



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVIII

Syracuse Chargers Track Club

January 2017

Last Chance Trail Run & Pancake Breakfast

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Snow fell in inches, but the boisterous wind made it seem like feet.

The trails of Highland Forest County Park were treacherous with ankle deep snow, frigid streams of water and patches of ice.

None of that fazed Kamal Jabbour of Pompey, who has participated in the Last Chance Trail Run at the park every year for the past 20 years and is recovering from a stress fracture. He could not resist the urge to run.

“It didn’t bother me,” he said about running through the face-numbing wind and falling snow. “It’s beautiful. I never felt closer to God than on the trail.”



Almost 40 other people participated in the trail run, which has been years, according to Mark Driscoll, a coordinator. The event usually attracts about 120 runners, but played a part in this year’s decline. And



that it was rec-plowed park — rather than the Since the run is a race, runners are like to run and how far they wanted to go. Some runners, like David Vickers of Fayetteville, decided to try both.

He said he ran about 4 1/2 miles, starting off on the road and then ran the trail on his way back to the Highland Forest lodge. He said his “run” on the trail was more of a sprinted walk because it was “nasty.”

“I didn’t think it was going to be this bad. But you have to embrace the snow living in upstate New York,” Vickers said as he hugged his steaming cup of coffee with both hands.

Peter McClure of Preble was the first person to try to run the trail, so he had the task of breaking through the snow and said not much actual “running” occurred. But like everyone else who participated, it did not diminish his joy.



“It was a great time. I love running in the snow,” McClure said. “The event is



had to be canceled. There is about a 2-mile narrow road and tight turns cars must can make it up the hill, the run will

not about winning, it is about enjoying the weather.” Driscoll said there has yet to be a year when the run in December -mile uphill climb, with trees towering along both sides of the maneuver to reach the main lodge. Driscoll said as long as cars go on.

For those who made the brave trek over snow-covered roads, a full breakfast awaited their arrival. Multiple iterations of pancakes — regular, blueberry, chocolate chip — sausages, potatoes, bananas, coffee and more were available for all who ran. And also to those who came just to spend time at the lodge.

There are people who come to run. Some want to walk. Others were just visiting the park and saw the event was going on and decided to join. And there are some who just come for the breakfast, according to Driscoll.

The run and breakfast do come with a single entry fee with all proceeds going to purchasing food, to the Syracuse Chargers Track Club that runs the event, and to programs and the park ski patrol, Driscoll said.

He said the main purpose of the event is to provide runners



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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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Material should reach us by the 20th of the month.

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Changing your address? Let Bob know as soon as possible
At bobhiem@twcny.rr.com

Please be reminded that the Post Office will NOT FORWARD the Newsletter because it is not sent as first class mail. If you plan to move or spend parts of the year at different addresses, please let the Membership Coordinator know by email (found on the inside front cover of the Newsletter) or at the club's renewal mailing address (back cover).



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:				
Aidan Grieger	Makenzie McCarthy	Tyler McCarthy	Hannah McDonald	Jamie Stevens
Melissa Stevens	A'nyiah Townsend			
Renewed Members:				
Elijah Bailey	Julien Benham	Kaleigh Buck	Connor Buck	Brenda Chewning-Kulick
Kasey Chewning-Kulick	Travis Chewning-Kulick	Morgan Chewning-Kulick	Loren Davies	Roger Hahn
Estelle Hahn	Corrine Haynes	George Kulick	Marg Larsen	Solomon Lawrence
Amy McCarthy	Dorothy Micho	Brad Micho	Kyle Micho	Ryan Micho
Aidan Micho	Brendan Micho	Robert Nicholson	Martin Nicholson	Kathleen Nicholson
Jasper Royal	Jerry Smith	Nancy Smith	Marcy Tobin	Peter Troiano

Terry McConnell's Observations

Recent Charger Age Group Records

M80-84	8km Track	Sam Graceffo	61:00.5	11/23/2016
F75-79	1500m	Estelle Hahn	9:46.1	4/17/2015
F75-79	3km	Estelle Hahn	20:32.8	4/24/2015
F75-79	5km Track	Estelle Hahn	34:41.7	2/20/2015
F75-79	800m	Estelle Hahn	5:07.9	11/04/2016
F75-79	8km Track	Estelle Hahn	59:36.8	11/13/2015
F75-79	Mile	Estelle Hahn	10:44.4	12/21/2015

Sam Graceffo, hardly a stranger to the Chargers record-book, recorded the first official finish at 8k on the oval for men 80-84. All but one of Estelle Hahn's marks were similarly path-breaking: her 800m mark took down the 7:57 recorded by Elsie Adams in 1997.

Both Sam and Estelle set their records in Noontime League events on SU's Manley Field House indoor track.

Some Dark Corners of XC Scoring

At this year's NYSPHSAA Cross Country Championship race the Warwick Valley boys team narrowly edged Liverpool to take 2nd place behind a strong state champion squad from Corning. This, despite the fact that the official score shows a tie result of 80 points for both Warwick Valley and Liverpool, and the more surprising fact that the Liverpool boys ran faster as a group than did their counterparts from WV, averaging 16:09 per man versus 16:23.

It was a weird echo of the presidential election results from just 4 days before, in which Donald Trump won the election in the Electoral College, but trailed by some 2 million in the popular vote.

To understand how such a result is possible (the XC one, not the presidential one), we must review some basic facts about the sport of Cross-Country. As every former harrier will tell you, "Cross" is an acquired taste. Bob Glover and Pete Schuder sum up the flavor of the sport well, writing in the first edition of *The Competitive Runner's Handbook*:

☀ Trivia:

- ☀ 1. What ultra runner ran 3,063 miles in 52 days?
- ☀ 2. What is largest half marathon in the world?
- ☀ 3. Who ran the fastest marathon wearing a shirt and tie?
- ☀ 4. Who is the youngest marathon runner with the most marathons run by age 5?
- ☀ 5. According to a university study. What color is worn by the most race winners?

Bounding down a wooded trail, I suddenly careen to the left, then to the right, and climb a short, steep, rocky hill. I mount the crest, burst down the other side, uncontrollably flowing along meandering paths as birds and other animals scurry away. As I pick up the pace and roller-coaster along, I fantasize that I am pulling away from my competition and powering out of the woods to cross the finish line in an open field.

But then, they go to on to add:

Cross-country racing is a love-hate relationship. It is a scenic, serene and rewarding experience only *after* the race is over. The race itself is a gut-wrenching ordeal that demands careful preparation and promises no “runner’s high.” To the untrained, a 10 km cross-country race over a tough, hilly course would be as devastating as a marathon on the roads.

The sport can be hard on spectators as well. Go to a typical fall XC invitational here in upstate New York and you will see harried XC moms, dads, and grandparents scurrying through the woods with course maps in hand, looking for that perfect vantage point from which to catch a fleeting glimpse of the competitors as they flash past. These poor souls must endure the same muddy trails, fickle weather, and punishing hills as the runners, and almost none of them has any idea of the score during the “game”.

XC races are often held entirely or in part on golf courses, and the two sports also share the unusual feature that lower scores are better. A team’s score is computed by adding the place numbers of its first 5 finishers. The lowest possible score is therefore $15 = 1 + 2 + 3 + 4 + 5$, the equivalent of a “shutout” in other sports. At the state meet, overall winner Ty Brownlow contributed just 1 point – the XC coach’s favorite number – to Liverpool’s team score of 80 points, the rest coming from the places of his teammates who finished behind him. The top finisher for Warwick Valley, Behailu Bekele-Arcuri, finished only in 10th place, but his team achieved the same total as Liverpool’s by having better “compression,” i.e., smaller gaps between the places of its finishing runners.

Keeping track of the score during a race can be fiendishly difficult. You must keep running place totals in your head, one for each team you are attempting to track, as well the total number of runners in order to know what number to add next. As the race progresses the numbers get bigger and the arithmetic correspondingly harder. After 20 or 30 runners have passed, all but a Rain Man-like autistic savant would likely throw up his hands in bewilderment.

It isn’t even easy to figure out the score in a quiet room after the race is over, with printed results in hand. If you consult the official state meet results, for example, you will find that Liverpool’s place total was actually $1 + 4 + 11 + 67 + 84 = 167$, not the 80 points listed in the team scores. The reason for the difference is that there are a number of runners in the race who are not competing for any team. Each section of the state may send a certain number of top finishers to the championship meet in addition to members of the team that won their section. FM’s Patrick Perry, for example, finished in 7th place at states, but his finish, along with those of all other runners competing without a team, had to be removed *before* team scores were computed. Thus the poor sod attempting to keep score on the fly must not only track the total number of runners that have finished so far, he must also know who is competing on a team and who is not so he can adjust the place numbers accordingly. Good luck with that!

The places of runners 6 and 7, while not included in the total, can have an indirect effect on the outcome. They are called “displacers” and, should they finish before the 5th place finisher of another team, their

position adds one point to that team's total. Thus, the worst possible drubbing that could be inflicted by one team on another in a 2 team race with displacers is not 15-40, but 15-50, which would be the score if all 7 runners of the winning team finished before the first finisher of the losing team.

On rare occasions runner 6 can have a more direct effect on the outcome of a race. When two teams compete in a dual meet without displacers it is impossible to have a tie (exercise: prove this,) but tie scores are possible whenever 3 or more teams compete, or even in dual meets when there are displacers. In case of a tie, the place of the 6th place finisher is used to resolve the tie. This is what happened at this year's state meet: 6th man Sean Quinn of Warwick Valley finished in 76th place, while his counterpart Cullen McLaughlin of Liverpool was 97th across the line. Since place is what matters in Cross-country, Warwick Valley was awarded 2nd place and Liverpool had to settle for third.

So, when I see you next at a cross-country meet, please keep track of the score for me. That way, I can get home early and not miss Wapner.

(Readers interested in further mathematical peculiarities of Cross-country scoring may wish to consult my article <http://barnyard.syr.edu/articles/xc.html>)

Syracuse Chargers Relay Records (Male and Female Teams)

7 & Under (F)			
4X100m	1:17.41	C. Torries, L. Hanlon, L. Bennett, C. Royal	7/23/01
4X220y	3:09.0	A. Broton, B. Hansladen, J. Morelli, J. Witten	4/18/78
Sprint Medley (m)	7:03.0	J. Witten, A. Broton, B. Hansladen, J. Morelli	4/18/78
7 & Under (M)			
4X220y	3:09.0	S.Holdridge, M. Tobias, G. Esposito, T.Cavanaugh	4/18/78
8-9 (F)			
4X100m	70.1	K. Hughes, A. Winn, L. Hanlon, C. Royal	3/13/04
4X200m	2:56.4	E. Murley, J. Wetter, N. Putnam, J. Condon	1/23/84
4X220y	2:58.0	L. Behr, F. Collins, B. Strawberry, L. Curtis	4/18/78
Sprint Medley (m)	9:00.2	M. Felice, L. Behr, K. Collins, B. Strawberry	4/18/78
8-9 (M)			
4X100m	69.0	M. Jackson, D. Zandt, E. Bentley, A. Fourney	7/3/85
4X220y	2:37.0	J. Riordan, M. Henning, D. Keller, E. Anish	4/18/78
Sprint Medley (y)	6:03.5	J. Riordan, M. Henning, D. Keller, E. Anish	4/18/78
Dist. Medley (m)	20:22.0	D. Williams, D. Ellison, B. Rabin, D. White	4/4/79
10-11 (F)			
4X100m	62.4	A. Robinson, C. Blackshear, L. Williams, X	7/7/79
4X110y	69.6	J. Atkinson, M. Riordan, C. White, K. Lane	
4X200m	2:13.1	J. Lester, A. Stead, A. Gilyard, B. Hall	3/15/97
4X440y	5:31.0	L. Loveland, M. Webster, E. Horn, J. Rainis	4/5/78
10-11 (M)			
4X100m	59.8	M. Younis, R. Lanaux, R. Dorsey, J. Askew	7/22/77
4X200m	2:15.0	Wilson Park Team	8/1/79
4X220y	2:16.0	D. Wright, J. Rasberry, M. Anthony, J. Owens	4/18/78
Sprint Medley (y)	5:17.0	M. Anthony, J. Rasberry, J. Owens, D. Wright	4/18/78
4X400m	5:24.0	Brooks, Bacon, Keller, J. Riordan	1/13/80
4X440y	5:24.2	D. Wright, J. Riordan, J. Owens, M. Wright	4/5/78
4X800m	12:27.0	H. Meno, K. Snyder, D. Grace, D. Edwards	4/20/80
Dist. Medley (m)	16:06.0	J. Riordan, J. Webster, C. Ellison, D. Wright	4/4/79
12-13 (F)			
4X100m	59.7	B. Kincaid, A. Moore, O. Bono, N. Rodney	3/14/04
4X200m	2:03.24	O. Bono, B. Kincaid, A. Moore, A. Copp	3/21/04
4X220y	2:09.0	J. Goodman, J. Rainis, G. Hagenlocher, M. Muller	4/18/78
Sprint Medley (y)	5:41.0	M. Muller, J. Goodman, G. Hagenlocher, J. Rainis	4/18/78

12-13 (M)			
4X100m	54.8	M. Bufford, A. Dupree, J. Barnes, C. Ingram	7/27/83
4X200m	1:52.0	Kirk Park Team	7/25/79
4X220	2:02.5	D.Austin, G. Knoblock, S. McNaughton, D.Broton	4/18/78
Sprint Medlay (y)	4:23.0	M. Wright, G. Knoblock, D. Austin, D. Broton	4/18/78
14-15 (F)			
4X200m	2:04.9	J. Rainis, G. Hagenlocher, M. Rothenberg, R. Bain	3/4/79
4X400m	4:42.0	A. Spaulding, S. Dygert, W. Hall, A. Kane	8/1/78
14-15 (M)			
4X440y	4:07.0	T. Peiffer, D. Broton, R. Bodine, M. Dobrzynski	2/4/79
16-17 (F)			
4X100m	50.1	P. Greene, R. Sherman, J. Bonner, R. Brooks	6/18/85
4X200m	2:16.0	C.McGuire, L.Bowers, A.McCarthy, K.Townsend	3/20/05
4X400m	4:52.3	E. Kissame, C. Shanahan, G. Nichols, N. Sherman	8/1/84
16-17 (M)			
4X100m	45.5	S. Hostetter, E. Moses, J. Gibbons, W. Rogertson	6/18/83
4X440y	3:28.2	M. Egan, J. Bradley, M. Francis, K. Didio	7/18/78
4X800m	8:25.0	J. Francis, J. Hickman, H. Thompson, R. Cannon	6/15/85
Dist. Medley (m)	10:41:56	B. White, M. Crompson, R. Sheer, C. Heenan	3/12/06
4X800m	11:05.9	M. Franklin, K. Gagen, M. Duffy, B. Gleason	7/13/85
4X1 Mile	19:01.23	M. Crompson, R. Sheer, d. McElroy, C. Heenan	6/18/05
18-19 (F)			
Dist. Medley (m)	15:29.7	K. Kuss, A. Leberman, T. Trudell, K. Winslow	3/18/95
18-19 (M)			
4X100m	44.1	J. Whitehead, T. Richardson, S. Coker, J. Drake	7/27/83
4X200m	1:31.9	D. Campbell, W. Brown, J. Weakfall, M. Francis	7/18/78
4X400m	3:48.7	J. Whitehead, J. Drake, B. Adams, R. Cannon	8/11/84
Sprint Medley (m)	3:54.9	J. Mikell, C. Coleman, M. Coleman, E. Arrington	2/2/85
4X800m	8:03.29	B. White, M. Snhur, J. Johnson, D. Sikora	2004
20-29 (F)			
4X110y	50.7	L. Cupit, K. Cecile, E. Hagenlocher, C. Schilly	7/19/75
4X220y	1:50.9	E. Hagenlocher, L. Cupit, H. Dunham, C. Schilly	1/26/74
4X440y	3:58.7	C. Schilly, L. Cupit, E. Hagenlocher, M. Rybinski	7/21/70
Sprint Medley (m)	4:35.7	C. McKeever, P. Ford, J. Angotti, S. Gleasman	3/15/86
4X880y	9:11.0	C. Pusch, K. Schilly, M. Seybold, M. Rybinski	
Dist. Medley (m)	12:10.9	P. Ford, I. Thompson, J. Patruno, R. Dodge	2/6/99
4X1600m	23:07.3	J. Arnold, T. Trudell, C. Steinbach, P. Ford	6/11/96
4X1 Mile	23:50.1	C. Eccles, D. Croll, J. Janiszewski, K. Kuss	7/12/96
20-29 (M)			
4X110y	42.9	J. Weakfall, M. Francis, D. Campbell, R. Vaughn	7/12/80
4X200m	1:35.2	C. Coleman, J. Mikell, M. Roman, M. Coleman	3/10/85
4X220y	1:36.4	Ouderkirk, Murphy, Willets, Greene	1973
4X400m	3:16.42	J. Clark, M. LoPiccolo, C. Verkey, L. Lewis	4/28/01
4X440y	3:21.0	R. Francis, J. Weakfall, D. Pace, M. Francis	7/12/80
Sprint Medley (m)	3:35.5	J. Drake, J. Whitehead, D. Robinson, J. Westman	7/6/86
4X800m	7:28.84	M. LoPiccolo, S. Weeks, B. Lombardo, L. Lewis	4/28/00
Dist. Medley (m)	9:52.15	M. LoPiccolo, J. Clark, L. Lewis, S. Weeks	2/4/01
Dist. Medley (y)	10:40.6	P. Rougeux, M. Roman, M. Smith, M. Gaughran	4/14/84
4X1500m	15:55.42	L. Lewis, B. Lombardo, D. White, S. Weeks	4/29/00
4X800m Walk	15:03.4	Dan. Talcott, J. Seaver, B. Harvey, Dave. Talcott	7/28/82
30-39 (F)			
4X400m	4:39.2	J. Angotti, I. Thompson, K. Pierce, C. McKeever	3/25/89
4X800m	10:24.7	P. Delia, P. Ford, M. Leivers, D. Miller	3/15/86
30-39 (M)			
4X100m	46.7	J. Royal, T. Collins, J. Dwyer, D. Robinson	6/19/82
4X200m	1:45.4	A. Drew, T. Fondy, T. Jackson, B. Micho	2/23/85
4X400m	3:36.7	A. Hloderwski, S. Bennett, J. Lawton, J. Royal	8/13/83
4X800m	8:23.2	M. Powell, B. Jackson, R. Wheelless, C. Anklin	6/11/96

4X1 Mile	18:37.4	J. Andrews, M. Smith, D. Worden, J. Dwyer	2/9/87
40-49 (F)			
4X400m	4:51.00	K. Vanderwood, P. DePaulis, P. Watson, R. Yanai	2/7/03
Sprint Medley (m)	5:51.7	E. Hahn, S. Gardiner, C. Rider, L. Tucker	3/15/86
4X800m	11:44.7	J. Queal, K. Collins, L. Oja, P. Ford	6/11/96
40-49 (M)			
4X100m	47.5	G. Pace, T. Fondy, S. Hall, W. Marshall	8/6/86
4X200m	1:46.57	R. Bond, K. Didio, B. Jackson, D. Cole	3/21/04
4X400m	3:42.3	R. Bond, K. Didio, D. Cole, B. Jackson	7/19/04
4X440y	4:07.2	M. Gratzner, R. Hahn, E. Stabler, B. Brock	12/3/76
Sprint Medley (m)	3:59.8	M. Rybinski, G. Radford, K. Hanlon, D. Cole	7/27/00
Sprint Medley (y)	4:15.6	J. Ucci, K. Kaderli, T. Fondy, B. Brock	2/7/82
4X800m	8:21.0	D. Worden, C. Anklin, B. Jackson, D. Cole	3/24/01
8X880y	9:33.8	E. Stabler, M. Gratzner, G. Bodine, R. Hahn	12/4/76
Dist. Medley (m)	11:02.17	C. Anklin, D. Cole, D. Worden, B. Jackson	4/27/01
4X1600m	20:27.3	M. Rybinski, D. Cole, R. Bond, G. Radford	6/21/04
4X1 Mile	21:10.7	M. Kelly, T. Collins, F. Schlereth, S. Murphy	2/9/87
50-59 (F)			
4X800m	11:33.1	L. Orlicz, P. Watson, S. Leone, C. Steinbach	7/19/04
50-59 (M)			
4X100m	51.0	A. Drew, T. Fondy, P. Stelmaszyk, A. Branch	8/7/93
4X400m	4:07.2	R. Wilett, A. Drew, P. Stelmaszyk, J. Allen	8/6/94
4X440y	5:35.5	C. Lee, G. Kent, B. Silverman, T. Walnut	12/3/76
4X800m	10:02.59	R. Hahn, R. Brock, B. O'Brian, M. Gratzner	3/24/85
4X880y	12:14.8	B. Silverman, C. Lee, G. Kent, T. Walnut	12/4/76
4X1 Mile	20:47.7	B. O'Brian, B. Ireland, G. Bodine, E. Stabler	12/12/81
60-69 (F)			
4X800m	17:17.9	L. Bell, M. Rusz, M. Wolf, M. Zeppetello	6/11/96
60-69 (M)			
4X100m	57.7	B. Townsend, T. Johnson, E. Lukens, H. MacMillan	7/22/87
4X200m	2:09.6	B. Townsend, T. Johnson, E. Lukens, H. MacMillan	7/1/87
4X400m	4:18.70	D. Ortman, H. Hudson, A. Baker, S. Gray	2/20/2016
4X800m	11:36.1	E. Lukens, G. Kent, N. White, T. Walnut	1/18/85
4X880y	13:09.4	N. Hacker, R. More, E. Buckley, N. White	3/26/83
4X1600m	23:18.5	H. Rubin, D. Cohen, B. Brock, B. Milner	6/11/96
4X1 Mile	25:16.0	E. Stabler, B. Brock, W. McRae, F. Schlereth	7/13/94
70-79 (M)			
4X100m	64.3	E. Lukens, R. More, B. Townsend, H. MacMillan	6/24/97
4X400m	7:01.5	T. Johnson, N. Hacker, C. Jorgensen, E. Straub	8/6/89
4X800m	13:19.0	F. Schlereth, W. McRae, J. Bisson, R. Hahn	6/30/03
Dist. Medley (m)	18:33.3	H. MacMillan, R. More, N. White, E. Buckley	8/25/97
4X1 Mile	29:44.0	R. More, N. White, E. Buckley, T. Walnut	7/13/94
80-89 (M)			
4X100m	78.9	R. More, E. Buckley, D. Hanlon, E. Lukens	6/30/03

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 us your happy news!





EVERYONE CAN RUN BEGINNERS PROGRAM

Presented by the **Syracuse Chargers Track Club** and hosted by the **Jewish Community Center of Syracuse**, the **Everyone Can Run Beginners Program** will begin on **Wednesday January 11, 2017**.

This is a **FREE eight-week program** designed to take you from walking to running and will start **Wednesday January 11, 2017** and continue through **Wednesday March 1, 2017**.

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

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

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

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

All registrants will receive a Syracuse Chargers Track Club Pedometer.

All registrants will receive a 2 week trial pass to the JCC including use of their indoor track and locker room.

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

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

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

All participants will be asked to sign waivers and registration forms before the first night of the program.

Everyone Can Run Beginners Program

Registration Form

Name _____ Date of Birth _____

Address _____ Phone _____

E-mail address: _____

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

Prospective Member

Participant Waiver for Program

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

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____

Please turn in this completed form at JCC or mail it to: Greg Tuttle, 3604 State Rt. 49, Central Square, NY 13036. Any Questions, 315-430-9409 or tuttlegreg@hotmail.com

On December 20th the Syracuse Charger Family lost another dear member. Don Hanlon passed away at the age of 94. Don graduated from Eastwood HS and Syracuse University. After serving in the US Navy he received a PhD from Rutgers University. We know him more for his running life than his secular or family life. Don is survived by his wife of 63 years, Jane Drummond Hanlon, two sons and a daughter as well as eight grand and two great-grand children. Don was a competitor on the roads, right up to about 2 years ago winning numerous awards. He will be missed.



with a final chance for a relaxing trail run before the end of the year. Jay Harris, and his wife, Cindy, of Syracuse, decided to take advantage of that for the first time this year. Although the two had varying opinions on how it went. "It was cold," Jay Harris said. "It was beautiful," his wife said. "It was wet," he said. "It was awesome," she said. "It was windy," he said. "It was the perfect winter wonderland," Cindy Harris said, with finality.

They both have been running for about 30 years, so a small snowstorm did not make it a hard decision for whether they would come back. "If she does it, I am," Jay Harris said. "Yes. We'll be back," Cindy Harris said.



Syracuse Chargers Track Club Scholarship Application



The Syracuse Chargers Track Club, Inc. will award as many as three \$1,000 scholarship grants to SCTC members who have distinguished themselves through their: volunteer activities within our community (not limited to Chargers events); academic achievement; and commitment to personal fitness. All applicants should have a record of volunteer service to the athletic community. In order to qualify for consideration for one of these awards, an applicant must be a graduating high school senior, an SCTC member at the time the application is submitted, and the holder of at least a B average (80%) throughout high school. Anyone who wishes to be considered for one of these awards should provide the information requested below and submit this form along with the following:

1. A letter of recommendation written by an adult who has supervised, coordinated, or is otherwise familiar with your volunteer activities, particularly those that promote health and fitness.
2. A copy of your high school transcript.
3. A letter of recommendation from a teacher or your guidance counselor that focuses on your academic achievement and merits.
4. A **typed** essay of 300-400 words in which you discuss the importance of athletic participation and volunteerism for your own life and the lives of others.

This form and all supporting materials should be mailed together and received by May 31.

Please mail this completed form and your other application materials to:

John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078

Name _____ Phone: _____

Address _____ E-mail: _____

Date of birth _____ Your High School(s): _____

High School Average: _____ Class Ranking: _____ SAT/ACT Scores: _____

College/University that you are most likely to attend: _____

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

Race Walk Corner:

Charger Erin Taylor-Talcott became the first woman ever to win a country's 50km race walk championship as she bested all competitors in the New Zealand 50km on November 13th in Timaru on the south island. Erin was challenged early but used her incredible strength (remember she did a hundred mile race in September.) to pull away in the later stages to win by about 15 minutes. She clocked 4:42:15 in what she called 'a workout'. I wish I could workout that good! Erin's time qualifies her to compete in the NACAC Area Championships in Lima, Peru in May.

Just a few days later in Auckland Erin blitzed a 3,000 meters in 13:56.72. The time established a new US 35-39 record and was the third best of her career. Unlike running, it is not uncommon for walkers to walk very fast over short distances after long efforts. Both performances are Syracuse Charger records.

Delivery of monthly Chargers 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>.

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 Bob Hiemenz at bob-hiem@twcny.rr.com.

Power up your workout
By Maureen Fauler, MHA, RDN, CDN

We hear the best way to stay healthy and have energy throughout the day is to eat a wide variety of foods. We know we should concentrate on vitamin-rich foods too. Sometimes getting a wide variety of foods can be challenging, especially when there are so many dietary supplements that appear to make it quick and easy to get all the vitamins and minerals we need.

Some people believe they need to take pricey supplements to get the vitamins and minerals they need. Nutrients work best in your body when you get them the natural way: in the amounts found in foods and in balance with other nutrients. A high dose of one particular vitamin or mineral from a supplement may interfere with how your body absorbs or uses another vitamin or mineral. Supplements can also interact or interfere with medications such as antibiotics and diuretics.

There are many foods we can include in our diets so we can eliminate, or decrease the use of supplements. Sometimes these foods are called super foods. Various lists of super foods can be found on the internet and in many articles relating to the topic. Super foods are packed with vitamins, minerals, and antioxidants, which minimize damage to the cells in our body that may lead to heart disease, cancer, Alzheimer's, and other diseases.

Legumes are a class of vegetables that includes beans, peas and lentils. Legumes are usually low in fat, contain no cholesterol, and are high in folate, potassium, iron and magnesium. They also contain soluble and insoluble fiber. A good source of protein, legumes can be a healthy substitute for meat.

Berries: Berries, especially raspberries and strawberries, contain ellagic acid, a phytochemical that may help protect against cancer-causing agents in the diet and the environment. Blueberries may help protect cells from damage and lower inflammation. Blueberries contain many of the vitamins and minerals known to strengthen the immune system and phytochemicals that may help protect against cancer and heart disease.

Nuts and seeds: Nuts and seeds are rich in protein and fiber, and also one of the best natural sources of anti-oxidant vitamin E, magnesium, copper, phosphorus, potassium, selenium and folic acid. Each type of nut offers a unique profile of minerals, phytochemicals, and types of fat. Walnuts are the highest in plant omega-3s and Brazil nuts are best for selenium. Most nuts contain the phytochemical resveratrol and plant sterols, which help lower cholesterol. Flaxseed contains plant omega-3s, lignans, and fiber. Flaxseed contains both the soluble and insoluble types of fiber. Chia seeds contain fiber, protein, calcium, antioxidants, and omega-3s. So there's a huge amount of goodness in a tiny and tasty package.

Vegetables: Eating a variety of vegetables is always a good idea. In general, the more color the vegetable has, the more antioxidants it contains. Dark green vegetables are high in vitamins C, E, and A, calcium, magnesium and potassium. Dark green veggies are filled with antioxidant phytochemicals such as kaempferol, which may help dilate blood vessels and may have cancer-fighting properties. Leeks, lettuce, and kale provide lutein and quercetin, both strong antioxidants. Carrots are high in vitamin A, butternut and acorn squash are high in vitamins A and C. White and sweet potatoes provide vitamins C and B6, potassium, and fiber. But sweet potatoes have more of these nutrients. Sweet potatoes also contain calcium and a large amount of vitamin A. Red beets are an excellent source of nitrates, which are good for your blood pressure. One medium pepper delivers B vitamins, beta carotene, and more than twice your daily need for vitamin C. Tomatoes contain all four major carotenoids: alpha- and beta-carotene, lutein, and lycopene and vitamin E, and vitamin C. These carotenoids may have individual benefits, but also have synergy as a group.

Whole Grains: Making one dietary change may significantly improve your health: Switching to whole grains. Whole grains are unrefined grains that haven't had their bran and germ removed by milling. Whole grains are a better source of fiber, selenium, Zinc, potassium and magnesium. For example, eat whole grain bread instead of white bread, wild or brown rice instead of white rice, corn tortillas instead of flour tortillas.

Fish: Fish provides powerful omega-3 fatty acids. Evidence suggests that omega-3s, particularly those coming from fish, may help prevent inflammatory diseases, such as coronary heart disease. Although all fish have some omega-3s, the best sources are sardines, salmon, oysters, mackerel, tuna steak, wild rainbow trout, shark steak, albacore tuna, and herring. Fish also offers vitamin D, an essential nutrient that's hard to find in naturally in food.

Tea: Tea provides two potent phytochemicals -- anthocyanin and pro anthocyanin and dose of catechins. Catechins are antioxidants that are thought to block cell damage that can lead to cancer. Green tea contains catechin epigallocatechin gallate (EGCG), a particularly potent antioxidant. If you are sensitive to caffeine, look for the decaf options.

Olive Oil: The main type of fat found in all kinds of olive oil is monounsaturated fatty acids (MUFAs). MUFAs are considered a healthy dietary fat. Some research shows that MUFAs may help lower your risk of heart disease and may benefit insulin levels and blood sugar control, which can be helpful if you have or are at risk of type 2 diabetes. Choose MUFA-rich foods such as olive oil in place of other fatty foods like butter and stick margarine. And remember that you can't make unhealthy foods healthier simply by adding olive oil to them.

Beans: Beans are an excellent source of vegetarian protein and fiber. The protein and fiber in beans temper the rise in blood sugar that occurs after a meal and helps keep you regular. Beans are low in fat and a good source of magnesium and potassium, nutrients that work together to lower blood pressure and keep your heart and blood vessels healthy. Green soybeans provide vitamin C, calcium, zinc and selenium. Lentils and black-eyed peas are rich in folate and zinc. Black beans and kidney beans are a good source of folate.

Dark Chocolate: New research has shown that dark chocolate is packed with antioxidants and can lower blood pressure. Look for chocolate with 60% or higher cocoa content; the darker, the better. In addition, the darker it is, the lower the fat and sugar content.

Enjoy a variety of foods every day and remember what your mom always told you: "Eat your vegetables".

Last Chance Trail Run & Pancake Breakfast Participants

Scott Baha
Ray Falso
Steve Indrick
Joseph Shayka

Jim Bright
Shawn Forney
Pete McClure
Jerry Smith

Andrew Cunningham
Craig Gostin
Rick Mazzeo
David Vickers

Manyann Denhoff
Jason Haight
Michael O'Connor
Nicole Virdone

Alexa Denhoff
Cindy Harris
Mary Ryan
Mike Virdone

Ted Endreny
Jay Harris
Richard Savage
Nancy Weber

Thank you to our volunteers!

Marla Jabbour, Kamal Jabbour, Mark Driscoll, Karen Kelly, Sean Kelly, Teshale Kelly, Terri Clark, Greg Tuttle, Sam Sampere, Tracy Crompt, and Nancy Smith





Syracuse Chargers

All Comers Winter Indoor Track & Field Meets 2016 - 2017

All 3 meets @ SRC Arena on OCC Campus

Meet #2 (Sunday. 1/22/17) 7am-10:30am

Registration: 6:10-6:50am

- 1500m
- 55m
- 55H
- 800m
- 200m
- Long Jump
- Triple Jump
- High Jump
- Shot Put
- Weight Throw

Meet #3 : SUNDAY 2/12/17 7am-10:30am

Registration: 6:10-6:50am

- 1500m
- 55m
- 55H
- 800m
- 200m
- Long Jump
- Triple Jump
- High Jump
- Shot Put
- Weight Throw

Throwers must bring their own indoor implements.



Name _____ M ___ F ___ Age _____

Club/School _____ Date of Birth _____

Home Address (Street) _____

City, State, Zip _____

Phone # _____ Guardian's address (if different from above): _____

Emergency contact _____ Emergency contact phone # _____

Waiver: In consideration of this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club Inc., Onondaga Enterprises, the Road Runners Club of America and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that medical support for these meets will be volunteers who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in these meets.

I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant:

_____ Date: _____

_____ Date: _____

(Signature of parent or guardian for all participants age 17 or younger.)





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 or carelessness on the part of 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

Chargers Annual Meeting & Awards Banquet

SCTC members are invited to help celebrate the achievements of our outstanding athletes of 2016 and to recognize the contributions of our dedicated volunteers. Please join us!



Sunday, March 19, 2017
3-6 p.m.
Pascale's Catering at Drumlin
University Room (upstairs)
800 Nottingham Road
Syracuse, NY



The buffet will include: garden salad, grilled Italian vegetables, roasted potatoes, pasta primavera, chicken Florentine, baked sole, rolls/butter, dessert, and coffee/tea. Chicken tenders and French fries can be ordered for children under the age of 12. Hors d'oeuvres will be served before dinner and 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 19 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: _____

If you would like to order children's dinner, please indicate the number: _____.

Check Total: _____



*Please mail your reservation form and payment by March 12 to:
Nancy Smith, 234 Roxbury Road, Syracuse New York 13206*

Winter, 2016-17



Yvonne Tasker-Rothenberg

CutKings Barbershop
Pizzaz Pizza



Ma'Dears Total Image
JBKane

USATF #0035
FELDER
ALL-COMERS Track Meet
FREE
USATF Sanction # 17-04-004
SRC/OCC
4585 West Seneca Turnpike
Syracuse, NY 13215



R. Panek Family
J. and J. Goulet
runningart.com



Hafner's Restaurant

Registration, 2 - 2:45-- Start Time, 2:50

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 week of meet

February 20, TRACK MEET	PRACTICES	2017 AAU Niagara District Track & Field Championship	FELDER SUPPORTS
Mile 55 dash 55 hurdles	Sunday, 12-18-16, 4 - 6 Monday, 01-2-17, 4 - 6 Monday, 01-9-17, 4 - 6	JUNE 17 AND 18 Nottingham Track	--RESCUE MISSION --SARAH'S HOUSE --HONOR FLIGHT OF SYRACUSE
400 long jump	Sunday, 01-22-17, 4 - 6 Wednesday, 02-1-17, 4 - 6 Sunday, 02-12-17, 4 - 6	Youth, ages 8 - 18 FUTHER NEWS, TBA, SEE FACEBOOK OR FELDERSTADIUM.ORG AS WE PLAN CHAMPIONSHIPS, JULY, MICHIGAN	--COMMUNITY RESOURCES FOR INDEPENDENT SENIORS --NORTH AREA MEALS ON WHEELS --SYRACUSE CITY SCHOOL DISTRICT
high jump pole vault** (see note above)	Sunday, 02-19-17, 4-6	AND	
shot (know the weight) age 7/8, 2K-age 9/10, 6 lb. Others, look it up, thanks.	Must set up and take down within time frame. Thanks.	KANSAS CITY BARBECUE FUNDRAISER	
		GREATER LOVE IN CHRIST CHURCH LAWNS	
Children 11 and under, 3 events limit, please.		JULY, FURTHER INFORMATION, TBA	

*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 _____
 City _____ State _____ Zipcode _____ 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 pho

tographs 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 _____

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 315-491-8328

Calendar of Events

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

January 2017

- 15 Sun **Charger Indoor Practice - Manley Field House 8:00-10:00pm.**
22 Sun **Charger Indoor Practice - Manley Field House 6:00-8:00pm.**
22 Sun **SCTC Indoor Meet #2 7:00am, SRC Arena, Onondaga Community College, Syracuse, NY**
28 Sat USA 50km Race Walk Championships, Santee, CA Visit www.usatf.org

February 2017

- 12 Sun **SCTC Indoor Meet#3 7:00am, SRC Arena, Onondaga Community College, Syracuse, NY**
12 Sun **Charger Indoor Practice - Manley Field House 6:00-8:00pm.**
20 Mon Felder T&F Meet SRC/Onondaga Community College. Info at www.felderstadium.org
26 Sun **Charger Indoor Practice - Manley Field House 6:00-8:00pm.**

March 2017

- 12 Sun **Charger Indoor Practice - Manley Field House 6:00-8:00pm.**
19 Sun **Charger Indoor Practice - Manley Field House 6:00-8:00pm.**

April 2017

- 2 Sun USA Pan-Am Race Walk Cup Trials 20k, Philadelphia, PA. Visit www.usatf.org
29 Sat Penn Relays Men's 10km Race Walk 7:00am Women's/Scholastic 5k 8:00am.

May 2017

- 27 Sat **Highland Forest 1-2-3 (1,2, or 3 –Ten mile loops). Highland Forest, Fabius, NY**

June 2017

- 4 Sun USA 5km Race Walk Championships, 9:00am, Albany, NY. Visit www.usatf.org
17-18 Sat-Sun 2017 AAU Niagara T&F Champs, Nottingham Track. Info at www.felderstadium.org
17 Sat Swamp Rat Runs, Kids 1 mile, 5k and 10k (8:30/8:50)/9:10/10:00. Oneida Shores Park, Brewerton, NY

July 2017

- 4 Tue **Cazenovia 4th of July Races 5k 8:00am; 1 Mile 8:10am; 10 mile 8:45am. Cazenovia, NY**

August 2017

- 12 Sat USA 1 Hour Race Walk Championships, 7:00pm, Milwaukee, WI. Visit www.usatf.org
19 Sat **Willow Bay 5k Run & Fitness Walk for Women 9:00am. East Shore Path, Onondaga Lake Park**

September 2017

- 10 Sun USA 40km Race Walk Championships, 7:00am, Owego, NY. Contact Dave Talcott at dwtalcott@gmail.com
23-24 Sat-Sun Not just a Walk in the Park 24 hour centurion walk Noon, Marvin Park, Owego, NY. Contact Erin Taylor-Talcott at oboebassoon@yahoo.com
23-24 Sat-Sun USATF Niagara 100km Run championships. 9:00pm, Marvin Park, Owego, NY. Contact Erin Taylor-Talcott at oboebassoon@yahoo.com

October 2017

- 8 Sun USA 30km Race Walk Championships, 9:30am Hauppauge, NY. Visit www.usatf.org

November 2017

December 2017

- 16 Sat **Last Chance Trail Run & Pancake Breakfast. Run 8:00-9:15 start. Last pancake at 10:30am. 9 mile trail**

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).



SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Form

Name _____	Sex _____	Birth Date _____ / _____ / _____	Occupation / Club Interest _____ (_____) _____ - _____
Name _____	Sex _____	Birth Date _____ / _____ / _____	Telephone Number _____
Name _____	Sex _____	Birth Date _____ / _____ / _____	Email Address _____
Name _____	Sex _____	Birth Date _____ / _____ / _____	
Address _____			
City _____	State _____	ZIP _____	

We need your help!
Please volunteer for:
 Track Meets Coaching
 Road Races Trail Runs
 Special Olympics
Other: _____

(Please select and circle one)

Membership Type	1 Year	2 Years	4 Years
Individual Membership	\$20	\$36	\$70
Family Membership (1 newsletter, 2+ people)	\$25	\$45	\$85
Individual Senior Citizen (65 years or older)	\$15	\$27	\$50
Individual Student (High School or younger)	\$15	\$27	

REV 5/22/16

Club T-shirts: Club T-shirts are available for: \$10: SM _____ MED _____ LG _____ XL _____ [\$12: XXL _____ XXXL _____]
[\$6: Youth SM _____ MED _____ LG _____]

Additional Contribution: Help to ensure the Syracuse Chargers Track Club continues to deliver quality educational and developmental programs in Track & Field, Cross Country, Youth Development, Ultra & Trail Running and Road Running/Racing that is open to all. We appreciate your additional financial support!

Enclosed is my tax deductible contribution: \$10 _____ \$20 _____ \$30 _____ \$50 _____ \$100 _____ Other \$ _____

<u>Membership Status:</u> _____ New _____ Renewal	<u>Receive Email Blasts?</u> _____ Yes _____ No	<u>Newsletter Delivery Method:</u> _____ US Mail (printed) _____ Email (electronic)
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Mail this form and check to: **Bob Hiemenz, Membership Coordinator**
Syracuse Chargers Track Club
P.O. Box 2354
Liverpool, NY 13089-2354

Please make check payable to:
Syracuse Chargers Track Club, Inc.

OR: Register online at: RunSignUp.com

MEMBERSHIP WAIVER: I know that participating and volunteering to work in club events 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, including but not limited to: falls, contact with other participants, dangerous or negligent behavior of other participants, the effects of 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, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s) _____
Date

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

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

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

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)			13.00 9.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl) Adult (xxl)			12.00 15.00	
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			