	45	Schenectady, NY	17:46	89.38%	2012
	Lori Kingsley	47	Wysox, PA	17:46n	91.15%	2013
	Diane LeGare	49	Montreal, PQ	17:47	93.12%	2000

50 - 54	Carmen Ayala-Troncoso	50	Austin, TX	17:34	95.43%	2009
	Carmen Ayala-Troncoso	51	Austin, TX	18:02	94.12%	2010
	Diane LeGare	50	Montreal, PQ	18:03	92.87%	2001
	Marisa Sutera Strange	50	Pleasant Valley, NY	18:10	92.28%	2013
	Diane LeGare	51	Montreal, PQ	18:19	92.67%	2002
55 - 59	Kathryn Martin	57	Northport, NY	18:42*	98.13%	2008
	Christine Kennedy	56	Los Gatos, CA	18:56	95.63%	2011
	Kathryn Martin	59	Northport, NY	19:02n*	99.09%	2010
	Nancy Stewart	56	Atlanta, GA	19:20n	93.65%	2012
	Nancy Stewart	55	Atlanta, GA	19:22	92.26%	2011
60 - 64	Kathryn Martin	60	Northport, NY	19:04*#W	100.31%	2011
	Kathryn Martin	62	Northport, NY	19:06*w	103.14%	2013
	Sabra Harvey	60	Houston, TX	19:31	98.00%	2009
	Marie-Louise Michelson	61	Stony Brook, NY	20:04	96.67%	2003
	Sabra Harvey	62	Houston, TX	20:10	97.59%	2011
65 - 69	Sabra Harvey	65	Houston, TX	20:26n*#W	100.69%	2014
	Margret Betz	65	Conklin, NY	21:16*#W	96.75%	2001
	Jan Holmquist	68	Burlington, MA	21:18n*w	101.19%	2012
	Sharon Dolan	66	Westphalia, MI	21:44*	96.12%	2008
	Jan Holmquist	69	Burlington, MA	22:08*w	98.95%	2013
70 - 74	Jan Holmquist	70	Burlington, MA	22:16*#W	99.98%	2014
	Marie-Louise Michelson	70	New York, NY	23:17*#	95.65%	2012
	Sue Gardinier	71	Verona, NY	23:43*	95.49%	2013
	Margret Betz	71	Conklin, NY	24:02*#	94.17%	2007
	Margie Stoll	70	Nashville, TN	24:23n	91.30%	2011
75 - 79	Libby James	78	Fort Collins, CO	23:54n*w	107.21%	2014
	Mary Harada	75	West Newbury, MA	28:57n	83.76%	2010
	Helen Botti	75	Kenmore, NY	30:27n	79.63%	2012
	Althea Wetherbee	75	Huntington Station, NY	31:14	77.64%	1994
	Anny Stockman	78	Rensselaer, NY	31:27n	81.47%	2010
80 - 84	Anny Stockman	80	Rensselaer, NY	33:49n	78.82%	2012
	Anny Stockman	81	Rensselaer, NY	35:18n	75.51%	2013
	Anny Stockman	82	Rensselaer, NY	35:44n	78.35%	2014
	Marsha Tillson	80	Shortsville, NY	39:18	67.82%	2001
	Nancy Auster	80	Canton, NY	40:25	65.95%	2006
85 - 89	Nancy Auster	85	Canton, NY	45:31n	67.78%	2011
	Nancy Auster	86	Canton, NY	49:00n	65.51%	2012
	Marsha Tillson	87	Canandaigua, NY	55:37	60.32%	2008
90 - 94	Come and make your mark, ladies!					

n = net time; (!) = overall winner of that year's Women's 5K (SFRW in 1992); MCR = established masters women's course record at the time; * = tied or surpassed U.S. women's single-age 5K best; # = tied or surpassed U.S. women's 5-year age-group 5K record; w = tied or surpassed ARRS women's single-age 5K world best; W = tied or surpassed ARRS women's 5-year age-group 5K world best; § = performance achieved on the course in its first use for the 1992 Syracuse Freihofer's Run for Women

UPSTATE NY HOLIDAY CLASSIC XVI

Open, Youth and Masters Indoor Track & Field Invitational

Also serving as the

2014 USA Open & Masters Indoor 5000m Race Walk Championships

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

Featuring the Roger Messenger Masters (30+) Mile

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

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

Saturday, December 27, 2014

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

Online Registration:

2014/15 USATF MEMBERS - \$15.00 per athlete – ONLINE ONLY.

You will pay an additional small online processing fee.

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

To join/renew your USATF membership for 2014 please go to:

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

Online registration closes at Noon (ET) on Friday, December 26, 2014.

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

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

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

Online registration closes at Noon (ET) on Friday, December 26, 2014.

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

Day-of-Meet Registration:

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

No special deals for USATF members.

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

Order of Track Events

7:30 a.m.	Doors Open - Packet Pick-Up for Online Registrants Begins	
7:30 a.m.	Doors Open - Day-of-Meet Registration Begins	
8:30 a.m.	5000m Race Walk – Section I	W/M Open/Masters – Sec. I – Fast
8:30 a.m.	10,000m Race Walk	Invitation Only W/M Open/Masters
9:30 a.m.	5000m Race Walk – Section II	W/M Open/Masters – Sec. II – Slow
10:15 a.m.	5000m Run Final	Women/Men - Sections as needed
	60m Hurdles Semi-Final	Women (33")
	60m Hurdles Semi-Final	Men (42")
	1500m Run Final	Women/Youth
	60m Hurdles Final	Men (42")
	60m Hurdles Final	Women (33")
	1500m Run Final	Men
	60m Dash Semi-Final	Women
	60m Dash Semi-Final	Men
	400m Dash Final	Women
	400m Dash Final	Men
	60m Dash Final	Youth – all age groups, G/B, younger 1 st
	60m Dash Final	Women
	60m Dash Final	Men
	800m Run Final	Women
	800m Run Final	Men



200m Dash Final	Youth – all age groups, G/B, younger 1 st
200m Dash Final	Women
200m Dash Final	Men
3000m Run Final	Women
3000m Run Final	Men
Messenger Masters Mile	Women, Sections as needed (Ages 30+)
Messenger Masters Mile	Men, Sections as needed (Ages 30+)
4 x 200m Relay	Youth – all age groups, G/B, younger 1 st
4 x 200m Relay	Women
4 x 200m Relay	Men
4 x 400m Relay	Women
4 x 400m Relay	Men

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

Field Events

9:00 a.m.	<u>Women’s Pole Vault</u> runway warm-up begins.
9:45 a.m.	Women’s Pole Vault begins. Women - bar starts at 2.40m (7’10”); bar will be raised by 20cm up to 3.40 then by 10cm.
Approx. 11:45 a.m.	<u>Men’s Pole Vault</u> runway warm-up begins Warm-up start time may vary depending on numbers/quality in the Women’s pole vault.
Approx. 12:30 p.m.	Men’s Pole Vault begins. Start time may vary depending on numbers/quality in Women’s Pole Vault. Men - bar starts at 3.40m (11’2”), bar will be raised by 20cm up to 4.60n then by 10cm For both men and women pole vault , if opening height is an hour or more after the competition begins, you will get a warm-up jump, if two hours or more, then 2 warm-up jumps. Note: If they choose, Master Men (ages 30+) may compete with women.
9:30 a.m.	<u>High Jump Women</u> warm-up begins.
10:00 a.m.	High Jump Women begins. Bar starts at 1.07m (approx. 3’6”) Bar will be raised 5cm increments (approx. 2”)
Approx. 11:00 p.m.	<u>High Jump Men</u> warm-up begins – Warm-up start time may vary depending on numbers in Women’s HJ.
Approx. 11:30 p.m.	High Jump Men begins – Start time may vary depending on numbers in Women’s HJ. Bar starts at 1.47m (approx. 4’8”) Bar will be raised 5cm increments (approx. 2”).
9:30 a.m.	<u>Weight Throw Women</u> warm-up (15 minutes max. each flight).
10:00 a.m.	Weight Throw Women begins. 6 throws. Followed by <u>Weight Throw Men</u> warm-up (15 minutes max. each flight). Weight Throw Men begins. 6 throws. Followed by <u>Shot Put Women</u> warm-up (15 minutes max. each flight). Shot Put Women begins. 6 throws. Followed by <u>Shot Put Men</u> warm-up (15 minutes max. each flight). Shot Put Men begins. 6 throws.
9:00 a.m.	<u>Youth Long Jump – all age groups Girls and Boys together</u> 15 minute general warm-up
9:15 a.m.	Youth Long Jump begins – 45 minute Open Pit – 3 jumps maximum per athlete. No finals. Youth jumpers must wear their bib number during the Long Jump competition.
10:00 a.m.	<u>Long Jump Open Women and Open Men</u> – 6 jumps. We will divide the field into gender neutral flights of 10-15 based on the number of entries. We will try to place all women in the first flight. Warm-up - 10 minutes each flight.
After LJ	<u>Triple Jump Open Women and Open Men</u> – 6 jumps. We will divide the field into gender neutral flights of 10-15 based on the number of entries. We will try to place all women in the first flight. Warm-up - 10 minutes each flight.

Calendar of Events

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

November

- 23 Upstate Cross Country Series #5 - Mendon Ponds, Rochester, NY. 6k/10k visit www.gvh.net
- 27 Cortland YMCA Turkey Trot 5k 9:00am. Visit www.cortlandymca.org
- 27 Pete Keyes Turkey Trot 5 mile 9:30am. Otsiningo Park, Binghamton, NY visit www.triplecitiesrunnersclub.org
- 27 104th Run for the Diamonds 9 Miles, Berwick, PA. Contact 570-759-1300.
- 27 Baldwinsville Kiwanis Turkey Trot 5k/10k. Visit www.baldwinsvillekiwanis.com
- 30 Finger Lakes Indoor Meet, 3000,60,200,Mile, 4x400 9:00am Barton Hall, Cornell University. Visit www.fingerlakesrunners.org or contact Rob Kurcoba at rk556@cornell.edu

December

- 6 Ugly Christmas Sweater 5k, Cortland, NY 9:00am Contact Jarrod Kolodziczkyk at jkolo72@hotmail.com
- 13 It's a Wonderful Run 5k, 4:40pm Seneca Falls, NY. Visit www.itsawonderfulrun5k.com
- 14 National 50km Race Walk Championships, Santee, CA Visit www.usatf.org
- 20 Last Chance Trail Run & Pancake Breakfast, 8:00-9:15am, Skyline Lodge, Fabius, NY. Contact Mark Driscoll at 315-449-9615. Entry blank in this Newsletter.**
- 27 Upstate Holiday Classic, USATF Niagara Indoor T&F Champs, RIT, 9:30am . Visit www.USATF-Niagara.org.
- 27 USA Indoor Open/Masters 5,000 meter Race Walk Championships, RIT, 8:30am Contact Dave Talcott at 607-223-4361 or dwtalcott@juno.com

January

- 1 Hangover 1/2 marathon. Noon. Albany University. Visit www.hmrrc.org
- 1 36th Annual Resolution Run, 10:07am, Spaghetti Warehouse, Syracuse. Visit www.syracusetrackclub.org
- 11 Finger Lakes Indoor Meet, 5000,60,400,Mile, (400-200-200-800 relay) 9:00am Barton Hall, Cornell University. Visit www.fingerlakesrunners.org or contact Rob Kurcoba at rk556@cornell.edu
- 24 Hartshorne Masters Mile Invitational Cornell University. Visit www.fingerlakesrunners.org

February

- 1 Super Couch Potato 5k, Onondaga Lake Park. Visit www.syracusetrackclub.org
- 8 Finger Lakes Indoor Meet, 5000,60,400,Mile, (400-200-200-800 relay) 9:00am Barton Hall, Cornell University. Visit www.fingerlakesrunners.org or contact Rob Kurcoba at rk556@cornell.edu

Bold Print—SCTC Event

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

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

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

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

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

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

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

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

 City State Zip E-mail Address _____

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

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

Road Running Track Running New Track Meets Road Races

Race Walking Field Events Renewal Coaching

Physical Fitness Youth Development Special Olympics Program

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

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

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

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

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

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

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

Signature(s) Date

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

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

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

Return Service Requested

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

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

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: 213 Scott Avenue, Syracuse, NY 13224	Postage		3.00	+ 3.00
	Total			