



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLXVII

Syracuse Chargers Track Club

January 2016

Last Chance Trail Run and Pancake Breakfast Skyline Lodge, Highland Forest, Fabius, NY Photo Journey



The digs



Another Great Turnout!



It wasn't snowy but it sure was muddy



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Running Pancake and its creator Sam Sampleer

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

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

The Syracuse Chargers Track Club Newsletter

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Chargers Membership Forms should be sent to:

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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:

Kaleigh Buck	Donald Cronin	Dominic Dattolo	Shannon Dattolo	Zachary Kennedy
Bob Maloof	Joe Mulhauser	Kole Mulhauser	Bailey Tarasenko	

Renewing Members:

Keith Bone	Connor Buck	Tracy Crompt	Kevin Donovan	Michael & Teresa Filipski
Charles Hendricks	Johnston Family	John Kozak	Marg Larsen	Leone Family
Deklan Maloof	Wally McRae	Phyllis Meade	John & Heather Mulhall	Floris Palmer
Sam Sampere				

Recent Charger Age Group Records

M 85-89	100m	Ed Cox	16.87	7/26/2015
F 60-64	50km trail	Luana Pesco Poplowitz	6:30:46	8/29/2015

Ed Cox broke his own 100m record of 16.93, running at the USATF National Championships in Jacksonville, FL. The following day he “cooled down” with a 200m in 37.72. Ed’s time improves on the two previous records of 17.06 and 16.93, both set by him.

Luana broke new ground at the 50 km trail distance in this age group, competing in the Green Lakes Endurance Run. This annual race features 12.5 km loops that include sections of trail around the lakes and up to “the Serengeti” and back. Runners can choose to run 4 loops for 50 km, or 8 loops for 100 km.

Track Meets “for Dummies”

To follow is a brief primer on the main differences between track and road racing for those who may be new to the track. If you have never entered an all-comers track meet before, please consider doing just that in the coming season; indeed, *make it a New Year’s resolution!* If you do, I hope you will find this article helpful.

First, you must bear in mind that track races are primarily athletic contests rather than fitness ‘celebrations’ or fund-raising ‘events’ as are many road races. The main focus of interest and attention is on who wins the race. If you are a newbie, that’s not going to be you. If you get lapped by the leader two or three times in the course of the mile you can’t expect the officials to hang on your every step or do your thinking for you. Their main responsibility is keeping track of who is first, and who is not. That being said, they will make every attempt to give you an accurate finish time and place, and to give you correct and helpful information during the race.

Learn something about the event you plan to run and the facility where you will run it before you come to the meet. A mile on a standard indoor track is 8 full laps plus about 10 yards extra at the beginning, but not all tracks are standard. For example, a mile on SU’s Manley Field House track is 6.22 laps. Find a local track similar to the one you will be racing on and do a time trial in order to get a rough idea of what time you are capable of running. When you sign up for your event you will probably be asked to give an estimate of your finishing time so officials can put you in a section with other runners of similar ability. Be honest about the “seed time” you give

Trivia:

1. Where is the Torun Race held?
2. Where is the Pinch The Grinch 5K held?
3. Where is the Rudolph’s Red Nose Run held?
4. Where is the Hannukah Hustle Run held?
5. Where is the Dashing Through The Snow 5K held?

them. It's no fun getting put in the fast heat and being lapped multiple times, nor is it very inspiring for a young adult to end up competing against 80-year olds and 4-year olds.

In addition to the usual insurance waiver, many meets will ask you to fill in a 3x5 card for each event you plan to enter containing such information as your age, sex, in addition to the seed time. Don't forget to write down Syracuse Chargers as your club affiliation, even if the meet does not specifically request that information. (Some meets offer inter-club competition, some do not.) This serves not only to promote our club but also makes you eligible for club records.

The start of a track race can be a bit intimidating for new-comers. Unlike the typical road race where runners "hang out" and joke around prior to the start of the race, the start of a track race is all business. Listen to the starting line officials' instructions. They will tell you exactly what to do. Normally you will be assigned a starting position based on your seed time and will be lined up with the other competitors a few paces behind the actual starting line. When the starter blows a whistle you will all step up as a group to the actual starting line, where you will be expected to remain motionless until the gun is fired. Don't worry about contorting your body or placing your arms in some contrived position like you've seen runners do in the Olympics. The less you think about that sort of thing right now, the better. Just relax and wait for the gun; then ...just run. Unless you are entered in the 55m dash the first couple of steps don't matter very much anyway.

Sometimes you will be placed in a section that is over your head. It may be that there weren't enough entries to justify multiple sections, or it may be you were simply put in with the wrong group by mistake. Slower runners are usually lined up towards the outside of the track or even in a second row behind the faster seeded runners. If you find yourself in this position, don't attempt to go out with the leaders! You will find that you can keep up with them fairly comfortably for a half lap or so, but they are running a sustainable pace (for them) and you are not. You will be amazed at how quickly, a lap or so into the race, your legs turn to rubber and all the oxygen seems to have been sucked from the room. If this happens, don't panic. Back off the pace a little and you will recover quickly.

Even in a relatively slow section there will be a few 'crazies' who go out much too fast. Don't follow them! Find your own pace and move to the inside edge of the track as soon as you can do it without impeding another runner. Don't worry about runners overtaking you from behind. You have every right to run in lane one, and indeed are expected to run in lane one. It is the responsibility of overtaking runners to go around you. You will get the best results if you maintain a constant pace from start to finish, though this is quite difficult to achieve in practice, even for very experienced runners – almost everybody runs a little too fast in the beginning. It helps to have worked out some intermediate target times ("split times") in advance so you can adjust your pace if necessary. For example, if you are trying to run an 8:00 mile on a 200m track, each lap should take you about 1 minute. (Not exactly 1 minute, because of that extra 10 yards at the beginning.) Wear a watch if the meet permits it, and otherwise listen for split times shouted by an official, or look for a large digital race clock that is often positioned near the finish line.

Consider entering an event that is outside your comfort zone. If you fancy yourself a distance runner, and think any distance less than 10 miles not worth running, you may be quite surprised and intrigued by the power and grace of the 400m. Or if your only previous acquaintance with the track was as a 100m dasher in high school, you may find that the steady, controlled pace, and discipline demanded by the 3000m gives you new appreciation for that event.

Don't be put off from entering a meet by this article! Every runner should enter at least one track meet in their running career, and those who do may well find themselves coming back again and again, attracted by the exactness and precision of the track, especially indoor track. Your times will be unaffected by heat, cold, rain, hills, wind, or being boxed in by Oprah's retinue. Rather, your improving times will directly reflect the extra effort you put into training – and that can be pretty exciting.

Above all, be kind to meet organizers and officials. Most of them are volunteers who have given up a Saturday afternoon so you can have some fun. Give them a tip o' the hat and a pat on the back as you leave. Better yet, consider volunteering to help out a meet yourself. Help is ALWAYS needed, and the old hands will be more than willing to show you the ropes. (Make this another one of your New Year's Resolutions.)

In closing, I should mention that many meets offer competition in field events in addition to running events. I have concentrated on running events here, since that is my own area of expertise, and since most newcomers to track meets are runners. Most field events require some prior instruction or coaching in order to be experienced safely. Show up and enter the high jump, for example, with absolutely no prior instruction, and you will most likely be wasting your own and the officials' time. If you'd like to give one of the field events a try, please consider showing up at one of the Chargers practises, where you will undoubtedly find field eventers eager to give you some pointers and start you on your way.

Syracuse Chargers Records for Females 45-49 years

55m	Irene Thompson	7.6	12/16/2001
60m	Irene Thompson	8.59	3/1/2000
100m	Irene Thompson	14.1	8/6/1999
200m	Irene Thompson	27.62	8/6/1999
300m	Irene Thompson	45.3	1/15/2000
400m	Irene Thompson	63.12	8/6/1999
600m	Estelle Hahn	2:28.2	3/22/1987
800m	Irene Thompson	2:35.6	1/2000
1000m	Patti Ford	3:10.3	1/13/2001
1500m	Patti Ford	4:51.4	12/17/2000
1 mile	Patti Ford	5:18.1	1/20/2001
2000m	Patti Ford	7:19.6	3/16/2002
3000m road	Virginia Doyle	11:54	4/29/1995
3000m	Patti Ford	10:23.1	12/29/2000
5km track	Kelly Dworak	18:51.5	8/2/2007
5km road	Kelly Dworak	18:41	9/6/2008
8km road	Suzanne Gardinier	32:39.0	6/4/1988
5 miles road	Nancy Frisillo	36:45.0	6/24/1990
10km road	Kelly Dworak	38:46.0	11/4/2007
10km track	Barbara Blaszak	41:12.5	1/19/1996
15km track	Patti Ford	67:53.1	2/26/2004
15km road	Kelly Dworak	58:42.0	9/1/2008
10 miles	Kelly Dworak	5:53.0	7/4/2008
half marathon	Kelly Dworak	1:22:04	9/21/2008
25km road	Lennie Tucker	1:56:30	5/5/1985
marathon	Kelly Dworak	2:56:54	11/18/2007
50km track	Lennie Tucker	5:26:10	5/19/1984
50 miles track	Lennie Tucker	10:39:47	5/28/1984
100km track	Lennie Tucker	13:52:14	5/28/1984
2 hour run	Lennie Tucker	14.75 mi.	6/30/1984
24 hour run track	Lennie Tucker	87mi. 1357yd	5/28/1984
55m HH	Irene Thompson	9.2	3/11/2000
60m HH	Irene Thompson	10.19	3/25/2000
80m HH	Irene Thompson	13.65	7/12/2001
100m HH	Irene Thompson	15.3	6/24/2001
400m IH	Irene Thompson	71.87	7/12/2001
high jump	Irene Thompson	4-6 3/4	3/11/2000
high jump	Irene Thompson	4-6 3/4	3/25/2000
triple jump	Irene Thompson	30-1/2	7/10/2000
long jump	Irene Thompson	15-2	12/29/2001
weight pentathlon	Kathy Cirina	2284	6/10/1997
weight throw 20lb	Kathy Cirina	233-11	1/18/1997
discus	Kathy Cirina	88-11 1/2	8/4/1990

hammer 4kg	Kathy Cirina	76-3	6/25/1996
javelin	Kathy Cirina	93-1	1/2004
shot put 4kg	Kathy Cirina	31-8 1/4	1/22/1994
indoor pentathlon	Irene Thompson	3641	3/11/2000
heptathlon	Irene Thompson	4688	8/6/1999

Syracuse Chargers Records for Males 45-49 years

50m	Tom Fondy	6.7	3/10/1985
50m	Tom Fondy	6.7	3/17/1985
55m	Bill Mathis	7.0	12/20/1998
60m	Bill Mathis	7.83	3/27/1998
100m	Sam Hall	12.0	8/4/1990
200m	Sam Hall	24.56	7/7/1991
300m	Horace Hudson	40.3	1/16/1999
400m	Horace Hudson	55.6	6/20/1998
400m	Horace Hudson	55.77	7/24/1998
440y	Ed Stabler	59.8	1976
500m	Tom Fondy	1:18.9	2/23/1985
600y	Wally McRae	1:34.0	2/10/1979
600m	Wes Rehberg	1:36.9	3/17/1985
800m	Don Masterson	2:06.1	8/12/1990
880y	Ed Stabler	2:14.6	2/76
1000y	Bob Brock	2:34.5	3/29/1980
1000m	Dave Cole	2:47.5	1/16/2005
1500m	John Dwyer	4:23.5	8/6/1993
1 mile	Mark Rybinski	4:44.8	3/27/2004
2000m	Mark Rybinski	6:19.6	3/16/2003
3000m road	Loren Davies	10:46	5/4/2014
3000m	David O'Keefe	9:09.6	1/10/2004
3000m steeple	John Allen	12:28.7	8/6/1988
2 miles	Ed Stabler	10:16.8	2/10/1979
3 miles	Ed Stabler	16:26.5	1976
5km track	David O'Keefe	15:16.6	5/25/2004
5km road	John Thorpe	16:02	9/4/1995
8km track	Mike Fitzpatrick	32:27.7	1/27/2012
8km road	David O'Keefe	25:47.0	3/6/2004
5 miles track	Ed Stabler	28:09.0	4/30/1976
5 miles road	John Thorpe	26:51.0	9/15/1996
6 miles track	Ed Stabler	33:00.0	10/1976
6 miles road	Bob Brock	32:14.0	9/24/1978
10km road	David O'Keefe	32:20.0	5/30/2004
10km track	Peter Davis	35:02.2	8/1/2004
15km track	Terry McConnell	59:06.1	3/22/2001
15km road	John Thorpe	51:37.0	11/10/1996
10 miles	David O'Keefe	53:46.0	5/2/2004
20km	George Luke	1:11:12	9/7/1986
half marathon	John Thorpe	1:14:17	10/1996
25km road	David Pearce	1:36:18	5/5/1985
30km road	Ed Stabler	1:43:56	unknown
marathon	Bob Brock	2:41:01	4/20/1981
50km road	Bill O'Brian	3:40:13	12/16/1979
40 miles	Bill O'Brian	4:57:23	5/26/1979
50 miles road	Bill O'Brian	6:20:15	10/11/1980
50 miles track	Bill O'Brian	6:27:21	7/7/1979
100 miles road	Richard Wilkins	22:28:27	7/16/2000
24 hour run track	Ray Smith	100 miles	3/27/1987
55m HH	Mark Honis	8.8	3/16/2007
60m HH	Robert Doran	9.95	3/23/2001
110m HH	Mark Honis	17.2	7/26/2008
300m IH	Horace Hudson	44.7	7/11/1999
400m IH	Horace Hudson	61.7	8/1/1998

high jump	Robert Doran	5-5 3/4	3/25/2000
high jump	Robert Doran	5-5 3/4	4/1/2000
pole vault	Peter McGinnis	13-0	3/11/2000
triple jump	Robert Doran	36-5 1/2	8/14/1999
long jump	Mark Honis	19-1 1/2	2/16/2007
weight pentathlon	Norm Deep Jr.	2896	7/19/2013
weight throw 20lb	Norm Deep Jr.	55-4 3/4	10/6/2012
weight throw 25lb	Norm Deep Jr.	49-8 3/4	10/6/2012
weight throw 35lb	Pat Lynn	41-9 3/4	3/28/1999
weight throw 56lb	Pat Lynn	26-9	3/28/1999
shot put 12lb	Harry Schwarze	40-10 1/2	7/23/1989
shot put 16lb	Norm Deep Jr.	40-7 1/2	7/19/2013
discus 1.5kg	Norm Deep Jr.	104-7 3/4	10/6/2012
discus 1.75kg	Norm Deep Jr.	101-6	10/6/2012
discus 1kg	David Wright	134-1/4	7/25/1984
discus 2kg	Norm Deep Jr.	93-11	7/19/2013
hammer	Pat Lynn	142-7	6/23/1998
javelin	David Wright	140-3	8/9/1986
indoor pentathlon	Robert Doran	3102	3/26/1999
indoor heptathlon	Robert Doran	3845	4/2/2000
outdoor pentathlon	Tim Collins	2905	8/6/1988
1 mile walk	David Talcott	7:29.8	6/1/2005
3000m walk	Nelson Fisher	15:47	2/24/1990
5km walk road	David Talcott	26:12.0	5/7/2005
5km walk track	Julius Grossman	32:26.9	8/9/1986
8km walk road	David Talcott	43:50.0	6/25/2005
10km walk road	David Talcott	52:45.0	4/2/2005
15km walk road	David Talcott	1:22:11	5/22/2005
10 mile walk road	David Talcott	1:31:25	7/4/2005
20km walk road	David Talcott	1:50:36	5/22/2005
35km walk	Nelson Fisher	3:40:44	8/6/1988
40km walk	Nelson Fisher	4:20:32	9/11/1988

A LESSON FROM ZATOPEK

“I already know how to run slow, I need to learn how to run fast!” This was the response given in 1952 by Emil Zatopek when asked why he, a marathoner, was running 18 miles per day with nothing but 400 meter intervals. His gut busting workouts, carried out for two years, allowed him to become the only man in Olympic history to ever win the 5K, 10K, and Marathon.

He knew that the long easy run, usually carried out on a weekend with a group of talkative friends was not a good way to improve marathon time. Yes, it is a great aerobic workout, and will be the best training possible for your first marathon. It will give you the endurance and confidence to get to the finish line. Similarly, if your long run is 3 miles in preparation for your first 5K, by all means go long and easy. However, if you have already run the distance, and now want to improve time, it is a different story.

During the period when I was racing marathons on a frequent basis, I experimented with different training to improve performance. Several of these experiments relate to the long run. One respected author said we hit the wall around 20 miles because that is how we train. The solution, he said was to lengthen the run. I started training with 30-mile long runs. Did it help? Not at all. The 30-miler was at an 8 minute pace while I was racing marathons at a 6:20. The endurance I built up for running at the slower pace didn't carry over. The gulf between the two was too great.

Another experiment revealed similar findings. For two months I ran 120 miles per week: 5 days of 20 plus two 10. Because I was running so many miles, my pace was now close to 10. The marathon I ran after that period of mega miles was my worst. My body was so used to running slowly, that I just couldn't feel comfortable at my usual marathon pace. That sort of training was better suited to ultras, but I hadn't yet started playing with them.

After those and other experiments, I concluded that my best long run for the marathon was an 18 to 20 miler with the first and last 3 miles at a comfortable pace, and the middle section at exact marathon pace. Variations of this could involve in and out miles or fast sections up to 6 miles with easier running between. Anything that gets you out of the slow steady pace and into a faster up tempo speed will improve race performance.

Think About Your Drink

By: Maureen Fauler, MHA, RD, CDN

Many people don't realize just how many calories beverages can contribute to their daily intake. As you can see in the example below, calories from drinks can really add up. You have plenty of options for reducing the number of calories in what you drink.

Learn To Read Nutrition Facts Labels Carefully

Be aware the Nutrition Facts label on beverage containers may give the calories for only part of the contents of the container. The label may list the number of calories in an 8-oz. serving, even though the bottle/carton contains 20 ounces. You need to look closely at the serving size when comparing the calorie content of different beverages.

Sugar can have many names

Sweeteners that add calories to a beverage go by many different names and may not always be obvious when looking at the ingredients list. Some common caloric sweeteners are listed below.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

Some tips for reducing calories in beverages:

At the coffee shop:

- Request that your drink be made with fat-free or low-fat milk instead of whole milk
- Order the smallest size available.
- Flavored syrups used in coffee shops, like vanilla or hazelnut, are usually sugar-sweetened and can add calories.
- Whipped cream on top of coffee drinks adds calories and fat.

Order a plain cup of coffee with fat-free milk, or drink it black.

At the smoothie stand:

- Order a child's size if available.
- Ask to see the nutrition information for each type of smoothie and pick the smoothie with the fewest calories.
- Many smoothies contain added sugar in addition to the sugar naturally in fruit, juice, or yogurt. Ask that your smoothie be prepared without added sugar, fruit is naturally sweet.

Better Beverage Choices Made Easy

Now that you know how much difference a drink can make, here are some ways to make smart beverage choices:

- Choose water or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.

Maureen Fauler, MHA, RD, CDN is a Registered Dietitian with over 20 years of experience. Fauler works FT and enjoys exercising in her spare time. She usually runs 4-6 days per week and takes several other classes at the YMCA. Fauler has a Bachelor of Science degree in Food and Nutrition, is a Registered Dietitian Nutritionist through the Academy for Nutrition and Dietetics, and a Certified Dietitian Nutritionist through New York State. Fauler also has a Masters degree in Health Administration. Fauler has provided many presentations to the community. Presentation topics include "The Truth about Nutrition: Fads, Facts and Fakes", Nutrition for Life" and "Careers in Nutrition" (for high school students).



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

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



This month Charger Michael Filipiski closes in on a huge milestone—10,000 miles in the Charger Challenge. Below is a letter he sent to the program director—Ed Polly. Congratulations Michael!

Ed Polly:

I noticed the 10,000 Mile Chargers Challenge in a newsletter at the age of 49. It struck me as a doable challenge as long as I stay healthy. I have ALWAYS had the motivation to run it's just something I really enjoy doing. I have been a runner since I was 16 and have been blessed with few injuries and good health throughout my life. If someone had known me as a child "no one" would ever guess I was a runner. As a child I had very severe asthma. I could barely run the length of our driveway as a child. Miraculously with good health care and "growing out of asthma" by 12 my ability to breathe and perform cardiovascular activities had changed immensely. One might say I got reborn. All of the sudden I could play, not miss school frequently and just be a kid. As I got into high school one thing I realized about competitive sports was the better shape one was in most times the better the player. So at 16 I started to "run". I figured I was in great shape and just decided to run around the block (1/2 mile). Well I made it around 5 houses huffing and puffing and started to walk. That experience brought me to where I am now. As most runners know over time I went a little farther and a little faster and made it around the block. Well as I improved my times and distance I competed in races 5K, 10K, half marathons and 1 marathon. I got married had a family and continued my running in a more modified time enabling form. As my daughter got older around 12 she started to play soccer and grew up watching me run and decided to try running to improve her soccer play. So we would run together when possible. One day I asked my daughter to run a 5K with me. No way dad I can't run a race with you. No way could I finish. I talked her into it by saying I would run by her side the whole way. She finished and I ran the slowest 5K in my life but never had been more proud or fulfilled from a race. I was so proud of her. Well that started a running relationship with my daughter that lasted till she got married. We would run 5k's together and always finish together. Some of my friends would look at my results and say are you injured or slowing down and I would tell them what I was doing. As time went by my daughter times improved and I slowed down with age and our last race before she got married it was so ironic "come on dad" just another mile to go. We had actually changed places I now slowed her down and her times had slowed down. It took me 12 years to complete the 10,000-mile run and I unequivocally say that I have enjoyed almost every mile of the challenge. Running has always cleared my head and that runner high I still feel. I have run in rain, snow sleet and heat and love it all. I am so honored to be the "first" to complete knowing that so many others have accomplished this feat but don't keep track. I am a retired teacher/school counselor and teach as Adjunct Professor at Onondaga Community College. A lot has happened in the decade of the challenge, I lost my mother, retired, and both my children got married and have three grandchildren, Gavin 2 and a set of twins Connor and Abigail. Life has been good to me and I'm glad I found a friend in running. To conclude, I have signed up for another 10,000 mile Charger Challenge and can't wait to see what the next running/life decade has in store for me.

Michael Filipiski

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



Chargers Awards Banquet & Annual Meeting

SCTC members are invited to help celebrate the achievements of our outstanding athletes of 2015 and to recognize the contributions of our dedicated volunteers. Please join us!



Sunday, March 20, 2016
3-6 p.m.



Pascale's Catering at Drumlins
University Room (upstairs)
800 Nottingham Road
Syracuse, NY

The buffet will include: seasonal fruit salad, garden salad, grilled Italian vegetables, roasted potatoes, vegetable lasagna, Chicken Florentine, baked haddock, dessert, and coffee/tea. A cash bar will be available.



Cost: Charger members age 12 and older:	\$15
Non-members age 12 and older:	\$20
Children ages 5-11:	\$10
Children age 4 and under:	No Charge

I am planning to attend the Chargers Awards Banquet and Annual Meeting on Sunday, March 20 beginning at 3 p.m. Reservations are requested for each of the individuals listed below, and enclosed is my check in the amount of \$_____ made payable to Syracuse Chargers Track Club.

Name(s): _____

Phone: _____ Email: _____

Check Total: _____

Please mail your reservation form and payment by March 15 to:
Nancy Smith, 234 Roxbury Road, Syracuse New York 13206

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.



Anticipated Membership Coordinator Vacancy

After more than a decade of outstanding volunteer work for the club, Julie Shafer Hernandez is retiring from her Membership Coordinator position effective March of 2016. With a new baby on the way and a demanding full-time job, she is ready to hand the reins over to someone else. She has graciously agreed to help her successor "learn the ropes" between now and then.

Are you a self-motivated and energetic learner who is highly organized and possesses the ability to meet deadlines?

Here is a list of what the position entails:

Processing membership forms as they come in – updating member database (currently in Microsoft Access) and sending out membership cards

Sending out donation acknowledgement forms for donations \$20 or more (so people can use them for tax purposes)

Sending out t-shirt orders that come in

Sending the list of renewing & new members via e-mail to newsletter editor once a month

Sending our newsletter printing company via e-mail the updated mail list each month

Sending e-copy of newsletters to members who selected that method each month

Sending monthly member list and statistics via e-mail to club president and/or administrative VP

Sending membership renewal reminder postcards to members around time of renewal

Sending membership renewal reminder e-mail for members a couple months late (before removing them from the database)

Sending out Chargers e-mail blasts as needed

Verifying Chargers membership when needed for club records

Compiling RRCA member list once a year

Some of these responsibilities were additional duties taken on by Julie at the passing of Administrative Vice President Evelyn White. This position could be shared by two or more people.

If you have an interest in serving the club by accepting the position of Membership Coordinator either in full or in part, please contact Mickey Piscitelli at your earliest convenience.

She can be reached at mpiscitelli2@verizon.net.

INCLUDE: PENTATHLON INVITE, 02-06 (D-Meet). M and YM, only. Age 11,12, 55m/33hh, 9lb.sp, 11h,800m. YM, age 13 thru 18, (HS) 55m/39hh, 12 lb.sp, h, i, 1000. Open, to age 39. Masters. Veterans. 55m hurdles. Know hurdle height, shot weight. Thanks. 491-8328 or 491-4866 (F and YF,

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



Branch's
Driving School, Inc.
315-478-2446



FASTSIGNS
More than fast. More than sign!
315-473-0444



ALPHA
Wellness
Cortland, NY
807-250-8124

Registration, A and D, 2-2:45, C, 11-11:45

Start Time, A and D, 2:50, C, 11:50

Entry fee, None. 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, first come, first serve. e-mail, lennieruns@aol.com jslaven16@gmail.com week of meet

Dec. 12 A	Dec. 19 B	Jan. 3 C	Feb. 6 D
Mile	CANCELLED	NOTE DATE/TIME CHANGE	Yvonne's Relay Carnival
55m h	MEET	11:00 to 3:00	4 x 800
55m dash		3000 m	M AND YM Pentathlon INVITE
		55m h	(SEE HEADLINE ABOVE)
long jump		55m dash	
		triple jump	SMR
			(200-200-400-800)
pole vault **		pole vault**	high jump
			long jump
no throws			no throws
		shot put, please put weight of implement on seed card	
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

Name _____ M ___ F ___ Age ___ Birthdate _____ USATF INDIV. # _____
(if you have one)

Address _____

telephone _____

Please print name here _____

e-mail _____

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

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

Signature _____ (participant)

Date _____

Signature of Parent or Participant _____

Date _____

(Please circle date, thank you.)

Dec. 12

CANCEL

Jan. 3

Feb. 6

Our meets are accessible to all. Can you donate to help us?

We sincerely thank you.

The Felder Board

www.felderstadium.org

facebook.com/felderstadium

lennieruns@aol.com

2015-2016

SINCEREST CONDOLENCES TO PRESIDENT MICKEY PISCITELLI AND FAMILY ON THE LOSS OF HER FATHER ON DECEMBER 27TH.

Past Issues of the *Chargers Newsletter* are available electronically

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

Race Walk Corner:

The qualifying standard for the 2016 50km Race Walk Olympic Trials was changed from 4:45 to 5:15 when it was discovered that only 6 men and 2 women had met the qualifying time. One of the qualifiers was Charger Erin Taylor-Talcott who qualified with a 4:34:46 clocking. With the lessening of the standard Charger Dave Talcott (55) will also be allowed to compete having walked a 4:49:08 in October of 2015. The trials will be February 21st in Santee, California.

Calendar of Events

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

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.
20 Sat USA 1 Mile Race Walk Championships, Millrose Games, 168th Street Armory, NYC
21 Sun USA 50km Race Walk Olympic Trials, Santee, CA

March 2016

April 2016

3 Sun World Race Walking Team Trials Junior 10k, Senior 20k, Earth City, MO

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. In Torun, Poland
2. In Wildwood, New Jersey
3. In Nashville, Tennessee
4. In Hamilton, Ontario, Canada
5. In Saginaw, Michigan

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-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	Total			