



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Syracuse Chargers Track Club, Inc.

Board of Directors

President

Da

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,
Owego, NY 13827 or e-mail dwtalcott@juno.com
by the 8th of the month.

Chargers Membership Forms should be sent to:

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

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

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

It will **NOT** be forwarded.

Welcome New Charger Members

Amanda Aitken	David Aitken	Joshua Aitken	Kerri Aitken
Samantha Aitken	Tyler Aitken	John Austin	Bob Barnes
Kyle Blessing	Duncan Brickner	Chelsea Cole	Kiana Ferguson
Vittorio Ferguson	Marco Fernandez	Martin Fernandez	Tymiah Harper
David Hawkes	Trevor Hill	Erica Howard	Jennifer Howard
Rowena Ilag-Ferguson	Heather Mulhall	Yudaisy Solomon Sargent	Joan Spencer
Alban Wisselmann			

Recent Charger Age Group Records

Discus, 2kg (12-13)	Damain Panek	87-2	6/25/14	Nottingham HS
24 hr, road (65-69)	Mary DaSilva	62.20066 mi.	9/21/14	Cleveland, OH
Marathon (75-79)	Kermit Cadrette	5:08:24	10/13/14	Albany
400m (85-89)	Ed Cox	1:34.11	8/14/14	Cornell
100m (85-89)	Ed Cox	17.06	8/31/14	Alexandria, VA
5km, road (85-89)	Joe Conrad	34:17	12/6/14	Sewall's Point, FL

Damain Panek's Discus Throw Is An Age Group Record

We can now serve notice that a previously reported discus toss of 87'-02" by Damain Panek at a Felder meet on June 25 is a Charger 12-13 boys age group record. Damain's record replaces the 2kg discus record of 83'-8", set by Shawn Wilson in 2004. We are still checking on Damain's outdoor pentathlon performance at a Felder meet on July 9 to determine if it is also a Charger age group record. Damain's raw total was 1884 points.

Also, we incorrectly reported Damain's name as Damian in the last newsletter.

Mary DaSilva's 24 Hour Endurance Run Establishes An Age Group Mark

These long distance endurance runs seem to be increasing in popularity, as evidenced by the some 159 starters at the North Coast 24 Hour Endurance Run in Cleveland, Ohio on September 20-21. One amazing performer was Charger Mary DaSilva, who ground out 62.20066 miles during that one-day span. Mary placed 87th among those 159 people, was third in her age group in this national championship event, and set a Charger 65-69 age group road record in the process. Again, amazing!

More Summer Accomplishments For Ed Cox

Here are some more summer results to report for Ed Cox, including new 85-89 age group records for 100 and 400 meters. Ed broke his own 100 meter mark at the Potomac Valley Games in Alexandria, VA on August 31 with a time of 17.06. In addition, he beat the 400 meter record during a Finger Lakes All Comers meet at Cornell University on August 14 with a time of 1:34.11. Here are some of Ed's accomplishments this summer.

Mid-Atlantic Open & Men's T & F Championships, Widener University, Chester, PA, 6/8/14

100m	17.82	1st, 85-89
200m	40.58	1st, 85-89

National Masters T&F Championships, Wake Forest U., Winston-Salem, NC, 7/19-20/14

100m	17.30	1st, 85-89
200m	38.64	1st, 85-89

Finger Lakes RC All Comers Meet, Cornell 8/14/14

400m	1:34.11	New Charger age group record
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39th Annual Potomac Valley Games, Williams High School, Alexandria, VA, 8/31/14

100m	17.06	New Charger age group record
200m	38.42	

In addition, the National Senior Games Association recently updated their National Games Top 10 all time performances for each age group. The list goes back to 1987. Ed is listed as number two all time for both the 100 and 200 meter dashes in the 85-89 age group.

Kermit Cadrette Improves His Marathon Record

Kermit Cadrette ran the Mohawk Hudson River Marathon on October 13 in a time of 5:08:24, while finishing second in his age group. His time breaks his own Charger 75-79 record. Two weeks later he ran the Road 2 Hope Marathon in Hamilton, Ontario in a time of 5:09:49. Kermit won his age group in this race.

Another Age Group Record For Joe Conrad

Joe Conrad broke the Charger 85-89 road record for 5km on December 6 with a time of 34:17 at the Rudolph's Reindeer Dash 5K in Sewall's Point, Florida. Joe's time surpassed a mark of 38.23 by Charles Jorgenson, set in 2000. It is the second record for Joe in this age group, having run a half marathon in 2:53:55 on October 26.

Tom Crowley Also Wins His Age Group At Falling Leaves

We previously reported that Sue Gardinier and Kermit Cadrette were age group winners at the Falling Leaves 5km in Utica on September 28. We can likewise report that Tom Crowley was also a winner, taking the 60-64 age group with a time of 20:45.

Oliver N. Blaise Jr. completes marathons on all 7 Continents

From Oliver: I am pleased to report I have completed my goal of having run a marathon on all seven continents. This goal was reached on July 6, 2014 when I completed the Gold Coast Marathon in Gold Coast, Australia on Surfers Paradise Beach. I completed the course in 6:03, and had fun throughout the entire run.

Prior to this I completed the remaining continents as follows:

North America – 60 marathons completed – 4:09 PR - I completed a marathon in all 50 states in Kansas at the Prairie Fire Marathon on 10/9/2010.

Europe – London Marathon – 4/2/1995 4:52

Antarctica – Antarctica Marathon – 2/13/1999 6:24

Asia – Great Wall Marathon – 5/17/2008 6:38

South America – Rio Marathon – 7/8/2012 5:25

Africa – Kilimanjaro Marathon – 4/3/2013 6:06

It has been a wonderful adventure every step of the way. The chance to visit every state in the US, followed by a visit to every continent on the earth has been an education that is hard to duplicate.

(Editor's Note: What Oliver does not say is that he had a new artificial aortic valve and two by-passes in Jan 2005. He has run 34 since then. Way to go!. Does anyone recall any other Charger, past or current, who has completed a marathon on all seven continents? If so, drop me a line.)



Past Issues of the *Chargers Newsletter* Never Get Old!
Revisit them any time at:
<http://www.syracusechargers.org/newsletter/newsletter.html>

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

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

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

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

Time: Start any time between 8:00 and 9:15. You can start when you please and quit when you are tired and hungry. Run with a partner so that someone will hear you when you admire something interesting. It is safer and partners are plentiful.

The first pancake is served at 9:00 and the last pancake is served at 10:30. The event has never been canceled; if the road to Fabius is open we'll run. If the snow is deep, we run on Park Roads.

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

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

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

Last Chance Trail Run and Breakfast – December 20, 2014

Name: _____ Street _____

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

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

Signature: _____ Date: _____

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

2015 Chargers Awards Banquet & Annual Meeting

Sunday, February 8, 2015 1 – 3 p.m.
Comfort Inn & Suites, 6701 Buckley Road, Syracuse 13212

Come help us celebrate the achievements of our most outstanding athletes of 2014 and recognize the contributions of our 2015 volunteer award recipients!

The Buffet will include: London Broil, Chicken Marsala, Eggplant Parmesan, Garlic Mashed Potatoes, Green Beans Almondine, Garden Salad, Fresh Fruit Salad, Coffee, Tea, and Desserts

A cash bar will be open at 12:30 p.m. for pre-Banquet socializing.
The buffet will be served at 1:00 p.m.

Our Annual Meeting and awards presentations will follow.

Prices:	Chargers Members age 15 & older	\$15.00
	Non-Members age 15 & older	\$20.00
	Children ages 5 through 14	\$10.00
	Children age 4 & younger	No Charge

Awards Banquet Reservation Form

I'm looking forward to attending this year's Chargers Annual Meeting and Awards Banquet on Sunday, February 8, starting at 1:00 p.m.! Please reserve a place for each of the individuals listed below, and find enclosed my check in the amount of \$_____ (payable to "Syracuse Chargers Track Club, Inc.")

_____	_____
_____	_____
_____	_____

Should we need to contact you, what phone and e-mail are best?

Phone: _____ E-Mail: _____

Please mail your reservation form and payment by January 31st to:
Linda Oja, 213 Scott Avenue, Syracuse, NY 13224.

Syracuse Chargers Age Group Relay Records

7 & Under (F)			
4X100m	1:17.41	C. Torries, L. Hanlon, L. Bennett, C. Royal	7/23/01
4X220y	3:09.0	A. Broton, B. Hansladen, J. Morelli, J. Witten	4/18/78
Sprint Medley (m)	7:03.0	J. Witten, A. Broton, B. Hansladen, J. Morelli	4/18/78
7 & Under (M)			
4X220y	3:09.0	S.Holdridge, M. Tobias, G. Esposito, T.Cavanaugh	4/18/78
8-9 (F)			
4X100m	70.1	K. Hughes, A. Winn, L. Hanlon, C. Royal	3/13/04
4X200m	2:56.4	E. Murley, J. Wetter, N. Putnam, J. Condon	1/23/84
4X220y	2:58.0	L. Behr, F. Collins, B. Strawberry, L. Curtis	4/18/78
Sprint Medley (m)	9:00.2	M. Felice, L. Behr, K. Collins, B. Strawberry	4/18/78
8-9 (M)			
4X100m	69.0	M. Jackson, D. Zandt, E. Bentley, A. Fourney	7/3/85
4X220y	2:37.0	J. Riordan, M. Henning, D. Keller, E. Anish	4/18/78
Sprint Medley (y)	6:03.5	J. Riordan, M. Henning, D. Keller, E. Anish	4/18/78
Distance Medley (m)	20:22.0	D. Williams, D. Ellison, B. Rabin, D. White	4/4/79
10-11 (F)			
4X100m	62.4	A. Robinson, C. Blackshear, L. Williams, X	7/7/79
4X110y	69.6	J. Atkinson, M. Riordan, C. White, K. Lane	
4X200m	2:13.1	J. Lester, A. Stead, A. Gilyard, B. Hall	3/15/97
4X440y	5:31.0	L. Loveland, M. Webster, E. Horn, J. Rainis	4/5/78
10-11 (M)			
4X100m	59.8	M. Younis, R. Lanaux, R. Dorsey, J. Askew	7/22/77
4X200m	2:15.0	Wilson Park Team	8/1/79
4X220y	2:16.0	D. Wright, J. Rasberry, M. Anthony, J. Owens	4/18/78
Sprint Medley (y)	5:17.0	M. Anthony, J. Rasberry, J. Owens, D. Wright	4/18/78
4X400m	5:24.0	Brooks, Bacon, Keller, J. Riordan	1/13/80
4X440y	5:24.2	D. Wright, J. Riordan, J. Owens, M. Wright	4/5/78
4X800m	12:27.0	H. Meno, K. Snyder, D. Grace, D. Edwards	4/20/80
Distance Medley (m)	16:06.0	J. Riordan, J. Webster, C. Ellison, D. Wright	4/4/79
12-13 (F)			
4X100m	59.7	B. Kincaid, A. Moore, O. Bono, N. Rodney	3/14/04
4X200m	2:03.24	O. Bono, B. Kincaid, A. Moore, A. Copp	3/21/04
4X220y	2:09.0	J. Goodman, J. Rainis, G. Hagenlocher, M. Muller	4/18/78
Sprint Medley (y)	5:41.0	M. Muller, J. Goodman, G. Hagenlocher, J. Rainis	4/18/78
12-13 (M)			
4X100m	54.8	M. Bufford, A. Dupree, J. Barnes, C. Ingram	7/27/83
4X200m	1:52.0	Kirk Park Team	7/25/79
4X220	2:02.5	D.Austin, G. Knoblock, S. McNaughton, D.Broton	4/18/78
Sprint Medlay (y)	4:23.0	M. Wright, G. Knoblock, D. Austin, D. Broton	4/18/78
14-15 (F)			
4X200m	2:04.9	J. Rainis, G. Hagenlocher, M. Rothenberg, R. Bain	3/4/79
4X400m	4:42.0	A. Spaulding, S. Dygert, W. Hall, A. Kane	8/1/78
14-15 (M)			
4X440y	4:07.0	T. Peiffer, D. Broton, R. Bodine, M. Dobrzynsk	2/4/79
16-17 (F)			
4X100m	50.1	P. Greene, R. Sherman, J. Bonner, R. Brooks	6/18/85
4X200m	2:16.0	C.McGuire, L.Bowers, A.McCarthy, K.Townsend	3/20/05
4X400m	4:52.3	E. Kissame, C. Shanahan, G. Nichols, N. Sherman	8/1/84

16-17 (M)			
4X100m	45.5	S. Hostetter, E. Moses, J. Gibbons, W. Rogertson	6/18/83
4X440y	3:28.2	M. Egan, J. Bradley, M. Francis, K. Didio	7/18/78
4X800m	8:25.0	J. Francis, J. Hickman, H. Thompson, R. Cannon	6/15/85
Distance Medley (m)	10:41:56	B. White, M. Crompton, R. Sheer, C. Heenan	3/12/06
4X800m	11:05.9	M. Franklin, K. Gagen, M. Duffy, B. Gleason	7/13/85
4X1 Mile	19:01.23	M. Crompton, R. Sheer, d. McElroy, C. Heenan	6/18/05
18-19 (F)			
Distance Medley (m)	15:29.7	K. Kuss, A. Leberman, T. Trudell, K. Winslow	3/18/95
18-19 (M)			
4X100m	44.1	J. Whitehead, T. Richardson, S. Coker, J. Drake	7/27/83
4X200m	1:31.9	D. Campbell, W. Brown, J. Weakfall, M. Francis	7/18/78
4X400m	3:48.7	J. Whitehead, J. Drake, B. Adams, R. Cannon	8/11/84
Sprint Medley (m)	3:54.9	J. Mikell, C. Coleman, M. Coleman, E. Arrington	2/2/85
4X800m	8:03.29	B. White, M. Snihur, J. Johnson, D. Sikora	2004
20-29 (F)			
4X110y	50.7	L. Cupit, K. Cecile, E. Hagenlocher, C. Schilly	7/19/75
4X220y	1:50.9	E. Hagenlocher, L. Cupit, H. Dunham, C. Schilly	1/26/74
4X440y	3:58.7	C. Schilly, L. Cupit, E. Hagenlocher, M. Rybinski	7/21/70
Sprint Medley (m)	4:35.7	C. McKeever, P. Ford, J. Angotti, S. Gleasman	3/15/86
4X880y	9:11.0	C. Pusch, K. Schilly, M. Seybold, M. Rybinski	
Distance Medley (m)	12:10.9	P. Ford, I. Thompson, J. Patruno, R. Dodge	2/6/99
4X1600m	23:07.3	J. Arnold, T. Trudell, C. Steinbach, P. Ford	6/11/96
4X1 Mile	23:50.1	C. Eccles, D. Croll, J. Janiszewski, K. Kuss	7/12/96
20-29 (M)			
4X110y	42.9	J. Weakfall, M. Francis, D. Campbell, R. Vaughn	7/12/80
4X200m	1:35.2	C. Coleman, J. Mikell, M. Roman, M. Coleman	3/10/85
4X220y	1:36.4	Ouderkirk, Murphy, Willets, Greene	1973
4X400m	3:16.42	J. Clark, M. LoPiccolo, C. Verkey, L. Lewis	4/28/01
4X440y	3:21.0	R. Francis, J. Weakfall, D. Pace, M. Francis	7/12/80
Sprint Medley (m)	3:35.5	J. Drake, J. Whitehead, D. Robinson, J. Westman	7/6/86
4X800m	7:28.84	M. LoPiccolo, S. Weeks, B. Lombardo, L. Lewis	4/28/00
Distance Medley (m)	9:52.15	M. LoPiccolo, J. Clark, L. Lewis, S. Weeks	2/4/01
Distance Medley (y)	10:40.6	P. Rougeux, M. Roman, M. Smith, M. Gaughran	4/14/84
4X1500m	15:55.42	L. Lewis, B. Lombardo, D. White, S. Weeks	4/29/00
4X800m Walk	15:03.4	Dn. Talcott, J. Seaver, B. Harvey, Dv. Talcott	7/28/82
30-39 (F)			
4X400m	4:39.2	J. Angotti, I. Thompson, K. Pierce, C. McKeever	3/25/89
4X800m	10:24.7	P. Delia, P. Ford, M. Leivers, D. Miller	3/15/86
30-39 (M)			
4X100m	46.7	J. Royal, T. Collins, J. Dwyer, D. Robinson	6/19/82
4X200m	1:45.4	A. Drew, T. Fondy, T. Jackson, B. Micho	2/23/85
4X400m	3:36.7	A. Hloderwski, S. Bennett, J. Lawton, J. Royal	8/13/83
4X800m	8:23.2	M. Powell, B. Jackson, R. Wheeless, C. Anklin	6/11/96
4X1 Mile	18:37.4	J. Andrews, M. Smith, D. Worden, J. Dwyer	2/9/87
40-49 (F)			
4X400m	4:51.00	K. Vanderwood, P. DePaulis, P. Watson, R. Yanai	2/7/03
Sprint Medley (m)	5:51.7	E. Hahn, S. Gardiner, C. Rider, L. Tucker	3/15/86
4X800m	11:44.7	J. Queal, K. Collins, L. Oja, P. Ford	6/11/96
40-49 (M)			
4X100m	47.5	G. Pace, T. Fondy, S. Hall, W. Marshall	8/6/86
4X200m	1:46.57	R. Bond, K. Didio, B. Jackson, D. Cole	3/21/04
4X400m	3:42.3	R. Bond, K. Didio, D. Cole, B. Jackson	7/19/04
4X440y	4:07.2	M. Gratzner, R. Hahn, E. Stabler, B. Brock	12/3/76

Sprint Medley (m)	3:59.8	M. Rybinski, G. Radford, K. Hanlon, D. Cole	7/27/00
Sprint Medley (y)	4:15.6	J. Ucci, K. Kaderli, T. Fondy, B. Brock	2/7/82
4X800m	8:21.0	D. Worden, C. Anklin, B. Jackson, D. Cole	3/24/01
8X880y	9:33.8	E. Stabler, M. Gratzner, G. Bodine, R. Hahn	12/4/76
Distance Medley (m)	11:02.17	C. Anklin, D. Cole, D. Worden, B. Jackson	4/27/01
4X1600m	20:27.3	M. Rybinski, D. Cole, R. Bond, G. Radford	6/21/04
4X1 Mile	21:10.7	M. Kelly, T. Collins, F. Schlereth, S. Murphy	2/9/87
50-59 (F)			
4X800m	11:33.1	L. Orlicz, P. Watson, S. Leone, C. Steinbach	7/19/04
50-59 (M)			
4X100m	51.0	A. Drew, T. Fondy, P. Stelmaszyk, A. Branch	8/7/93
4X400m	4:07.2	R. Wilett, A. Drew, P. Stelmaszyk, J. Allen	8/6/94
4X440y	5:35.5	C. Lee, G. Kent, B. Silverman, T. Walnut	12/3/76
4X800m	10:02.59	R. Hahn, R. Brock, B. O'Brian, M. Gratzner	3/24/85
4X880y	12:14.8	B. Silverman, C. Lee, G. Kent, T. Walnut	12/4/76
4X1 Mile	20:47.7	B. O'Brian, B. Ireland, G. Bodine, E. Stabler	12/12/81
60-69 (F)			
4X800m	17:17.9	L. Bell, M. Rusz, M. Wolf, M. Zeppetello	6/11/96
60-69 (M)			
4X100m	57.7	B. Townsend, T. Johnson, E. Lukens, H. MacMillan	7/22/87
4X200m	2:09.6	B. Townsend, T. Johnson, E. Lukens, H. MacMillan	7/1/87
4X400m	4:37.6	P. Stelmaszyk, L. Abramhamson, T. Collins, J. Allen	2/18/05
4X800m	11:36.1	E. Lukens, G. Kent, N. White, T. Walnut	1/18/85
4X880y	13:09.4	N. Hacker, R. More, E. Buckley, N. White	3/26/83
4X1600m	23:18.5	H. Rubin, D. Cohen, B. Brock, B. Milner	6/11/96
4X1 Mile	25:16.0	E. Stabler, B. Brock, W. McRae, F. Schlereth	7/13/94
70-79 (M)			
4X100m	64.3	E. Lukens, R. More, B. Townsend, H. MacMillan	6/24/97
4X400m	7:01.5	T. Johnson, N. Hacker, C. Jorgensen, E. Straub	8/6/89
4X800m	13:19.0	F. Schlereth, W. McRae, J. Bisson, R. Hahn	6/30/03
Distance Medley (m)	18:33.3	H. MacMillan, R. More, N. White, E. Buckley	8/25/97
4X1 Mile	29:44.0	R. More, N. White, E. Buckley, T. Walnut	7/13/94
80-89 (M)			
4X100m	78.9	R. More, E. Buckley, D. Hanlon, E. Lukens	6/30/03

Is There An Aspiring Cazenovia July 4th Foot Races Director Among Our Members?

As many of our members and readers have probably already recognized, the Chargers are in need of a volunteer to succeed Evelyn White as race director of the Cazenovia July 4th Foot Races.

Previous experience directing a road race is desirable, but not necessary. If you have experience as a member of the organizing committee of a road race, this may be your opportunity to step up to directing an event.

We would be quite happy to hear from any volunteer who might be interested in serving in this position. Please call Dave Oja (446-6285) at your convenience if you are interested or would like additional information.

Are You Interested in "Walking" For Fitness??

The Chargers Recreation And Fitness Committee is looking for:
1 to 2 new committee members.

We will be looking at starting:
A Chargers Program For Walkers in the spring of 2015.

If interested, contact Greg Tuttle at 315-430-9409 or at tuttlegreg@hotmail.com.

Men's Top-Five Performances

By Age-Group on the

Syracuse Festival of Races 5K Course 1993 - 2014

13 & under	Andris Goncarovs	13	Trumansburg, NY	16:33	87.63%	2005
	Andrew McDougal	13	Peru, NY	17:26	83.19%	2003
	Andrew McDougal	11	Peru, NY	17:35	86.98%	2001
	Evan Whittaker	13	Alpine, NY	17:46n	81.63%	2013
	Erik Sauer	13	Pennellville, NY	18:06	80.13%	2000
14 – 19	Shadrack Kosgei	18	Kenya	13:30	98.81%	2002
	Charles Njeru	18	Kenya	14:22	92.85%	2000
	Josh McDougal	17	Peru, NY	14:38* @	92.30%	2002
	John Kanyiri	17	Kenya	14:51	90.96%	1999
	Charles Njeru	19	Kenya	14:53	88.53%	2001
20 - 29	John Itati	28	Kenya	13:27 (CR)	95.92%	2002
	Gilbert Okari	24	Kenya	13:27	95.91%	2002
	Moses Macharia	27	Kenya	13:36	94.85%	2002
	Peter Githuka	25	Kenya	13:38	94.62%	1998
	Sammy Ng'eno	27	Kenya	13:40	94.39%	2001
30 – 34	John Itati	30	Kenya	13:45	94.05%	2004
	Tim Hacker	32	Madison, WI	13:52	93.76n5(as5 00p2.7(94.0B())-5.3(a)6.2	

	John Tuttle	51	Villa Rica, GA	15:56n	93.31%	2010
	David Cannon	54	Seattle, WA	16:05n	94.75%	2010
	Jan Frisby	50	Grand Junction, CO	16:06	91.60%	1994
55 - 59	David Cannon	55	Seattle, WA	16:14	94.65%	2011
	Brian Pilcher	57	Ross, CA	16:22	95.54%	2013
	Brian Pilcher	56	Ross, CA	16:23n	94.59%	2012
	Jerry Kooymans	57	Markham, ON	16:26n	95.10%	2012
	Brian Pilcher	55	Ross, CA	16:34	92.75%	2011
60 - 64	Tom McCormack	61	Jonesborough, TN	16:58*#	95.37%	2014
	Doug Winn	60	Portland, OR	17:11	93.42%	2010
	Tom Bernhard	60	Castro Valley, CA	17:32	91.47%	2011
	William Dixon	61	Brattleboro, VT	17:37	91.85%	2008
	Peter Mullin	61	Houston, TX	17:44n	91.24%	2012
65 - 69	Doug Goodhue	68	Milford, MI	18:14n*	94.59%	2010
	Doug Goodhue	66	Milford, MI	18:18*	92.50%	2008
	William Dixon	66	Brattleboro, VT	18:21n	92.25%	2013
	Lloyd Hansen	65	Bloomfield Hills, MI	18:28	90.85%	2013
	Doug Goodhue	67	Milford, MI	18:40n	91.53%	2009
70 - 74	Ed Whitlock	72	Milton, ON	19:06	94.67%	2003
	Doug Goodhue	71	Milford, MI	19:32n	91.34%	2013
	Doug Goodhue	72	Milford, MI	19:42n	91.78%	2014
	Jan Frisby	70	Grand Junction, CO	20:20n	86.68%	2014
	Thom Weddle	72	Minneapolis, MN	20:56n	86.38%	2010
75 - 79	William Riley	75	Centerville, MA	21:15n	89.16%	2011
	Ed Whitlock	79	Milton, ON	21:16n	96.51%	2010
	Bill Spencer	75	Litchfield, NH	22:28n	84.33%	2011
	Fay Bradley	75	Independence, KS	23:07n	81.96%	2013
	John Elliott	76	Columbia, MD	23:30n	82.09%	2014
80 - 84	Dudley Healy	80	Chatham, NJ	24:52	84.51%	1994
	Dudley Healy	81	Chatham, NJ	26:02	82.79%	1995
	John Harper, Jr.	81	Seal Beach, CA	26:32n	81.23%	2014
	Wally McRae	80	Manlius, NY	28:20n	74.17%	2012
	Nate White	80	Fayetteville, NY	28:26	73.91%	1999
85 - 89	Hugh Campbell	88	Wilmington, DE	26:42*#W	102.03%	2012
	Willis Moses	87	Vestal, NY	32:29n	80.50%	2013
	Bill Tribou	88	Granby, CT	32:34n	83.65%	2009
	Willis Moses	85	Vestal, NY	33:03n	73.52%	2011
	Willis Moses	86	Vestal, NY	33:20n	75.52%	2012
90 - 94	Henry Sypniewski	90	Cheektowaga, NY	33:46*	88.41%	2008
	Bill Tribou	90	Granby, CT	37:28n	79.68%	2011
	Henry Sypniewski	91	Cheektowaga, NY	38:47n*	81.04%	2009
	Henry Sypniewski	92	Cheektowaga, NY	41:00n*	81.07%	2010
	Henry Sypniewski	93	Cheektowaga, NY	47:38n*	74.15%	2011

n = net time; (!) = overall Men's 5K winner; MCR = masters men's course record at the time; @ = U.S. junior men's 5K record; * = surpassed U.S. men's single-age 5K best; # = surpassed U.S. men's age-group 5K record; w = surpassed ARRS men's single-age 5K world best; W = ARRS men's age-group 5K world best

Syracuse Festival of Races

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



<u>Age</u>	<u>Name</u>	<u>Residence</u>	<u>Time</u>	<u>Age-Graded %</u>	<u>Year</u>
5	Teshale Kelly	Camillus, NY	40:18	49.04%	2011
6	Josh Aitken	Jamesville, NY	32:21n	57.80%	2010
7	Teshale Kelly	Camillus, NY	23:06n	77.02%	2013
8	Erik Sauer	Pennellville, NY	22:49	74.59%	1995
9	Dan Whitmore	Liverpool, NY	20:34	79.53%	1996
10	Erik Sauer	Pennellville, NY	19:21	81.58%	1997
11	Andrew McDougal	Peru, NY	17:35	86.98%	2001
12	Austin Lane	Gansevoort, NY	18:26	80.67%	2005
13	Andris Goncarovs	Trumansburg, NY	16:33	87.63%	2005
14	Jordan McDougal	Peru, NY	16:06	88.13%	2001
15	Jordan McDougal	Peru, NY	15:19*	90.89%	2002
16	Josh McDougal	Peru, NY	14:59	91.40%	2001
17	Josh McDougal	Peru, NY	14:38*@	92.30%	2002
18	Shadrack Kosgei	Kenya	13:30	98.81%	2002
19	Charles Njeru	Kenya	14:53	88.53%	2001
20	LHoussine Siba	Kingston, NY	14:07	92.36%	1993
21	Khalid Khannouchi	Morocco	14:02(!)	92.28%	1993
22	Dejene Berhanu	Ethiopia	13:41	94.31%	2002
23	Tekeste Kebede	Ethiopia	13:45	93.81%	2002
24	Gilbert Okari	Kenya	13:27	95.91%	2002
25	Peter Githuka	Kenya	13:38(!)	94.62%	1998
26	Sammy Ng'eno	Kenya	13:55	92.69%	2000
27	Moses Macharia	Kenya	13:36	94.85%	2002
28	John Itati	Kenya	13:27(!)CR	95.92%	2002
29	John Itati	Kenya	13:43(!)	94.13%	2003
30	John Itati	Kenya	13:45(!)	94.05%	2004
31	Paul Mwangi	Irvington, NY	14:03	92.25%	1998
32	Tim Hacker	Madison, WI	13:52(!)	93.76%	1995
33	Davis Kamau	Kenya	14:09	92.22%	1998
34	Paul Mwangi	Ossining, NY	14:05	93.08%	2001
35	Paul Mbugua	Kenya	13:56	94.58%	1998
36	Nelson Ndereva	Kenya	14:32	91.23%	2003
37	Paul Mbugua	Kenya	14:17	93.47%	2000
38	Greg Lyons	Australia	14:42	91.48%	1999
39	Mike Platt	DeWitt, NY	15:32	87.22%	2001
40	Kevin Castille (40+ CR)	Nicholasville, KY	14:25(!)	94.68%	2012
41	John Tuttle	Douglasville, GA	14:31	94.73%	2000
42 (tie)	Steve Boyd	Kingston, ON	15:00	92.37%	2005
42 (tie)	David O'Keefe	Orchard Park, NY	15:00	92.37%	2001
43	Sean Wade	Houston, TX	14:52*	93.90%	2009
44 (tie)	Francis Burdett	Worcester, MA	15:16	92.15%	2009
44 (tie)	Andrew Masai	Rochester, NY	15:16	92.15%	2004
45	Jerry Kooymans	Markham, ON	15:32	91.27%	2000
45	Kristian Blaich	Decatur, GA	15:34	91.07%	2011
46	Jerry Kooymans	Markham, ON	15:29	92.28%	2001

47	Kristian Blaich	Decatur, GA	15:29n	93.01%	2013
48	Peter Magill	South Pasadena, CA	15:00*	96.75%	2009
49	Peter Magill	South Pasadena, CA	15:20*	95.41%	2010
50	Dennis Simonaitis	Draper, UT	15:24	95.82%	2012
51	Kevin Miller	Olathe, KS	15:51	93.86%	2013
52	David Cannon	Seattle, WA	16:17	92.05%	2008
53	Tom Ryan	Cape Elizabeth, ME	16:15n	92.99%	2009
54	David Cannon	Seattle, WA	16:05n	94.75%	2010
55	David Cannon	Seattle, WA	16:14	94.65%	2011
56	Brian Pilcher	Ross, CA	16:23n	94.59%	2012
57	Brian Pilcher	Ross, CA	16:22*	95.54%	2013
58	Ken Youngers	Tucker, GA	16:49	93.78%	2014
59	Roger Price	Piscataway, NJ	17:45	89.57%	2008
60	Doug Winn	Portland, OR	17:10n	93.42%	2010
61	Tom McCormack	Jonesborough, TN	16:58*#	95.37%	2014
62	Peter Mullin	Houston, TX	17:48n	91.73%	2013
63	Terry McCluskey	Vienna, OH	17:57n	91.75%	2011
64	William Dixon	Brattleboro, VT	17:54n	92.85%	2011
65	Lloyd Hansen	Bloomfield Hills, MI	18:28	90.85%	2013
66	Doug Goodhue	Milford, MI	18:18*	92.50%	2008
67	Doug Goodhue	Milford, MI	18:40n	91.53%	2009
68	Doug Goodhue	Milford, MI	18:14n*	94.59%	2010
69	Doug Goodhue	Milford, MI	19:18n	90.29%	2011
70	Jan Frisby	Grand Junction, CO	20:20n	86.68%	2014
71	Doug Goodhue	Milford, MI	19:32n	91.34%	2013
72	Ed Whitlock	Milton, ON	19:06	94.67%	2003
73	Bill Spencer	Litchfield, NH	21:12n	86.54%	2009
74	Thom Weddle	Minneapolis, MN	22:39n	82.26%	2012
75	William Riley	Centerville, MA	21:15n	89.16%	2011
76	John Elliott	Columbia, MD	23:30n	82.09%	2014
77	Ed Buckley	Clinton, NY	24:49	79.25%	1998
78	Ed Buckley	Clinton, NY	26:06	76.92%	1999
79	Ed Whitlock	Milton, ON	21:16n	96.51%	2010
80	Dudley Healy	Chatham, NJ	24:52	84.51%	1994
81	Dudley Healy	Chatham, NJ	26:02	82.79%	1995
82	Wally McRae	Manlius, NY	30:36n	72.37%	2014
83	Dudley Healy	Chatham, NJ	29:04	78.41%	1997
84	Willis Moses	Vestal, NY	32:37n	72.06%	2010
85	Willis Moses	Vestal, NY	33:03n	73.52%	2011
86	Willis Moses	Vestal, NY	33:20n	75.52%	2012
87	Willis Moses	Vestal, NY	32:29n	80.50%	2013
88	Hugh Campbell	Wilmington, DE	26:42n*#W	102.03%	2012
89	none thus far				
90	Henry Sypniewski	Cheektowaga, NY	33:46*#W	88.41%	2008
91	Henry Sypniewski	Cheektowaga, NY	38:47n*	81.04%	2009
92	Henry Sypniewski	Cheektowaga, NY	41:00n*	81.07%	2010
93	Henry Sypniewski	Cheektowaga, NY	47:38n*	74.15%	2011

n = net time; (!) = overall Men's 5K winner; MCR = masters men's course record at the time; @ = U.S. junior men's 5K record; * = surpassed U.S. men's single-age 5K best; # = surpassed U.S. men's age-group 5K record; w = surpassed ARRS men's single-age 5K world best; W = ARRS men's age-group 5K world best

Call for nominations for the 2015 Arnie Briggs Good Guy Award

We're now accepting nominations for the 2015 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, and Roger Hahn. 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 2015 award; any received thereafter will be included in our list of 2016 nominees.

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

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

Positions Available

The Syracuse Chargers Track Club has so many great volunteers and athletes which allows our club function. Without them we would not continue. Each athlete who supports the races and activities we put on - WE THANK YOU for that support! Each volunteer whether helping out at one of our events or serving on the Board of Directors, or organizing one of our events - WE THANK YOU for your help and support!

To that end, we will be recognizing a few of the outstanding athletes and also loyal volunteers at our annual Chargers' Awards Banquet & Annual Meeting. The festivities will take place on **Sunday, February 8, 2015 between the hours of 1:00 p.m. and 3:00 p.m. at the Comfort Inn & Suites, 6701 Buckley Road, Syracuse, NY 13212.**

Please come out in person and give them a personal THANK YOU!

Speaking of Volunteers; there is a real need within the Syracuse Chargers Track Club organization for a few people to step up and help out in a couple areas.

1. Merchandise Coordinator. Basically this person is the contact person for Club Uniforms and merchandise. Orders are sent to the Coordinator and the Coordinator arranges to have the merchandise sent to them.
2. Volunteers Coordinator. This organized individual would be the liaison between the active volunteers the club has and the event coordinators that are in need of volunteers.
3. Summer Runs Coordinator. This race enthusiast would coordinate the ground work for the summer run program.
4. Women's Open Competitive Teams Coordinator. This individual would coordinate the Open Women's team which may include planning on what competitions to compete in, and putting teams together.
5. Administrative Vice President of the Board.
6. Cazenovia 4th of July Foot Races - Race Director. The right individual or individuals would be organized and would preferably have experience with race management at some level. The Director would be supported by volunteers and other committee members in putting on this outstanding race that has been a part of the local running scene for almost 50 years.

If any of these are something you would like additional information about or would like to step up and help out, please contact SCTC President Dave Oja at 446-6285 or e-mail at daveoja@a-znet.com.

Syracuse Chargers Track Club Scholarship Application



The Syracuse Chargers Track Club, Inc. will award as many as three \$1,000 scholarship grants to SCTC members who have distinguished themselves through their: volunteer activities within our community (including but not limited to Chargers events); academic achievement; and commitment to personal fitness. All applicants should have a record of volunteer service to the athletic community. In order to qualify for consideration for one of these awards, an applicant must be a graduating high school senior, an SCTC member at the time the application is submitted, and the holder of at least a B average throughout high school. Anyone who wishes to be considered for one of these awards must provide the information requested below and submit this form along with the following:

1. A letter of recommendation written by an adult who has supervised, coordinated, or is otherwise familiar with your volunteer activities, particularly those that promote health and fitness.
2. **Either** a copy of your high school transcript **or** a teacher's or guidance counselor's letter of recommendation that focuses on your **academic** achievement and merits.
3. A **typed** essay of 300 to 400 words describing how your participation in athletics and the volunteer activities that support athletics demonstrates your commitment to lifetime fitness.

This form and all supporting materials should be mailed together and must be received by May 15.

Please mail this form and your other application materials to:
John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078.

Applicant's name: _____ Home phone: _____

Address: _____ E-mail: _____

Your date of birth: _____

Your high school(s): _____

High school average: _____ Class ranking: _____ SAT/ACT score(s): _____

College or university that you're most likely to attend: _____

Volunteer activities on behalf of athletics in our community (including but not limited to Chargers volunteering) _____

UPSTATE NY HOLIDAY CLASSIC XVI

Open, Youth and Masters Indoor Track & Field Invitational

Also serving as the

2014 USA Open & Masters Indoor 5000m Race Walk Championships

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

Featuring the Roger Messenger Masters (30+) Mile

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

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

Saturday, December 27, 2014

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

Online Registration:

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

You will pay an additional small online processing fee.

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

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

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

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

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

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

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

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



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

Day-of-Meet Registration:

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

No special deals for USATF members.

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

Order of Track Events

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

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

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

Field Events

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

Calendar of Events

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

December

- 20** **Last Chance Trail Run & Pancake Breakfast, 8:00-9:15am, Skyline Lodge, Fabius, NY. Contact Mark Driscoll at 315-449-9615. Entry blank in this Newsletter.**
- 27 Upstate Holiday Classic, USATF Niagara Indoor T&F Champs, RIT, 9:30am . Visit www.USATF-Niagara.org.
- 27 USA Indoor Open/Masters 5,000 meter Race Walk Championships, RIT, 8:30am Contact Dave Talcott at 607-223-4361 or dwtalcott@juno.com

January

- 1 Hangover 1/2 marathon. Noon. Albany University. Visit www.hmrrc.org
- 1 36th Annual Resolution Run, 10:07am, Spaghetti Warehouse, Syracuse. Visit www.syracusetrackclub.org
- 3, 10, 17, 24 TCRC January Freeze Races, 10km, 10:00am Otsiningo Park, Binghamton. Visit www.triplecitiesrunnersclub.org
- 3 Run through Lights on the Lake, Onondaga Lake Park, 11pm. Visit www.syracusetrackclub.org
- 10 Winter Whiteout 5k, Noon, Vestal Rail Trail. Visit www.triplecitiesrunnersclub.org
- 11 Finger Lakes Indoor Meet, 5000, 60, 400, Mile, (400-200-200-800 relay) 9:00am Barton Hall, Cornell University. Visit www.fingerlakesrunners.org or contact Rob Kurcoba at rk556@cornell.edu
- 11 Chilly Chili 5km, 1:00pm, Cazenovia. Visit www.chillychili.com
- 16 Freeze Out Homelessness 5k, 7:00pm, OCC—Syracuse. Visit www.rescuemission.donorpages.com/syracusefreezeout5k2015
- 18 Winter Chill 5k, 10:00am, Cass Park near Ice Rink, Ithaca. Contact www.fingerlakesrunners.org
- 18 SCTC All Comers Meet, Manley Field House-SU 6:00-10:00am, visit www.syracusechargers.org**
- 24 Hartshorne Masters Mile Invitational Cornell University. Visit www.fingerlakesrunners.org
- 25 Winter Chill 5k, 10:00am, Cass Park near Ice Rink, Ithaca. Contact www.fingerlakesrunners.org

February

- 1 Super Couch Potato 5k, 11:00am Onondaga Lake Park. Visit www.syracusetrackclub.org
- 1 Felder-SRC Track Meet, SRC Arena, OCC 2:00-6:00pm. Visit www.felder-syracuse.org
- 1 Winter Chill 5k, 10:00am, Cass Park near Ice Rink, Ithaca. Contact www.fingerlakesrunners.org
- 8 Finger Lakes Indoor Meet, 2 Mile, 800, 1500, 2x400 Valentines Relay, 4x400 relay 9:00am Barton Hall, Cornell University. Visit www.fingerlakesrunners.org or contact Rob Kurcoba at rk556@cornell.edu
- 15 SCTC All Comers Meet, Manley Field House-SU 6:00-10:00am, visit www.syracusechargers.org**
- 22 Lake Effect 1/2 Marathon, 9:30am, Onondaga Lake Park. Visit www.lakeeffecthalfmarathon.com

March

- 14 SCTC All Comers Meet, Manley Field House-SU 7:30am, visit www.syracusechargers.org**

Bold Print—SCTC Event

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

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

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

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

 City State Zip E-mail Address _____

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

Primary Fields of Interest: _____
 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

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

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

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

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

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

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

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

 Signature(s) Date

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

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

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

Return Service Requested

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

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

Name: _____

Address: _____

E-Mail: _____ Phone: _____

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