



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLXVI

Syracuse Chargers Track Club

December 2015

Everyone Can Run Beginners Program

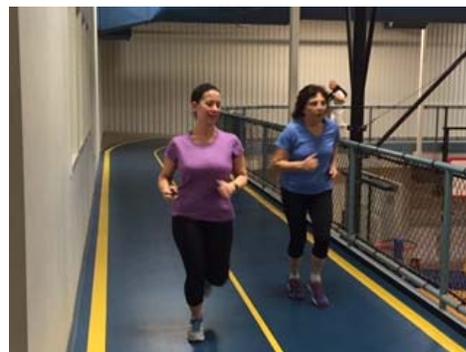
A Success!



Mark Driscoll pre-workout talk



Anne & Jim Corbett



Loren Cunningham and Christina Pezzulo



George Kulick and Terri Clark



Don Cronin



Theresa Selfa



Greg Tuttle

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.

Syracuse Chargers Track Club, Inc.

Board of Directors

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Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

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Mark Driscoll 449-9615
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Merchandise

Available

Awards Banquet

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Volunteers

Available

Scholarship Award

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Jamesville, NY 13078

Sunday Walkers Program

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Summer Runs

Available

Oneida shores

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Onondaga Lake Park

Greg Tuttle 430-9409
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Indoor Meets/Practices

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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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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:

| | | | | |
|----------------------|---------------------|------------------|-------------------------|--------------------------|
| Elijah Bailey | Abram Bergh | Caleb Bergh | Devon Bergh | Naomi Bergh |
| Trevor Best | Keith Caiello | Olesea Collins | Josiah Crosby | Elaina Crary |
| Andrew D'Agati | Damon D'Agati | Colin DeLaney | Kari Dexter | Kimaya Diggs |
| Alize Garlock | Griffin Gerharz | David Hamilton | David Hamilton II | Kari Hamilton |
| Peter Hausler | Anton Lewis | Nylah Lewis | Quinten Lewis | Tashika Lewis |
| Xzavier Lewis | Bryant Madrid Jr. | Amy McCarthy | Caitlin Mullally | Kristin Mullally |
| Brittney Sgambellone | Caitlyn Sgambellone | Rena Sgambellone | Dominick Sgambellone II | Dominick Sgambellone III |
| Colin Socker | | | | |

Renewing Members:

| | | | | |
|-----------------|-----------------------|--------------------------|---------------|----------------|
| Eric Anish | Atkinson Family | Joseph Conrad | Cortez Family | Gary Crawford |
| Ferguson Family | Cathleen Hasselwander | Joe & Rose Hosp | Micho Family | Robert Neuland |
| Allen Rhines | James Simek | Yvonne Tasker-Rothenberg | | Marcy Tobin |
| Wall Family | David Wissink | Shirley Yablonski | | |

Recent Charger Age Group Records

| | | | | |
|----------|----------|-------------------|-------|------------|
| M 40-44 | 10 Miles | Scott Weeks | 53:37 | 10/11/2015 |
| M 45-49 | 100y | John McEachen | 11.9 | 8/12/2015 |
| F 7Under | 100y | MaKayla Grobsmith | 29.6 | 8/12/2015 |
| M7Under | 100y | Aiden Griffin | 17.1 | 8/12/2015 |

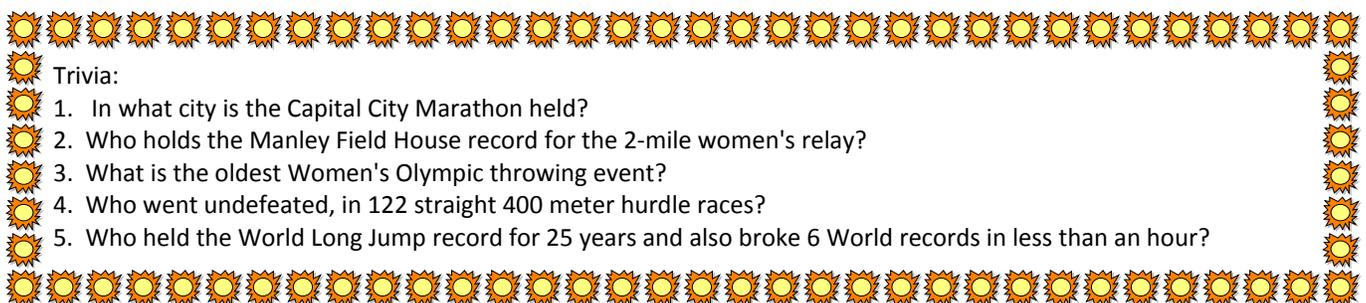
Scott Weeks set his record in the Army 10 miler. He was 1st master and 35th overall. The old record was Tim Otis' 55:29 set in 1995.

John McEachen, MaKayla Grobsmith, and Aiden Griffin all set their records in a special "retro" 100 yard dash event from the last of 3 Chargers summer track meets at Nottingham High School. None of their age groups had existing records in the event. Jacob Wood, 17, ran a creditable 11.7 but was unable to upend Dino Campbell's existing record of 10.2 from way back in 1978. Dino had come close to the old British "even time" standard – less than 10 seconds for 100 yards – that was held up as the touchstone of fine sprinting in the 19th century. This event proved to be quite popular, with 28 finishers in total, many of them representing the Norwich YMCA track club.

Track Review: SRC Arena Indoor Track

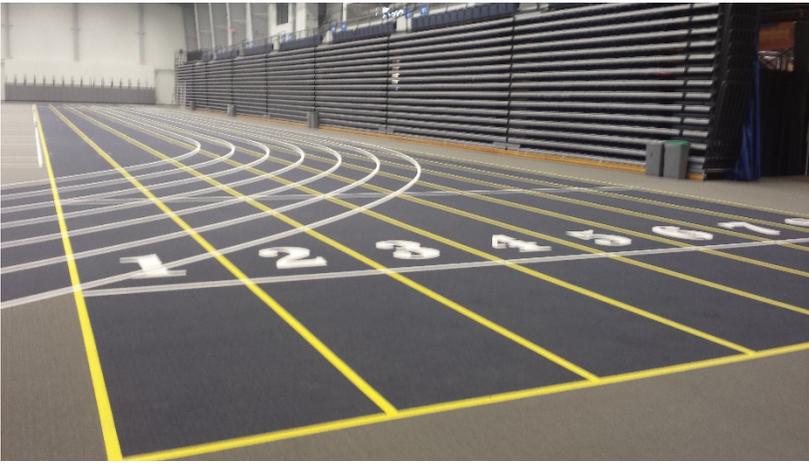
By the time this *Newsletter* appears it will be December, and the snow may have begun to fly. It seems appropriate that our second track review be devoted to one of our area's few indoor track options.

The indoor track facility in SRC Arena at Onondaga Community College was opened to the public in January 2012. Situated in a 200 by 300 foot LEED certified building, it features a 6 lane 200m indoor track with eight 60 meter sprint lanes, and adjacent long jump and pole vault pits. Publicity materials tout the fact that the track surface is made of 36% pre-consumer recycled material, but do not specifically identify the surface. It appears to be Mondo Super-X.



☀ Trivia:

- ☀ 1. In what city is the Capital City Marathon held?
- ☀ 2. Who holds the Manley Field House record for the 2-mile women's relay?
- ☀ 3. What is the oldest Women's Olympic throwing event?
- ☀ 4. Who went undefeated, in 122 straight 400 meter hurdle races?
- ☀ 5. Who held the World Long Jump record for 25 years and also broke 6 World records in less than an hour?



SRC track has all the standard markings in (pretty much) the standard places, and even the most serious athlete will find here all that he/she needs in a training facility. Because indoor tracks have essentially all the markings outdoor tracks do, in an area $\frac{1}{4}$ as large, the welter of lines, curves, and obscure symbols can be confusing and intimidating to the newcomer. I wrote up a rather detailed guide to the markings of SRC track (as an exemplar of indoor tracks in general,) and you can find it on the web at [http://](http://barnyard.syr.edu/TrackNotes.docx)

barnyard.syr.edu/TrackNotes.docx. The article gets a bit geeky at times, but you can skip those parts. Accordingly, I will not discuss the track markings further here.

The shape of a track is determined by the length of its straightaways – the longer the straight sections, the tighter the curves at the ends; and so tracks with short straightaways tend to be “faster” than tracks with longer straights. The international (IAAF) standard calls for 85 meter straightaways on outdoor tracks, so a 200m indoor track shaped like a standard outdoor track would have 42.5 meter straightaways. Indoor tracks tend to be more variable in shape than outdoor tracks. SRC track appears to have roughly 40 meter straightaways, and thus it is slightly more “circular” than a standard outdoor track.

Despite its circular shape and hi-tec surface, SRC is not a particularly fast track. Having done interval workouts on both tracks, I find times that come easily on SU’s Manley Fieldhouse track are a bit of a struggle at OCC. I’d be interested to hear if others have had the same experience.

The 8 sprint lanes share a common finish line with the oval. (The sprint lines are yellow in the photo, and the oval lane lines are white.) The sprint lanes are 48 inches wide, significantly wider than the 36 inch lanes of the oval, and this mismatch results in a veritable skein of lines in the finish area that can be confusing to runners and officials alike. More than one inattentive section 3 high school runner has run out of lane and been disqualified for following the wrong line. The track officials do their best to clear this up by placing cones at significant spots.

The location of the long jump pit in the vicinity of the finish line, and the pole vault pit in the vicinity of the 1500m start, is another peculiarity of the design that impacts conduct of indoor track meets. For example, it is essentially impossible to hold any hurdle or sprint events while the long jump is ongoing, as athletes in the two events will likely interfere with each other.

During meets the two ends of the infield are normally condoned off for the shot put and high jump areas, but the rest of the infield is available for competing athletes to “hang out” when not warming up or competing. It looks like a refugee camp, with sports bags scattered about and athletes sitting with their teammates in tight clumps.

There are ample supporting facilities for the comfort of athletes. Bathrooms are conveniently located just south of the track and on the same level, and there are ample locker room facilities. (I can’t speak for the ladies, but showers in the men’s locker are lukewarm, and take a long time to warm up.)

SRC arena, unfortunately, is not very spectator friendly. There are basically no seats at all. Parents who come every week to watch their sons or daughters compete in indoor track had better be ready to elbow their way to a position at the “rail” overlooking the “pit”. (Grandparents had better stay home, or bring a lawnchair and hope some people at the rail take pity on them.) The problem, of course, is that SRC arena is a “multi-use” facility. This means that it can do a mediocre job playing host to a broad range of activities without doing a very good job playing host to any of them. If you decide to attend a section 3 track meet you should expect to pay an entry fee. In recent years it has been \$5 for most meets, with higher fees for sectionals and state quals.

Given its full feature set for the runner, and supporting facilities, I'd be inclined to give SRC a solid 4 spike rating, were it not for the elephant in the room: accessibility. Unless you happen to be an OCC student or are a member of a very few other select groups, you must pay your annual dues to the Young Men's Christian Association (Y.M.C.A) in order to access this facility – the only publicly assessible regulation indoor track available within a radius of 40 miles.

If you are a Y member, there are posted hours when the track is available to the public. The hours are updated monthly on the Y web site, but the user should beware that these hours are subject to change without notice. Three times within the past calendar year I have driven to OCC thinking the “track” was available, only to find that a warm room with painted lanes under bleachers or dining tables was what was available. This probably doesn't bother many people, but there is a significant community that thinks a “track” is an accurately surveyed and marked surface that serves as a tool for running known distances in known times.

To be fair, the Y walks a fine line at SRC. They do not own the facility - it is said to be *operated* by the oddly sinister sounding Onondaga Enterprises Incorporated, and owned by ... well, that doesn't seem to be such an easy question to answer. Perhaps OCC; but if so, then I suppose you could say it's owned by the County; and, if so, then I suppose you could say it's owned by ... us! But you'd never know it from the way those of us who don't belong to the Y are treated when we walk through the door.

There is actually a group of 4 not-for-profit companies that operate all aspects SRC arena, according to Post Standard writer Glenn Coin. (Coin wrote a 2012 opinion piece - readily available on the web - criticizing OCC for failing to provide the public with sufficient detail on the financial operation of the arena.) The Y itself has to ask for blocks of time for its members in competition with conventions, rock concerts, recreational vehicle shows, and the like, all of which have the potential to enrich the revenue stream much more than annual Y memberships can. It is remarkable that the Y does such a good job of obtaining reasonably large blocks at not inconvenient times, and I certainly wouldn't want to suggest limiting the availability of the arena at times when it can still be enjoyed by those who only want a warm (table-filled) room for walking or jogging. I would, however, urge the Y, in its negotiations for track usage, to insist that there be reliable blocks of time when the facility can be used as a track by members who need a track.

Okay, rant over. Time for some Math!

It is no coincidence when two lines cross, or when a line and a curve cross, but when 3 lines or curves all cross at the same point it is a coincidence that demands explanation. Can my readers explain through what quirk of geometry the distance lane lines, sprint lane lines, and 55 meter starting line all coincide 5 times in the picture to the left?

Overall rating: 2 spikes. Great track, but I just can't get beyond the issue of limited availability.

Syracuse Chargers Records for Females 40-44 years

| | | | |
|--------|-----------------|--------|-----------|
| 45m | Irene Thompson | 6.4 | 3/5/1995 |
| 50m | Kathy Pierce | 7.2 | 2/17/1989 |
| 55m | Irene Thompson | 7.4 | 2/16/1997 |
| 60m | Irene Thompson | 8.11 | 3/31/1996 |
| 100m | Irene Thompson | 12.8 | 8/28/1994 |
| 200m | Irene Thompson | 26.31 | 7/14/1995 |
| 300m | Irene Thompson | 43.2 | 7/27/1994 |
| 400m | Irene Thompson | 58.78 | 7/14/1995 |
| 500m | Kathy Pierce | 1:30.3 | 3/5/1988 |
| 600m | Patti Ford | 1:50.0 | 3/15/1997 |
| 800m | Patti Ford | 2:22.7 | 3/26/2000 |
| 1000m | Barbara Blaszak | 3:19.2 | 1/23/1993 |
| 1500m | Patti Ford | 4:54.1 | 6/4/1999 |
| 1 mile | Patti Ford | 5:06.9 | 3/5/2000 |

| | | | |
|-------------------|------------------|-------------|------------|
| 2000m | Karen Vanderwood | 7:11.0 | 3/16/2003 |
| 3000m road | Barbara Blaszak | 11:02 | 4/28/1990 |
| 3000m | Patti Ford | 10:04.9 | 3/24/2000 |
| 2 miles | Patti Ford | 10:59.5 | 7/22/1999 |
| 5km track | Patti Ford | 18:16.4 | 11/20/1997 |
| 5km road | Patti Ford | 17:30 | 8/21/1999 |
| 8km track | Barbara Blaszak | 32:01.7 | 2/24/1994 |
| 5 miles road | Andrea Burke | 29:50.0 | 9/16/1990 |
| 10km road | Patti Ford | 37:06.0 | 5/21/2000 |
| 10km track | Patti Ford | 37:48.8 | 3/12/1999 |
| 15km track | Patti Ford | 1:00:45.8 | 5/15/1996 |
| 15km road | Patti Ford | 55:55.0 | 7/11/1999 |
| 10 miles road | Kelly Dworak | 1:02:36 | 4/1/2007 |
| 10 miles track | Lennie Tucker | 1:29:49.0 | 6/28/1981 |
| 20km | Kelly Dworak | 1:20:24 | 4/1/2005 |
| half marathon | Kelly Dworak | 1:23:18 | 9/18/2005 |
| 25km road | Carol Rider | 1:58:46 | 5/5/1985 |
| 30km road | Barbara Blaszak | 2:12:18 | 3/27/1994 |
| marathon | Kelly Dworak | 2:55:40 | 6/18/2005 |
| 60km | Sister Nicolette | 5:55:44 | 3/8/1981 |
| 50 miles road | Lennie Tucker | 7:41:02 | 11/15/1981 |
| 50 miles track | Lennie Tucker | 8:05:54.0 | 6/27/1981 |
| 100km track | Lennie Tucker | 13:03:19 | 7/4/1982 |
| 24 hour run track | Lennie Tucker | 91.84 miles | 7/4/1982 |
| 55m HH | Irene Thompson | 9.53 | 3/19/1995 |
| 60m HH | Irene Thompson | 10.27 | 3/28/1999 |
| 80m HH | Irene Thompson | 13.94 | 7/20/1996 |
| 100m HH | Irene Thompson | 15.9 | 7/8/1998 |
| 400m IH | Irene Thompson | 1:08.5 | 7/15/1995 |
| high jump | Irene Thompson | 4ft 9in | 7/13/1995 |
| triple jump | Kathy Pierce | 31-4 1/2 | 8/21/1988 |
| long jump | Irene Thompson | 16-11 1/4 | 7/14/1995 |
| weight pentathlon | Kathy Pierce | 2862 | 8/12/1989 |
| weight throw 16lb | Kathy Pierce | 32-9 | 8/12/1989 |
| weight throw 20lb | Kathy Pierce | 24-11 1/4 | 3/24/1990 |
| weight throw 35lb | Kathy Pierce | 19-7 1/4 | 4/2/1989 |
| discus | Kathy Pierce | 96-9 1/4 | 6/18/1988 |
| shot put 5kg | Kathy Pierce | 28-9 | 8/22/1987 |
| hammer | Kathy Pierce | 66-6 1/4 | 9/22/1987 |
| javelin | Kathy Pierce | 100-11 | 7/9/1987 |
| shot put 4kg | Kathy Pierce | 34-9 1/2 | 3/27/1988 |
| indoor pentathlon | Irene Thompson | 3259 | 3/28/1999 |
| pentathlon | Kathy Pierce | 2489 | 1987 |
| heptathlon | Irene Thompson | 4588 | 7/14/1995 |
| 5km walk road | Sarah Lalonde | 30:18.0 | 7/30/2004 |

Syracuse Chargers Records for Males 40-44 years

| | | | |
|------|---------------|--------|-----------|
| 45m | Ray Panek Sr. | 6.0 | 3/8/1992 |
| 50y | Kevin Kaderli | 6.3 | 3/29/1980 |
| 50m | Sam Hall | 6.4 | 3/22/1987 |
| 50m | Jasper Royal | 6.4 | 2/17/1989 |
| 55m | Tyrone Guiden | 6.91 | 3/9/1997 |
| 100m | Al Walton | 11.5 | 7/25/1993 |
| 200m | Tyrone Guiden | 23.36 | 3/2/1997 |
| 300y | Tom Fondy | 37.7 | 3/2/1980 |
| 300y | Kevin Kaderli | 37.7 | 3/2/1980 |
| 300m | Sam Hall | 39.6 | 3/27/1988 |
| 400m | Tyrone Guiden | 51.4 | 3/23/1997 |
| 440y | Bob Brock | 58.8 | 1/1977 |
| 500m | Bob Micho | 1:15.3 | 3/27/1988 |
| 600y | Tom Fondy | 1:25.0 | 2/10/1979 |
| 600m | Tim Collins | 1:32.4 | 2/13/1983 |
| 800m | Scott Weeks | 1:55.9 | 2/11/2012 |

THE THERAPY CORNER

Inflammatory Statements

Over a decade ago [[Therapy Corner #66](#)] I made the case that the common practice of advising people to drink at least 8 eight-ounce glasses of water each day was nothing more than a “medical urban legend.” Still, it’s a recommendation I come across every now and then.

As hard as it may be to drive a stake into this belief, I suspect another challenge to a widely held “conventional wisdom” will be even more difficult for many to accept.

Most people are aware that musculoskeletal injuries (joint sprains, muscle strains, tendinitis, etc.) typically result in an *inflammatory response* that usually causes swelling, warmth and redness of the injured area, and a fair amount of pain. As a result, this phenomenon – *inflammation* – is almost universally regarded as a bad thing, as something to be fought against and tamped down as aggressively as possible.

The two most commonly used weapons in this “battle” are **cryotherapy (cold application)** and **non-steroidal anti-inflammatory drugs [NSAIDs]**. There are many such drugs on the market, the most frequently used being Ibuprofen (Motrin), Naproxen (Aleve), and COX 2 inhibitors (Mobic, Celebrex). (FYI – Acetaminophen [Tylenol] does not fall within this class of drugs.) Both of these traditional interventions are recommended not only for acute conditions, but very often for chronic injuries, especially ones affecting tendons, as well.

Recently, however, a growing number of physicians, physiologists, and other health experts have begun to question the wisdom of using either of these treatments when patients have sustained an injury that causes obvious inflammation. And they are even more skeptical when it comes to using them to treat chronic conditions. They reason that this response to traumatic or overuse injury (as opposed to insidious conditions such as joint arthritis) is a natural and necessary one to help the body heal as quickly and efficiently as possible.

As you can imagine, the initial response of the great majority of healthcare providers who deal with such injuries to this new line of thinking was a collective, *Whaaaaaaaaaat?*

Virtually every practitioner over the past 35+ years has worshipped at the altar of the acronym **RICE** – **Rest, Ice, Compression, and Elevation** – when treating acute injuries. Moreover, physicians almost universally prescribe NSAIDs in such cases. How could it be possible that this may not be the best approach?

Well, it turns out that even the physician who coined that term back in 1978 in his best-seller Sportsmedicine Book, Dr. Gabe Mirkin, is now just one of many who cites current research that supports the view that icing an traumatic injury, such as an ankle sprain or acute tendinitis, may have limited, if any, benefit and, in fact, may be detrimental as it may actually impair the natural healing process. Other studies arrive at the same conclusion regarding the use of NSAIDs to treat such injuries. Mirkin now says he believes it is time to eliminate the “R” and “I” components of his acronym in favor of graded, non-stressful movement, compression, and elevation. (He does support using very brief – 10 minutes – applications of cold immediately after an injury for pain control, since this will help the individual be more comfortable when gently moving the affected area, but says this need not be extended more than 6 hours after the injury occurs.)

Naturally, this viewpoint is quite controversial; old habits die hard. It is beyond the scope of this article to describe in detail the scientific evidence supporting these theories, but I will propose a simple, commonsense rationale similar to what I offered in that earlier article on drinking 8x8 glasses of water, which supported the believe that human evolution most likely did not endow us with a faulty thirst mechanism that we must override. Likewise, I’m inclined to believe that our species evolved to respond to injury by utilizing the inflammatory response to maximize the healing process. Short-circuiting this response via the use of ice or NSAIDs, may be doing the exact opposite of what we actually intend to do.

I say I’m *inclined* to believe this; I’ll admit that I’m not yet 100% convinced, so for now, until there is more solid evidence to confirm these arguments, I offer this information solely as food for thought and will recommend that you follow the advice of your healthcare professional if you are injured.

Gabe Yankowitz, PT, DPT, OCS

Gabe is a long-time runner and physical therapist currently practicing in the outpatient physical therapy clinic at St. Camillus Health and Rehabilitation Center in Syracuse.

<http://www.syracusechargers.org/therapy/chapt66.htm>

[http://drmirkin.com/fitness/why-ice-delays-recovery.html?](http://drmirkin.com/fitness/why-ice-delays-recovery.html?utm_content=bufferf64d1&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer)

[utm_content=bufferf64d1&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer](http://physicaltherapyweb.com/paradigm-shifts-use-ice-nsaids-post-acute-soft-tissue-injuries-part-1-2/)

<http://physicaltherapyweb.com/paradigm-shifts-use-ice-nsaids-post-acute-soft-tissue-injuries-part-1-2/>

http://www.medscape.com/viewarticle/853216?nlid=90123_945&src=wnl_edit_medp_orth&spon=8

| | | | |
|--------------------|------------------|-----------|------------|
| 880y | Bob Brock | 2:10.8 | 2/1977 |
| 1000y | Tim Collins | 2:32.4 | 3/26/1983 |
| 1000m | Dave Cole | 2:42.2 | 1/13/2001 |
| 1500m | Tom Carter | 4:03.2 | 2/21/1993 |
| 1 mile | Scott Weeks | 4:18.0 | 3/3/2012 |
| 2000m | Tim Murphy | 6:17.3 | 3/16/2002 |
| 3000m road | John Thorpe | 9:25 | 4/27/1991 |
| 3000m | Mike Platt | 8:54.2 | 2/15/2003 |
| 3000m steeple | Thom Crowley | 11:52.1 | 8/6/1995 |
| 2 miles | Bruce Fredrikson | 10:19.1 | 3/78 |
| 3 miles | Bruce Fredrikson | 15:50.1 | 1/1978 |
| 5km track | Mike Platt | 15:05.6 | 4/20/2002 |
| 5km road | Tom Carter | 15:07 | 11/1993 |
| 8km | Tom Carter | 25:24.0 | 8/15/1992 |
| 5 miles track | George Bodine | 28:36.0 | 8/25/1983 |
| 5 miles road | John Thorpe | 26:26.0 | 9/16/1990 |
| 6 miles | Bruce Fredrikson | 32:11.0 | 1/1978 |
| 6 miles | Bruce Fredrikson | 32:11.0 | 1/1978 |
| 10km road | Tom Carter | 32:20.0 | 10/1992 |
| 10km road | Tim Otis | 32:20.0 | 5/13/1995 |
| 10km track | Tim Otis | 32:30.0 | 7/14/1995 |
| 15km track | Neal Coffey | 56:24.0 | 3/22/2002 |
| 15km road | Tom Carter | 49:00.0 | 11/8/1992 |
| 10 miles | Scott Weeks | 53:37 | 10/11/2015 |
| 20km | Robin Wheelless | 1:10:32 | 8/15/2000 |
| half marathon | Ray Kneer | 1:14:25 | 4/10/1983 |
| 25km road | George Luke | 1:35:52 | 4/29/1984 |
| 30km road | Jerry Riordan | 1:49:05 | 3/28/1976 |
| marathon | Mike Platt | 2:31:09 | 9/29/2002 |
| 50km road | Sam Paris | 3:31:59 | 11/25/1978 |
| 60km | Sam Paris | 4:19:56 | 3/1978 |
| 40 miles | Sam Paris | 4:47:47 | 6/4/1978 |
| 50 miles road | Sam Paris | 6:31:36 | 1979 |
| 50 miles track | Sam Paris | 6:35:30.0 | 7/7/1979 |
| 100km road | Sam Paris | 8:42:12 | 11/24/1979 |
| 50y HH | Jerry Lanier | 8.3 | 2/10/1979 |
| 55m HH | Bob Doran | 8.7 | 1/22/1994 |
| 110m HH | Bob Doran | 17.65 | 7/14/1995 |
| 300m IH | Ray Panek Sr. | 52.4 | 7/20/1993 |
| 400m IH | Tim Collins | 63.2 | 8/13/1983 |
| high jump | Michael Saafir | 5-9 3/4 | 3/18/1995 |
| pole vault | Peter McGinnis | 13-6 | 1/22/1995 |
| pole vault | Peter McGinnis | 13-6 | 3/15/1997 |
| triple jump | Bob Doran | 41-1 | 2/6/1994 |
| long jump | Ted Jackson | 20-7 1/2 | 3/22/1987 |
| weight pentathlon | Norm Deep Jr. | 2734 | 8/25/2007 |
| weight throw 20lb | David Jones | 48-7 | 1/24/1998 |
| weight throw 35lb | Pat Lynn | 45-2 | 1/8/1992 |
| weight throw 56lb | Norm Deep Jr. | 28-11 | |
| shot put 6kg | Norm Deep Jr. | 45-0 1/4 | 8/25/2007 |
| shot put 16lb | Norm Deep Jr. | 41-4 1/4 | 7/27/2007 |
| discus 1.75kg | Norm Deep Jr. | 115-7 | 8/2007 |
| discus 1kg | David Wright | 120-3 | 6/30/1983 |
| discus 2kg | Norm Deep | 111-0 | 6/2007 |
| hammer | Pat Lynn | 151-10 | 6/23/1990 |
| javelin | Chris Yatsko | 141-11 | 8/2002 |
| indoor pentathlon | Bob Doran | 2969 | 1/13/1996 |
| decathlon | Bob Doran | 5117 | 7/14/1995 |
| outdoor pentathlon | Bob Doran | 2379 | 7/25/1998 |
| 1500m walk | David Talcott | 7:11.8 | 9/22/2004 |
| 1 mile walk | David Talcott | 7:41.1 | 9/23/2004 |
| 2 mile walk | David Talcott | 16:50.9 | 5/31/2004 |
| 5km walk road | Moe Lalonde | 25:04.0 | 7/30/2004 |
| 5km walk track | David Talcott | 25:36.0 | 7/30/2004 |
| 10km walk track | David Talcott | 51:56.0 | 7/30/2004 |
| 10km walk road | Moe Lalonde | 48:49.0 | 7/28/2005 |

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 _____
(Please circle date, thank you.)

Date _____

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**



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 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 of 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).

_____ Date: _____

Parents' or Guardian's Signature if under 18 years



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, 2015** to: Mark Driscoll, 1112 Meadowbrook Dr., Syracuse, NY 13224 (449-9615 eve) mdriscol@esf.edu

Last Chance Trail Run and Breakfast – December 19, 2015

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: _____

Race Walk Corner:

Since the last newsletter—2 national championships have been contested. The 30km in Valley Cottage, NY on October 26th saw Erin Taylor-Talcott win her first 30km title walking easily to a 2:44:57. Husband Dave would finish 4th among the men in 2:49:52 but continued on to 50km which he walked 4:49:08 missing the Olympic Trials qualifying time by 4:09. The second championship was the National 50km held in Santee, California on November 22nd. It was the last advertised qualifying race for the 2016 Olympic Trials. Erin has never been beaten by a woman in a 50km event since she started to walk them seriously in 2010. This race was no exception as she won easily in 5:02:48. Erin has already met the Men's 50km Olympic Trials standard of 4:45. On the men's side Dave fell a bit short in his quest for the trials standard walking as the 6th American male, he walked 5:06:14. The weather started in the low 70's and finished at 90 degrees under perfectly sunny skies. The weather took a toll on all the competitors.



UPSTATE NY HOLIDAY CLASSIC XVII

Open Indoor Track & Field Invitational
Featuring the 2015 USA Junior, Open & Masters Indoor 5000m Race Walk Championships

Also serving as the
USATF Niagara Association Open & Masters Men & Women Indoor Track & Field Championships

New this year – Youth events

Featuring the Roger Messenger Masters (30+) Mile

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



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.usatfniagara.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.usatfniagara.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.

Order of Track Events

Doors Open - Packet Pick-Up for Online Registrants Begins

Doors Open - Day-of-Meet Registration Begins

5000m Race Walk - Women
W Junior/Open/Masters

10,000m Race Walk - Women
Invitation Only W Jr./Open/Masters

5000m Race Walk - Men
M Junior/Open/Masters

10,000m Race Walk - Men
Invitation Only M Jr./Open/Masters

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
Men

400m Dash Final
Women

60m Dash Final
Men

60m Dash Final
Women

800m Run Final
Men

800m Run Final
Women

200m Dash Final
Men

200m Dash Final
Women

200m Dash Final
Men

200m Dash Final
Women

3000m Run Final
Men

3000m Run Final
Women

Messenger Masters Mile
Men, Sections as needed (Ages 30+)

Messenger Masters Mile
Women, Sections as needed (Ages 30+)

4 x 200m Relay
Men, Sections as needed (Ages 30+)

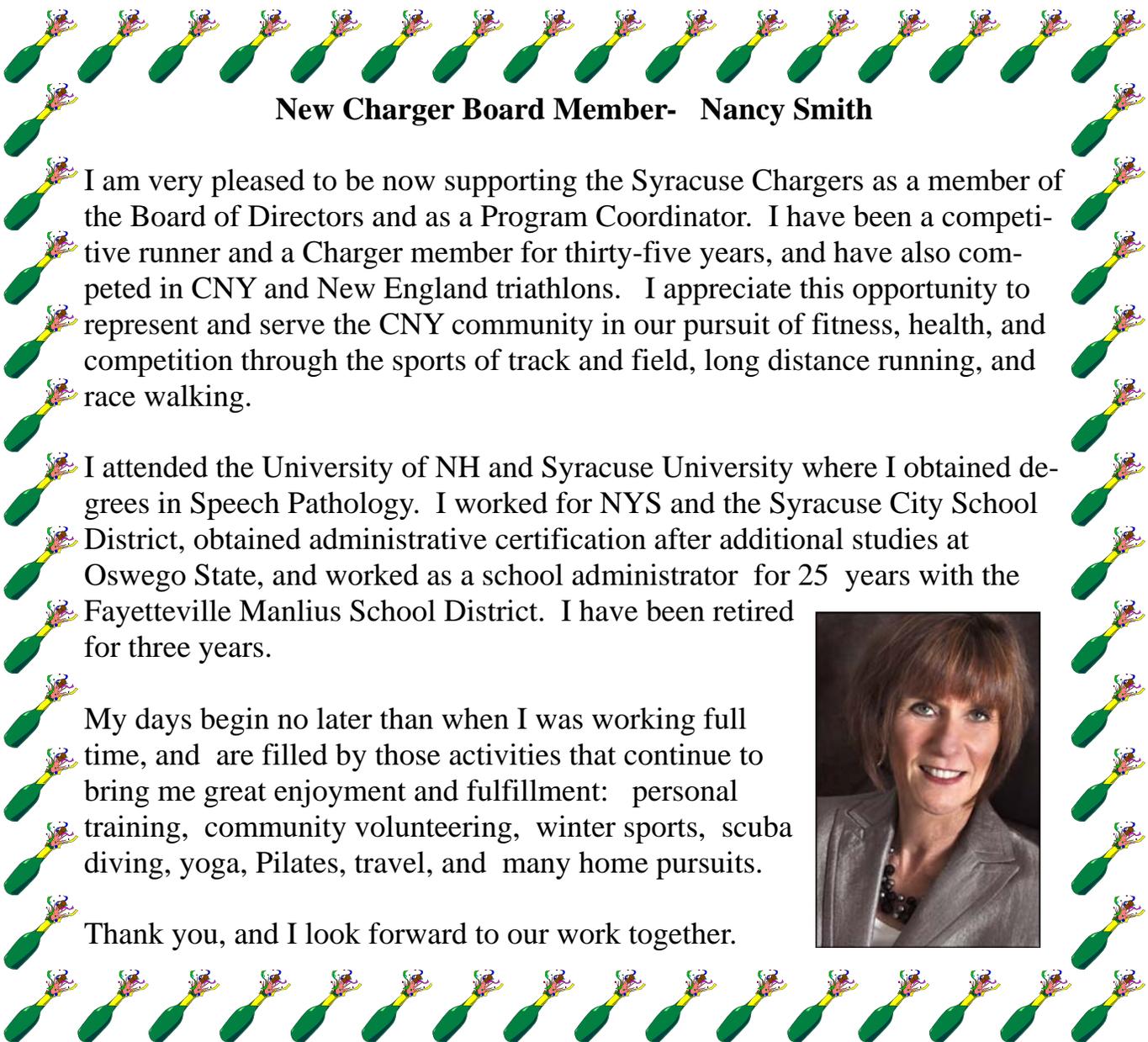
4 x 200m Relay
Women, Sections as needed (Ages 30+)

4 x 400m 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.usatfniagara.org/>



New Charger Board Member- Nancy Smith

I am very pleased to be now supporting the Syracuse Chargers as a member of the Board of Directors and as a Program Coordinator. I have been a competitive runner and a Charger member for thirty-five years, and have also competed in CNY and New England triathlons. I appreciate this opportunity to represent and serve the CNY community in our pursuit of fitness, health, and competition through the sports of track and field, long distance running, and race walking.

I attended the University of NH and Syracuse University where I obtained degrees in Speech Pathology. I worked for NYS and the Syracuse City School District, obtained administrative certification after additional studies at Oswego State, and worked as a school administrator for 25 years with the Fayetteville Manlius School District. I have been retired for three years.

My days begin no later than when I was working full time, and are filled by those activities that continue to bring me great enjoyment and fulfillment: personal training, community volunteering, winter sports, scuba diving, yoga, Pilates, travel, and many home pursuits.



Thank you, and I look forward to our work together.

Past Issues of the *Chargers Newsletter* are available electronically

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

**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



Welcome to the "High Five" section. This section is a new addition to the Syracuse Chargers' Newsletter. Members of the Chargers are invited to send in their "happy" news...whether it is a setting a new PR, or placing in your age group at a race, or completing a marathon...whatever you are pumped up about and want to share.

This section will enable you to get a virtual "high five" via the newsletter for a job well done.

Please send your happy news via e-mail to dwtalcott@juno.com

I have three new members that have signed up for the Charger Challenge since June:
Alice Patricia Carroll Marie Christopher Joane Spencer

Alternate Web Link for Chargers Records

The latest Chargers records can always be found on my personal web server at the URL http://barnyard.syr.edu/charger_records.html. There will also be a working link on the new Chargers website.

Calendar of Events

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

December

- | | | |
|-----------|------------|---|
| 12 | Sun | Felder Track & Field Club Meet, Onondaga Community College, 2:50pm. Contact Lennie at 315-491-8328. |
| 19 | Sun | Felder Track & Field Club Meet, Onondaga Community College, 5:35pm. Contact Lennie at 315-491-8328. |
| 19 | Sat | Last Chance Trail Run & Pancake Breakfast, 8:00am, Skyline Lodge, Highland Forest, Fabius, NY. |
| 27 | Sun | Upstate Holiday Classic, Niagara Indoor Champs, 8:30am, RIT, Henrietta, NY . |

January 2016

- | | | |
|---|-----|---|
| 9 | Sun | Felder Track & Field Club Meet, Onondaga Community College, 5:35pm. Contact Lennie at 315-491-8328. |
|---|-----|---|

February 2016

- | | | |
|---|-----|---|
| 6 | Sun | Felder Track & Field Club Meet, Onondaga Community College, 2:50pm. Contact Lennie at 315-491-8328. |
|---|-----|---|

Bold Print—SCTC Event

The Syracuse Chargers' Newsletter calendar will include:

- *SCTC owned or hosted fun runs, races, or track meets.
- *USATF Association, Regional, or National Championships for Running, Track & Field, and Race Walking.
- *Races which are part of the current year's CNY Running Club Cup Series.
- *Races which have paid to have their paper entry form incorporated into our newsletter (\$75 per issue).

Trivia Answers:

1. Olympia, Washington.
2. The Syracuse Chargers in 1975, with a time of 9:11.0
3. The Discus.
4. Edwin Moses, from 1977 to 1987.
5. Jesse Owens. He held the World Long Jump record from 1935 to 1960. Also, on May 25, 1935, he broke 6 World records in less than an hour.

SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Application

| | | |
|--------------------|------------|---|
| _____ (M)(F) _____ | _____ | |
| Name | Birth Date | <u>I would like to help with:</u> |
| _____ (M)(F) _____ | _____ | <input type="checkbox"/> Track Meets |
| Name | Birth Date | <input type="checkbox"/> Road Races |
| _____ (M)(F) _____ | _____ | <input type="checkbox"/> Coaching |
| Name | Birth Date | <input type="checkbox"/> Special Olympics |
| _____ (M)(F) _____ | _____ | <input type="checkbox"/> Other: _____ |
| Name | Birth Date | |
| _____ (M)(F) _____ | _____ | |
| Name | Birth Date | |

| | | | |
|---|--|--|------------------|
| _____ | | | _____ |
| Mailing Address – Street or P.O. Box | | | Telephone |

| | | | |
|-------|-------|-------|----------------|
| _____ | _____ | _____ | _____ |
| City | State | Zip | E-mail Address |

I would like to receive Charger information by e-mail Yes ___ No ___

| | | |
|--|----------------------------------|--|
| <u>Method of Receiving the Monthly Newsletter:</u> | <u>Membership Status:</u> | <u>Primary Fields of Interest:</u> |
| <input type="checkbox"/> printed and to arrive via US Mail | <input type="checkbox"/> New | <input type="checkbox"/> Road Running <input type="checkbox"/> Track Running |
| <input type="checkbox"/> sent to my e-mail inbox | <input type="checkbox"/> Renewal | <input type="checkbox"/> Race Walking <input type="checkbox"/> Field Events |
| | | <input type="checkbox"/> Physical Fitness <input type="checkbox"/> Youth Development |

Mail this form and check to: Julie Hernandez, Membership Coordinator
P.O. Box 2354, Liverpool, NY 13089-2354

Register Online: RunSignUp.com

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 ___ Y Lg ___

Additional Contributions: Purpose is to ensure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in Track and Field, Cross Country, and Road Racing. 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.

| | |
|---------------------|-------|
| _____ | _____ |
| <i>Signature(s)</i> | 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)

| | |
|--|-------|
| _____ | _____ |
| <i>Parent's or Guardian's Signature if under 18 years of age</i> | Date |

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

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-Shorts 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 | | | |