



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

Volume XLIX

Syracuse Chargers Track Club

February 2017

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PLEASE NOTE TIME CHANGES FOR THE FEBRUARY 12 CHARGERS MEET AT THE SRC ARENA: Registration begins at 8:30am and events begin at 9am. Mark your calendars!

Who's Who in the Syracuse Chargers Track Club

Board of Directors

President:

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Treasurer:

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Chargers Records:

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Scholarships:

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Jamesville, NY 13078

Masters (Men):

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315-430-9409
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Merchandise:

OPEN

Masters (Women):

Mickey Piscitelli
315-638-9662
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Volunteers:

OPEN

Road Case Coordinator:

OPEN

Open Coordinator (Men):

OPEN

Indoor Meets/Practices:

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Open Coordinator (Women):

OPEN

Awards Banquet:

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Oneida Shores Fun Runs:

Greg Broton
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The Syracuse Chargers Track Club (SCTC) 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 walking events. The club is a non-profit, tax-exempt 501(c)(3) organization; a member of USA Track & Field



and the Road Runners Club of America.



Membership in the SCTC is open to all who share the goals of

the organization. To become an individual member and Charger representative of USATF, go to www.USATF.org.

The Charger Club member # is 04-0092.

Newsletter Staff and Contributing Writers

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Nutrition – Maureen Fauler, MHA, RD, CDN

Medicine & Health – Sam Graceffo, MD

Trivia – Greg Tuttle, AGG (a great guy)

Dr J on Running – Kamal Jabbour, PhD

The Chargers Newsletter is published monthly and delivered to members and subscribers via non-profit post. It's available via email (contact Bob Hiemenz) and it is posted on the club website: www.syracusechargers.org. Members and subscribers must inform the membership coordinator of any address changes (temporary or permanent) by email. Newsletter subscriptions for non-members are \$20 per year. **The deadline for newsletter content is the 20th of each month.**

At Large Charger Board Members:

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Summer Runs:

OPEN

Sunday Walkers:

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Onondaga Lake Park Fun Runs:

Greg Tuttle
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Events Calendar

February 2017		
12	Sun	SCTC Indoor Meet # 3, registration @ 8:30am, events begin @ 9am, SRC Arena, SUNY OCC, Syracuse, NY
12	Sun	Charger Indoor Practice, 6-8pm, Manley Fieldhouse, Syracuse University
26	Sun	Charger Indoor Practice, 6-8pm, Manley Fieldhouse, Syracuse University
March 2017		
12	Sun	Charger Indoor Practice, 6-8pm, Manley Fieldhouse, Syracuse University
19	Sun	Charger Indoor Practice, 6-8pm, Manley Fieldhouse, Syracuse University
April 2017		
2	Sun	USA Pan-Am Race Walk Cup Trials 20K, Philadelphia, PA [www.usatf.org]
27-29	Thurs-Sat	2017 Penn Relays [http://www.thepennrelays.com/]
May 2017		
27	Sat	TENTATIVE --Highland Forest 1-2-3, 10-mile Trail Runs, Fabius, NY
June 2017		
4	Sun	USA 5K Race Walk Championships, 9am, Albany, NY [www.usatf.org]
6	Tues.	41 st JP Morgan Corporate Challenge, Onondaga Lake Parkway, Syracuse, NY
17-18	Sat-Sun	2017 AAU Niagara T&F Championships, Nottingham HS, Syracuse, NY [www.felderstadium.org]
17	Sat	Swamp Rat Runs, Kid's 1 mile, 5K, and 10K events, Oneida Shores Park, Brewerton, NY [http://www.swampratrun.com/]
July 2017		
4	Tues	Cazenovia July 4th Footraces & Dan Sutton Memorial Run, Cazenovia, NY [http://www.caz4thrun.org/]
August 2017		
10	Thurs	41 st Annual Tromptown Runs, DeRuyter, NY, [http://www.tromptownrun.com/]
12	Sat	USA 1-Hour Race Walk Championships, Milwaukee, WI [www.usatf.org]
19	Sat	Willow Bay 5K Run & Fitness Walk for Women, East Shore Path, Onondaga Lake Park, Syracuse, NY
September 2017		
10	Sun	USA 40K Race Walk Championships, Owego, NY [contact Dave Talcott at dwtalcott@gmail.com]
23-24	Sat-Sun	Not Just a Walk in the Park 24-hour Centurion Walk and USAFT Niagara 100K Run Championships, Owego, NY. Contact Erin Taylor-Talcott at oboebassoon@yahoo.com
October 2017		
8	Sun	USA 30K Race Walk Championships, Hauppauge, NY [www.usatf.org]
November 2017		
December 2017		
19	Sat	Last Chance Trail Run & Pancake Breakfast, Highland Forest, Fabius, NY

Bold – SCTC Event

****** Results of the January 22 and February 12 Charger Indoor Meets will be in the March 2017 Charger Newsletter.**

Results & Records

Terry McConnell. Contributing Writer

Recent Chargers Age Group Records

M75-79	Hammer 4kg	Gary Crawford	82 ft. 10 in.	6/17/2016
M75-79	Weight Throw 16lb	Gary Crawford	30 ft. 6 ½ in.	1/31/2016
M75-79	Weight Throw 35lb	Gary Crawford	17 ft. 5 ¼ in.	1/31/2016
FOPEN	50 km Walk	Erin Taylor-Talcott	4:42:15	11/12/2016
FOPEN	3000m Walk	Erin Taylor-Talcott	13:56.72	11/26/2016

Gary Crawford reported a very busy year in the field events back in August, but these marks seem to have slipped through the cracks as a side effect of my laptop “issues” from that month. A hearty, if belated, congratulations to Gary for setting new marks in the weight and super-weight throw at the USATF East Region and New England Indoor Championships in Providence, R.I, and for relieving Chuck Yost of his 81-1 Hammer record from the 2014 Senior Games. Consult MastersRankings.com for some of his other results, including a silver medal in the discus, and gold in the javelin at the Senior Games.

Erin Taylor-Talcott set her records in New Zealand, the 50k record in Timaru at the national championship race, and the 3k at the Auckland Senior Combined Meet. (Both of these records are also F35-39 records at their respective distances.) Erin’s 3000m walk betters the existing FOPEN record of 15:26.7, due to Laura Feller and dating from 2004.

Erin’s remarkable 50k walk, which gave her the outright win, presents us with another record-keeping dilemma: there are 3 existing FOPEN records at 50k – one on the track, one on the road, and one on the trails. Erin’s walk time is significantly faster than all three! The reason for the dilemma is that we have an existing policy in throwing events that if you throw a heavier weight farther than an existing record with a lighter implement, then the longer-heavier throw removes the lighter-shorter throw from the record books. So, by analogy, shouldn’t a faster walk “trump” a slower run over the same distance? After all, the runner could have walked if they wanted to – it’s within the rules – but a walker is never allowed to break into a run.

On the other hand, the reason we had three records in the first place is that the different types of terrain present different challenges. Clearly, a 50k run on the trails is not directly comparable to the same distance run on a road or a track, and a long run on a track might arguably be harder than one held on a relatively straight road due to the curves and psychological effects (boredom?)

Erin’s 50k walk record was recorded on a 1 kilometer loop road course. In the end, I decided to keep the existing 50k track and trail records, and to award Erin both the 50k road walk record, and the 50k unqualified record. This leaves open the possibility that someone will eventually run faster than her on the roads, in which case she would keep the walk record and lose the unqualified record. Any takers?

Cross Training for David Ortman?

David, familiar to readers of this column for his quarter-mile exploits, mailed in the following account of recent adventures of a different sort. David E. Ortman (M63), a Syracuse Chargers Track Club member from Seattle, WA, participated as team captain of a five person 60+ United States team in the IX Olympiad of Sport, Health, and Culture for the Third Age in Vrnjacka Banja, Serbia from September 30 to October 4.

The US team arrived a few days early to acclimate and see the city sights. They then bused three hours south to a spa-resort area in Vrnjacka Banja, which hosted over 200 teams (more than 1,200 participants total). The US team was the only team from outside the country. Partially supported by the U.S. Embassy in Serbia, the Olympiad focusses on promoting sports, health, and culture for persons over 60 years of age. In addition to a 4x80 race-walking relay in which David’s team finished 16th out of 121, events included Chess, Darts, Air Rifle, Soccer Ball Kicking, Basketball Free Throws and Fishing.



Photo: US TEAM Olympiad for the Third Age: *Alexandre Gogic, *Harriet Kaufman, *David E. Ortman (Team Captain), Djordje Maricic (Olympiad contact), *Jim Hoath, *Ted Hunter (kneeling) (photo by Justin Ferris)

Chargers Record Progression Men's 10k road

Robert Cosby	31:09	3/18/79
Tom Carter	30:32	3/16/80
Tom Dalton	29:59	6/8/80
Tom Dalton	29:29	6/14/81

Bob Cosby received his doctoral degree at SU while running with the Chargers. He now lives in Maryland. Tom Carter grew up in the Binghamton area where he is still a legend in cross-country and track. He went on to run for Niagara and then transferred to the University of Tennessee. Many SU basketball fans remember his half-time routine where he would balance a spinning basketball on top of ever-longer sticks, transferring the spinning ball from one stick to another. Tom Dalton ran on the CBA XC team under Coach Jerry Riordan and had a very successful college career at Siena, including 3 years as NYS Cross Country Champion.

Syracuse Chargers Women's Open Relay Records

4X100m	50.1	P.Greene, R.Sherman, J.Bonner, R. Brooks	6/18/85
4X220y	1:50.9	E. Hagenlocher, C. Schilly, K. Schilly, L. Cupit	1/26/74
Sprint Medley	4:35.7	C. McKeever, J. Angotti, S. Gleasman, P. Ford	3/15/86
4X440y	3:58.7	C. Schilly, L. Cupit, E. Hagenlocher, M. Rybinski	7/21/70
4X800m	9:11.0	C. Pusch, K. Schilly, M. Seybold, E. Hagenlocher	
Dist. Medley	11:53.16	J.H. Webster, J. Duncan, H. Swarts, J. Patruno	3/2/02
4X1600	21:46.9	Vollweiler, A. Cooper, M. Romagnoli, H. Swarts	1/24/98
4X1 Mile	23:50.1	C.Eccles, D.Croll, J. Janiszewski, K. Kuss	7/12/96
100X1Mile	10:14:16.9	100 Charger Women	7/12/96

Syracuse Chargers Men's Open Relay Records

4X100m	41.9	E. Norman, M. Francis, R. Francis, R. Vaughn	8/16/80
4X110y	42.9	J. Weakfall, M. Francis, D. Campbell, R. Francis	7/12/80
4X200m	1:31.9	D. Campbell, J. Weakfall, R. Francis, W. Brown	7/18/78
4X220y	1:36.4	Ouderkirk, Murphy, Willits, R. Green	
4X400m	3:16.42	J. Clark, M. LoPiccolo, C. Verkey, L. Lewis	1/28/01
4X440y	3:21.0	R. Francis, J. Weakfall, D. Pace, M. Francis	7/12/80
Sprint Medley	3:35.5	J. Drake, J. Whitehead, D. Robinson, J. Westman	7/6/86
4X800m	7:29.84	M. LoPiccolo, S. Weeks, B. Lombardo, L. Lewis	4/28/00
Dist. Med (m)	9:52.15	M. LoPiccolo, J. Clark, L. Lewis, S. Weeks	2/4/01
Dist. Med (y)	10:27.3	J. Dwyer, D. Ramsey, P. Rougeux, T. Carter	1/5/85
4X1500m	15:55.42	L. Lewis, B. Lombardo, D. White, S. Weeks	4/29/00
4X1600m	17:51.3	G. George, J. Cico, B. Sweeney, C. Crouch	12/12/81
4X1 Mile	18:37.4	J. Andrews, M. Smith, D. Worden, J. Dwyer	2/9/87
4X800m Walk	15:03.4	D. Talcott, J. Seaver, B. Harvey, D. Talcott	7/28/82

Syracuse Chargers All-Comers Meet #1 ** Track Event Results
SRC Arena, December 28, 2016 ** Compiled Results Per Event

Mixed 55 Meter Dash

Name	Age Team	Finals	H#
Finals			
1 Jeffrey Menyah	M19 OCC	7.00	8
2 Alex DeVine	M19 315 Elite TC	7.07	9
3 Joshua Thompson	M20 Unattached	7.10	9
4 Jervon Harrison	M18 Unattached	7.14	8
5 Austin Milton	M19 315 Elite TC	7.32	8
6 Lucas West	M18 OCC	7.38	8
7 John McEachen	M46 Syr. Chargers	7.74	9
8 Sean Satchwell	M19 315 Elite TC	7.79	8
9 Nick Paccia	M23 Unattached	7.80	9
10 Tyler Jackson	M20 315 Elite TC	7.83	9
11 Thomas Giannettino	M48 Op. Homeland Hon	8.32	9
12 McKenna Johnston	W13 Syr. Chargers	8.54	5
13 Isaiah Barr	M13 Solvay Middle	8.61	7
14 Josiha Johnson	M10 Syr. Chargers	8.70	4
15 Dominic Rappazzo	M75 Unattached	8.76	10
16 Ellrose Hanlon	W13 Syr. Chargers	8.77	5
17 Denim Hall	M11 Syr. Chargers	8.86	4
18 Suheiman Aden	M15 Northside LC	9.11	6
19 Malik Robinson	M13 Syr. Chargers	9.28	7
20 Samir Salaam Jennings-Be	M8 Syracuse Latin	9.33	4
21 Moody Mahmoud	M12 SAS	9.35	7
22 Keioni Miller	W11 SAS	9.37	5
23 Tyler McCarthy	M13 Solvay Middle	9.46	7
24 Delaney Hayden	W13 Syr. Chargers	9.76	5
25 Ahmed Dahrir	M12 Northside LC	9.77	1
26 Aleksei Panek	M8 Syr. Chargers	9.82	3
27 Gaverri Collins	M8 Syr. Chargers	9.97	4
28 Nadir Diriye	M10 Northside LC	10.00	7
29 Yakina Sika-Amoah	W10 SAS	10.02	2
30 Ruth Yanai	W58 Unattached	10.06	10
31 Marissa Johnson	W12 Syr. Chargers	10.12	5
32 Doug Christensen	M58 STC	10.31	10
33 Abdirahman Dahir	M9 Northside LC	10.33	4
34 Abdiaziz Aden	M13 Northside LC	10.36	11 10.352
35 Thomas Jones, Jr,	M10 SAS	10.36	4 10.353
36 Naomi Garcia	W11 SAS	10.45	3
37 Elianie Quiles	W11 SAS	10.56	3
38 Morgan Purcell	W10 SAS	10.59	1

39 Abdiraman Abukar	M9 Northside LC	10.65	11
40 Piper Beck	W11 SAS	10.88	3
41 Mackenzie McCarthy	W11 Syr. Chargers	10.89	5
42 Maheniss Graham	W10 SAS	10.94	11
43 Rich Carpenter	M60 Noontime Runners	11.11	10
44 Elijah Bailey	M5 Syr. Chargers	11.18	2
45 Hannan Shutts	M6 Unattached	11.21	1
46 Schueb Ali	M10 Northside LC	11.34	6
47 Omari McMullen	M8 Syr. Chargers	11.50	3 11.491
48 Bashir Diriye	M10 Northside LC	11.50	11 11.500
49 Mohamud Ali	M8 Northside LC	11.68	1
50 Alonzo Markland	M8 Southside Acad	11.73	3 11.721
51 Armando Markland	M10 HW Smith	11.73	6 11.724
52 Mohamed Roble	M14 Grant Middle	11.73	7 11.726
53 Rachel May	W59 Unattached	11.97	10
54 Yussuf Abdi	M12 Northside LC	12.04	11
55 Gabriel Robinson	M6 Syr. Chargers	12.08	1
56 Ayya Wicks	W7 Van Buren El	12.14	2
57 Patrick Lumumba	M10 Northside LC	12.33	6
58 Zakaria Roble	M11 Northside LC	12.60	11
59 Phoebe Robinson	W5 Syr. Chargers	12.81	2
60 Liban Aden	M10 Northside LC	13.19	6
61 Emily Turner	W4 Unattached	14.47	2

Mixed 200 Meter Dash

Name	Age Team	Finals	H#
1 Joshua Thompson	M20 Unattached	24.99	12
2 Austin Milton	M19 315 Elite TC	25.60	11
3 Austin Ludwig	M20 OCC	25.64	11
4 Jeffrey Menyah	M19 OCC	25.84	10
5 Chris Stogsdill	M25 Fleet Feet RC	26.12	12
6 Sean Satchwell	M19 315 Elite TC	26.33	10
7 Michael Dee	M25 Syr. Chargers	27.00	11
8 Lucas West	M18 OCC	27.25	10
9 John McEachen	M46 Syr. Chargers	27.28	12
10 Nick Paccia	M23 Unattached	27.94	12
11 McKenna Johnston	W13 Syr. Chargers	32.04	3
12 Malik Robinson	M13 Syr. Chargers	33.78	9
13 Josiha Johnson	M10 Syr. Chargers	34.17	7
14 Ellrose Hanlon	W13 Syr. Chargers	34.58	8
15 Denim Hall	M11 Syr. Chargers	35.51	5
16 Suheiman Aden	M15 Northside LC	35.99	10
17 Jenna Deep	W12 Syr. Chargers	36.37	8
18 Moody Mahmoud	M12 SAS	36.44	6

19 Keioni Miller	W11 SAS	37.60	4
20 Aleksei Panek	M8 Syr. Chargers	37.70	2
21 Gaverri Collins	M8 Syr. Chargers	37.80	3 37.792
22 Delaney Hayden	W13 Syr. Chargers	37.80	8 37.799
23 Ahmed Dahrir	M12 Northside LC	38.59	9
24 Yakina Sika-Amoah	W10 SAS	40.13	4
25 Marissa Johnson	W12 Syr. Chargers	40.57	3
26 Elianie Quiles	W11 SAS	40.62	4
27 Naomi Garcia	W11 SAS	40.85	6
28 Abdiaziz Aden	M13 Northside LC	40.92	6
29 Samir Salaam Jennings-Be	M8 Syracuse Latin	41.62	1
30 Nadir Diriye	M10 Northside LC	41.79	7
31 Thomas Jones, Jr.	M10 SAS	41.89	7
32 Piper Beck	W11 SAS	42.67	3
33 Mackenzie McCarthy	W11 Syr. Chargers	43.09	8
34 Abdiraman Abukar	M9 Northside LC	43.45	6
35 Hannan Shutts	M6 Unattached	44.99	1
36 Elijah Bailey	M5 Syr. Chargers	46.20	2
37 Mohamed Roble	M14 Grant Middle	47.25	7
38 Zakaria Roble	M11 Northside LC	47.36	9
39 Bashir Diriye	M10 Northside LC	47.38	5
40 Schueb Ali	M10 Northside LC	47.49	9
41 Ayva Wicks	W7 Van Buren El	47.84	2
42 Patrick Lumumba	M10 Northside LC	48.77	5
43 Gabriel Robinson	M6 Syr. Chargers	48.90	1
44 Mohamud Ali	M8 Northside LC	49.10	11
45 Maheniss Graham	W10 SAS	49.57	4
46 Omari McMullen	M8 Syr. Chargers	51.12	1
47 Liban Aden	M10 Northside LC	52.62	5
48 Phoebe Robinson	W5 Syr. Chargers	54.71	2

Mixed 800 Meter Run

Name	Age Team	Finals	H#
1 Chris Stogsdill	M25 Fleet Feet RC	2:03.33	3
2 Phil Panebianco	M32 Unattached	2:06.21	3
3 Hank Church	M28 STC	2:14.74	3
4 Michael Dee	M25 Syr. Chargers	2:16.49	3
5 Oliver Crain	M20 Syr. Chargers	2:19.77	3
6 Griffin Klein	M19 Unattached	2:25.70	3
7 Ryan Homeyer	M22 Unattached	2:27.39	3
8 Ray Panek	M42 Syr. Chargers	2:32.61	4
9 Leo Kolshorn	M43 Gtr. Phila TC	2:34.55	4
10 Alivia Arliss	W18 Unattached	2:42.15	1
11 Jared Kenney	M19 Unattached	2:56.21	3

12 James Corridan	M64 Adirondack AC	2:57.46	4
13 McKenna Johnston	W13 Syr. Chargers	2:57.97	1
14 Alaura Cushman	W15 Marcellus	2:59.92	1
15 Kathryn Christensen	W24 Palmetto RC	3:00.01	1
16 Dominic Rappazzo	M75 Unattached	3:01.33	4
17 Erin Christensen	W20 Palmetto RC	3:01.35	1
18 Isaiah Barr	M13 Solvay Middle	3:06.79	2
19 Tom Daly	M62 Syr. Chargers	3:07.41	4
20 Augustine Panek	M11 Syr. Chargers	3:08.12	2
21 Ellrose Hanlon	W13 Syr. Chargers	3:09.89	1
22 Delaney Hayden	W13 Syr. Chargers	3:09.95	1
23 Tyler McCarthy	M13 Solvay Middle	3:15.48	2
24 Ahmed Dahrir	M12 Northside LC	3:31.19	2
25 Mohamed Roble	M14 Grant Middle	3:52.10	2
26 Abdiaziz Aden	M13 Northside LC	4:21.58	2
-- Yousef Mahmoud	M10 SAS	DNF	2
-- Yussuf Abdi	M12 Northside LC	DNF	2 Lap Short

Mixed 1500 Meter Run

Name	Age Team	Finals	H#
1 Chris Stogsdill	M25 Fleet Feet RC	4:06.29	2
2 Griffin Klein	M19 Unattached	4:20.72	2
3 Michael Dee	M25 Syr. Chargers	4:25.43	2
4 Hank Church	M28 STC	4:34.58	2
5 Joe Riccardi	M16 STC	4:46.41	2
6 Oliver Crain	M20 Syr. Chargers	4:48.06	2
7 Sean Satchwell	M19 315 Elite TC	4:48.87	2
8 Ryan Homeyer	M22 Unattached	4:51.02	2
9 Tyler Jackson	M20 315 Elite TC	5:01.57	2
10 Leo Kolshorn	M43 Gtr. Phila TC	5:05.78	2
11 Tim Riccardi	M58 STC	5:13.05	2
12 Austin Milton	M19 315 Elite TC	5:14.11	2
13 Mark North	M53 High Noon AC	5:24.01	2
14 Alivia Arliss	W18 Unattached	5:29.42	1
15 Liliana Cushman	W17 Marcellus	5:31.46	1
16 Jared Kenney	M19 Unattached	5:46.21	1
17 Joseph Natalie	M61 Unattached	5:47.95	1
18 John Austin	M62 STC	6:08.47	1
19 Delaney Hayden	W13 Syr. Chargers	6:10.00	1
20 Ruth Yanai	W58 Unattached	6:18.46	1
21 Terry McConnell	M62 Syr. Chargers	6:31.17	1
22 Doug Christensen	M58 STC	6:48.13	1
23 Russ Wood	M50 Syr. Chargers	6:49.96	1
24 Yousef Mahmoud	M10 SAS	9:13.93	1
25 Ken Iandolo	M66 Unattached	9:14.25	1

Mixed 55 Meter Hurdles

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Jeffrey Menyah	M19 OCC	8.21	2
2 Nick Paccia	M23 Unattached	9.99	2
3 McKenna Johnston	W13 Syr. Chargers	10.81	1
4 Augustine Panek	M11 Syr. Chargers	11.46	1
5 Nora Yanai	W19 Unattached	11.74	1

Results by Age Group within each event**Boys 7&U 55 Meter Dash**

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
Finals			
1 Elijah Bailey	5 Syr. Chargers	11.18	2
2 Hannan Shutts	6 Unattached	11.21	1
3 Gabriel Robinson	6 Syr. Chargers	12.08	1

Girls 7&U 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Ayva Wicks	7 Van Buren El	12.14	2
2 Phoebe Robinson	5 Syr. Chargers	12.81	2
3 Emily Turner	4 Unattached	14.47	2

Boys 8-9 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Samir Salaam Jennings-Be	8 Syracuse Latin	9.33	4
2 Aleksei Panek	8 Syr. Chargers	9.82	3
3 Gaverri Collins	8 Syr. Chargers	9.97	4
4 Abdirahman Dahir	9 Northside LC	10.33	4
5 Abdiraman Abukar	9 Northside LC	10.65	11
6 Omari McMullen	8 Syr. Chargers	11.50	3 11.491
7 Mohamud Ali	8 Northside LC	11.68	1
8 Alonzo Markland	8 Southside Acad	11.73	3 11.721

Boys 10-11 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Josiha Johnson	10 Syr. Chargers	8.70	4
2 Denim Hall	11 Syr. Chargers	8.86	4
3 Nadir Diriye	10 Northside LC	10.00	7
4 Thomas Jones, Jr,	10 SAS	10.36	4 10.353
5 Schueb Ali	10 Northside LC	11.34	6
6 Bashir Diriye	10 Northside LC	11.50	11 11.500
7 Armando Markland	10 HW Smith	11.73	6 11.724
8 Patrick Lumumba	10 Northside LC	12.33	6
9 Zakaria Roble	11 Northside LC	12.60	11
10 Liban Aden	10 Northside LC	13.19	6

Girls 10-11 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Keioni Miller	11 SAS	9.37	5
2 Yakina Sika-Amoah	10 SAS	10.02	2
3 Naomi Garcia	11 SAS	10.45	3
4 Elianie Quiles	11 SAS	10.56	3
5 Morgan Purcell	10 SAS	10.59	1
6 Piper Beck	11 SAS	10.88	3
7 Mackenzie McCarthy	11 Syr. Chargers	10.89	5
8 Maheniss Graham	10 SAS	10.94	11

Boys 12-13 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Isaiah Barr	13 Solvay Middle	8.61	7
2 Malik Robinson	13 Syr. Chargers	9.28	7
3 Moody Mahmoud	12 SAS	9.35	7
4 Tyler McCarthy	13 Solvay Middle	9.46	7
5 Ahmed Dahir	12 Northside LC	9.77	1
6 Abdiaziz Aden	13 Northside LC	10.36	11 10.352
7 Yussuf Abdi	12 Northside LC	12.04	11

Girls 12-13 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 McKenna Johnston	13 Syr. Chargers	8.54	5
2 Ellrose Hanlon	13 Syr. Chargers	8.77	5
3 Delaney Hayden	13 Syr. Chargers	9.76	5
4 Marissa Johnson	12 Syr. Chargers	10.12	5

Men 14-15 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Suheiman Aden	15 Northside LC	9.11	6
2 Mohamed Roble	14 Grant Middle	11.73	7 11.726

Men 18-19 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Jeffrey Menyah	19 OCC	7.00	8
2 Alex DeVine	19 315 Elite TC	7.07	9
3 Jervon Harrison	18 Unattached	7.14	8
4 Austin Milton	19 315 Elite TC	7.32	8
5 Lucas West	18 OCC	7.38	8
6 Sean Satchwell	19 315 Elite TC	7.79	8

Men 20-24 55 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Joshua Thompson	20 Unattached	7.10	9
2 Nick Paccia	23 Unattached	7.80	9
3 Tyler Jackson	20 315 Elite TC	7.83	9

Men 45-49 55 Meter Dash

Name	Age Team	Finals	H#
1 John McEachen	46 Syr. Chargers	7.74	9
2 Thomas Giannettino	48 Op. Homeland Hon	8.32	9

Men 55-59 55 Meter Dash

Name	Age Team	Finals	H#
1 Doug Christensen	58 STC	10.31	10

Women 55-59 55 Meter Dash

Name	Age Team	Finals	H#
1 Ruth Yanai	58 Unattached	10.06	10
2 Rachel May	59 Unattached	11.97	10

Men 60-64 55 Meter Dash

Name	Age Team	Finals	H#
1 Rich Carpenter	60 Noontime Runners	11.11	10

Men 75-79 55 Meter Dash

Name	Age Team	Finals	H#
1 Dominic Rappazzo	75 Unattached	8.76	10

Boys 7&U 200 Meter Dash

Name	Age Team	Finals	H#
1 Hannan Shutts	6 Unattached	44.99	1
2 Elijah Bailey	5 Syr. Chargers	46.20	2
3 Gabriel Robinson	6 Syr. Chargers	48.90	1

Girls 7&U 200 Meter Dash

Name	Age Team	Finals	H#
1 Ayva Wicks	7 Van Buren El	47.84	2
2 Phoebe Robinson	5 Syr. Chargers	54.71	2

Boys 8-9 200 Meter Dash

Name	Age Team	Finals	H#
1 Aleksei Panek	8 Syr. Chargers	37.70	2
2 Gaverri Collins	8 Syr. Chargers	37.80	3 37.792
3 Samir Salaam Jennings-Be	8 Syracuse Latin	41.62	1
4 Abdiraman Abukar	9 Northside LC	43.45	6
5 Mohamud Ali	8 Northside LC	49.10	11
6 Omari McMullen	8 Syr. Chargers	51.12	1

Boys 10-11 200 Meter Dash

Name	Age Team	Finals	H#
1 Josiha Johnson	10 Syr. Chargers	34.17	7
2 Denim Hall	11 Syr. Chargers	35.51	5
3 Nadir Diriye	10 Northside LC	41.79	7
4 Thomas Jones, Jr,	10 SAS	41.89	7
5 Zakaria Roble	11 Northside LC	47.36	9
6 Bashir Diriye	10 Northside LC	47.38	5
7 Schueb Ali	10 Northside LC	47.49	9
8 Patrick Lumumba	10 Northside LC	48.77	5

9 Liban Aden 10 Northside LC 52.62 5

Girls 10-11 200 Meter Dash

Name	Age Team	Finals	H#
1 Keioni Miller	11 SAS	37.60	4
2 Yakina Sika-Amoah	10 SAS	40.13	4
3 Elianie Quiles	11 SAS	40.62	4
4 Naomi Garcia	11 SAS	40.85	6
5 Piper Beck	11 SAS	42.67	3
6 Mackenzie McCarthy	11 Syr. Chargers	43.09	8
7 Maheniss Graham	10 SAS	49.57	4

Boys 12-13 200 Meter Dash

Name	Age Team	Finals	H#
1 Malik Robinson	13 Syr. Chargers	33.78	9
2 Moody Mahmoud	12 SAS	36.44	6
3 Ahmed Dahir	12 Northside LC	38.59	9
4 Abdiaziz Aden	13 Northside LC	40.92	6

Girls 12-13 200 Meter Dash

Name	Age Team	Finals	H#
1 McKenna Johnston	13 Syr. Chargers	32.04	3
2 Ellrose Hanlon	13 Syr. Chargers	34.58	8
3 Jenna Deep	12 Syr. Chargers	36.37	8
5 Marissa Johnson	12 Syr. Chargers	40.57	3
22 Delaney Hayden	13 Syr. Chargers	37.80	8 37.799

Men 14-15 200 Meter Dash

Name	Age Team	Finals	H#
1 Suheiman Aden	15 Northside LC	35.99	10
2 Mohamed Roble	14 Grant Middle	47.25	7

Men 18-19 200 Meter Dash

Name	Age Team	Finals	H#
1 Austin Milton	19 315 Elite TC	25.60	11
2 Jeffrey Menyah	19 OCC	25.84	10
3 Sean Satchwell	19 315 Elite TC	26.33	10
4 Lucas West	18 OCC	27.25	10

Men 20-24 200 Meter Dash

Name	Age Team	Finals	H#
1 Joshua Thompson	20 Unattached	24.99	12
2 Austin Ludwig	20 OCC	25.64	11
3 Nick Paccia	23 Unattached	27.94	12

Men 25-29 200 Meter Dash

Name	Age Team	Finals	H#
1 Chris Stogsdill	25 Fleet Feet RC	26.12	12
2 Michael Dee	25 Syr. Chargers	27.00	11

Men 45-49 200 Meter Dash

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 John McEachen	46 Syr. Chargers	27.28	12

Boys 10-11 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Augustine Panek	11 Syr. Chargers	3:08.12	2
-- Yousef Mahmoud	10 SAS	DNF	2

Boys 12-13 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Isaiah Barr	13 Solvay Middle	3:06.79	2
2 Tyler McCarthy	13 Solvay Middle	3:15.48	2
3 Ahmed Dahir	12 Northside LC	3:31.19	2
4 Abdiaziz Aden	13 Northside LC	4:21.58	2
-- Yussuf Abdi	12 Northside LC	DNF	2 Lap Short

Girls 12-13 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>
1 McKenna Johnston	13 Syr. Chargers	2:57.97
2 Ellrose Hanlon	13 Syr. Chargers	3:09.89
3 Delaney Hayden	13 Syr. Chargers	3:09.95

Men 14-15 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Mohamed Roble	14 Grant Middle	3:52.10	2

Women 14-15 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>
1 Alaura Cushman	15 Marcellus	2:59.92

Men 18-19 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Griffin Klein	19 Unattached	2:25.70	3
2 Jared Kenney	19 Unattached	2:56.21	3

Women 18-19 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>
1 Alivia Arliss	18 Unattached	2:42.15

Women 20-24 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>
1 Kathryn Christensen	24 Palmetto RC	3:00.01
2 Erin Christensen	20 Palmetto RC	3:01.35

Men 20-24 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Oliver Crain	20 Syr. Chargers	2:19.77	3
2 Ryan Homeyer	22 Unattached	2:27.39	3

Men 25-29 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Chris Stogsdill	25 Fleet Feet RC	2:03.33	3
2 Hank Church	28 STC	2:14.74	3
3 Michael Dee	25 Syr. Chargers	2:16.49	3

Men 30-34 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Phil Panebianco	32 Unattached	2:06.21	3

Men 40-44 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Ray Panek	42 Syr. Chargers	2:32.61	4
2 Leo Kolshorn	43 Gtr. Phila TC	2:34.55	4

Men 60-64 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 James Corridan	64 Adirondack AC	2:57.46	4
2 Tom Daly	62 Syr. Chargers	3:07.41	4

Men 75-79 800 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Dominic Rappazzo	75 Unattached	3:01.33	4

Boys 10-11 1500 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>
1 Yousef Mahmoud	10 SAS	9:13.93

Girls 12-13 1500 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>
1 Delaney Hayden	13 Syr. Chargers	6:10.00

Men 16-17 1500 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Joe Riccardi	16 STC	4:46.41	2

Women 16-17 1500 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>
1 Liliana Cushman	17 Marcellus	5:31.46

Men 18-19 1500 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>	<u>H#</u>
1 Griffin Klein	19 Unattached	4:20.72	2
2 Sean Satchwell	19 315 Elite TC	4:48.87	2
3 Austin Milton	19 315 Elite TC	5:14.11	2
4 Jared Kenney	19 Unattached	5:46.21	1

Women 18-19 1500 Meter Run

<u>Name</u>	<u>Age Team</u>	<u>Finals</u>
1 Alivia Arliss	18 Unattached	5:29.42

Men 20-24 1500 Meter Run

Name	Age Team	Finals	H#
1 Oliver Crain	20 Syr. Chargers	4:48.06	2
2 Ryan Homeyer	22 Unattached	4:51.02	2
3 Tyler Jackson	20 315 Elite TC	5:01.57	2

Men 25-29 1500 Meter Run

Name	Age Team	Finals	H#
1 Chris Stogsdill	25 Fleet Feet RC	4:06.29	2
2 Michael Dee	25 Syr. Chargers	4:25.43	2
3 Hank Church	28 STC	4:34.58	2

Men 40-44 1500 Meter Run

Name	Age Team	Finals	H#
1 Leo Kolshorn	43 Gtr. Phila TC	5:05.78	2

Men 50-54 1500 Meter Run

Name	Age Team	Finals	H#
1 Mark North	53 High Noon AC	5:24.01	2
2 Russ Wood	50 Syr. Chargers	6:49.96	1

Men 55-59 1500 Meter Run

Name	Age Team	Finals	H#
1 Tim Riccardi	58 STC	5:13.05	2
2 Doug Christensen	58 STC	6:48.13	1

Women 55-59 1500 Meter Run

Name	Age Team	Finals
1 Ruth Yanai	58 Unattached	6:18.46

Men 60-64 1500 Meter Run

Name	Age Team	Finals
1 Joseph Natalie	61 Unattached	5:47.95
2 John Austin	62 STC	6:08.47
3 Terry McConnell	62 Syr. Chargers	6:31.17

Men 65-69 1500 Meter Run

Name	Age Team	Finals
1 Ken Iandolo	66 Unattached	9:14.25

Boys 10-11 55 Meter Hurdles

Name	Age Team	Finals
1 Augustine Panek	11 Syr. Chargers	11.46

Girls 12-13 55 Meter Hurdles

Name	Age Team	Finals
1 McKenna Johnston	13 Syr. Chargers	10.81

Men 18-19 55 Meter Hurdles

Name	Age Team	Finals	H#
1 Jeffrey Menyah	19 OCC	8.21	2

Women 18-19 55 Meter Hurdles

Name	Age Team	Finals
1 Nora Yanai	19 Unattached	11.74

Men 20-24 55 Meter Hurdles

Name	Age Team	Finals	H#
1 Nick Paccia	23 Unattached	9.99	2

Syracuse Chargers All-Comers Meet #1 ** Field Event Results

"Bold" = Syracuse Charger

Shot Put:

F 12-13 Jenna Deep (6Lb.)	12	Syracuse Chargers	25' 7"
F 18-19 S.Santarelli-Hansen (4kg)	19	Syracuse Chargers	38' 0.50
M 12-13 Mahmoud Mahmoud (4kg)	12	SAS	18' 2"
M 18-19 Ben Mortas (16Lb.)	18	Unattached	36' 2"
M 18-19 Lucas West (16Lb.)	18	OCC	35' 0"
M 18-19 Enmanual Mateo (16Lb.)	18	OCC	31' 10"
M 25-29 Brennan Schwab (16Lb.)	27	Unattached	37' 7"
M 60-64 Tom Daly (4kg)	62	Syracuse Chargers	27' 0"

Weight Throw:

F 12-13 Jenna Deep (16Lbs.)	12	Syracuse Chargers	21' 2.50
F 18-19 S.Santarelli-Hansen (20Lb.)	19	Syracuse Chargers	39' 0"
M 18-19 Enmanual Mateo (35Lb.)	18	OCC	27' 0"
M 18-19 Ben Mortas (35Lb.)	18	Unattached	24' 3"
M 18-19 Lucas West (35Lb.)	18	OCC	22' 6"
M 25-29 Brennan Schwab (35Lb.)	27	Unattached	35' 4.50
M 55-59 Robin Wheelless (35Lb.)	56	Team "No Fear"	18' 4"
M 75-79 Gary Crawford (16Lb.)	76	Syracuse Chargers	32' 0"

Super-weight:

M 75-79 Gary Crawford (35Lb.)	76	Syracuse Chargers	14' 9.50
High Jump:			
F 12-13 Jenna Deep	12	Syracuse Chargers	3' 8"
F 20-24 Kathryn Christensen	24	Palmetto RC	4' 4"
F 20-24 Erin Christensen	20	Palmetto RC	4' 8"
M 10-11 Augustine Panek	11	Syracuse Chargers	4' 0"
M 18-19 Jeffrey Menyah	19	OCC	5' 8"
M 25-29 Tyler Burns	25	Bryant Ave TC	6' 2"
M 60-64 Tom Daly	62	Syracuse Chargers	4' 2"

Long Jump:

F 7 & U Robinson	5	Syracuse Chargers	6' 8"
F 7 & U Emily Turner	4	Unattached	4' 11"
F 10-11 Morgan Purcell	10	SAS	9' 7"
F 10-11 Keioni Miller	11	SAS	9' 4"
F 10-11 Piper Beck	11	SAS	7' 10"
F 10-11 Eliane Quiles	11	SAS	7' 10"
F 10-11 Mackenzie McCarthy	11	Syracuse Chargers	7' 5.50
F 10-11 Naomi Garcia	11	SAS	7' 2"

F 12-13 Delaney Hayden 13	Syracuse Chargers	13' 5"
F 12-13 Ellrose Hanlon 13	Syracuse Chargers	12' 6"
F 12-13 Marissa Johnson 12	Syracuse Chargers	9'

*** Results of the Winter Meets # 2 & 3 will be in the March 2017 Newsletter

Welcome Charger Board Member -- Marie Christopher



Marie grew up in Syracuse and attended Charles Andrews, H.W. Smith and Nottingham schools, then SUNY Potsdam and Fairfield University for undergraduate and graduate degrees (respectively). She just completed her 28th year working in the NYS Department of Labor in Syracuse, as a Senior Employment Counselor. Marie helps people realize their potential and assists them with the tools necessary to become employed. She says, "It is challenging, awesome work. I am really good at proofreading."

Running is a family affair. Marie's brother, Peter, is a graphic artist and multi-Ironman competitor. Her other brother, Paul, is a music professor, cellist, marathoner and ultra-marathoner. (Paul's wife, Kerry, also runs.) Not to be outdone by her family's accomplishments, Marie is a veteran of five marathons, a 60-mile Breast Cancer walk, road and trail races, including at least 14 Boilermakers. She holds a 2nd degree black belt and 'kills' on various cardio equipment. Keeping fit is a must since Marie loves to cook and bake! Marie bought her first home in December and shares it with her beautiful cat, Laurie. Marie, welcome to the Charger's Board!

New & Renewed Charger Members

NEW MEMBERS

Denim Hall
Diezel Hall
Massiah Johnson
Grace O'Neill
Ashley Wicks
Ayva Wicks
Michael Wicks
Mya Wicks
Ruth Yanai

MEMBER RENEWALS

Lawrence Abrahamson
Kathleen Ascioti
Abram Bergh
Caleb Bergh
Devon Bergh
Mickiel Bergh
Naomi Bergh
Mark Driscoll
Thomas Fagan
Conor Fahy
Declan Fahy
Jason Fahy
Miklos Gratzner
Cathleen Hasselwander
Peter Hausler
Lisa Indrick
Steven Indrick

George Luke
Patrick Lynn
Maggie Malloy
James McCaul
Peter McGinnis
Don Nicholson
Martin Nicholson
Marilyn Ribyat
Seymour Ribyat
Erwin Rice
Allen Stagl
Dave Talcott
Yvonne Tasker-Rothenberg
Wayne Weiss
Becky Wheeler
Faith Wheeler
Kurt Wheeler
David Wissink



A ‘Shout Out’ to Dave Talcott

Where’s Dave Race Walking? – Maybe he’s just trying to get away from compiling the next newsletter! With a busy schedule of race walking championships planned, Dave has earned some time to train and compete. The whole time Dave has been pulling the Charger Newsletter together, he has been walking some impressive times (as has his wife, Erin Taylor-Talcott). In 2011 Dave was named USA Track & Field’s Athlete of the Week after meeting the qualifying standard for the men’s 50 km U.S. Olympic Team Trials - Race Walk. Take a look at his PRs [available on All-Athletes.com] and judge for yourself:

Event	Result	Venue	Date
Mile Walk ind.	7:12.99	New York (USA)	16.02.2013
3000m Walk ind.	13:52.04	Cambridge (USA)	22.01.2017
5000m Walk ind.	25:05.19	New York (USA)	27.12.2015
10,000m Walk ind.	51:32.97	Rochester (USA)	31.12.2016
20km Walk	1:39:37	Eugene (USA)	26.06.2011
30km Walk	2:45:52	Valley Cottage (USA)	25.10.2015
50km Walk	4:49:08	Valley Cottage (USA)	25.10.2015

We wish Dave the best on his upcoming season and thank him for being a great Chargers Newsletter compiler and contributor. We expect to hear great things from him in 2017.

Editor’s note: Dave sent requests for a new newsletter column – High Five – to recognize the accomplishments of Chargers. Our first submission is certainly worthy a high five!

High Five: *Let’s Get To the Sole of the Matter: A Shoe Who Knew*

by Win Skeele winskeele@hotmail.com

In 1974, at the age of 42, I started to be more aware of my huffing and puffing when climbing a back stairway at the office. Not long afterward, I had a panic attack at home. For the previous nine years I had an extensive garden operation of several acres, and with the help of my kids, we raised veggies for family and to sell at the roadside. Closely examining my lifestyle, I came to the conclusion that I needed to have all-physical maintenance of my body. It was fall and I enjoyed the outdoors --bicycling would be perfect -- so I began. I had peddled the Syracuse

Herald-Journal newspaper route around the DeRuyter Lake as a young teenager. But winter was around the corner, and in the rural area of DeRuyter area, shoulders were lacking and the public was not accustomed to “foreign traffic” -- other than vehicles and deer.

Bicycling was not a year-round solution; I needed something different -- a challenge to stir some passion. To reach for the stars, even if I had to settle for the sky. Why not try running? In high school it was not track, but varsity basketball and baseball. And so in late 1974 I exited my front door on the west side of DeRuyter Lake and headed 70 yards to the dam. But couldn't make it jogging!! These attempts went off and on for days -- disappointing and depressing!! Finally one day I made it and started down the slope onto the dam, but within a few yards I had to walk. By the late spring in 1975, I was making it across the dam to the east side, a distance of 9/10 mile, but arriving always with a headache, which started somewhere beyond halfway. After making it to the east side, I returned walking, and when headaches ceased, jogged back to the house. Again, off- and-on were these disappointing and depressing trips.

In 1975, I did not venture much into the big city during the day, and television was limited -- two stations -- and that depended on wind. My awareness of running clubs and running literature was non-existent. I didn't even shop at sports stores. Nobody was out running the roads in the area, although I learned later, one guy ran around in his large basement.

But the day before my oldest son's 18th birthday a “lightbulb” came on. Maybe I needed to investigate if there were special shoes for running! Sneakers might not be the answer. So off I went to Nordic Sports in Cortland and bought a pair of Adidas running shoes. The next morning, August 8, (I remember this date because it was my oldest 18th B-day) I started out, made it to the 9/10 mile intersection with no headache. I said to myself “keep going as far as you can without stopping.” WOW!!!! I made it all the way around the lake -- 5.3 miles -- with nary a headache and a pace somewhere a little over 8 minutes. I cannot put into words that one could understand, how high I was.

A week later, I entered Steve Camelbeek's DeRuyter Fair Run which was about 5 miles. About 25 runners participated. Yours truly finished last with no one else in sight. One entered the fairgrounds, ran half-way around the track and finished across the outfield of an adult baseball game that was in progress. As I approached, the right fielder was catching a fly ball. I detoured. I thought, there must be a better way to finish. That's when the idea of Tromptown Runs began to germinate.

After that eventful eight days of running DeRuyter Lake and the Fair Run, I started to consume running literature, and I scheduled appointments for testing and advice with the running doctor, Sam Paris. Soon I learned about the National Jogging Association Challenges and their “carrot patches” set-up on the honor system. In 1976, I could run 1976 kilometers or 1976 miles and receive a patch. I had served in the military in Germany, so I knew and sensed kilometer distances and so I didn't over-dream; it was to be kilometers for 1976. In 1977 and 1978 it was the year-miles challenge patches. In a few years, it was running every day -- for 8 1/2 years. The patches were great conversation pieces as I wore them on the back of a jacket. I would always have two good pairs of running shoes on hand. I even had a 3rd pair that were super in snow. Old shoes found use in the garden or were left behind on the work projects of NY/Help in the Yoro Mountains of Honduras.

As weeks, months, seasons progressed, it was races and marathons completed, and lots of running in Highland Forest. Even though my home shared a backyard border with Highland Forest, most of time I parked at Gooseville Corners and ran up the road into Highland. I enjoyed running the straight gradual sloping downhill trail in the scout/cabin section that ran to the deer paths in the woods. Even in winter I ran in the hills around DeRuyter, on top of snowmobile trails. In Highland Forest it was on top of cross-country trails after the skiers left for the day. My running companion for several years, except in Highland and other hills, was four-legged Ginger.

Looking back, if I had had the money I probably would have encased those Adidas running shoes in gold. My zest for life and confidence blossomed and dramatic changes unfolded in my life after that first clockwise run around DeRuyter Lake with those brand new, not broken-in yet, Adidas shoes.

Editor's note: Win Skeelee is the long-time race director for the Tromptown Runs, an opening night highlight of the 71st Tioughnioga Firemen's Fair held in DeRuyter, New York. This year marks the 40th anniversary of the Tromptown Runs, which will take place the evening of August 10, 2017. Runners and spectators can enjoy the variety of hometown delicacies such as homemade pies, fried dough, salt potatoes and other circulation-challengers available at the fair. To learn more about the races or to register for the 2017 events, visit the race website: <http://www.tromptownrun.com/>

Breaking2

By Sam Graceffo, MD

On Monday January 02, 2017, Nike announced it has been working on a special project to have one of its male runners break two hours in the marathon and do it this spring. To many, the plan, called Breaking2, sounds unachievable in such a short time. The present record is two hours, two minutes and fifty-seven seconds (2:02:57). Getting under 2-hours would mean taking almost 3 minutes off -- a 2.5% reduction. Records are usually broken by seconds, not several minutes. However, Paula Radcliffe did lower the women's record by the exact 2.5%.

The Nike plan has been in the works for over two years. They started with hundreds of possible candidates, they then narrowed the field to sub 2:05 marathoners and sub 60-minute half-marathoners. Then eighteen were invited to Nike headquarters to be put through extensive testing. The three finalists are: Eliud Kipchoge of Kenya, Lelisa Desisa of Ethiopia, and Zersenay Tadese of Eritrea. One of these three may become the first sub 2-hour marathoner in the world.

We humans have a fascination with even numbers. Breaking ten seconds for 100-meters was a goal, as was 4-minutes for the mile. Of course, nature does not have a stopwatch and so, in a sense, these targets are arbitrary and meaningless. Nevertheless, there has been a great deal of talk about breaking the 2-hour marathon barrier. Just as with the 4-minute mile barrier, runners were getting ever closer, and it was just a matter of time before someone succeeded. Who it would be and when it would happen were the only questions.

Nike is not the only organization working on this goal. Their main rival in the shoe business, Adidas, has been in the hunt too. Their time table stretches out to a few years rather than a few months. Can anyone average 4:34 per mile for 26.2 miles? Experts say if an individual (male) had the best values for maximum oxygen consumption, lactate threshold and running efficiency, he might be capable of succeeding. The East African runners are outstanding in efficiency and high in the other two measures. If one of these runners combines all three and all the conditions are ideal, it is a realistic possibility.

Nike plans on controlling as many factors as possible. The attempt will be on a flat course closed to other runners. The time of the year, the time of day and all weather conditions will be carefully selected. Pace markers will be set up all along the course to keep runners on target. It will not be a regular race and, therefore, Nike believes even if 2:00 is broken, it will not qualify as a record. I'm not sure what it will be if not a world record. Both Nike and adidas are working on special shoes for the attempt. However, they must not do anything to the shoe that will give a special advantage over other runners with conventional footwear. Another concern is doping. Nike insists it will be careful to insure no doping occurs and all tests will be verified and open to view.

The three runners must give up participation in any national or international marathons until this project is completed. This means passing up possible cash prizes of thousands of dollars. I imagine Nike is compensating them well and providing them with the best training and coaching on the planet. In coming months, there will be more information released and covered in the media, especially the running magazines.

Editor's notes: As of this printing, the world record men's marathon record is of 2:02:57, set by Dennis Kimetto of Kenya (Berlin, 2014). The three contenders' best marathon times are: Eliud Kipchoge: 2:03:05 (London, 2016); Lelisa Desisa: 2:04:45 (Dubai, 2013); Zersenay Tadese: 2:10:41 (London, 2012).

Paula Radcliffe set the women's record of 2:15:25 at the 2013 London Marathon. Her previous record of 2:17:18 was from the 2002 Chicago Marathon. To put this in perspective, Joan Benoit's time of 2:24:52 established the first Women's Olympic Marathon record (Los Angeles, 1984).

Dr. J on Running: 4 Steamtown Marathon, Scranton, PA

By Kamal Jabbour, Ph.D

Sunday 10/10/10 The choice of Steamtown set me on a course to run a Marathon in each of the 50 states. I planned originally to run Wineglass, my second Marathon in New York, but changed to Steamtown when my partners in training fizzled out. Marla had run Steamtown in 1999, and she agreed cheerfully to accompany me and watch me suffer.



We rose at 3am, took the dogs out, then in, then out, then in. We ate breakfast. I enjoyed my traditional pre-race meal of cappuccino with skim milk, two slices of raisin bread and a banana. We left home at 4am for an uneventful drive down I-81. We reached Forrest City School shortly before 7am. Frost covered the lawn around the school. The mercury hovered around freezing. We picked up my packet, I bid Marla goodbye, and sat in wait in the school gym.

I disposed bravely of my wind pants and sweatshirt before the start. I wore my favorite gray shorts with four Powerbars in my pockets, a technical shirt – as sweat-wicking shirts are known, sports socks on my hands and a headband to keep the sweat out of my Bell's Palsy weakened left eye. The

field of about 2,000 gathered shortly before 8am for the start.

A hearty a cappella rendition of the Star Spangled Banner and routine announcements about thanking the mayor, keeping seatbelts fastened while seated and using seat cushions as floatation devices in the unlikely event of a water landing gave way to a short countdown and a civil war canon send-off. The steep downhill jolted my quads in the first mile, and I shuffled awkwardly my gate between heel striking and toe striking. Church bells rang throughout the valley lifting higher our already lifted spirits.

The course lived up to its reputation of fast downhill the first eight miles. I disciplined myself to walk a minute every two miles and to drink water and All-Sports at every aid station. I ate my first Powerbar at Mile 6. I chatted with various runners. I answered repeatedly the same questions – no, it is not my first Marathon; I am from Pompey, and everybody has an accent in Pompey.

I ran some of the early part of the race with Holy, a 20-something personal trainer from Virginia pacing a friend to a first Marathon, and Kim-and-dad from New Jersey. Kim's running form bore an uncanny resemblance to that of Patti Ford. The conversation remained running-centric and insole-deep, but it helped pass the miles.



I passed 18 miles in 3:11. This marked a psychological milestone – I could always walk the last 8 miles in two hours. Marathon #4 was within reach. I felt comfortable and in control. In training, I had completed 18, 20, 22 and 24-mile long runs.

At around mile 22, I felt every muscle in my body cramp up at once. I froze. I could not move. I could not breathe. I stood still in excruciating pain. I gasped for air. I resigned myself to the inevitable – dropping out. I sought a witness to affirm my decision. No runner appeared in sight. I tried moving forward my right foot forward. I stopped. Then my left foot. Stopped. Then again my right foot. My chest muscles loosened gradually and let shallow breathing. Left foot. Right foot. A shuffle evolved.

A 17-minute mile restored my faith in completing the Marathon. I projected a 5:30 finish. I saw a father-son pair walking ahead of me. I reeled them in and walked with them. Around mile 24, Holly and friend pulled up next to me. Holy convinced to start running again with the promise of a sub-5 finish. To my surprise, my legs broke into a jog then a run, and my form returned.

Just past the 25-mile marker, we turned onto the home stretch. Course marshals promised that somewhere beyond that final hill is the finish line. I powered up the hill to the cheers of high school kids looking for that elusive finish line. Then, there it was, far in the distance. Several minutes later, I crossed the finish waving to the crowds. My Timex Ironman Global Trainer GPS watch indicated 26.6 miles. I got certainly my money's worth.

Medal around my neck and body wrapped in foil, I leaned on Marla all the way to the Terrain, and we exited Scranton with neither post-race food nor massage. Marla drove north to Great Bend, PA, where we stopped for a well-earned steak without eggs at a local diner.

Editor's notes: In 2010, Dr. J 'discovered' the 50 States Marathon Club and Marathon Maniacs, which led him to embark on a quest to run a marathon in each of the 50 United States. The Steamtown Marathon was #4; with each subsequent event he became more obsessed with the marathon distance and the great people he met along the way. As space allows, we will include his observations in the Chargers Newsletters.

Internet Sites for Runners

Sure, you could find these with a simple Google search, but we're wondering what you think– what content is useful on each site? Let us know what you think.

<http://www.letsrun.com/>
<http://running.competitor.com/>
<http://www.coolrunning.com/>
<http://www.runningintheusa.com/>
<http://greatist.com/move/best-races-every-state>
<http://www.active.com>
<https://runnersconnect.net>

<http://www.runnersworld.com>
<https://marathonandbeyond.com/>
<http://www.marathonmaniacs.com/>
<http://www.halffanatics.com/>
<http://www.livestrong.com/>
<http://www.usatf.org>
<http://www.rrca.org>



The Charger Challenge

The Charger Challenge is 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 challenges 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 AND AWARDS:

All Challenge Programs participants are required to fill out the application below and upon receipt, they are sent a log sheet for recording miles run/walked along with instructions and guidelines for new runners. The participant submits completed log sheets for each award level. Participants' achievements are also recognized in the Syracuse Chargers Track Club Newsletter.

THE CHARGER CHALLENGE

This program is designed for higher mileage walkers/runners or those seeking a longer term goal.

THE CHARGER 500 MILE CHALLENGE

The 500 Mile Challenge is aimed towards junior or senior participants, those new to a walking/running program, or those with physical limitations.

Entry Fee: - - - - \$5/person Non-Chargers, ****FREE**** for Chargers Club members - - - -

Awards: 500 miles T-Shirt
1000 miles Patch or Ribbon
2500 miles Long-Sleeve T-Shirt
5000 miles Trophy
10,000 miles Awards Banquet Plaque

Awards: 100 miles Ribbon
250 miles Patch
500 miles T-Shirt

Mileage: All actual mileage covered can be recorded

Mileage: Actual mileage up to 3 miles per day

THE FAMILY CHALLENGE

The Family Challenge allows family members combine their mileage towards a common goal!

Entry Fee: \$20 total for Non-Chargers members, includes immediate family members residing at the same address, ****FREE**** for Chargers Members. **Awards:** 5000 miles Family plaque and a T-shirt for each family member

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 \$ _____ 1/21/17

(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).

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

Return To: Ed Polly, 102 Rosewell Meadow Dr., DeWitt, NY 13214 email: golfnrun@pollywood.org 315-256-6398



Everyone Can Run Beginners Program

Presented by the Syracuse Chargers Track Club
Hosted by the Jewish Community Center of Syracuse



This is a **FREE eight-week program** designed to take you from walking to running. The program started **Wednesday, January 11, 2017** and will continue through **Wednesday March 1, 2017 – YOU CAN STILL JOIN US!**

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), located at 5655 Thompson Road in Dewitt (13214).

Participants should park at the rear of the 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 and a 2-week trial pass to the JCC, including use of their indoor track and locker rooms. This program is open to Chargers, JCC members and prospective members, who are 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 a currently a member of: Syracuse Chargers Track Club Jewish Community Center

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, 3604State Rt. 49, Central Square, NY 13036. Any Questions: 315-430-9409 or tuttlegreg@hotmail.com



Syracuse Chargers Track Club Scholarship Application

The Syracuse Chargers Track Club, Inc. will award as many as three \$1,000 scholarship grants to SCTC members who have distinguished themselves through their: a) volunteer activities within our community (not limited to Chargers events); b) academic achievement; and c) 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 be 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)

[Attach more pages if necessary]

Chargers Awards Banquet & Annual Meeting

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 Drumlins

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 dinners, please indicate the number: _____.

Check Total: _____

Please mail your reservation form and payment by March 12, 2017 to:
Nancy Smith, 234 Roxbury Road, Syracuse New York 13206



Syracuse Chargers

All Comers Winter Indoor Track & Field Meet #3
SUNDAY FEBRUARY 12, 2017 9am~11:30am
All 3 meets @ SRC Arena on OCC Campus

Doors of SRC Arena open at 8:30am for registration

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

*** 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.)

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

**Non-Profit
Organization
U.S. Postage
PAID
Syracuse, NY**

SYRACUSE CHARGERS TRACK CLUB

Merchandise Order Form

View Merchandise at: www.SyracuseChargers.org

Name: _____

Address: _____

Email Address: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (S-M-L) Women (S-M-L)			\$22.00	
Uniform Shorts:				
Men's Split (S-M-L-XL)			\$20.00	
Women's 4 inch Seam (S-M-L)			\$20.00	
Women's Low Cut Shorts: (S-M-L)			\$22.00	
Men's Black Field Shorts: (S-M-L)			\$25.00	
T-Shirts, Short Sleeve – Ash Gray				
Youth: (S-M-L)			\$ 9.00	
Adult: (S-M-L-XL)			\$13.00	
Adult: (XXL-XXXL)			\$20.00	
T-Shirts, Long Sleeve – White				
Adult: (S-M-L-XL)			\$15.00	
Adult: (XXL)			\$25.00	
Sweatshirts with Hood – Ash Gray				
Youth: (L)			\$25.00	
Adult: (S-M-L)			\$30.00	
Adult: (XL-XXL)			\$37.00	
SALE! Crew Neck Sweatshirts				
Adult: (S-M-L-XL)			\$20.00	
Make checks payable to: Syracuse Chargers Track Club		# items	x \$3.00 =	\$
Mail to: SCTC // PO Box 2354 // Liverpool, NY 13089-2354			TOTAL	\$

Please note: Shipping is \$3 per item.

1/19/17