



NEWSLETTER
SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLXV

Syracuse Chargers Track Club

November 2015



Last Chance Trail Run and Pancake Breakfast

Skyline Lodge, Highland Forest, Fabius, NY

Saturday, December 19, 2015, 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.

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) mdriscol@esf.edu

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: _____

Syracuse Chargers Track Club, Inc.

Board of Directors

President

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

Vice President

Mark Driscoll 449-9615
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Available

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Open (Men) Coordinator

Available

Open (women) Coord.

Available

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mdriscol@syr.edu
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Merchandise

Available

Awards Banquet

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

Volunteers

Available

Scholarship Award

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6129 Bay Hill Circle
Jamesville, NY 13078

Sunday Walkers Program

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Summer Runs

Available

Oneida shores

Greg Broton
GBroton@nscsd.org

Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices

Mark Driscoll 449-9615

Webmaster

Chris Raulli
craulli88@gmail.com

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

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

The Syracuse Chargers Track Club Newsletter

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

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Material should reach Dave Talcott, 566 McLean Road,
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by the 20nd of the month - Nov 20 for the December issue

Chargers Membership Forms should be sent to:

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

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



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

number is "04-0092"

Send Merchandise orders to:

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

Club Web Site: www.syracusechargers.org

New Members:

Joshua Montreal

Renewing Members:

Marie Christopher	Paul Chwalek	Paul Cianfrocca	Robert & Theresa Domachowski
Bob Doran	Carolyn Eich	Ruth Gais	Ron Herrgesell
Steven & Lisa Indrick	Mary Janiszewski	Sheldon Kall	Nancy Linnenbach
Russell Meseroll	Nicholas Stam	Peter Troiano	Gabe Yankowitz & Sue Shopiro

Recent Charger Age Group Records

M 60-64	High Jump	David Ortman	4ft 11in	7/25/2015
M 60-64	300m IH	David Ortman	46.88	8/12/2015

David Ortman's High Jump record was set at the Washington State Senior Games, Tumwater, WA. It replaces the 4 9 ¼ record jump of Kevin Donovan, set last January. David's hurdles record was set in an all-comer's meet in Shoreline WA. The old record of 49.55 was held by Paul Stelmaszyk, and dates from 2004. (The 300m IH uses the last 7 hurdle placements of the men's 400m IH. The hurdles are 30 inches high in the M 60-69 age groups.) David was born in Bridgeport Connecticut, grew up in North Dakota, and now lives in Washington State. He reports that he once jumped against Dwight Stones in a WAVA meet in Buffalo. (He did not report the outcome of that contest – perhaps unnecessary to do so.)

McConnell's Oddments?

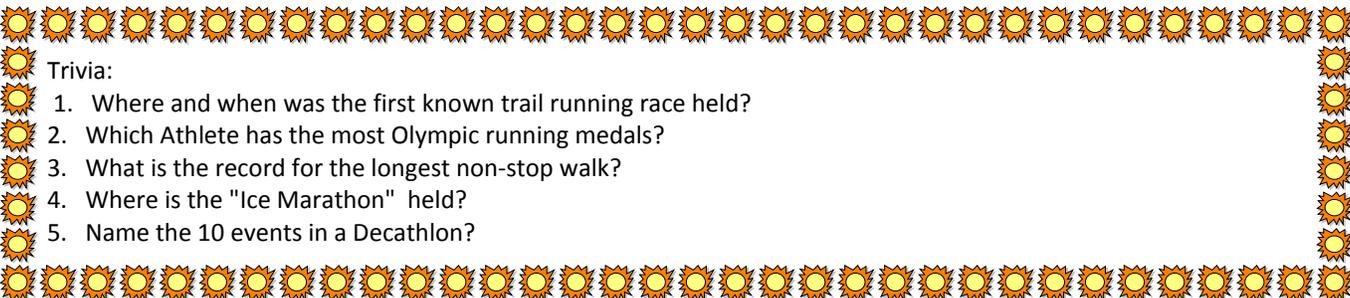
Rants: undisciplined screeds that begin on one topic, meander to another, and end up trying to solve all of the world's problems. They solve none of them, but are sometimes entertaining to read.

Rant #1: There are too many road races

When I first came to Central New York in 1984 I decided to take the plunge and enter my first road race. It was the Ithaca 5 and 10. I ran the 5 and hated every second of it, but fifteen minutes afterwards I was asking people when the next race would be held. I found Tom Rishel, a colleague and avid master's runner, and asked him "Tom, what are some other races in the area a beginner who wants to improve could enter?" Tom thought for a few minutes and then rattled off a rather short list of races. "Forks XV, Mountain Goat, Vestal XX, Boilermaker, Lake Moraine, Trompdown, Ithaca. That's the competitive schedule around here."

And he was right. In those days, significant races were held in the mid-state area at the rate of one or two a month. Pretty much everybody went to all of them. You got to know people. There was a sense of shared community among runners. There was time to recover, plan, and train before the next race.

Today, on any given summer weekend you can easily find three or four road races to enter just in the immediate Syracuse area. Not to mention triathlons, biathlons, duathlons and whatever other kind of athlon somebody dreams up. Options are good things to have, of course, but in today's 24-7 society good things are inevitably dragged out, amped up, and beaten to death. Take postseason baseball (Please!) Time was, the regular season ended and you had the World Series. Everybody enjoyed it, and then it dawned on somebody (advertisers, most likely) that when people appear to enjoy something there is money to be made. So they added the League Championship Series. And then the Divisional Championship Series. And then games to determine who gets into the Divisional Championship Series. Now, by the time the World Series finally rolls around, well after the first snow, you are thoroughly tired of the whole thing and ready for ... Basketball, which will finally drag to a close in June, two months after it should have.



Trivia:

1. Where and when was the first known trail running race held?
2. Which Athlete has the most Olympic running medals?
3. What is the record for the longest non-stop walk?
4. Where is the "Ice Marathon" held?
5. Name the 10 events in a Decathlon?

Or take video entertainment. In my youth I would watch the latest episode of Star Trek on a Thursday evening, knowing that all over the country other kids were doing exactly the same thing at the same time. We would avidly dissect the episode at the bus stop and in the cafeteria the next day. Today, Judy views a recorded show on her laptop, Ned watches Netflix, Jim catches a fight on Pay per View, and Joey enjoys a Kung Fu video he downloaded from a bootleg site in China. Sure, Joey can analyze Kung Fu *ad nauseam* with an "online community" of millions of like-minded individuals worldwide; but, I'm sorry, an online community is not truly communal, any more than online customer support is truly supportive.

Don't underestimate the value of shared community. When it is gone, something very important has been lost.

There. My first rant. I feel better now.

Syracuse Chargers Records for Females 35-39 years

45m	Kathy Pierce	6.5	1/11/1987
45m	Irene Thompson	6.5	12/29/1991
50m	Kathy Pierce	7.0	3/17/1985
55m	Kathy Pierce	7.2	2/17/1984
55m	Irene Thompson	7.2	3/22/1992
60m	Irene Thompson	8.19	4/5/1992
100m	Irene Thompson	12.99	7/27/1991
100m	Irene Thompson	12.9	2/25/1993
200m	Irene Thompson	26.5	6/16/1991
300y	Kathy Pierce	42.0	3/24/1985
300m	Irene Thompson	44.8	1/23/1993
400m	Irene Thompson	61.16	10/10/1993
500m	Kathy Pierce	87.8	2/23/1985
600m	Pat Delia	1:49.8	3/22/1987
800m	Patti Ford	2:21.1	1/20/1994
1000m	Andrea Burke	3:08.7	2/4/1990
1500m	Patti Ford	4:44.2	12/3/1993
1 mile	Sascha Scott	5:05.5	1/25/2014
1 mile	Sascha Scott	5:05.4	2/1/2014
2000m	Karen Vanderwood	7:11.6	3/16/2002
2km steeple	Marilyn Brandt	7:55.8	8/6/1995
3000m	Patti Ford	10:08.9	12/30/1993
2 miles	Leatha Damron	11:53.0	7/22/1999
5km track	Patti Ford	17:46.1	7/25/1993
5km road	Andrea Burke	17:09	5/25/1985
8km track	Patti Ford	29:16.0	1/18/1994
5 miles road	Patti Ford	29:45.0	9/20/1992
10km road	Andrea Burke	36:30.0	6/1/1985
10km track	Murphee Hayes	37:31.3	7/10/2009
15km track	Patti Ford	58:26.4	3/10/1994
15km road	Carolyn Eich	58:19.0	7/11/1993
10 miles	Sascha Scott	1:02:07	5/4/2014
20km	Andrea Burke	1:15:52	6/20/1985
half marathon	Karen Stopyra	1:22:33	9/22/1996
25km road	Elizabeth Mastin	1:45:00	10/1/1989
30km road	Mickey Dockwiler	2:45:37	3/27/1993
marathon	Patti Ford	2:56:16	10/24/1993
50km road	Lorie Marnell	5:21:56	7/5/1997
50m HH	Kathy Pierce	9.6	3/9/1986
55m HH	Karen Wameling	9.7	2/13/1999
60m HH	Karen Wameling	10.63	3/25/2000
80m HH	Karen Wameling	17.28	7/24/1998
100m HH	Karen Wameling	17.34	8/1/1998
110m HH	Irene Thompson	19.3	6/13/1992
400m IH	Kathy Pierce	80.3	7/22/1987
high jump	Irene Thompson	4-8 1/2	8/4/1989
triple jump	Kathy Pierce	31-5 1/4	7/20/1986

long jump	Irene Thompson	16-4 1/2	8/16/1992
weight pentathlon	Kathy Pierce	2191	5/26/1985
weight throw	Kelly Thompson	29-10	3/22/2001
discus 1kg	Kathy Pierce	105-1/2	
hammer 4kg	Kelly Thompson	90-3 3/4	7/25/2003
javelin	Kathy Pierce	100-3	5/18/1986
shot put 4kg	Kathy Pierce	33-6	10/10/1986
indoor pentathlon	Irene Thompson	2310	3/5/1994
pentathlon	Irene Thompson	2489	8/16/1992
heptathlon	Irene Thompson	3677	6/15/1992
2km walk	Patricia Jones	11:41.0	3/24/2001

Syracuse Chargers Records for Males 35-39 years

45m	Al Walton	5.3	1/11/1987
45m	Al Walton	5.3	2/5/1989
50y	Al Walton	5.6	3/8/1987
50m	Al Walton	5.8	3/20/1988
55m	Al Walton	6.2	3/15/1989
60m	Al Walton	7.24	4/2/1989
100m	Al Walton	10.7	4/22/1987
100m	Al Walton	10.7	8/2/1987
100m	Al Walton	10.7	8/8/1987
100m	Al Walton	10.7	7/31/1988
200m	Al Walton	21.7	8/9/1987
220y	David Wright	29.6	4/5/1978
300y	Al Walton	32.79	3/29/1987
300m	Al Walton	36.5	3/27/1988
400m	Tyrone Guiden	51.08	8/6/1995
500m	Jasper Royal	1:09.9	3/27/1988
600y	Jasper Royal	1:17.6	3/25/1985
600m	Jasper Royal	1:25.5	3/18/1984
800m	Scott Weeks	1:55.4	2/12/2010
880y	Bruce Fredrikson	2:15.0	2/27/1975
1000m	Scott Weeks	2:29.7	2/2/2007
1500m	Charles Duggan	4:01.0	1/27/1991
1 mile	Tom Carter	4:17.2	7/17/1988
2000m	John Dwyer	5:42.2	2/2/1985
3000m road	Tim Otis	9:07	4/30/1994
3000m	Tom Carter	8:35.9	12/19/1987
2 miles	John Trowse	9:43.0	12/8/2002
5km track	John Trowse	15:09.0	6/28/2003
5km road	Tom Carter	14:54	8/12/1988
8km track	Steve Nix	30:12.0	1/8/1993
8km road	Tom Carter	24:57.0	8/15/1987
5 miles road	Scott Bagley	25:10.0	3/16/2002
10km road	Joe Contario	31:25.0	9/24/1989
10km track	Joe Contario	32:19.6	7/26/1991
15km track	John View	55:14.5	4/11/1986
15km road	Tom Carter	48:17.0	3/24/1991
10 miles	Tom Carter	51:46.0	4/30/1988
20km	Tom Carter	1:05:33	6/18/1988
half marathon	Robin Wheelless	1:11:15	9/22/1996
25km road	Charles Duggan	1:24:45	9/25/1988
30km road	Ron Gay	1:45:08	3/20/1983
marathon	Bruce Fredrikson	2:34:00	5/16/1976
50km road	Sam Paris	3:30:31	1977
12 hour run road	Jason Fahy	49.020 mi.	5/15/2010
50m HH	Steve Suto	8.4	3/22/1987
55m HH	Steve Suto	8.9	1/13/1983
60m HH	Steve Suto	9.8	3/19/1989
110m HH	Brian Lange	16.6	7/15/1996
400m IH	Robin Wheelless	1:06.3	6/28/1995

high jump	Dennis Rhoads	6ft 8in	6/14/1997
pole vault	Mike Thompson	16-1 1/4	1/26/2002
triple jump	Bob Doran	43-1 1/2	6/28/1989
long jump	Al Walton	21-10 3/4	3/27/1988
weight pentathlon	Norman Deep	2741	7/18/2003
weight throw 35lb	Joe Benoit	51-3	1/18/1997
weight throw 56lb	Norman Deep	26-9 1/2	6/16/2003
shot put 16lb	Norman Deep	44-0	8/2/2002
discus	Brian Lange	128-2 1/2	8/16/1994
hammer	Gary Bartell	153-5 1/2	8/10/1985
javelin	Steve Suto	166-2	7/8/1990
indoor pentathlon	Steve Suto	2499	2/4/1987
decathlon	Brian Lange	6550	7/18/1996
outdoor pentathlon	Al Walton	2897	8/22/1987
1 mile walk	Jim Miner	8:09.0	7/19/1987
3000m walk	Jim Miner	15:20.2	3/20/1988
5km walk road	Jim Miner	26:40.0	9/12/1987
8km walk	Jim Miner	43:34.0	8/15/1987
10km walk road	Jim Miner	54:23.0	5/30/1987
15km walk road	Jim Miner	1:25:53	4/5/1987
20km walk road	Nick Wetter	1:51:59	7/30/1987

Thank you to Dave Patruno who has stepped down as a Board member for over 20 years. We hope to see you out-and-about with your family.

Many thanks to David Kennedy who served as SCTC Treasurer and as the Race Director of the Fayetteville Classic for many years.

Lastly, thanks to Matt Oja for lending his legal expertise to the Board.

Call for nominations for the 2016 Arnie Briggs Good Guy Award **We're now accepting nominations for the 2016 Arnie Briggs Good Guy Award.**

This award was initiated in honor and memory of Arnie after he passed away in 2001. Arnie was a great supporter of running in CNY for many decades; he completed 98 marathons, including fifteen top 35 finishes at Boston, and was the coach and mentor of Kathrine Switzer when she broke the gender barrier at the 1967 Boston Marathon. Arnie ran in some of the earliest Hartshorne Mile competitions. He was one of the Charger founders, and was very helpful to both the Chargers and the S.U. track and cross country programs; he was recognized by all who knew him for his friendliness, modesty, sincerity, and supportiveness.

The previous Arnie Briggs Good Guy Awards were made to Central Square's Jerry Schulz, Nick Wetter, Jasper Royal, Lennie Tucker, Mark Driscoll, Tom Shafer, Nate White, Jim McCaul, Tom Ryan, Dave & Linda Oja, Jim Clancy, Evelyn White, Joe Ribyat, Roger Hahn, and Tom Twichell. If you know a similarly good "guy" (male or female) who has made significant volunteer contributions to the Syracuse Chargers Track Club and our running community, please consider nominating him or her for this award. If you previously nominated someone who has not yet been recognized, please re-nominate if you wish. It does require a brief letter (one page or less), with statements about the nominee's character and volunteer contributions. Nominations should be mailed to Roger Hahn, 5206 Hook Circle, Jamesville, NY 13078, or emailed to rchahn@syr.edu. **Complete nominations received by December 31** will be considered for the 2016 award; any received thereafter will be included in our list of 2017 nominees.

Race Walk Corner:

Charger Erin Taylor-Talcott (37) was invited to compete in a Race Walking Stage race in China in late September. It consisted of two 10km races, a 12km race, and a 15.6km race. Erin was the only American athlete invited to this year's event. Erin walked strongly throughout walking 52:04 and 52:02 in the two 10km races. She split approximately 53:00 for the first 10km in the 12km race and walked steadily to the end. Afterwards she spent a few days in Beijing taking in the sights before heading to Utah to meet Dave and officiate the Huntsman Games. The USA National 5km Masters Race Walk championships were held in Kingsport, TN on October 3rd. Dave Talcott (55) represented well taking the lead for the first 100 meters and then settling into 4th place where he would remain for the entire race. His time of 24:47 was his fastest for the season in a Race Walking race. The Huntsman World Senior Games kicked off on October 5th in St. George Utah. It is a full blown track meet for athletes ages 50 and above. Dave Talcott was invited to compete by the race organizers. On the first day Dave competed in the 3,000 meter Race Walk and the 3,000 meter Power Walk races. In the Race Walk Dave walked 14:41.60 to set an American 55-59 age group record topping Ian Whatley's mark set earlier in July by 1 second. An hour later Dave took the 3,000m Power Walk in 15:19.70. The next day were the 1,500m races. Dave won the Race Walk almost lapping second place with a 7:04.24. He also won the power walk in 7:15.95. On the third day Dave walked 15:54.8 to win the 5km Race Walk on a road course and came back an hour later to walk 25:46.6 to win the Power Walk. All of his times were Huntsman Games Records. Erin is on a plane to China as this is being put together. She will compete in a Stage race near Shanghai. The race consists of 4 races in 4 days—two 10k's, a 12k and a 15k. Erin was the only USA competitor invited for the second straight year.



THE CHARGER CHALLENGE

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

PROGRAM RULES, AWARDS AND ENTRY FEES:

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

THE CHARGER CHALLENGE

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

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

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

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

Mileage: All actual mileage covered can be recorded

THE CHARGER 500 MILE CHALLENGE

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

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

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

Actual mileage up to 3 miles per day can be recorded

THE FAMILY CHALLENGE

Family members combine their mileage towards a common goal

Entry

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

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

CHARGER CHALLENGE APPLICATION FORM

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

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

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

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

Signature(s) _____ Date _____

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

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

STEEP UPHILL TREADMILL WALKING

By Sam Graceffo, MD

There are two situations in which you might be looking for a low impact cross training exercise. One is the unfortunate condition in which you are injured and can't run. The other is when you want to supplement your running by boosting your overall training volume in order to improve performance. Here are the candidates:

SWIMMING: A great cardiovascular exercise but totally different from running. If you have been running a while, your heart and lungs are already in good condition. It won't keep your body in running shape.

POOL RUNNING: Resistance of the water makes movements considerably slower than running in air. It could be great after an injury because the buoyancy of the water makes it non-weight bearing and the movements are smooth and even. Not a good choice for improving performance.

BIKING: No impact and a great CV exercise. Again, very little carryover to running movements. Elite bikers can spend 30 hours per week training compared to only 15 for elite runners. The heart and lungs of the runners could do more, but the musculoskeletal system can't sustain the impact. In my own case, my aging and arthritic body has set limits on the amount of pounding it will put up with.

ELLIPTICAL TRAINING: Much closer to the motor patterns of running than the previous choices. There is one major deficiency. An important part of the running pattern is picking up the knees and swinging the advancing foot forward. The elliptical machine does a part of this work, making it easy for the body to get away with easing up on this vital phase of the running pattern.

WALKING ON FLAT SURFACE: It can be adequate for CV training, but the intensity is usually much lower than running. Once again, there is no high lifting of the knees as in running.

STEEP UPHILL WALKING ON THE TREADMILL: This is the best! It is low impact, high intensity and very similar to running. Walking 3.5 mph on flat surface burns 224 calories in an hour if you weigh 130 pounds. The same speed at a 15-degree angle uses 354 calories or 58% more. The knees have to be elevated high and the foot swung forward quickly. Performed on the treadmill, you don't have any downhill walking as you would on the road. In a race, walking up a super steep hill has been shown to be as quick and efficient as running.

HOW TO START: With any new exercise, it takes time for the body to adjust. Start carefully. Set the treadmill to maximum incline and then walk slowly for a minute or so. Then experiment with gradually increasing speed every few minutes till you have had enough. If coming off an injury, you can do this a few times per week. If trying to improve performance, you can do this as a recovery day or as a second workout in the afternoon after a morning run. You can also do this as a long and hard workout in place of a quality running day. You might even try alternating a minute running with a minute uphill walking.

BOTTOM LINE: Steep uphill treadmill walking, in good posture, mimics the running motion yet is low impact. It provides an excellent cardiovascular workout while being kind to the musculoskeletal system. It can be an excellent choice for an injured runner or someone wanting to improve running performance.

Thoughts from the Festival of Races:

I started volunteering for the 5K Festival of Races back in 2010. It is that persuasive way Dave Oja has and his energy level that totally sucks me in every year! Anyone that has met Dave knows that his enthusiasm is contagious and I personally have never seen him get stressed before, during or after a race. His comment to me every year when I get worried about something is always, "Don't worry, it works out every year". We have had some soggy races, but this year was absolutely gorgeous with partly sunny skies, slight breeze and 50 degrees at the start. Fantastic for any athlete (could be just my opinion only though with those runners who love the heat! Yuck!). I absolutely love to watch those runners year after year finish with times so far out of my reach and so inspirational to see those that are still running into their 80's. Incredible. I adore seeing the excitement in the kids that are walking/running the 3K and love that the parents come to support them in that goal of crossing that finish line. My hope is that excitement rolls over into their adult life.

I so enjoy "my" registration tent. The people that come out to give up their time to help for hours in sometimes not so pleasant of weather, is much appreciated. I see the same people year after year and I couldn't do it without them that is for sure. Keep sending me those SU students Dave!!

This year we had packet pick up at Dick's and I had the pleasure of talking with our course record holder Anne Hare. With her New Zealand accent, stories of her running career, her coaching her daughters XC team and her trip to NYC with her 2 daughters and her husband after her Syracuse visit, I could have listened to her for hours. She is one of the most gracious athletes I have ever met. She was so accommodating with any picture I wanted to snap.

I look forward to doing this all over again next year!! Corrine Haynes



Anne Hare, Corrine, and Dave Oja.
Photo by Lew Cutler

J. and J. Goulet
Yvonne Tasker-Rothenberg runningart.com



USATF #0035
FELDER
ALL-COMERS Track Meets
FREE
USATF Sanction # 15-04-680
Onondaga Community College
SRC/ Arena



Registration, **A and D, 2-2:45, B and C, 4:45-5:30**

Start Time, **A and D, 2:50, B and C, 5:35**

Entry fee, None. Awards, participation ribbons.

Age Groups (AGE RECORDS, one-year increments through 7th birthday) **USATF Age Groups, 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29 Open, 30-34 sub-Master, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-PLUS**
(AGE RECORDS, one-year increments following 100th birthday)

**** POLE VAULT, limit 15. MUST reserve spot with Lennie, first come, first serve. e-mail only, lennieruns@aol.com**

--NO METAL SPIKES

Dec. 12 A	Dec. 19 B	Jan. 9 C	Feb. 6 D
Mile	800 m	3000 m	Yvonne's Relay Carnival
55m h		55m h	
55m dash	200 m	55m dash	4 x 800
long jump		triple jump	SMR (200-200-400-800)
	high jump		
pole vault **		pole vault**	high jump
			long jump
no throws			
	shot put, please put weight of implement on seed card	no throws	shot put, please put weight of implement on seed card
4 x 200 relay	4 x 200 relay	4 x 200 relay	4 x 200 relay

--Please bring your own implements/throws. Four attempts, jumps, throws. **TRIPLE JUMP** and **POLE VAULT**, must be 13+. **QUESTIONS 315-491-8328**
lennieruns@aol.com

WAIVER--participants/volunteers

Name _____ M____ F____ Age____ Birthdate____ **USATF INDIV. #** _____
(if you have one)

Address _____

_____ telephone _____

Please **print** name here _____ e-mail _____

Persons age 17 and under, list parent/guardian name and address, if different from above.

Acknowledgement, Waiver, and Release from Liability. I acknowledge that participation in this developmental track meet is potentially hazardous and includes the possibility of death, serious injury, and property loss. I attest or verify that I am, and/or the above-named child is, medically able to safely complete these events. I assume all the risks associated with my participation and/or that of my child in this series of meets, including, but not limited to falls, actions, or contacts with other participants, volunteers, USATF, Games Makers, and spectators. I am aware that the medical support for this event will be personnel who will be prepared to administer first aid assistance. I agree to abide by any decision of a meet volunteer relative to my ability and/or that of my child to safely complete any of these events. I also grant full permission to any and all of the foregoing to use any photographs of this event for any purpose whatsoever. **Having read** this waiver and knowing these facts, and on conditions of your accepting my participation and/or that of my child, I, myself, and anyone entitled to act on my behalf, waive, release, and discharge Felder Track and Field Club, the games makers and volunteers, Onondaga Community College, and all assigns and sponsors from all claims and liabilities of every kind or nature arising out of my participation and/or that of my child's participation in this track and field meet. **I hereby certify** that I have read all of the terms/conditions of this release and intend to be legally bound thereby.

Signature _____
(participant)

Date _____

Signature of Parent or Participant _____

Date _____

(Please circle date, thank you.)

Dec. 12

Dec. 19

Jan. 9

Feb. 6

**Our meets are accessible to all. Can you donate to help us?
We sincerely thank you.**

**The Felder Board
2015-2016**

New Charger Board Member—Norm Deep:

I Have been a Charger member for over 20 years now.

As a high school athlete at Clinton HS I was a football player and school record holder in the shot-put as well as a 3-time TVL all-star.

I was a member of the Track and Field team at Colgate University (most improved award in my senior year on Colgate's NYSCT&FA championship team - still "alive" on Colgate's top 10 all-time lists in both indoor and outdoor shot-put!) and was also a two-time letter winner as a Football player there.

Upon Graduation I coached college football for 2 years at the University at Albany and played semi-pro football for the Albany Metro-Mallers. I competed and qualified for multiple Empire State Games teams in the Shot-put, hammer throw and javelin in the open division. I also placed 2nd in NY State in power lifting twice in the 275 pound weight class.

My most accomplished Open Division competitive experience came in 1992 when I qualified for and represented the USA East Region team in a challenge dual meet vs. the Quebec Athletic Federation.

Since turning 30 (about 100 years ago...) I have been a masters athlete frequent flyer and have a multitude of Empire State Games medals, national rankings and Charger age-group records in the throws to my name.

I was masters age-group USATF National champion once in Indoor Shot-Put and once in the Outdoor Throws Pentathlon.

I have also competed Nationally and internationally in the Scottish Highland Games for 20 years and recently finished 10th overall in the 45-49 year old age group at the 2015 Highland Games Masters World Championships.

I have USATF level ONE certification in Track and Field and have been the featured speaker on the throws twice at the NYSPHSAA state coaches clinic. I have also served as TVL boys outdoor track chairman, CSC boys outdoor track chairman, Section III boys outdoor vice-chair and Section III indoor boys vice chair for 22 years.

I have been a Social Studies teacher at Clinton HS since 1992 (having served also as Social Studies department chair for 2 years, then as Athletic Director for 2 years and also as Dean of Students for 3 years). I was the head football coach at Clinton for 12 years (assistant for 3) and I am now entering my 23rd year as Head Boys Outdoor Track and Field coach and we have won 12 league titles and NINE Section III championships in that time.

Three years ago...CCS consolidated our Boys and Girls program into one co-ed staff and I was also given the reigns of the Girls Varsity program where we have won TWO section III titles in the last three years.

Clinton has won BOTH the Boys AND the Girls section III titles in outdoor track in the same season for two consecutive years in a row now.

I moonlighted for six years as an assistant throws coach at Hamilton College (in addition to my High School coaching) until my wife and I had our two children Jenna (11) and Georgia (9) who are accomplished youth Track and Field athletes with multiple Charger's age-group records to their names as well.

I started the boys and girls Indoor Track and Field program at Clinton in 1994 and have served as the co-ed Head Coach of that program since it's inception. In that time CCS has never lost a boys Indoor League title and the girls have won all but three times.

CCS has placed more than 50 athletes in college Track and Field programs in my tenure and I have coached many athletes who have gone on to also become coaches in collegiate programs themselves.

You said to give you anything that I would find interesting. I'm interested in ALL of that! My wife says that nobody else is, however. What the members and readers of the newsletter would be interested in is now up to you guys!

-Norm



New Zealand's Anne Hare and Family

THE 23rd ANNUAL SYRACUSE FESTIVAL OF RACES
 Syracuse, NY October 4, 2015
 MEN'S 5K

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

PLACE NAME	AGE	PLACE IN AGEGROUP	GUN TIME	GUN PACE	NET TIME	NET PACE	RESIDENCE	ST	1st SPLIT	2nd SPLIT	
1 Omar Boulama	21	1/19	M20-29	14:40	4:44	14:40	4:44	Walworth	NY	7:23	7:17
2 Sam Morse	31	1/6	M30-34	14:47	4:46	14:47	4:46	Camden	NY	7:23	7:24
3 Gregory Mitchell	42	1/26	M40-44	15:08	4:53	15:08	4:53	McMinville	OR	7:31	7:37
4 Alan Black	41	2/26	M40-44	15:41	5:03	15:41	5:03	Hillsboro	GA	7:44	7:57
5 Chad Newton	45	1/22	M45-49	15:48	5:05	15:48	5:05	Pisgah Forest	NC	7:54	7:54
6 Kristian Blaich	49	2/22	M45-49	15:51	5:06	15:51	5:06	Decatur	GA	7:54	7:57
7 Ace Serianni	25	2/19	M20-29	16:08	5:12	16:08	5:12	Rochester	NY	8:01	8:07
8 Phillippe Rolly	43	3/26	M40-44	16:10	5:12	16:10	5:12	McLean	VA	7:55	8:15
9 Nat Larson	53	1/36	M50-54	16:10	5:13	16:10	5:12	Amherst	MA	8:03	8:07
10 Christian Blondin	42	4/26	M40-44	16:14	5:14	16:14	5:14	Ipswich	MA	8:05	8:09
11 Nick Mosey	37	1/7	M35-39	16:15	5:14	16:15	5:14	Kingston	ON	8:03	8:12
12 Stephen Rathbun	23	3/19	M20-29	16:23	5:17	16:23	5:17	Rahway	NJ	8:03	8:20
13 Josh Harter	40	5/26	M40-44	16:25	5:17	16:25	5:17	Avon	NY	8:05	8:20
14 Peter Boyd	41	6/26	M40-44	16:26	5:18	16:26	5:17	Union City	PA	8:05	8:20
15 Tim Van Orden	47	3/22	M45-49	16:27	5:18	16:27	5:18	Bennington	VT	8:09	8:18
16 Mark Williams	42	7/26	M40-44	16:29	5:19	16:29	5:19	Columbia	NJ	8:07	8:22
17 Brant Stachel	24	4/19	M20-29	16:34	5:20	16:34	5:20	Kingston	ON	8:07	8:27
18 David Atkinson	45	4/22	M45-49	16:37	5:21	16:36	5:21	Grand Blanc	MI	8:13	8:23
19 Mike Nier	50	2/36	M50-54	16:39	5:22	16:39	5:22	Rochester	NY	8:11	8:28
20 Matthew Whitis	47	5/22	M45-49	16:46	5:24	16:46	5:24	Columbus	GA	8:22	8:24
21 Chris White	41	8/26	M40-44	16:49	5:25	16:49	5:25	Elkhart	IN	8:21	8:28
22 Volker Burkowski	44	9/26	M40-44	16:49	5:25	16:49	5:25	Gansevoort	NY	8:15	8:34
23 Daniel Dixon, Jr.	51	3/36	M50-54	16:51	5:26	16:50	5:25	Jackson	MI	8:27	8:23
24 Gary Rosenberg	44	10/26	M40-44	16:51	5:26	16:51	5:26	Morristown	NJ	8:22	8:29
25 Ron Kochanowicz	44	11/26	M40-44	16:52	5:26	16:52	5:26	Smithville	MO	8:11	8:41
26 Ruben Henderson, Jr.	53	4/36	M50-54	16:54	5:27	16:54	5:27	Grand Rapids	MI	8:19	8:35
27 Dave Bussard	55	1/31	M55-59	16:55	5:27	16:55	5:27	Elkhart	IN	8:14	8:41
28 Richard Cohen	44	12/26	M40-44	16:56	5:27	16:56	5:26	Utica	NY	8:24	8:29
29 Alan Evans	52	5/36	M50-54	16:58	5:28	16:58	5:28	Beaver Dams	NY	8:27	8:31
30 Derrick Staley	56	2/31	M55-59	16:59	5:28	16:58	5:28	Ballston Lake	NY	8:26	8:32
31 Gary Droze	54	6/36	M50-54	16:59	5:28	16:59	5:28	Tallahassee	FL	8:31	8:28
32 Dave Dunham	51	7/36	M50-54	17:01	5:29	17:01	5:29	Bradford	MA	8:27	8:34
33 Brian Crowley	50	8/36	M50-54	17:06	5:30	17:06	5:30	Hillsborough	NJ	8:27	8:39
34 Michael Dee	24	5/19	M20-29	17:08	5:31	17:07	5:31	East Syracuse	NY	8:24	8:43
35 Charlie Andrews	58	3/31	M55-59	17:17	5:34	17:16	5:34	Rochester	NY	8:30	8:46
36 Ron Zywicki	54	9/36	M50-54	17:21	5:36	17:20	5:35	Traverse City	MI	8:29	8:51
37 Ken Youngers	59	4/31	M55-59	17:35	5:40	17:33	5:39	Tucker	GA	8:36	8:57
38 Tom Bernhard	64	1/39	M60-64	17:36	5:40	17:36	5:40	Castro Valley	CA	8:50	8:46
39 Dale Flanders	50	10/36	M50-54	17:37	5:41	17:37	5:41	Allegany	NY	8:36	9:01
40 Carl Johnston	50	11/36	M50-54	17:39	5:41	17:38	5:41	Pittsford	NY	8:41	8:57
41 Antonio Arreola	56	5/31	M55-59	17:40	5:41	17:39	5:41	San Jose	CA	8:51	8:48

42	Jeff Conston	47	6/22	M45-49	17:40	5:41	17:40	5:41	17:40	5:41	Hopewell Jct	NY	8:40	9:00
43	Jeffery Dundas	56	6/31	M55-59	17:41	5:42	17:41	5:42	17:41	5:42	Conyers	GA	8:30	9:11
44	Theodor Schnauffer	51	12/36	M50-54	17:43	5:43	17:43	5:43	17:43	5:43	Syracuse	NY	8:50	8:53
45	Nathan Skipper	52	13/36	M50-54	17:50	5:45	17:50	5:45	17:48	5:44	Ellenwood	GA	8:42	9:06
46	John Stadtlander	50	14/36	M50-54	17:51	5:45	17:51	5:45	17:50	5:45	Clifton Park	NY	8:49	9:01
47	Danny Driscoll	22	6/19	M20-29	17:54	5:46	17:54	5:46	17:52	5:45	Syracuse	NY	8:33	9:19
48	Alan Cushman	43	13/26	M40-44	17:54	5:46	17:54	5:46	17:51	5:45	Cicero	NY	8:48	9:03
49	Robert Irwin	42	14/26	M40-44	17:55	5:46	17:55	5:46	17:55	5:46	Guilderland	NY	8:50	9:05
50	Leo Kolshorn	41	15/26	M40-44	17:58	5:47	17:58	5:47	17:56	5:47	Hawley	PA	8:56	9:00
51	Colin Munsey	50	15/36	M50-54	17:59	5:48	17:59	5:48	17:58	5:47	Pearisburg	VA	8:45	9:13
52	John Victoria	61	2/39	M60-64	18:03	5:49	18:03	5:49	18:02	5:48	Colorado Springs	CO	8:51	9:11
53	Kareem Lanier	42	16/26	M40-44	18:06	5:50	18:06	5:50	18:06	5:50	Lincoln University	PA	8:45	9:21
54	Kyle Lanier	42	17/26	M40-44	18:07	5:50	18:07	5:50	18:07	5:50	Lincoln University	PA	8:47	9:20
55	Michael Jackson	43	18/26	M40-44	18:10	5:51	18:10	5:51	18:10	5:51	Red Lion	PA	8:44	9:26
56	John Van Kerkhove	53	16/36	M50-54	18:14	5:52	18:14	5:52	18:13	5:52	Rochester	NY	8:58	9:15
57	Daniel Yarnall	18	1/10	M14-19	18:14	5:52	18:14	5:52	18:11	5:51	Chalfont	PA	8:47	9:24
58	Tim Dwyer	55	7/31	M55-59	18:21	5:55	18:21	5:55	18:19	5:54	Rochester	NY	9:03	9:16
59	Alex James	27	7/19	M20-29	18:24	5:56	18:24	5:56	18:21	5:55	East Syracuse	NY	8:58	9:23
60	Shawn Molloy	46	7/22	M45-49	18:25	5:56	18:25	5:56	18:21	5:55	Central Square	NY	9:07	9:14
61	Jeremy Zgoda	19	2/10	M14-19	18:26	5:56	18:26	5:56	18:23	5:55	Buffalo	NY	8:58	9:25
62	Don Hughes	58	8/31	M55-59	18:26	5:56	18:26	5:56	18:24	5:56	Syracuse	NY	9:05	9:19
63	Reno Stirrat	61	3/39	M60-64	18:27	5:57	18:27	5:57	18:27	5:57	Rockaway	NJ	8:59	9:28
64	Mark Rybinski	60	4/39	M60-64	18:28	5:57	18:28	5:57	18:27	5:57	Manlius	NY	9:08	9:19
65	William Dixon	68	1/29	M65-69	18:33	5:58	18:33	5:58	18:32	5:58	Brattleboro	VT	9:07	9:25
66	Loren Davies	48	8/22	M45-49	18:33	5:59	18:33	5:59	18:28	5:57	Liverpool	NY	9:07	9:21
67	Doug Bell	64	5/39	M60-64	18:40	6:01	18:40	6:01	18:39	6:01	Greeley	CO	8:55	9:44
68	Timothy Riccardi	57	9/31	M55-59	18:43	6:02	18:43	6:02	18:41	6:01	Marietta	NY	9:12	9:29
69	Kevin Abel	21	8/19	M20-29	18:55	6:06	18:55	6:06	18:53	6:05	Liverpool	NY	8:53	10:00
70	Dennis Delaney	51	17/36	M50-54	18:56	6:06	18:56	6:06	18:53	6:05	Syracuse	NY	9:22	9:31
71	Lloyd Hansen	67	2/29	M65-69	18:59	6:07	18:59	6:07	18:59	6:07	Salt Lake City	UT	9:20	9:39
72	Bill Newsham	50	18/36	M50-54	19:00	6:07	19:00	6:07	18:58	6:07	Brookline	NH	9:26	9:32
73	Michael Boni	50	19/36	M50-54	19:02	6:08	19:02	6:08	19:02	6:08	Liverpool	NY	9:09	9:53
74	Charles Morrow	55	10/31	M55-59	19:04	6:08	19:04	6:08	19:02	6:08	New York City	NY	9:32	9:30
75	Joel Garrell	57	11/31	M55-59	19:07	6:09	19:07	6:09	19:04	6:08	Morristown	NJ	9:26	9:38
76	Wayne Crandall	52	20/36	M50-54	19:07	6:09	19:07	6:09	19:05	6:09	West Henrietta	NY	9:22	9:43
77	Mark Reese	50	21/36	M50-54	19:08	6:10	19:08	6:10	19:05	6:09	Seneca Falls	NY	9:32	9:33
78	Steven Vankerkhove	52	22/36	M50-54	19:11	6:11	19:11	6:11	19:09	6:10	Webster	NY	9:25	9:44
79	Severn Loftus	39	2/7	M35-39	19:12	6:11	19:12	6:11	19:12	6:11	Fulton	NY	9:26	9:46
80	Terence McLaughlin	55	12/31	M55-59	19:15	6:12	19:15	6:12	19:14	6:12	Spotsylvania	VA	9:33	9:41
81	Kirk Larson	64	6/39	M60-64	19:16	6:12	19:16	6:12	19:14	6:12	Atlanta	GA	9:33	9:41
82	Paul Humphrey	48	9/22	M45-49	19:23	6:15	19:23	6:15	19:19	6:14	Deerfield	NY	9:29	9:50
83	Gary Radford	58	13/31	M55-59	19:25	6:15	19:25	6:15	19:24	6:15	Cicero	NY	9:25	9:59
84	Jim Vandish	44	19/26	M40-44	19:29	6:16	19:29	6:16	19:25	6:15	Oswego	NY	9:20	10:05
85	Bob Dalton	62	7/39	M60-64	19:30	6:17	19:30	6:17	19:29	6:17	Fayetteville	GA	9:37	9:52
86	Nich Hoffman	18	3/10	M14-19	19:30	6:17	19:30	6:17	19:27	6:16	Chelsea	MI	9:22	10:05
87	Patrick Gaughan	62	8/39	M60-64	19:30	6:17	19:30	6:17	19:28	6:16	Rivervale	NJ	9:39	9:49
88	Mark Chiusano	60	9/39	M60-64	19:31	6:17	19:31	6:17	19:31	6:17	Metuchen	NJ	9:39	9:52
89	Peter Mullin	64	10/39	M60-64	19:32	6:18	19:32	6:18	19:31	6:17	Houston	TX	9:27	10:04

90	Tim Sick	25	9/19	M20-29	19:37	6:19	19:32	6:18	Cherry Hill	NJ	9:27	10:05
91	Frank Gioia	62	11/39	M60-64	19:39	6:20	19:38	6:19	Batavia	NY	9:42	9:56
92	Bill Beyerbach	60	12/39	M60-64	19:41	6:21	19:39	6:20	Rochester	NY	9:33	10:06
93	Paul Cianfrocca	51	23/36	M50-54	19:44	6:21	19:40	6:20	Camillus	NY	9:43	9:57
94	Neal Coffey	54	24/36	M50-54	19:50	6:23	19:49	6:23	Cazenovia	NY	9:36	10:13
95	Ryan Carroll	35	3/7	M35-39	19:51	6:24	19:46	6:22	Syracuse	NY	9:33	10:13
96	Tim McMullen	62	13/39	M60-64	19:55	6:25	19:53	6:24	Churchville	NY	9:41	10:12
97	Sean Hayden	43	20/26	M40-44	19:56	6:25	19:56	6:25	Brewerton	NY	9:49	10:07
98	Wally Hayes	63	14/39	M60-64	19:57	6:26	19:55	6:25	Ann Arbor	MI	9:48	10:07
99	Kevin Arloff	48	10/22	M45-49	19:59	6:26	19:58	6:26	Huntington Station	NY	9:32	10:26
100	Jack Santariello	16	4/10	M14-19	20:00	6:26	19:57	6:26	Marcellus	NY	9:33	10:24
101	Javier Martinez	44	21/26	M40-44	20:01	6:27	19:58	6:26	Baldwinsville	NY	9:45	10:13
102	Stephen Jones	44	22/26	M40-44	20:03	6:27	20:02	6:27	West Chester	PA	9:27	10:35
103	Frank Salvadore	38	4/7	M35-39	20:05	6:28	19:59	6:26	Liverpool	NY	10:04	9:55
104	Doug Goodhue	73	1/18	M70-74	20:07	6:29	20:06	6:29	Milford	MI	9:42	10:24
105	Sam Vanetten	20	10/19	M20-29	20:11	6:30	20:04	6:28	Geneva	NY	10:02	10:02
106	Devin Croft	62	15/39	M60-64	20:12	6:30	20:10	6:30	Littleton	CO	10:00	10:10
107	Keith Scott	53	25/36	M50-54	20:13	6:31	20:12	6:30	Le Roy	NY	10:00	10:12
108	Doc Rappole	66	3/29	M65-69	20:13	6:31	20:12	6:31	Bemus	NY	9:52	10:20
109	Aaron Pratt	61	16/39	M60-64	20:13	6:31	20:12	6:30	Saline	MI	9:51	10:21
110	Bill Bosmann	65	4/29	M65-69	20:18	6:32	20:16	6:32	Rockaway	NJ	10:01	10:15
111	Daniel Magin	19	5/10	M14-19	20:26	6:35	20:18	6:33	Geneva	NY	9:52	10:26
112	Tony Gingello	68	5/29	M65-69	20:30	6:36	20:29	6:36	Rochester	NY	10:09	10:20
113	Robert Mozo	52	26/36	M50-54	20:33	6:37	20:30	6:36	Clay	NY	10:10	10:20
114	Comner Pascual	16	6/10	M14-19	20:39	6:39	20:33	6:37	Manlius	NY	10:11	10:22
115	Bill Trengove	61	17/39	M60-64	20:42	6:40	20:40	6:39	Wharton	NJ	10:21	10:19
116	Vasan Neovakul	65	6/29	M65-69	20:44	6:41	20:41	6:40	Atlanta	GA	10:08	10:33
117	Dave Laris	53	27/36	M50-54	20:48	6:42	20:44	6:41	Clay	NY	10:07	10:37
118	Ken Cresswell	53	28/36	M50-54	20:50	6:43	20:47	6:42	Cazenovia	NY	10:35	10:12
119	Jerry Learned	67	7/29	M65-69	20:55	6:44	20:55	6:44	Gainesville	GA	10:12	10:43
120	Roger Price	66	8/29	M65-69	20:56	6:45	20:54	6:44	Randolph	NJ	10:22	10:32
121	Tommy Fletcher	13	1/11	M01-13	20:59	6:46	20:51	6:43	Fayetteville	NY	10:26	10:25
122	Gregory Snyder	30	2/6	M30-34	21:00	6:46	20:50	6:43	Syracuse	NY	10:18	10:32
123	Fred Miller	64	18/39	M60-64	21:00	6:46	20:54	6:44	Liverpool	NY	10:32	10:22
124	Jim Cox	55	14/31	M55-59	21:01	6:46	20:57	6:45	Liverpool	NY	10:20	10:37
125	William Clauss	64	19/39	M60-64	21:03	6:47	21:01	6:46	Rochester	NY	10:21	10:40
126	Douglas Wood	65	9/29	M65-69	21:09	6:49	21:06	6:48	Sylvan Beach	NY	10:19	10:47
127	John Austin	60	20/39	M60-64	21:10	6:49	21:04	6:47	Syracuse	NY	10:30	10:34
128	Mitch Moore	61	21/39	M60-64	21:12	6:50	21:10	6:49	Rochester	NY	10:18	10:52
129	Gene Jensen	61	22/39	M60-64	21:14	6:50	21:13	6:50	Webster	NY	10:36	10:37
130	Przemyslaw Nowicki	71	2/18	M70-74	21:15	6:51	21:13	6:50	Holmdel	NJ	10:23	10:50
131	George Stanley	47	11/22	M45-49	21:17	6:51	21:12	6:50	Syracuse	NY	10:38	10:34
132	Richard O'Neill	62	23/39	M60-64	21:18	6:52	21:14	6:50	Syracuse	NY	10:33	10:41
133	Peter Eschenbrenner	28	11/19	M20-29	21:24	6:53	21:18	6:52	Miami	FL	10:27	10:51
134	John Parker	49	12/22	M45-49	21:26	6:54	21:21	6:53	Jamesville	NY	10:38	10:43
135	David Bowen	63	24/39	M60-64	21:27	6:55	21:26	6:54	Port Byron	NY	10:22	11:04
136	Rob Picotte	62	25/39	M60-64	21:33	6:56	21:30	6:56	Malta	NY	10:21	11:09
137	Gary Burak	57	15/31	M55-59	21:33	6:57	21:29	6:55	New Hartford	NY	10:36	10:53
138	Samuel Sampere	50	29/36	M50-54	21:34	6:57	21:30	6:56	Fayetteville	NY	10:25	11:05

139	Michael Girard	7/10	M14-19	21:34	6:57	21:30	6:55	Phoenix	NY	10:17	11:13
140	Joshua Aitken	2/11	M01-13	21:36	6:57	21:32	6:56	Jamesville	NY	10:49	10:43
141	Ray Scaringe	26/39	M60-64	21:38	6:58	21:36	6:57	Clifton Park	NY	10:44	10:52
142	Harold Nolan	10/29	M65-69	21:38	6:58	21:38	6:58	Navesink	NY	10:08	11:30
143	Jared Hackley	12/19	M20-29	21:42	6:59	21:34	6:57	Reading	MA	10:51	10:43
144	Paul Carlin	11/29	M65-69	21:45	7:00	21:43	7:00	Indianapolis	IN	10:41	11:02
145	Thomas Lamme	12/29	M65-69	21:46	7:01	21:43	7:00	Penfield	NY	10:49	10:54
146	Miles Baroody	3/11	M01-13	21:47	7:01	21:44	7:00	Auburn	NY	10:40	11:04
147	Bradley Anderson	5/7	M35-39	21:53	7:03	21:49	7:02	Binghamton	NY	10:47	11:02
148	Jacob Ferree	13/19	M20-29	21:55	7:04	21:52	7:03	Springfield	VA	11:05	10:47
149	Keith Yeates	13/29	M65-69	21:56	7:04	21:54	7:03	Pittsford	NY	10:45	11:09
150	Stephen Viegas	14/29	M65-69	22:04	7:06	22:01	7:06	Reading	MA	10:50	11:11
151	Michael Burns	16/31	M55-59	22:04	7:07	22:01	7:05	Watertown	NY	10:46	11:15
152	Nicholas Brancato	8/10	M14-19	22:10	7:08	22:03	7:06	Liverpool	NY	10:45	11:18
153	Jay Ferrimani	17/31	M55-59	22:19	7:11	22:17	7:11	Fairport	NY	10:45	11:32
154	Kevin Neville	30/36	M50-54	22:21	7:12	22:16	7:10	Syracuse	NY	10:43	11:33
155	Ken Gallant	27/39	M60-64	22:22	7:12	22:21	7:12	Rochester	NY	10:47	11:34
156	Rick Stetson	3/18	M70-74	22:30	7:15	22:27	7:14	Duxbury	MA	10:55	11:32
157	Roger Robinson	1/9	M75-79	22:32	7:15	22:29	7:15	New Paltz	NY	11:16	11:13
158	Richard Cowburn	28/39	M60-64	22:33	7:16	22:27	7:14	Cicero	NY	10:59	11:28
159	Shannon David	3/6	M30-34	22:33	7:16	22:25	7:13	Syracuse	NY	11:04	11:21
160	Phil Driscoll	18/31	M55-59	22:37	7:17	22:34	7:16	Syracuse	NY	11:14	11:20
161	Keegan Brady	4/11	M01-13	22:40	7:18	22:38	7:17	Auburn	NY	10:58	11:40
162	Patrick Glover	15/29	M65-69	22:42	7:19	22:38	7:18	Clifton Park	NY	11:00	11:38
163	Brandon Rudd	14/19	M20-29	22:42	7:19	22:34	7:16	Clay	NY	11:10	11:24
164	Robert Lund, Jr.	19/31	M55-59	22:47	7:20	22:43	7:19	Berwyn	PA	11:15	11:28
165	Jim Miller	29/39	M60-64	22:48	7:21	22:42	7:19	Clay	NY	11:05	11:37
166	Liam Finnigan	16/29	M65-69	22:51	7:22	22:47	7:20	Farmington	NY	11:12	11:35
167	Dacheng Ren	23/26	M40-44	22:57	7:23	22:52	7:22	Syracuse	NY	10:48	12:04
168	Joe Carter	4/18	M70-74	22:58	7:24	22:56	7:23	Snellville	GA	11:11	11:45
169	Anthony Muhlnickel	30/39	M60-64	23:01	7:25	22:55	7:23	North Syracuse	NY	11:07	11:48
170	Jim Glinesky	17/29	M65-69	23:02	7:25	22:59	7:24	Pittsford	NY	11:14	11:45
171	Patrick Riccardi	18/29	M65-69	23:10	7:28	23:05	7:26	Syracuse	NY	11:25	11:40
172	Mark Person	20/31	M55-59	23:12	7:28	23:05	7:26	Syracuse	NY	11:28	11:37
173	Ron Mastin	2/9	M75-79	23:15	7:29	23:07	7:27	Woodstock	GA	11:52	11:15
174	Frank White, Jr.	5/18	M70-74	23:15	7:29	23:08	7:27	Cumming	GA	11:31	11:37
175	Patrick Wrobel	31/39	M60-64	23:15	7:29	23:06	7:27	Seneca Falls	NY	11:53	11:13
176	Phil Rizza	4/6	M30-34	23:18	7:30	23:12	7:28	Liverpool	NY	11:43	11:29
177	Chad Elkovitch	6/7	M35-39	23:19	7:31	23:14	7:29	Skaneateles	NY	11:15	11:59
178	Yuriy Yatsishin	15/19	M20-29	23:21	7:31	23:16	7:30	East Syracuse	NY	11:05	12:11
179	John Auwaerter	31/36	M50-54	23:28	7:33	23:22	7:32	Syracuse	NY	11:29	11:53
180	Monte Piliawsky	6/18	M70-74	23:36	7:36	23:33	7:35	Southfield	MI	11:23	12:10
181	Sam Benedict	19/29	M65-69	23:42	7:38	23:42	7:38	Atlanta	GA	11:38	12:04
182	Robert Fiumano	32/39	M60-64	23:42	7:38	23:38	7:37	Baldwinsville	NY	11:38	12:00
183	Ed Bligh, Jr.	7/18	M70-74	23:44	7:39	23:38	7:37	Alpharetta	GA	11:47	11:51
184	Jack Kasperski	33/39	M60-64	23:46	7:39	23:43	7:38	Fairport	NY	11:42	12:01
185	James Latshaw	24/26	M40-44	23:47	7:39	23:39	7:37	Clinton	NY	11:46	11:53
186	Wally Herrala	8/18	M70-74	23:51	7:41	23:50	7:41	Ann Arbor	MI	11:35	12:15

187	Carl Santariello	12	5/11	M01-13	23:57	7:43	23:54	7:42	Marcellus	NY	11:24	12:30
188	JL Seymore	70	9/18	M70-74	23:57	7:43	23:56	7:43	Somerset	NJ	11:47	12:09
189	Roland Cormier	75	3/9	M75-79	23:59	7:43	23:57	7:43	Jackson	NJ	11:44	12:13
190	Michael Eschenbrenner	57	21/31	M55-59	24:08	7:47	24:05	7:46	Ithaca	NY	11:13	12:52
191	David Cohen	72	10/18	M70-74	24:12	7:48	24:08	7:47	Ann Arbor	MI	11:48	12:20
192	Craig Wunderly	71	11/18	M70-74	24:14	7:48	24:10	7:47	Hackettstown	NJ	11:47	12:23
193	William Ash	73	12/18	M70-74	24:15	7:49	24:12	7:48	Hewitt	NJ	11:54	12:18
194	Kyle Rivers	33	5/6	M30-34	24:25	7:52	24:17	7:49	Cicero	NY	11:58	12:19
195	Morris Williams	70	13/18	M70-74	24:27	7:53	24:20	7:50	Highlands	NC	11:49	12:31
196	Jesse Feitel	23	16/19	M20-29	24:29	7:53	24:24	7:52	East Northport	NY	11:38	12:46
197	Victor Vasquez	66	20/29	M65-69	24:35	7:55	24:35	7:55	Miramar	FL	12:15	12:20
198	Mitchell Garner	65	21/29	M65-69	24:39	7:56	24:36	7:55	Ann Arbor	MI	12:04	12:32
199	Tracey More	64	34/39	M60-64	24:50	8:00	24:45	7:58	Alfred Station	NY	12:29	12:16
200	Nick Mozzetti	35	7/7	M35-39	24:54	8:01	24:50	8:00	East Syracuse	NY	11:51	12:59
201	Timothy Cavanaugh	58	22/31	M55-59	24:54	8:01	24:50	8:00	Cicero	NY	12:04	12:46
202	David Ash	45	13/22	M45-49	24:58	8:03	24:58	8:03	Haverstraw	NY	11:58	13:00
203	Tyler Toomey	17	9/10	M14-19	25:07	8:05	24:55	8:01	Baldwinsville	NY	11:49	13:06
204	Michael Colabello	46	14/22	M45-49	25:08	8:06	25:02	8:04	Syracuse	NY	12:23	12:39
205	Lucian De Nevers	13	6/11	M01-13	25:10	8:06	25:05	8:05	Syracuse	NY	12:54	12:11
206	Eric Auwaerter	13	7/11	M01-13	25:16	8:08	25:10	8:06	Syracuse	NY	12:53	12:17
207	Tom Shea	53	32/36	M50-54	25:21	8:10	25:13	8:07	Marcellus	NY	12:19	12:54
208	Robert Winter	46	15/22	M45-49	25:28	8:12	25:16	8:08	Fayetteville	NY	12:53	12:23
209	William Rudd	57	23/31	M55-59	25:30	8:13	25:23	8:10	Clay	NY	12:29	12:54
210	Stephen Ferre	54	33/36	M50-54	25:35	8:14	25:30	8:13	Fayetteville	NY	12:19	13:11
211	Matt Mulcahy	49	16/22	M45-49	25:45	8:18	25:38	8:15	Fayetteville	NY	12:10	13:28
212	Bob Nicholson	68	22/29	M65-69	26:00	8:23	25:54	8:21	Syracuse	NY	12:56	12:58
213	Jason Cirulli	28	17/19	M20-29	26:03	8:23	25:54	8:20	Syracuse	NY	12:31	13:23
214	John Kuhi	71	14/18	M70-74	26:06	8:24	26:04	8:24	Oakhurst	NJ	12:56	13:08
215	Nicholas Gugino	14	10/10	M14-19	26:11	8:26	26:04	8:24	Cazenovia	NY	13:14	12:50
216	Thom Weddle	77	4/9	M75-79	26:15	8:27	26:13	8:27	Excelsior	MN	12:16	13:57
217	Jude Scanlon	13	8/11	M01-13	26:23	8:30	26:17	8:28	Syracuse	NY	14:11	12:06
218	Marko Suchy	13	9/11	M01-13	26:23	8:30	26:18	8:28	Syracuse	NY	14:12	12:06
219	William Rickli	60	35/39	M60-64	26:47	8:38	26:39	8:35	Liverpool	NY	13:35	13:04
220	David Holden	55	24/31	M55-59	26:48	8:38	26:38	8:35	Brewerton	NY	13:20	13:18
221	Matt Lalumia	75	5/9	M75-79	26:50	8:38	26:46	8:37	Clifton	NJ	13:12	13:34
222	Jan Frisby	71	15/18	M70-74	26:53	8:40	26:52	8:39	Grand Junction	CO	9:57	16:55
223	Cliff Davidson	65	23/29	M65-69	27:15	8:47	27:09	8:45	Syracuse	NY	13:32	13:37
224	Keith Bone	63	36/39	M60-64	28:01	9:01	27:53	8:59	Brewerton	NY	13:52	14:01
225	Joseph Saley	75	6/9	M75-79	28:02	9:02	27:57	9:00	Teaneck	NJ	13:36	14:21
226	Mark Trobert	72	16/18	M70-74	28:03	9:02	27:55	8:59	Jamesville	NY	13:47	14:08
227	Eric Frederick	24	18/19	M20-29	28:21	9:08	28:13	9:05	Camillus	NY	13:45	14:28
228	Michael Gould	48	17/22	M45-49	28:31	9:11	28:25	9:09	Guilford	CT	14:12	14:13
229	Alan Brown	58	25/31	M55-59	28:52	9:18	28:47	9:16	Manlius	NY	14:18	14:29
230	Donald Renzi	56	26/31	M55-59	28:54	9:19	28:50	9:17	Baldwinsville	NY	13:54	14:56
231	Wade Stockman	80	1/4	M80-84	29:01	9:21	28:58	9:20	Rensselaer	NY	14:24	14:34
232	Alex Thor	61	37/39	M60-64	29:01	9:21	28:53	9:18	Syracuse	NY	14:33	14:20
233	Edward Hotchkin	65	24/29	M65-69	29:05	9:22	28:56	9:19	Cortland	NY	13:55	15:01
234	Gary Salvetti	59	27/31	M55-59	29:17	9:26	29:11	9:24	Liverpool	NY	14:17	14:54
235	Ross Molgano	57	28/31	M55-59	29:22	9:28	29:12	9:24	Camillus	NY	14:14	14:58

236	James Fawcett	47	18/22	M45-49	30:00	9:40	29:49	9:36	Chittenango	NY	15:12	14:37
237	Samuel Roberts	27	19/19	M20-29	30:00	9:40	30:00	9:40	Syracuse	NY	15:40	14:20
238	Stephen Fletcher	10	10/11	M01-13	30:10	9:43	30:03	9:41	Fayetteville	NY	13:38	16:25
239	Christopher Stewart	31	6/6	M30-34	30:36	9:51	30:25	9:48	Syracuse	NY	15:08	15:17
240	Jerry Smith	68	25/29	M65-69	30:44	9:54	30:36	9:51	Liverpool	NY	14:10	16:26
241	Andrew Taddeo	59	29/31	M55-59	31:23	10:06	31:16	10:04	Clay	NY	15:30	15:46
242	Stephen Harris	48	19/22	M45-49	31:28	10:08	30:43	9:54	Syracuse	NY	15:25	15:18
243	Lewis Cutler	66	26/29	M65-69	31:44	10:13	31:34	10:10	Cato	NY	15:55	15:39
244	Jim Pliis	66	27/29	M65-69	31:45	10:13	31:34	10:10	Auburn	NY	15:35	15:59
245	Paul Isaac	52	34/36	M50-54	31:49	10:15	31:41	10:12	Folcroft	PA	15:12	16:29
246	Wivan Lockwood	57	30/31	M55-59	31:57	10:17	31:45	10:14	Clay	NY	15:28	16:17
247	Eric Schumacher	48	20/22	M45-49	32:16	10:24	32:10	10:21	Liverpool	NY	15:34	16:36
248	Griffin Schumacher	12	11/11	M01-13	32:17	10:24	32:10	10:22	Liverpool	NY	15:33	16:37
249	Ewen Scott Love	61	38/39	M60-64	32:20	10:25	32:13	10:22	Jamesville	NY	14:53	17:20
250	Jon Leifer	77	7/9	M75-79	32:21	10:25	32:14	10:23	Manlius	NY	15:51	16:23
251	Richard Sargent	73	17/18	M70-74	32:24	10:26	32:15	10:23	Syracuse	NY	15:20	16:55
252	Al Swan	75	8/9	M75-79	32:54	10:36	32:49	10:34	Clifton	NJ	16:14	16:35
253	Roger Dausman	69	28/29	M65-69	33:11	10:41	32:59	10:37	Phoenix	NY	16:50	16:09
254	Michael Weimer	40	25/26	M40-44	33:16	10:43	33:08	10:40	Chittenango	NY	15:40	17:28
255	David Elkovitch	64	39/39	M60-64	33:53	10:55	33:41	10:51	Skaneateles	NY	16:51	16:50
256	Michael Bennett	47	21/22	M45-49	34:47	11:12	34:36	11:09	Liverpool	NY	17:16	17:20
257	John Toomey	53	35/36	M50-54	34:59	11:16	34:47	11:12	Baldwinsville	NY	16:47	18:00
258	Willis Moses	89	1/1	M85-89	35:01	11:17	34:53	11:14	Vestal	NY	17:04	17:49
259	Sam Graceffo	79	9/9	M75-79	35:05	11:18	35:03	11:17	Fayetteville	NY	16:44	18:19
260	Ted Emmanuel	47	22/22	M45-49	35:14	11:21	35:03	11:17	Liverpool	NY	16:36	18:27
261	Gary Douglass	69	29/29	M65-69	35:23	11:24	35:13	11:20	Cicero	NY	17:32	17:41
262	Paul Lindars	43	26/26	M40-44	35:25	11:24	35:13	11:20	Manlius	NY	16:29	18:44
263	Paco Valle	58	31/31	M55-59	36:57	11:54	36:45	11:50	Clay	NY	18:04	18:41
264	Fritz Schlereth	82	2/4	M80-84	37:48	12:10	37:43	12:09	Syracuse	NY	17:24	20:19
265	Randy Hall	70	18/18	M70-74	38:03	12:15	37:53	12:12	Hogansburg	NY	17:54	19:59
266	Mark Bono	51	36/36	M50-54	40:57	13:11	33:31	10:48	New Hartford	NY	16:43	16:48
267	Sheldon Kall	84	3/4	M80-84	46:46	15:04	46:38	15:01	Manlius	NY	21:53	24:45
268	Bill Lysak	84	4/4	M80-84	46:59	15:08	46:48	15:04	North Syracuse	NY	22:30	24:18
1	Laurel Leone	30	1/12	F30-34	16:58	5:28	16:58	5:28	Minoa	NY	8:29	8:29
2	Victoria Coates	24	1/24	F20-29	17:03	5:29	17:03	5:29	Kingston	ON	8:29	8:34
3	Marisa Sutura Strange	52	1/22	F50-54	17:38	5:41	17:38	5:41	Pleasant Valley	NY	8:46	8:52
4	Sarah Loerch	30	2/12	F30-34	17:57	5:47	17:57	5:47	Rochester	NY	8:46	9:11
5	Rachel Malone	22	2/24	F20-29	17:59	5:48	17:59	5:48	Rochester	NY	8:50	9:09
6	Karen Simmonds-Brady	41	1/24	F40-44	18:00	5:48	18:00	5:48	Auburn	NY	8:50	9:10
7	Leah Andrianos	26	3/24	F20-29	18:00	5:48	18:00	5:48	Kirkville	NY	9:03	8:57
8	Renee Tolan	40	2/24	F40-44	18:03	5:49	18:03	5:49	Clifton Park	NY	8:50	9:13
9	Brittany Burns	27	4/24	F20-29	18:08	5:51	18:08	5:51	Watertown	NY	9:02	9:06
10	Cassandra Henkiel	45	1/19	F45-49	18:14	5:52	18:14	5:52	Austin	TX	9:07	9:07
11	Heather Webster	41	3/24	F40-44	18:17	5:53	18:16	5:53	Honeoye Falls	NY	9:03	9:13

12	Emily Bryans	48	2/19	F45-49	18:27	5:57	18:27	5:57	Delanson	NY	9:07	9:20
13	Donna Langerfeld	29	5/24	F20-29	18:29	5:57	18:29	5:57	Weedsport	NY	9:03	9:26
14	Elizabeth Lucason	11	1/13	F01-13	18:53	6:05	18:53	6:05	Camden	NY	9:07	9:46
15	Melissa Senall	43	4/24	F40-44	19:07	6:10	19:07	6:09	Fairport	NY	9:23	9:44
16	Hollie Sick	25	6/24	F20-29	19:13	6:11	19:12	6:11	Cherry Hill	NJ	9:20	9:52
17	Carmen Ayala-Troncoso	56	1/18	F55-59	19:15	6:12	19:14	6:12	Austin	TX	9:24	9:50
18	Michelle Lafleur	43	5/24	F40-44	19:17	6:13	19:17	6:13	Savannah	GA	9:26	9:51
19	Megan James	26	7/24	F20-29	19:20	6:14	19:18	6:13	East Syracuse	NY	9:25	9:53
20	Kathryn Martin	64	1/17	F60-64	19:24	6:15	19:24	6:15	Northport	NY	9:31	9:53
21	Christine Viola	32	3/12	F30-34	19:31	6:17	19:30	6:17	Manlius	NY	9:35	9:55
22	Wakenda Tyler	40	6/24	F40-44	19:35	6:19	19:35	6:19	Rochester	NY	9:33	10:02
23	Kristin White	44	7/24	F40-44	19:43	6:21	19:42	6:21	Manlius	NY	9:48	9:54
24	Jeannette Boyd	39	1/16	F35-39	19:54	6:25	19:53	6:24	Union City	PA	9:39	10:14
25	Laurie Wisotsky	44	8/24	F40-44	19:56	6:25	19:56	6:25	Largo	FL	9:56	10:00
26	Karyl Sargent	52	2/22	F50-54	19:58	6:26	19:57	6:26	Lafayette	NY	9:55	10:02
27	Courtney Varano	33	4/12	F30-34	19:59	6:26	19:57	6:26	Apalachin	NY	9:54	10:03
28	Lorraine Jasper	53	3/22	F50-54	19:59	6:26	19:58	6:26	Birchrunville	PA	9:53	10:05
29	Katherine Doyle	21	8/24	F20-29	20:03	6:28	20:03	6:27	Syracuse	NY	9:40	10:23
30	Audra Naujokas-Knapp	45	3/19	F45-49	20:11	6:30	20:10	6:30	Rochester	NY	9:52	10:18
31	Jamie Woolsey	32	5/12	F30-34	20:17	6:32	20:17	6:32	Oneida	NY	10:10	10:07
32	Carol Bischoff	51	4/22	F50-54	20:31	6:37	20:30	6:36	Macedon	NY	10:08	10:22
33	Laurie Wharton	49	4/19	F45-49	20:41	6:40	20:40	6:39	Marietta	GA	10:19	10:21
34	Mary Swan	54	5/22	F50-54	20:42	6:40	20:41	6:40	Penn Valley	PA	10:16	10:25
35	Julie Pangburn	51	6/22	F50-54	20:50	6:43	20:49	6:42	Malvern	PA	10:11	10:38
36	Anne Hare	51	7/22	F50-54	21:14	6:50	21:14	6:50	Wellington	NZ	10:31	10:43
37	Chantel Moran	38	2/16	F35-39	21:17	6:51	21:17	6:51	Fayetteville	NY	10:40	10:37
38	Susan Welch	48	5/19	F45-49	21:27	6:54	21:25	6:54	Atlanta	GA	10:36	10:49
39	Stacy Wanamaker	47	6/19	F45-49	21:28	6:55	21:26	6:54	Fayetteville	NY	10:32	10:54
40	Monique Golossi	36	3/16	F35-39	21:29	6:55	21:26	6:54	Rochester	NY	10:45	10:41
41	Betsy Stewart	52	8/22	F50-54	21:31	6:56	21:30	6:55	West Chester	PA	10:43	10:47
42	Brandi Hayden	41	9/24	F40-44	21:32	6:56	21:30	6:55	Brewerton	NY	10:32	10:58
43	Madeline Gould	18	1/5	F14-19	21:34	6:57	21:32	6:56	Guilford	CT	10:32	11:00
44	Edie Stevenson	66	1/9	F65-69	21:34	6:57	21:34	6:57	Boulder	CO	10:44	10:50
45	Haleigh Pascual	16	2/5	F14-19	21:45	7:00	21:42	6:59	Manlius	NY	10:36	11:06
46	Kerry Monahan	52	9/22	F50-54	21:52	7:03	21:51	7:02	River Vale	NJ	10:48	11:03
47	Colleen Magnussen	55	2/18	F55-59	21:59	7:05	21:59	7:05	Geneseo	NY	10:45	11:14
48	Coreen Steinbach	64	2/17	F60-64	22:01	7:06	22:01	7:05	Pompey	NY	10:54	11:07
49	Sharon Moore	61	3/17	F60-64	22:04	7:07	22:04	7:06	Rochester	NY	10:49	11:15
50	Lynn Gottfried	36	4/16	F35-39	22:13	7:10	22:11	7:09	Penfield	NY	10:51	11:20
51	Jan Holmquist	71	1/4	F70-74	22:15	7:10	22:14	7:10	Burlington	MA	11:14	11:00
52	Sophie Leo	41	10/24	F40-44	22:17	7:11	22:08	7:08	Jamesville	NY	10:40	11:28
53	Kathleen Wheeler	44	11/24	F40-44	22:18	7:11	22:17	7:11	Camillus	NY	10:52	11:25

54	Breann Dodge	35	5/16	F35-39	22:25	7:13	22:23	7:13	Clay	NY	11:05	11:18
55	Michelle Hays	44	12/24	F40-44	22:26	7:13	22:24	7:13	Penfield	NY	10:50	11:34
56	Colleen Daggs	46	7/19	F45-49	22:32	7:15	22:31	7:15	Victor	NY	11:00	11:31
57	Kristen Piraino	35	6/16	F35-39	22:32	7:15	22:30	7:15	Bridgeport	NY	10:52	11:38
58	Cynthia Williams	59	3/18	F55-59	22:33	7:16	22:31	7:15	Acworth	GA	11:04	11:27
59	Erika Campbell	66	2/9	F65-69	22:35	7:16	22:34	7:16	Ridgewood	NJ	11:05	11:29
60	Sawyer Cresap	20	9/24	F20-29	22:39	7:18	22:36	7:17	Syracuse	NY	11:02	11:34
61	Suzanne Guidod	47	8/19	F45-49	22:43	7:19	22:40	7:18	Manlius	NY	11:03	11:37
62	Cindy Ingalls	64	4/17	F60-64	22:44	7:19	22:43	7:19	Pittsford	NY	11:10	11:33
63	Sonnet Loftus	32	6/12	F30-34	22:50	7:21	22:47	7:20	Syracuse	NY	11:09	11:38
64	Sarah Elleman	32	7/12	F30-34	22:52	7:22	22:49	7:21	Utica	NY	11:26	11:23
65	Jill Gordon	52	10/22	F50-54	22:52	7:22	22:52	7:22	Henrietta	NY	11:17	11:35
66	Margaret Taylor	60	5/17	F60-64	22:57	7:24	22:55	7:23	Atlanta	GA	11:18	11:37
67	Lydia Hare	14	3/5	F14-19	23:08	7:27	23:07	7:27	Wellington	NZ	11:03	12:04
68	Kate Johnson	22	10/24	F20-29	23:09	7:27	23:08	7:27	Syracuse	NY	11:27	11:41
69	Rebecca White	13	2/13	F01-13	23:10	7:28	23:10	7:28	Fayetteville	NY	11:13	11:57
70	Elizabeth Briggs	54	11/22	F50-54	23:20	7:31	23:18	7:30	North Syracuse	NY	11:24	11:54
71	Anjelique Cooley	22	11/24	F20-29	23:24	7:32	23:23	7:32	Central Falls	RI	11:46	11:37
72	Roxane Niezabytowski	46	9/19	F45-49	23:28	7:34	23:26	7:33	Syracuse	NY	11:47	11:39
73	Donna May	60	6/17	F60-64	23:38	7:37	23:37	7:37	Miramar	FL	11:27	12:10
74	Melissa Scheidelman	40	13/24	F40-44	23:51	7:41	23:49	7:40	Cazenovia	NY	11:43	12:06
75	Mary Fanelli Lund	57	4/18	F55-59	23:55	7:42	23:53	7:41	Berwyn	PA	11:48	12:05
76	Natalie McBane	32	8/12	F30-34	24:06	7:46	24:03	7:45	Cazenovia	NY	12:07	11:56
77	Susan Stirrat	60	7/17	F60-64	24:19	7:50	24:18	7:50	Rockaway	NJ	12:00	12:18
78	Rachel Siciliano	18	4/5	F14-19	24:23	7:51	24:22	7:51	Rochester	NY	12:22	12:00
79	Ivy Bell	60	8/17	F60-64	24:24	7:52	24:24	7:52	New York	NY	11:45	12:39
80	Shellie Rizza	34	9/12	F30-34	24:28	7:53	24:26	7:52	Liverpool	NY	11:41	12:45
81	Eileen Clinton	57	5/18	F55-59	24:46	7:59	24:43	7:58	Syracuse	NY	12:18	12:25
82	Marie White	55	6/18	F55-59	24:48	7:59	24:48	7:59	Henrietta	NY	12:02	12:46
83	Rae Alexander	60	9/17	F60-64	24:50	8:00	24:48	7:59	Strongsville	OH	11:58	12:50
84	Dianna Hinton	58	7/18	F55-59	24:54	8:01	24:51	8:00	Waleska	GA	12:13	12:38
85	Mariah Ward	21	12/24	F20-29	25:07	8:06	25:04	8:05	Geneva	NY	12:20	12:44
86	Yvonne Childers	44	14/24	F40-44	25:15	8:08	25:09	8:06	Central Square	NY	12:27	12:42
87	Megan David	28	13/24	F20-29	25:31	8:13	25:26	8:12	Syracuse	NY	12:22	13:04
88	Cande Olsen	65	3/9	F65-69	25:32	8:13	25:30	8:13	Chatham	NJ	12:43	12:47
89	Carol Dodge	57	8/18	F55-59	25:33	8:14	25:30	8:13	Fulton	NY	12:35	12:55
90	Ana Thor	23	14/24	F20-29	25:37	8:15	25:30	8:13	Syracuse	NY	12:44	12:46
91	Lynda McGuire-NC	67	4/9	F65-69	25:47	8:18	25:45	8:18	Scottsville	NY	12:30	13:15
92	Kimberly Molloy	43	15/24	F40-44	25:53	8:20	25:49	8:19	Central Square	NY	12:45	13:04
93	Jeanne Herrick	64	10/17	F60-64	25:56	8:21	25:54	8:20	Pittsford	NY	12:36	13:18
94	Mary Dacosta	22	15/24	F20-29	25:59	8:22	25:58	8:22	Syracuse	NY	12:27	13:31
95	Oluwakemi Mogaji	21	16/24	F20-29	26:17	8:28	26:16	8:28	Syracuse	NY	12:27	13:49
96	Denise Shang	39	7/16	F35-39	26:26	8:31	26:24	8:30	Manlius	NY	12:42	13:42

97	Alexa Kowbel	12	3/13	F01-13	26:28	8:32	26:23	8:30	Cicero	NY	13:16	13:07
98	Ava English	18	5/5	F14-19	26:32	8:33	26:29	8:32	Syracuse	NY	12:22	14:07
99	Emily Apgar	13	4/13	F01-13	26:35	8:34	26:29	8:32	Syracuse	NY	12:54	13:35
100	Theresa White	7	5/13	F01-13	26:39	8:35	26:39	8:35	Fayetteville	NY	13:27	13:12
101	Kate Auwaerter	49	10/19	F45-49	26:57	8:41	26:51	8:39	Syracuse	NY	13:26	13:25
102	MaryEllen Myers	36	8/16	F35-39	27:16	8:47	27:11	8:45	Clay	NY	13:09	14:02
103	Bryn Myers	11	6/13	F01-13	27:16	8:47	27:12	8:46	Clay	NY	13:10	14:02
104	Donna Korol	54	12/22	F50-54	27:21	8:49	27:16	8:47	Syracuse	NY	13:35	13:41
105	Ellen Somers	56	9/18	F55-59	27:22	8:49	27:16	8:47	Syracuse	NY	13:35	13:41
106	Morgan Thomas	23	17/24	F20-29	27:31	8:52	27:30	8:51	Manlius	NY	14:09	13:21
107	Teresa Grant	43	16/24	F40-44	27:33	8:52	27:29	8:51	Glenmont	NY	13:30	13:59
108	Deb Coolhart	40	17/24	F40-44	27:37	8:54	27:34	8:53	Fayetteville	NY	13:37	13:57
109	Mary Graham	52	13/22	F50-54	27:37	8:54	27:33	8:53	Syracuse	NY	14:00	13:33
110	Linda Owens	57	10/18	F55-59	27:41	8:55	27:38	8:54	Liverpool	NY	13:30	14:08
111	Deb Peterson-Smith	52	14/22	F50-54	27:43	8:56	27:39	8:54	Bridgeport	NY	13:43	13:56
112	Sue Gardinier	73	2/4	F70-74	27:48	8:57	27:48	8:57	Verona	NY	13:41	14:07
113	Allison Cola	11	7/13	F01-13	27:55	8:59	27:50	8:58	Clay	NY	14:21	13:29
114	Rosalie Brennan	66	5/9	F65-69	28:05	9:03	28:01	9:01	Syracuse	NY	13:38	14:23
115	Karen Lein	57	11/18	F55-59	28:06	9:03	28:06	9:03	Newton Highlands	MA	13:38	14:28
116	Kelly Cresswell	49	11/19	F45-49	28:18	9:07	28:13	9:05	Cazenovia	NY	14:12	14:01
117	Meghan Shea	25	18/24	F20-29	29:01	9:21	28:58	9:20	Camillus	NY	14:09	14:49
118	Caitlin Evans	27	19/24	F20-29	29:21	9:27	29:18	9:26	Plainville	CT	14:29	14:49
119	Melinda Portmess	62	11/17	F60-64	29:30	9:30	29:24	9:28	Tully	NY	14:55	14:29
120	Bj Malone	31	10/12	F30-34	29:31	9:30	29:27	9:29	Baldwinsville	NY	14:28	14:59
121	Mary Casey	69	6/9	F65-69	29:45	9:35	29:41	9:33	Fayetteville	NY	14:45	14:56
122	Katie Oja	25	20/24	F20-29	30:09	9:43	30:03	9:41	Syracuse	NY	14:36	15:27
123	Nancy Linnenbach	51	15/22	F50-54	30:18	9:46	30:15	9:45	Baldwinsville	NY	14:41	15:34
124	Anna Myers	9	8/13	F01-13	30:24	9:47	30:18	9:45	Clay	NY	15:00	15:18
125	Eileen Gleason	42	18/24	F40-44	30:25	9:48	30:20	9:46	Liverpool	NY	14:33	15:47
126	Mac Mackenzie	72	3/4	F70-74	30:41	9:53	30:40	9:53	Jamestown	NY	14:47	15:53
127	Julia Kulakowski	9	9/13	F01-13	30:45	9:54	30:40	9:53	Clay	NY	15:46	14:54
128	Lara Wines	46	12/19	F45-49	30:45	9:54	30:41	9:53	Watertown	NY	15:13	15:28
129	Sherry Wlodarski	49	13/19	F45-49	30:53	9:57	30:49	9:55	Clay	NY	15:33	15:16
130	Janna Kulakowski	42	19/24	F40-44	30:56	9:58	30:52	9:56	Clay	NY	15:46	15:06
131	Karen Cordano	38	9/16	F35-39	31:06	10:01	30:57	9:58	Syracuse	NY	15:33	15:24
132	Jessica Leifer	64	12/17	F60-64	31:14	10:04	31:10	10:02	Manlius	NY	15:23	15:47
133	Alexa Kulakowski	11	10/13	F01-13	31:25	10:07	31:19	10:05	Clay	NY	15:02	16:17
134	Rashmi Ganganma	36	10/16	F35-39	31:35	10:10	31:33	10:10	Syracuse	NY	15:35	15:58
135	Nissa Thor	25	21/24	F20-29	31:36	10:10	31:29	10:08	Syracuse	NY	15:29	16:00
136	Christine Cassidy	39	11/16	F35-39	31:42	10:13	31:33	10:10	Camillus	NY	15:59	15:34
137	Stacey Ramirez	22	22/24	F20-29	31:48	10:14	31:45	10:13	White Plains	NY	15:55	15:50
138	Heidi Hysell	31	11/12	F30-34	31:52	10:16	31:49	10:15	Manlius	NY	15:17	16:32
139	Carol Wilkie	59	12/18	F55-59	31:54	10:16	31:50	10:15	Liverpool	NY	16:06	15:44

140	Susan Edwards	58	13/18	F55-59	31:57	10:17	31:51	10:15	Syracuse	NY	16:06	15:45
141	Eileen Fatcheric	54	16/22	F50-54	32:20	10:25	32:13	10:23	Syracuse	NY	15:41	16:32
142	Bonnie Silvernail	64	13/17	F60-64	32:23	10:26	32:16	10:24	Tully	NY	16:12	16:04
143	Cindy Shore	59	14/18	F55-59	32:30	10:28	32:24	10:26	Binghamton	NY	15:57	16:27
144	Jody Thomas	44	20/24	F40-44	32:32	10:28	32:26	10:27	Manlius	NY	16:06	16:20
145	Colleen Fawcett	45	14/19	F45-49	32:40	10:31	32:30	10:28	Chittenango	NY	15:52	16:38
146	Rachel May	58	15/18	F55-59	32:45	10:33	32:39	10:31	Syracuse	NY	15:59	16:40
147	Kelly Stone	53	17/22	F50-54	32:54	10:36	32:50	10:34	Cicero	NY	16:03	16:47
148	Andrea Hollier	51	18/22	F50-54	32:55	10:36	32:48	10:34	Red Creek	NY	16:11	16:37
149	Virginia Slobe	53	19/22	F50-54	32:55	10:36	32:48	10:34	Red Creek	NY	16:11	16:37
150	Dawn Wood	44	21/24	F40-44	32:58	10:37	32:48	10:34	Syracuse	NY	16:02	16:46
151	Marguerite Fulton-Newton	67	7/9	F65-69	33:35	10:49	33:29	10:47	Liverpool	NY	16:25	17:04
152	Sandra Longwell	53	20/22	F50-54	33:55	10:55	33:50	10:54	Clay	NY	16:32	17:18
153	Kristin Randall	36	12/16	F35-39	34:06	10:59	34:01	10:57	Baldwinsville	NY	16:05	17:56
154	Madeline Bost	76	1/4	F75-79	34:21	11:04	34:18	11:03	Randolph	NJ	16:51	17:27
155	Maura Butash	28	23/24	F20-29	34:29	11:06	34:22	11:04	Syracuse	NY	17:08	17:14
156	Amy Smithe	43	22/24	F40-44	35:00	11:16	34:51	11:13	Syracuse	NY	17:06	17:45
157	Michelle Flanders	48	15/19	F45-49	35:15	11:21	35:06	11:18	Baldwinsville	NY	18:02	17:04
158	Estelle Hahn	75	2/4	F75-79	35:42	11:30	35:37	11:28	Jamesville	NY	17:24	18:13
159	Maritza Alvarado	57	16/18	F55-59	35:50	11:32	35:46	11:31	Syracuse	NY	17:31	18:15
160	April Conklin	42	23/24	F40-44	35:54	11:34	35:46	11:31	Baldwinsville	NY	17:43	18:03
161	Donna Eschenbrenner	57	17/18	F55-59	36:02	11:36	35:54	11:34	Ithaca	NY	17:46	18:08
162	Susan Hansen	75	3/4	F75-79	36:03	11:36	35:53	11:33	East Syracuse	NY	17:48	18:05
163	Fran Rowe	75	4/4	F75-79	36:05	11:37	36:04	11:37	Niagara Falls	NY	17:30	18:34
164	Meghan Connors	45	16/19	F45-49	36:06	11:38	36:04	11:37	Fayetteville	NY	17:30	18:34
165	Holly Skiff	40	24/24	F40-44	36:27	11:44	36:20	11:42	Phoenix	NY	17:43	18:37
166	Carole Ozark	68	8/9	F65-69	36:43	11:49	36:42	11:49	Weedsport	NY	17:21	19:21
167	Jaime Strain	45	17/19	F45-49	37:07	11:57	36:57	11:54	Liverpool	NY	18:10	18:47
168	Rebecca Ortloff	10	11/13	F01-13	37:18	12:01	37:12	11:59	Clay	NY	17:32	19:40
169	Anny Stockman	83	1/2	F80-84	37:32	12:05	37:31	12:05	Rensselaer	NY	18:24	19:07
170	Vicki Shepardson	39	13/16	F35-39	37:38	12:07	37:31	12:05	Syracuse	NY	18:16	19:15
171	Anne Proppe	64	14/17	F60-64	37:49	12:11	37:36	12:07	Baldwinsville	NY	17:54	19:42
172	Lorie Strain	52	21/22	F50-54	38:09	12:17	38:00	12:14	Baldwinsville	NY	18:11	19:49
173	Edna Hyer	81	2/2	F80-84	38:21	12:21	38:20	12:21	South Wales	NY	18:43	19:37
174	Kathleen Powers	63	15/17	F60-64	39:04	12:35	38:57	12:33	Syracuse	NY	18:47	20:10
175	Selina Lazarus	46	18/19	F45-49	39:09	12:36	38:59	12:33	Liverpool	NY	20:10	18:49
176	Marielle Emmanuel	8	12/13	F01-13	39:09	12:36	38:59	12:33	Liverpool	NY	20:11	18:48
177	Andrea Bernard	39	14/16	F35-39	39:11	12:37	39:01	12:34	Syracuse	NY	20:10	18:51
178	Jolie Moran	30	12/12	F30-34	39:17	12:39	39:12	12:37	Camillus	NY	19:25	19:47
179	Janet Seeley	59	18/18	F55-59	39:23	12:41	39:18	12:39	Baldwinsville	NY	19:03	20:15
180	Maya Fletcher	8	13/13	F01-13	40:13	12:57	40:06	12:55	Fayetteville	NY	19:56	20:10
181	Malou Fletcher	54	22/22	F50-54	40:14	12:57	40:07	12:55	Fayetteville	NY	19:55	20:12

182	Susan Kennedy	49	19/19	F45-49	40:20	12:59	40:15	12:58	Manlius	NY	16:12	24:03
183	Jeanne Dugan	61	16/17	F60-64	41:45	13:27	41:38	13:24	Camillus	NY	20:49	20:49
184	Kate Liddle	35	15/16	F35-39	42:13	13:36	42:04	13:33	Syracuse	NY	20:38	21:26
185	Becky Groat	37	16/16	F35-39	42:14	13:36	42:04	13:33	Syracuse	NY	20:38	21:26
186	Connie Ciccone	70	4/4	F70-74	43:20	13:57	43:10	13:54	Skaneateles	NY	21:17	21:53
187	Diane Cormier	69	9/9	F65-69	44:00	14:10	43:56	14:09	Jackson	NJ	21:17	22:39
188	Angela Thor	60	17/17	F60-64	44:11	14:14	44:01	14:10	Syracuse	NY	21:27	22:34
189	MM Greeley	29	24/24	F20-29	44:30	14:20	44:24	14:18	Syracuse	NY	21:35	22:49



Race Walker Nelson Fisher passed away on June 11th. It is always sad when a life comes to an end, but particularly sad for me since he was a friend and colleague in the sport which both of us shared and loved. I think I met Nelson at the 1982 Empire State Game Trials in Baldwinsville. Back then it was a 10km road loop we did either two times or five times depending on which event we would attempt to qualify for. As a 'kid' I didn't give much attention to the other competitors, especially the older ones, but I did gain a healthy respect for him as a race walker who was incredibly tough. Nelson had an inner drive which enabled him to excel and never give up. The same was true in his life. A year and a half ago I reconnected with him as he was asking about national championship races. I gave him a list and he wrote to me regarding the health issues he had been undergoing. The average person would have given up on athletics, but not Nelson. He entered races and actually competed in the National 30km Championships last September. Nelson was truly a dedicated, driven, hard working individual who was also a good man. I will miss Nelson and think of him when I am undergoing tough times. Below is his obituary and a few photos that his wife Joyce sent me.

OSWEGO — Nelson E. Fisher, born March 1, 1940, died on June 11, 2015. He was the beloved husband to Joyce C. (Panikowski) Fisher and beloved father to Amanda, Janel (Michael Harvie), Rebecca and Scott Fisher.



During his lifetime, Nelson worked as a seaman and radioman 2nd class (RM2) in the United States Navy from 1959-1963. In 1962, he took part in the Cuban Missile Crisis transporting marines to Guantanamo Bay, Cuba on the USS Rockbridge. In 1963, he was honorably discharged. Sometime thereafter, he was a shrimper off the Gulf of Mexico. From 1965-1996, he worked as a claims representative for the Social Security Administration. After retirement, he worked as a commercial truck driver for various companies in Oswego.



Alongside his work experience, Nelson was an avid racewalker and bicyclist. In 1990, he competed in the Paris Brest Paris bike race in Paris, France. He also racewalked in numerous marathons. He belonged to the Syracuse Chargers Track Club and holds several records in various events: 20 kilometer and 50 kilometer walk (age group 50-54) and 3 kilometer, 35 kilometer, and 40 kilometer walk (age group 45-49).



He enjoyed watching his daughters swim and his son play basketball and loved spending time with his family and friends, being on the water and playing chess and pinochle.

He was predeceased by his father, Thomas Fisher; mother, Emma (Volino) Fisher; brothers Dominic and Munnis; and sister Beverly. Surviving are his wife and children; his brother, Gary (Fisher) Dawson; and several nieces and nephews. Upon his request, Nelson's body has been donated to Cornell University for the advancement in scientific research.



UPSTATE NY HOLIDAY CLASSIC XVII

Open, Youth and Masters Indoor Track & Field Invitational

Also serving as the

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

Also serving as the

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

Featuring the Roger Messenger Masters (30+) Mile

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

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

Sunday, December 27, 2015

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

Online Registration:

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

You will pay an additional small online processing fee.

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

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

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

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

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

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

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

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

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

Day-of-Meet Registration:

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

No special deals for USATF members.

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

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

Sunday, December 27, 2015

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

Order of Track Events

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

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

Festival of Races Family Results

Husband-Wife Category Team

1. Team: 02
18:24 + 19:20 = 37:44
758 Alex James, 59 Megan James
2. Team: 03
23:18 + 24:28 = 47:46
790 Phil Rizza, 107 Shellie Rizza
3. Team: 01
22:33 + 25:31 = 48:04
724 Shannon David, 28 Megan David

Masters Husband-Wife Category Team

1. Team: 03
19:56 + 21:32 = 41:28
754 Sean Hayden, 57 Brandi Hayden
2. Team: 07
22:47 + 23:55 = 46:42
490 Robert Lund, Jr., 149 Mary Fanelli

Lund

3. Team: 02
20:50 + 28:18 = 49:08
720 Ken Cresswell, 25 Kelly Cresswell
4. Team: 01
23:28 + 26:57 = 50:25
704 John Auwaerter, 7 Kate Auwaerter
5. Team: 04
31:14 + 32:21 = 1:03:35
72 Jessica Leifer, 761 Jon Leifer
6. Team: 05
29:01 + 44:11 = 1:13:12
810 Alex Thor, 129 Angela Thor

Father-Son Category Team

1. Team: 03
22:42 + 25:30 = 48:12
793 Brandon Rudd, 794 William Rudd
2. Team: 02
23:19 + 33:53 = 57:12
734 Chad Elkovitch, 735 David Elkovitch
3. Team: 04
32:16 + 32:17 = 1:04:33
801 Eric Schumacher, 802 Griffin

Schumacher

Father-Daughter Category Team

1. Team: 01
18:08 + 22:04 = 40:12
12 Brittany Burns, 713 Michael Burns
2. Team: 02
25:37 + 29:01 = 54:38
128x Ana Thor, 810F Alex Thor
3. Team: 02-1
31:36 + 29:01 = 1:00:37
130x Nissa Thor, 810F Alex Thor

Mother-Son Category Team

1. Team: 03
18:00 + 22:40 = 40:40
589 Karen Simmonds-Brady, 710 Keegan Brady

Mother-Daughter Category Team

1. Team: 02
21:14 + 23:08 = 44:22
1 Anne Hare, 14 Lydia Hare
2. Team: 01
22:25 + 25:33 = 47:58
30 Breann Dodge, 31 Carol Dodge
3. Team: 04
27:16 + 27:16 = 54:32
89x Bryn Myers, 90M MaryEllen Myers
4. Team: 04-1
30:24 + 27:16 = 57:40
88x Anna Myers, 90M MaryEllen Myers
5. Team: 03
30:45 + 30:56 = 1:01:41
68x Julia Kulakowski, 67M Janna Kulakowski
6. Team: 03-1
31:25 + 30:56 = 1:02:21
66x Alexa Kulakowski, 67M Janna Kulakowski
7. Team: 05
25:37 + 44:11 = 1:09:48
128x Ana Thor, 129M Angela Thor
8. Team: 05-1
31:36 + 44:11 = 1:15:47
130x Nissa Thor, 129M Angela Thor
9. Team: 06
39:09 + 39:09 = 1:18:18
36 Marielle Emmanuel, 71 Selina Lazarus

Brother-Sister Category Team

1. Team: 01
19:12 + 22:50 = 42:02
764 Severn Loftus, 76 Sonnet Loftus

Sister-Sister Category Team

1. Team: 05
23:10 + 26:39 = 49:49
135 Rebecca White, 136 Theresa White
2. Team: 04
25:37 + 31:36 = 57:13
128 Ana Thor, 130 Nissa Thor
3. Team: 02
27:16 + 30:24 = 57:40
89 Bryn Myers, 88 Anna Myers
4. Team: 01
30:45 + 31:25 = 1:02:10
68 Julia Kulakowski, 66 Alexa Kulakowski

THE 41st ANNUAL FALLING LEAVES ROAD RACE
14K RACE

Utica, NY September 27, 2015
Results By Leone Timing & Results Services

PLACE NAME	AGE	PLACES IN		GUN TIME	GUN PACE	NET TIME	NET PACE	CITY	ST
		SEX	AGEGROUP						
1 Ryan Millar	24	M# 1	1/13	M18-24	46:03	5:18	46:03	Clinton	NY
2 Matthew Lacey	31	M# 2	1/29	M30-34	48:56	5:38	48:56	Clinton	NY
3 Richard Cohen	44	M# 3	1/24	M40-44	50:04	5:46	50:04	Utica	NY
4 Aaron Tompkins	22	M# 4	2/13	M18-24	50:27	5:48	50:26	New Hartford	NY
5 Timothy Fitzgerald	25	M# 5	1/14	M25-29	51:21	5:55	51:21	Utica	NY
6 Catherine Beck	30	F# 1	1/29	F30-34	52:56	6:05	52:54	Clinton	NY
7 Jerry Tylutki	35	M# 6	1/30	M35-39	53:21	6:08	53:21	Utica	NY
8 John Bugajski	35	M# 7	2/30	M35-39	54:20	6:15	54:19	Rochester	NY
9 Thomas Joslin	36	M# 8	3/30	M35-39	54:38	6:17	54:36	Yorkville	NY
10 Mike Elleman	47	M# 9	1/22	M45-49	54:49	6:19	54:47	Utica	NY
11 Jake Baisley	16	M# 10	1/4	M01-17	54:55	6:19	54:52	Salisbury Center	NY
12 Todd Stevens	20	M# 11	3/13	M18-24	55:18	6:22	55:14	New Hartford	NY
13 Michael Pollidori	30	M# 12	2/29	M30-34	56:33	6:30	56:31	Ilion	NY
14 Joe Woodworth	37	M# 13	4/30	M35-39	56:36	6:31	56:34	Kirkville	NY
15 John Draper	46	M# 14	2/22	M45-49	56:50	6:32	56:43	Remsen	NY
16 Chris Loughlin	37	M# 15	5/30	M35-39	56:57	6:33	56:55	Cicero	NY
17 Paul Humphrey	48	M# 16	3/22	M45-49	58:23	6:43	58:23	Deerfield	NY
18 Tyler Hayes	24	M# 17	4/13	M18-24	58:32	6:44	58:17	Massena	NY
19 Rob Bauer	43	M# 18	2/24	M40-44	59:17	6:49	59:12	Marcy	NY
20 Seth Kuttil	30	M# 19	3/29	M30-34	59:43	6:52	59:42	Syracuse	NY
21 Steve Eddy	42	M# 20	3/24	M40-44	1:00:00	6:54	59:53	Utica	NY
22 John Geesler	56	M# 21	1/18	M55-59	1:00:08	6:55	1:00:02	Saint Johnsville	NY
23 Dan Capron	44	M# 22	4/24	M40-44	1:00:19	6:56	1:00:13	Newport	NY
24 David Lewis	23	M# 23	5/13	M18-24	1:00:26	6:57	1:00:26	Utica	NY
25 Kyle Ossont	20	M# 24	6/13	M18-24	1:00:35	6:58	1:00:30	Verona	NY
26 Marc Rusch	51	M# 25	1/27	M50-54	1:00:48	7:00	1:00:36	Watertown	NY
27 Kevin Fitzgerald	32	M# 26	4/29	M30-34	1:00:59	7:01	1:00:56	Waterville	NY
28 Joe Spohn	35	M# 27	6/30	M35-39	1:01:02	7:01	1:01:00	Mohawk	NY
29 Matthew Muttillio	30	M# 28	5/29	M30-34	1:01:06	7:02	1:01:00	Rome	NY
30 John Dickens	44	M# 29	5/24	M40-44	1:01:09	7:02	1:01:08	Fort Drum	NY
31 Andrew Beck	48	M# 30	4/22	M45-49	1:01:14	7:03	1:00:29	New York	NY
32 Lennie Davis	55	M# 31	2/18	M55-59	1:01:44	7:06	1:01:38	Newport	NY
33 Ian Helfant	52	M# 32	2/27	M50-54	1:01:52	7:07	1:01:52	Hamilton	NY

34	Doake Brown	57	M#	33	3/18	M55-59	1:01:56	7:08	1:01:51	7:07	Cortland	NY
35	Michael Clifford	26	M#	34	2/14	M25-29	1:02:05	7:09	1:01:50	7:07	Utica	NY
36	Bill Kosina	55	M#	35	4/18	M55-59	1:02:10	7:09	1:02:06	7:09	Richfield Springs	NY
37	Tom Clifford	20	M#	36	7/13	M18-24	1:02:16	7:10	1:02:01	7:08	New Hartford	NY
38	Shawn Kolano	28	M#	37	3/14	M25-29	1:02:22	7:11	1:02:18	7:10	Yorkville	NY
39	Richard Gloop	34	M#	38	6/29	M30-34	1:02:23	7:11	1:02:16	7:10	Mohawk	NY
40	Scott Suba	51	M#	39	3/27	M50-54	1:02:26	7:11	1:02:23	7:11	Deerfield	NY
41	John Raymond	52	M#	40	4/27	M50-54	1:02:26	7:11	1:02:20	7:10	Cooperstown	NY
42	Benjamin Sweeney	23	M#	41	8/13	M18-24	1:02:26	7:11	1:02:12	7:09	Boonville	NY
43	Erin Zalewski	26	F#	2	1/25	F25-29	1:02:37	7:12	1:02:22	7:11	Clinton	NY
44	Dale Seaton	51	M#	42	5/27	M50-54	1:02:51	7:14	1:02:48	7:14	Utica	NY
45	Tim Kane	56	M#	43	5/18	M55-59	1:02:52	7:14	1:02:51	7:14	Sherrill	NY
46	Mark Dailey	54	M#	44	6/27	M50-54	1:02:56	7:14	1:02:50	7:14	West Winfield	NY
47	Edward Krutz	49	M#	45	5/22	M45-49	1:03:25	7:18	1:03:21	7:17	Rome	NY
48	Karen Randall	37	F#	3	1/35	F35-39	1:03:32	7:19	1:03:31	7:18	Utica	NY
49	Rich Karaz	54	M#	46	7/27	M50-54	1:03:34	7:19	1:03:30	7:18	New Hartford	NY
50	Rob Hudyncia	53	M#	47	8/27	M50-54	1:03:39	7:19	1:03:34	7:19	Fort Plain	NY
51	William Baynes	59	M#	48	6/18	M55-59	1:03:57	7:21	1:03:50	7:21	Rome	NY
52	Jace Lapuma	19	M#	49	9/13	M18-24	1:04:13	7:23	1:04:10	7:23	Little Falls	NY
53	Christine McGlynn	41	F#	4	1/16	F40-44	1:04:21	7:24	1:04:19	7:24	Whitesboro	NY
54	Robert Haas	55	M#	50	7/18	M55-59	1:04:23	7:24	1:04:17	7:24	Red Creek	NY
55	Alessandra Kershaw	31	F#	5	2/29	F30-34	1:04:48	7:27	1:04:45	7:27	Earlville	NY
56	Krista Harwick	35	F#	6	2/35	F35-39	1:04:55	7:28	1:04:36	7:26	Mohawk	NY
57	Kara Rusch	48	F#	7	1/21	F45-49	1:05:09	7:30	1:04:57	7:28	Hamilton	NY
58	Paul Cirillo	39	M#	51	7/30	M35-39	1:05:11	7:30	1:05:05	7:29	Mohawk	NY
59	James Deyullo	48	M#	52	6/22	M45-49	1:05:29	7:32	1:05:22	7:31	Clinton	NY
60	Thomas Lenahan	38	M#	53	8/30	M35-39	1:05:35	7:33	1:05:28	7:32	Utica	NY
61	Dean Scringeur	36	M#	54	9/30	M35-39	1:05:38	7:33	1:05:23	7:31	New Hartford	NY
62	Jakob Murphy	25	M#	55	4/14	M25-29	1:05:44	7:34	1:05:33	7:33	Amsterdam	NY
63	Rock Travis	33	M#	56	7/29	M30-34	1:05:46	7:34	1:05:25	7:32	Clifton Park	NY
64	John Murphy	64	M#	57	1/14	M60-64	1:06:00	7:36	1:05:59	7:36	Utica	NY
65	Emma Spinosa	33	F#	8	3/29	F30-34	1:06:01	7:36	1:05:56	7:35	Cooperstown	NY
66	Ronda Davis	48	F#	9	2/21	F45-49	1:06:05	7:36	1:05:57	7:35	Newport	NY
67	Niels Van Hoesel	43	M#	58	6/24	M40-44	1:06:08	7:37	1:05:53	7:35	Rome	NY
68	Laura Schilly	33	F#	10	4/29	F30-34	1:06:17	7:38	1:06:12	7:37	Syracuse	NY
69	Noah Lange	33	M#	59	8/29	M30-34	1:06:21	7:38	1:06:05	7:36	Whitesboro	NY
70	Matt Trinkaus	33	M#	60	9/29	M30-34	1:06:28	7:39	1:06:15	7:37	New Hartford	NY
71	Douglas Ambrose	58	M#	61	8/18	M55-59	1:06:29	7:39	1:05:49	7:34	Utica	NY
72	Brian Sedgwick	49	M#	62	7/22	M45-49	1:06:44	7:41	1:06:39	7:40	Whitesboro	NY
73	Jason Weiler	39	M#	63	10/30	M35-39	1:06:51	7:41	1:06:46	7:41	Lee Center	NY
74	Ingrid Otto-Jones	51	F#	11	1/14	F50-54	1:07:00	7:43	1:06:58	7:42	Utica	NY
75	Anthony Villanti	50	M#	64	9/27	M50-54	1:07:06	7:43	1:07:03	7:43	New Hartford	NY
76	Eric Lauber	53	M#	65	10/27	M50-54	1:07:11	7:44	1:06:55	7:42	Rome	NY

77	Alyssa Trevisani	39	F#	12	3/35	F35-39	1:07:20	7:45	1:07:18	7:45	Deansboro	NY
78	Dennis Sauve	52	M#	66	11/27	M50-54	1:07:21	7:45	1:07:00	7:43	Memphis	NY
79	Paul Gellert	47	M#	67	8/22	M45-49	1:07:21	7:45	1:07:14	7:44	Liverpool	NY
80	Bethany Williams	34	F#	13	5/29	F30-34	1:07:34	7:46	1:07:32	7:46	Barneveld	NY
81	Jeremy Williams	36	M#	68	11/30	M35-39	1:07:34	7:46	1:07:32	7:46	Barneveld	NY
82	Anthony Reina	26	M#	69	5/14	M25-29	1:07:44	7:48	1:07:29	7:46	Frankfort	NY
83	Natalie Robertello	27	F#	14	2/25	F25-29	1:07:44	7:48	1:07:04	7:43	Buffalo	NY
84	Gary Lashure	61	M#	70	2/14	M60-64	1:07:46	7:48	1:07:43	7:48	Barneveld	NY
85	Scott Truitt	49	M#	71	9/22	M45-49	1:07:55	7:49	1:07:47	7:48	Clinton	NY
86	David Pesesky	55	M#	72	9/18	M55-59	1:07:58	7:49	1:07:38	7:47	Utica	NY
87	Breann Dodge	35	F#	15	4/35	F35-39	1:07:59	7:49	1:07:54	7:49	Clay	NY
88	Robert Kapfer	35	M#	73	12/30	M35-39	1:08:00	7:49	1:07:43	7:47	Deerfield	NY
89	Sean Laplante	24	M#	74	10/13	M18-24	1:08:07	7:50	1:07:44	7:48	Mohawk	NY
90	James Peters	39	M#	75	13/30	M35-39	1:08:10	7:51	1:07:46	7:48	Ilion	NY
91	Jason Quatrino	36	M#	76	14/30	M35-39	1:08:18	7:52	1:08:06	7:50	Utica	NY
92	William Abel	65	M#	77	1/8	M65-69	1:08:18	7:52	1:08:04	7:50	New Hartford	NY
93	Sean Horan	30	M#	78	10/29	M30-34	1:08:29	7:53	1:08:13	7:51	Penfield	NY
94	Erin Ludwig	38	F#	16	5/35	F35-39	1:08:52	7:55	1:08:48	7:55	Herkimer	NY
95	Bryan Funk	43	M#	79	7/24	M40-44	1:08:56	7:56	1:08:27	7:53	Hudson	NY
96	Mary Harrod	36	F#	17	6/35	F35-39	1:08:58	7:56	1:08:25	7:52	Frankfort	NY
97	Astrid Helfant	42	F#	18	2/16	F40-44	1:09:02	7:57	1:09:02	7:57	Hamilton	NY
98	Elizabeth Briggs	54	F#	19	2/14	F50-54	1:09:08	7:57	1:09:04	7:57	North Syracuse	NY
99	Jeff Pastorella	44	M#	80	8/24	M40-44	1:09:09	7:57	1:09:07	7:57	Rome	NY
100	Karen Amanna	51	F#	20	3/14	F50-54	1:09:15	7:58	1:09:08	7:57	New Hartford	NY
101	Jessica McNair	36	F#	21	7/35	F35-39	1:09:16	7:58	1:09:00	7:56	New Hartford	NY
102	Kim Keenan Kirkpatrick	48	F#	22	3/21	F45-49	1:09:20	7:59	1:09:15	7:58	Pittstown	NJ
103	Patrick Murphy	26	M#	81	6/14	M25-29	1:09:21	7:59	1:08:56	7:56	Lake Placid	NY
104	Ray Smith	65	M#	82	2/8	M65-69	1:09:29	8:00	1:09:26	7:59	Old Forge	NY
105	Phillip Trzcinski	41	M#	83	9/24	M40-44	1:09:33	8:00	1:09:21	7:59	Utica	NY
106	Heather Raymond	32	F#	23	6/29	F30-34	1:09:36	8:00	1:09:22	7:59	Ilion	NY
107	Michael Farber	36	M#	84	15/30	M35-39	1:09:37	8:01	1:09:15	7:58	Little Falls	NY
108	Meghan Furner	27	F#	24	3/25	F25-29	1:09:43	8:01	1:09:35	8:00	Yorkville	NY
109	Samm Prendergast	23	F#	25	1/10	F18-24	1:09:56	8:03	1:09:44	8:01	Utica	NY
110	Molly Haberbusch	42	F#	26	3/16	F40-44	1:09:57	8:03	1:09:14	7:58	Clinton	NY
111	Kelley Burt	28	F#	27	4/25	F25-29	1:09:57	8:03	1:09:50	8:02	Chittenango	NY
112	Daniel Defrees	60	M#	85	3/14	M60-64	1:10:07	8:04	1:09:59	8:03	Chittenango	NY
113	Robert Stephens	48	M#	86	10/22	M45-49	1:10:25	8:06	1:10:06	8:04	Whitesboro	NY
114	Jonathan Graniero	24	M#	87	11/13	M18-24	1:10:33	8:07	1:10:13	8:05	New Hartford	NY
115	Annie Niermann	45	F#	28	4/21	F45-49	1:10:36	8:07	1:09:51	8:02	New York	NY
116	David Ross	17	M#	88	2/4	M01-17	1:10:43	8:08	1:10:30	8:07	Utica	NY
117	Owen Manley	26	M#	89	7/14	M25-29	1:11:03	8:10	1:10:34	8:07	Whitesboro	NY
118	Darryl Fedor	39	M#	90	16/30	M35-39	1:11:06	8:11	1:10:31	8:07	Whitesboro	NY

Everyone Can Run Beginners Program

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

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

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

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

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

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

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

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

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

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

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

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

Delivery of monthly Chargers newsletter

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

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

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

Past Issues of the *Chargers Newsletter* are available electronically

Revisit them any time at:
<http://www.syracusechargers.org/newsletter/newsletter.html>

Everyone Can Run Beginners Program

Registration Form

Name _____ Date of Birth _____

Address _____ Phone _____

E-mail address: _____

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

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

Participant Waiver for Program

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

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____

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

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

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

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

Name: _____

Address: _____

E-Mail: _____ Phone: _____

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