



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

December 2013

Nominations Invited for 2013 Chargers Athlete and Volunteer Awards!

Our annual Awards Banquet is scheduled for the Best Western Plus on Carrier Circle on Saturday, February 1st, and our awards committee is inviting all Chargers members to phone or e-mail nominations for either our athlete or volunteer awards.

If you'd like to recommend that the committee consider someone for a volunteer award, please direct your nomination to Dave Oja (446-6285).

If you'd like to recommend that the awards committee consider someone for an athlete award, please direct your nomination to Evelyn White (637-6211 or nandewhite@aol.com). Please include 2013 performances for any athlete nominee.

Last Chance Trail Run and Pancake Breakfast, Saturday, December 14

This enjoyable, mostly eating event, at Highland Forest will be here soon. The entry form is included in this Newsletter. Please try to get it in early, we don't want to run out of food.

Tis' The Hoodie Season

Our ash gray hoodies will keep you warm and make nice gifts too. Check for other items for gifts in this *Newsletter* and check over the order form on the back cover.



Arek Robinson, Lopez Lomong and Megan O'Connor
Lopez Lomong was back home in Tully for a 5K Fun Run raising funds for 4 South Sudan and the Tully Boys Running Club

Syracuse Chargers

Track Club, Inc.

-2-

Board of Directors

President

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Scholarship Fund

John View

Summer Runs

Oneida Shores

Onondaga Lake Park

At Large

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Chris Raulli
craulli88@gmail.com

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

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

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

The Syracuse Chargers Track Club Newsletter

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

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

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Gabe Yankowitz, Physical Therapist
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Chargers Membership Forms should be sent to:

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

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



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

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

Club Web Site: www.syracusechargers.org

New Charger Members

Eli Barbour

Colleen Harrsch

Alexis Herrick

Entry Forms in this Newsletter

December 14 Last Chance Trail Run & Pancake Breakfast, Highland Forest
February 1, 2014 Annual Mtg. and Award Buffet

1st Indoor Practice (run/walk) scheduled for Sunday, Nov. 24, from 8 to 9 pm at Manley Fieldhouse. These are for Charger members only. Check Website: Syracusechargers.org for possible December dates.

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

The next scheduled program will run on Monday nights December 2,9,16 and 23 at 6:30pm at the SRC Arena at OCC, and yes, we have openings for a few volunteers.
Peter Rhodes ...315-422-1037....Per56@aol.com

SFoR Women's Single-Age CR Update: More Magnificence on Meadowbrook!

After twenty-one editions of the Syracuse Festival of Races, you'd expect the single-age lists of the fastest performances on our course would be difficult to break into. That they are—and especially so for the women, because the first running of the course hosted the finest women's road race field ever to run in the Syracuse area: the 1992 Syracuse Freihofer's Run for Women!

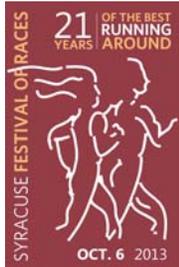
So it's illustrative of the tremendous quality of the 2013 SFoR's Women's 5K field that our 2013 update of our list of female single-age course bests includes **thirteen** new single-age course records—three of them faster than the current listing of U.S. 5K single-age bests.

Congratulations to **Amanda Aitken, Elizabeth Lucason, Gabrielle Williamson, Melody Fairchild, Sonja Friend-Uhl, Lori Kingsley, Kathryn Martin, Edie Stevenson, Jan Holmquist, Sue Gardinier, Carrie Parsi, Tami Graf, and Anny Stockman** for making the updated list!

If you're looking for a little inspiration to motivate your cold-weather training, have a look at the updated list and enjoy! We'll publish the SFoR single-age list for males in next month's issue of the *Chargers Newsletter*.

Stocking Stuffer Alert: Dri-Tek, Long-Sleeved Syracuse Festival of Races Shirts Available

There aren't many of these remaining, but we have a few of these great long-sleeved tech shirts available for anyone who would like another layer of training gear for \$10 each. Sizes in the men's and women's styles are somewhat hit-and-miss, but Dave Oja can tell you what sizes are still available if you're looking for a great stocking stuffer for runners in the family. Call or e-mail Dave (446-6285 or daveoja@festivalofraces.com).



Syracuse Festival of Races

Fastest Female Performances on Our Course By Single-Age through 2013

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



<u>Age</u>	<u>Name</u>	<u>Residence</u>	<u>Time</u>	<u>Age-Graded %</u>	<u>Year</u>
5	Amanda Aitken	Jamesville, NY	37:44	54.10%	2011
6	Amanda Aitken	Jamesville, NY	34:44n	56.22%	2012
7	Amanda Aitken	Jamesville, NY	29:41	63.22%	2013
8	Maia Henry	Liverpool, NY	22:44	79.67%	2008
9	Elizabeth Lucason	Holland Patent, NY	19:31	89.91%	2013
10	TreShel Terpening	Syracuse, NY	21:05	80.91%	2004
11	Gabrielle Williamson	Holland Patent, NY	20:11n	82.44%	2013
12	Briana Jackucewicz	Farmingdale, NJ	17:39*	92.23%	2003
13	Kelly Murray	Deerfield, NY	19:34	81.63%	2001
14	Kelly Murray	Deerfield, NY	18:51	83.35%	2002
15	Caitlin Lane	Gansevoort, NY	17:41	87.63%	2005
16	Nora Decher	Granby, CT	18:04	84.71%	1996
17	Martha Komu	Kenya	16:09	93.60%	2000
18	Ejegayehu Dibaba	Ethiopia	15:44	95.08%	2002
19	Martha Komu	Kenya	16:29	90.13%	2002
20	Eyerusalem Kuma	Ethiopia	15:38	94.70%	2002
21	Kate Leugers	Ithaca, NY	18:12	81.31%	2010
22	Laurie Gomez-Henes	Raleigh, NC	15:49	93.57%	1992§
23	Grace Njoki	Kenya	16:21	90.51%	2001
24	Kathy Franey	Newton, MA	15:45	93.96%	1992§
25	Olga Romanova	Russia	16:00(!)	92.50%	2005
26	Olga Romanova	Russia	16:20(!)	90.61%	2006
27	Inna Pushkariova	Russia	16:07	91.83%	1992§
28	Elaine Van Blunk	West Deptford, NJ	15:53	93.17%	1992§
29	Genet Gebregorgis	New York, NY	16:23	90.33%	2004
30	Anne Hare	New Zealand	15:36(!)CR	94.90%	1994
31	Christine McNamara	Boulder, CO	16:05(!)	92.12%	1997
32	Lynn Jennings	Newmarket, NH	15:42(!)CR	94.49%	1992§
33	Laura Mason	E. Stroudsburg, PA	16:51	88.21%	1996
34	Lisa Vaill	Pine Plains, NY	16:57	87.89%	1997
35	Lynn Jennings	Newmarket, NH	16:07(!)	92.72%	1995
36	Karen Simmonds-Brady	Auburn, NY	17:13	87.09%	2010
37	Uta Pippig	Longmont, CO	16:13	92.84%	2002
38	Madelyn Noe	Freehold, NJ	17:29	86.51%	1999
39	Madelyn Noe	Freehold, NJ	17:21	87.63%	2000
40	Melody Fairchild	Boulder, CO	16:51(!)	90.89%	2013
41	Mary Knisely	Naperville, IL	16:43MCR	92.06%	2000
42	Sonja Friend-Uhl	Brentwood, TN	17:09	90.38%	2013
43	Emily Bryans	Schenectady, NY	17:17	90.33%	2010
44	Patty Murray-Albo	Boulder, CO	17:23	90.55%	2009
45	Stephanie Herbst-Lucke	Atlanta, GA	16:37(!)*#MCR	95.57%	2011
46	Laurel Park	Ann Arbor, MI	17:32n	91.43%	2009

47	Lori Kingsley	Wysox, PA	17:46n	91.15%	2013
48	Diane LeGare	Montreal, PQ	17:53	91.54%	1999
48	Barbara Filutze	Erie, PA	17:54*	91.46%	1994
49	Diane LeGare	Montreal, PQ	17:47	93.12%	2000
49	Doreen McCoubrie	Malvern, PA	17:48	93.03%	2011
50	Carmen Ayala-Troncoso	Austin, TX	17:34	95.43%	2009
51	Carmen Ayala-Troncoso	Austin, TX	18:02	94.12%	2010
52	Carmen Ayala-Troncoso	Austin, TX	18:20	93.75%	2011
53	Carolyn Smith-Hanna	Pittsford, NY	19:55	87.41%	2004
54	Nancy Stewart	Atlanta, GA	19:16	91.53%	2010
55	Nancy Stewart	Atlanta, GA	19:22	92.26%	2011
56	Christine Kennedy	Los Gatos, CA	18:56	95.63%	2011
57	Kathryn Martin	Northport, NY	18:42*	98.13%	2008
58	Margret Betz	Conklin, NY	19:47*	94.03%	1994
59	Kathryn Martin	Northport, NY	19:02n*	99.09%	2010
60	Kathryn Martin	Northport, NY	19:04*#wW	100.31%	2011
61	Marie-Louise Michelsohn	Stoney Brook, NY	20:04	96.67%	2003
62	Kathryn Martin	Northport, NY	19:06*w	103.14%	2013
63	Marie-Louise Michelsohn	Stoney Brook, NY	20:27*	97.65%	2005
64	Edie Stevenson	Boulder, CO	21:09	95.89%	2013
65	Margret Betz	Conklin, NY	21:16*#wW	96.75%	2001
66	Sharon Dolan	Westphalia, MI	21:44	96.12%	2008
67	Jan Holmquist	Burlington, MA	22:10n*	95.72%	2011
68	Jan Holmquist	Burlington, MA	21:18n*	101.19%	2012
69	Jan Holmquist	Burlington, MA	22:08*	98.95%	2013
70	Marie-Louise Michelsohn	New York, NY	23:17*#	95.65%	2012
71	Sue Gardinier	Verona, NY	23:43*	95.49%	2013
72	Helen Botti	Kenmore, NY	25:40n	89.67%	2009
73	Marsha Tillson	Shortsville, NY	26:42	87.69%	1994
74	Carrie Parsi	Gloucester, MA	26:36n	89.56%	2013
75	Mary Harada	West Newbury, MA	28:57n	83.76%	2010
76	Tami Graf	Lusby, MD	32:08n	76.84%	2012
77	Tami Graf	Lusby, MD	32:14n	78.02%	2013
78	Anny Stockman	Rensselaer, NY	31:27n	81.47%	2010
79	Anny Stockman	Rensselaer, NY	32:58n	79.21%	2011
80	Anny Stockman	Rensselaer, NY	33:49n	78.82%	2012
81	Anny Stockman	Rensselaer, NY	35:18n	75.51%	2013
82	Nancy Auster	Canton, NY	43:12	64.81%	2008
83	Marsha Tillson	Shortsville, NY	43:30	66.25%	2004
84	Nancy Auster	Canton, NY	45:00n	66.14%	2010
85	Nancy Auster	Canton, NY	45:31n	67.78%	2011
86	Nancy Auster	Canton, NY	49:00n	65.51%	2012
87	Marsha Tillson	Canandaigua, NY	55:37	60.32%	2008
88	none thus far				
89	none thus far				

(!) = winner of that year's Women's 5K at the SFoR (SFRW in 1992); * = tied or surpassed U.S. Women's 5K Single-Age Best at that time; # = tied or surpassed U.S. Women's 5K 5-Year Age-Group Record at that time; @ = tied U.S. Masters Women's 5K Record at that time; MCR = masters women's course record at the time; w=surpassed the World Best for single age; W = surpassed the World Best for the age group

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

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

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

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

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

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

Last Chance Trail Run and Breakfast - December 14, 2013

Name: _____ Street _____ Auto Lic. _____

Tel. No. _____ City, State, Zip _____

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

Signature: _____ Date: _____

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

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

Joe Benoit Wins Two National Throwing Championships

Subscriber **Joe Benoit** placed first, 55-59, in the hammer (19.01m) and the super weight (9.71m) throws at the USATF National Masters Throws Championships in Lisle, Illinois on August 3, thereby earning him two national titles.

Sam Hall At World Masters Association Championships in Porto Alegre, Brazil

Participating in the WMA Championships was **Sam Hall**, long time Charger now living in North Carolina. Competing in the 65-69 age group, Sam ran 13.89 in the 100 meter preliminaries and 14.12 to place ninth in the semi finals. He also was timed at 29.93 in the 200 meter preliminaries and 29.60 to place ninth in the semi finals. The top eight finishers qualified for both finals.

Local runner **Coreen Steinbach** placed 1st 60-64, in the 1500 meter run at the World Masters Association Championships. Her time was 5:52.05. Coreen also placed fourth in the 800 meter run with a time of 2:52.35 and qualified for the 400 meter finals with a heat time of 1:15.62.

Dave Eaton Earns All American Status

Former Charger **Dave Eaton** was listed in the October/November issue of National Masters News as having achieved All American status in track and field. At least we believe he is the same Dave Eaton who used to represent our club in track and field events. Dave's All American recognition came in the 40-44 age group for a long jump effort of 6.07 meters, which he did earlier this year.

Paul Dunham Improving Steadily With His New Hip

Paul ran a 1/2 marathon in Myrtle Beach on October 20th in time of 2:16.

Leaf Peeper Half Marathon – 10/21

According to Scott Weeks two Charger members from Groton received great PRs. **Jeff Cronk**, 45, ran a time of 1:32:43 which was 10 minutes faster than last year and a stellar 5 minute PR over the 1/2 marathon distance. **Robert Dunham**, 20 years old and a Syracuse Chargers Club member for only just a couple of months, represented the Chargers quite well with over a 4 1/2 minute PR performance of 1:17:19. This placed him 3rd overall in the race.

7th Annual Eastwood Park to Park 5 Mile /Race 10/27

3 Michael Dee	22	29:34	2/26	M20-29
10 Kelly Stevens	31	32:11	1/60	F30-39 1st Female finisher

The Burn Run – 10K Nov. 10

Michael Dee (22) 36:35 1st place

USATF Niagara Open 8K XC Championships, Cornell University Golf Course – Nov. 10

2nd. 40 Syracuse Chargers (27:29.1 137:25.1 1:53.8)

1	2	Ryan Millar	22	26:35.0
2	5	Nick Guarino	24	26:53.0
3	6	Josh Guarino	24	27:10.2
4	13	Scott Weeks	41	28:18.1
5	14	Greg Selke	23	28:28.8
6	(22)	Robert Dunham	20	30:27.7

Chargers Age Group Records 40-44 Men

45m	Ray Panek, Sr.	6.0	3/8/92
50y	Kevin Kaderli	6.3	3/29/80
50m	Sam Hall	6.4	3/22/87
50m	Jasper Royal	6.4	2/17/89
55m	Tyrone Guiden	6.91	3/9/97
100m	Al Walton	11.5	7/25/93
200m	Tyrone Guiden	23.36	3/2/97
300y	Tom Fondy	37.7	3/2/80
300y	Kevin Kaderli	37.7	3/2/80
300m	Sam Hall	39.6	3/27/88
400m	Tyrone Guiden	51.40	3/23/97
440y	Bob Brock	58.8	1/77
500m	Bob Micho	1:15.3	3/27/88
600y	Tom Fondy	1:25.0	2/10/79
600m	Tim Collins	1:32.4	2/13/83
800m	Scott Weeks	1:55.92	2/11/12
880y	Bob Brock	2:10.8	2/77
1000y	Tim Collins	2:32.4	3/26/83
1000m	Dave Cole	2:42.2	1/13/01
1500m	Tom Carter	4:03.2	2/21/93
1 mile	Scott Weeks	4:17.99	3/3/12
2000m	Tim Murphy	6:17.3	3/16/02
3000m	Mike Platt	8:54.17	2/15/03
3km steeple	Thom Crowley	11:52.1	8/6/95
2 miles	Bruce Fredrikson	10:19.1	3/78
3 miles	Bruce Fredrikson	15:50.1	1/78
5km (r)	Tom Carter	15:07	1/93
5km (t)	Mike Platt	15:05.55	4/20/02
8km	Tom Carter	25:24	8/15/92
5 miles (r)	John Thorpe	26:26	9/16/90
5 miles (t)	George Bodine	28:36	8/25/83
6 miles	Bruce Fredrikson	32:11	1/78
10km (r)	Tom Carter	32:20	10/92
10km (r)	Tim Otis	32:20	5/13/95
10km (t)	Tim Otis	32:30	7/14/95
15km (r)	Tom Carter	49:00	11/8/92
15km (t)	Neal Coffey	56:24.0	3/22/02
10 miles	Tim Otis	55:29	4/29/95
20km	Robin Wheelless	1:10:32	8/15/00
1/2 marathon	Ray Kneer	1:14:25	4/10/83
25km	George Luke	1:35:52	4/29/84
30km	Jerry Riordan	1:49:05	3/28/76
Marathon	Mike Platt	2:31:09	9/29/02
50km	Sam Paris	3:31:59	11/25/78
60km	Sam Paris	4:19:56	3/78
40 miles	Sam Paris	4:47:47	6/4/78
50 miles (r)	Sam Paris	6:31:36	1979
50 miles (t)	Sam Paris	6:35:30.0	7/7/79
100km	Sam Paris	8:42:12	11/24/79
1500m walk	David Talcott	7:11.8	9/22/04
1 mile walk	David Talcott	7:41.1	9/23/04
2 mile walk	David Talcott	16:50.9	5/31/04
5km walk (r)	Moe Lalonde	25:04	7/30/04
5km walk (t)	David Talcott	25:36.0	7/30/04
10km walk (r)	Moe Lalonde	48:49	7/28/05
10km walk (t)	David Talcott	51:56.0	7/30/04
50y HH	Jerry Lanier	8.3	2/10/79
55m HH	Bob Doran	8.7	1/22/94
110m HH	Bob Doran	17.65	7/14/95
300m IH	Ray Panek, Sr.	52.4	7/20/93
400m IH	Tim Collins	63.2	8/13/83
Long Jump	Ted Jackson	20-7 1/2	3/22/87
High Jump	Michael Saafir	5-9 3/4	3/18/95
Triple Jump	Bob Doran	41-1	2/6/94
Pole Vault	Peter McGinnis	13-6	1/22/95
Pole Vault	Peter McGinnis	13-6	3/15/97
Shot Put, 6kg	Norm Deep, Jr.	45-0 1/4	8/25/07
Shot Put, 16lb	Norm Deep, Jr.	41-4 1/4	7/27/07
Discus, 1kg	David Wright	120-3	6/30/83
Discus, 1.75 kg	Norm Deep, Jr.	115-7	8/07
Discus, 2kg	Norm Deep, Jr.	111-0	6/07

Javelin	Chris Yatsko	141-11	8/02
Hammer	Pat Lynn	151-10	6/23/90
Wt Thr, 20lb	David Jones	48-7	1/24/98
Wt Thr, 35lb	Pat Lynn	45-2	1/8/92
Wt Thr, 56lb	Norm Deep, Jr.	28-11 1/2	7/08
Wt. Pent.	Norm Deep, Jr.	2734	8/25/07
Indoor Pent.	Bob Doran	2969	1/13/96
Outdoor Pent.	Bob Doran	2379	7/25/98
Decathlon	Bob Doran	5117	7/14/95

Chargers Age Group Records 40-44 Women

45m	Irene Thompson	6.4	3/5/95
50m	Kathy Pierce	7.2	2/17/89
55m	Irene Thompson	7.4	2/16/97
60m	Irene Thompson	8.11	3/31/96
100m	Irene Thompson	12.8	8/28/94
200m	Irene Thompson	26.31	7/14/95
300m	Irene Thompson	43.2	7/27/94
400m	Irene Thompson	58.78	7/14/95
500m	Kathy Pierce	1:30.3	3/5/88
600m	Patti Ford	1:50.0	3/15/97
800m	Patti Ford	2:22.67	3/26/00
1000m	Barbara Blaszak	3:19.2	1/23/93
1500m	Patti Ford	4:54.1	6/4/99
1 mile	Patti Ford	5:06.95	3/5/00
2000m	Karen Vanderwold	7:10.95	3/16/03
3000m	Patti Ford	10:04.93	3/24/00
2 miles	Patti Ford	10:59.5	7/22/99
5km (r)	Patti Ford	17:30	8/21/99
5km (t)	Patti Ford	18:16.4	11/20/97
8km (t)	Barbara Blaszak	32:01.7	2/24/94
5 miles	Andrea Burke	29:50	9/16/90
10km (r)	Patti Ford	37:06	5/21/00
10km (t)	Patti Ford	37:48.8	3/12/99
15km (r)	Patti Ford	55:58	7/11/99
15km (t)	Patti Ford	60:45.8	5/15/96
10 miles (r)	Kelly Dworak	1:02:36	4/1/07
10 miles (t)	Lennie Tucker	1:29:49.0	6/28/81
20km	Kelly Dworak	1:20:24	4/1/05
1/2 mar	Kelly Dworak	1:23:18	9/18/05
25km	Carol Rider	1:58:46	5/5/85
30km	Barbara Blaszak	2:12:18	3/27/94
Marathon	Kelly Dworak	2:55:40	6/18/05
60km	Sister Nicolette	5:55:44	3/8/81
50 miles (r)	Lennie Tucker	7:41:02	11/15/81
50 miles (t)	Lennie Tucker	8:05:54.0	6/27/81
100km (t)	Lennie Tucker	13:03:19	7/4/82
24 hr. run (t)	Lennie Tucker	91.84 miles	7/4/82
55m HH	Irene Thompson	9.53	3/19/95
60m HH	Irene Thompson	10.27	3/28/99
80m HH	Irene Thompson	13.94	7/20/96
100m HH	Irene Thompson	15.9	7/8/98
400m IH	Irene Thompson	1:08.47	7/15/95
5km walk (r)	Sarah Lalonde	30:18	7/30/04
Long Jump	Irene Thompson	16-11 1/4	7/14/95
Triple Jump	Kathy Pierce	31-4 1/2	8/21/88
High Jump	Irene Thompson	4-9	7/13/95
Shot Put, 4kg	Kathy Pierce	34-9 1/2	3/27/88
Shot Put, 5kg	Kathy Pierce	28-9	8/22/87
Discus	Kathy Pierce	96-9 1/4	6/18/88
Javelin	Kathy Pierce	100-11	7/9/87
Hammer	Kathy Pierce	66-6 1/4	9/22/87
Wgt, 16 lb.	Kathy Pierce	32-9	8/12/89
Wgt, 20 lb.	Kathy Pierce	24-11 1/4	3/24/90
Wgt, 35 lb.	Kathy Pierce	19-7 1/4	4/2/89
Pent, Ind	Irene Thompson	3259	3/28/99
Pent, Outd	Kathy Pierce	2489	1987
Heptathlon	Irene Thompson	4588	7/14/95
Wgt. Pent	Kathy Pierce	2862	8/12/89



Syracuse Chargers Track Club Annual Meeting & Awards Banquet



Celebrate with our Athlete and Volunteer Award Winners for 2013!

Saturday, February 1, 2014

2-5 pm

Buffet to include:

- Tossed Green Salad with Choice of Dressings
- Rolls and Butter
- Fresh Fruit Bowl
- Herbed Tomato and Cucumber Salad
- Tuscan-Roasted Potatoes
- Green Beans Almondine
- Boneless Herb Grilled Chicken Breast
- Pasta Primavera (vegetarian)
- Sliced Roast Beef
- Chocolate Cake, Carrot Cake and assorted fruit pies
- Coffee, Tea, Iced Tea, Decaffeinated Coffee & Decaffeinated Tea

Best Western Plus at Carrier Circle

6555 Old Collamer Road South
 East Syracuse, New York
 (Exit 35 of NYS Thruway)



Cost:	Adult Charger Member	\$15
	Non-member Adult	\$20
	Children 5-14 years	\$10
	Children 4 & younger	No Charge

Yes! I am planning to attend the SCTC Annual Meeting and Awards Banquet on Saturday, February 1.

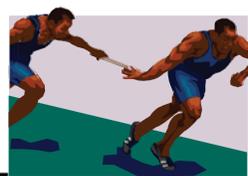
Please find enclosed my personal check made payable to: Syracuse Chargers Track Club

Please mail to: Mickey Piscitelli 4091 Cortina Road Baldwinsville, New York 13027

Name(s): _____ Phone: _____

_____ E-mail _____

Check Total: _____



LIFE ON THE MILL

As winter approaches many runners will have difficulty working out on snowy roads and will think about alternatives. If an indoor track is available, that of course is the best alternative. Option number two is the trusty treadmill either in your home or at the gym. While some contend treadmill running is too boring to endure, I maintain that if the workouts are preplanned and made challenging and varied, boredom is the least of your problems.

There are two basic ways to improve race performance using the treadmill. One involves focusing on speed and the other on elevation.

Let's say you can run 10Ks at a 10-minute pace and want to improve. You should not shoot for any more than a 3 to 5% improvement. Therefore, a reasonable goal would be 9:30 instead of 10:00.

To simulate outdoor running, always set the elevation to 1% to compensate for lack of wind resistance. After an easy warm-up, run 3 x 1 mile at 9:30 with a 5-minute walking rest between each mile. When you repeat this type of workout in 3 to 5 days, you can try for 4 x 1 mile at 9:30 with the same rest periods. If this feels like a near-death experience, then stick with the 4 miles till it feels manageable. Then work your way up to 5 miles and eventually 6 miles. Next, you can experiment with gradually shortening the rest periods from 5 minutes all the way down to two. If you arrive at this end point, then 10K on the road will be quite doable.

The other way to use the treadmill to increase performance is to focus on elevation. Since you can run 6 miles at 10:00 pace, try running 6 x 1 mile at 10:00 but at 1.5% elevation with 5 minute rests. If this works out, then 3 to 5 days later you can hike it up to 2%, then 2.5% and eventually 3%. When you can handle the 3% elevation, then running flat on the road or track will seem so easy you can easily speed up to 9:30.

I have used the example of 10K and 10:00 pace. Change the workouts according to your pace, but remember to stay within the 3 to 5% improvement limit. If you focus on shorter or longer races, adjust the length of the intervals accordingly. A 5K runner might do quarters or halves at the appropriate speed and elevation, with rests lasting about half as long as the work interval. Milers might do quarters or 200. If your treadmill is designed to do minute intervals, experiment with the 40/20 workout: 40 seconds close to max and 20 very easy walking. Fifteen or twenty minutes of this workout are great for anything up to 5K.

Always use your perceived effort as the guide to tell you if the next workout should be the same or more challenging. Although treadmill running is quite similar to outdoor running, it is not exactly the same. There are some biomechanical differences. It is, therefore, a good idea to mix in an occasional road or track run whenever possible. But see if you can get used to running on the treadmill. Use it to your full advantage till spring comes again and you can get back to the roads.

Sam Graceffo, MD

Calendar of Events

December 14 Last Chance Trail Run and Pancake Breakfast, Highland Forest

2014

February 1 Annual Meeting & Award Buffet

June 14 Hess Express Swamp Rat Races

June 17 JP Morgan Corporate Challenge

July 4 Cazenovia July 4th Foot Races

October 5 Festival of Races

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

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

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

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

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

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

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

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

_____ E-mail Address _____
 City State Zip

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

Primary Fields of Interest: _____
 Road Running Track Running
 Race Walking Field Events
 Physical Fitness Youth Development

Membership Status: _____
 _____ New
 _____ Renewal

I would like to help with: _____
 _____ Track Meets _____ Road Races
 _____ Coaching
 _____ Special Olympics Program

_____ Other (please specify interest)

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



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

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

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

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

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

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

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

Signature(s) _____ Date _____

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

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

Syracuse Chargers Track Club, Inc.
118 Foxcroft Lane
Fayetteville, New York 13066 – 2570

Return Service Requested

<p>Non-Profit Organization U.S. POSTAGE PAID Syracuse, NY Permit No.876</p>
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SYRACUSE CHARGERS TRACK CLUB
 Merchandise Order Form
 View Merchandise on www.syracusechargers.org

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

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

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