



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

April 2016

No club can continue or be successful without active club members, volunteers, and sponsors. Every year the Syracuse Chargers Track Club recognizes some of the club's outstanding volunteers and members at their awards banquet. This year was no exception and on March 20th awards were handed out and very special individuals recognized. A big thank you goes out to all of the award winners as well as a HUGE thank you !



Paul Cianfrocca, Jerry P. Smith,
Greg Broton
Volunteer Service Award



Pat Leone receiving the
Outstanding Volunteer Award
for Kurt Wheeler



Patruno Electric - Dave Patruno
Corporate Friend of Running Award



Kaitlyn Neal - Jerry Schulz Award
Section 3 Female XC Runner of the
Year



Rick Nastasi - Nate & Evelyn
White Lifetime Service Award



Ben Petrella - Section 3 Male XC
Runner of the Year



Mike Dee - Open Male LDR
Athlete of the Year



Phil Panebianco - Open Male Track
& Field Athlete of the Year



Julie Quinn - Open Female LDR
Athlete of the Year

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Syracuse Chargers Track Club, Inc.

Board of Directors

President

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Available

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Treasurer

Available

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Available

Awards Banquet

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Volunteers

Available

Scholarship Award

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Sunday Walkers Program

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Summer Runs

Available

Oneida shores

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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

Published monthly by the SCTC.
Subscriptions are \$15.00 per year.

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by the 20th of the month.

Chargers Membership Forms should be sent to:

Bob Hiemenz, SCTC Membership Coordinator
P.O. Box 2354
Liverpool, NY 13089-2354

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

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

It will **NOT** be forwarded.



To become a member of USATF, sign up online at www.USATF.org and click on membership. Membership entitles you to represent the Chargers in USATF road racing, track and field, cross country, and race walking championship events at the association, regional, and national levels. **The Charger Club**

number is "04-0092"

Send Merchandise orders to:

SCTC
P.O. Box 2354
Liverpool, NY 13089-2354

Club Web Site: www.syracusechargers.org

New Members:

Noelle Fish	Brigitte Fish	Matthew Cottet	Christa Cottet	Jacob Cottet
Emma Cottet	Nathan Cottet			

Renewing Members:

Dave Oja	Harry & Karen Dross	Jill Swayze	Murphee Hayes & Joe Wheeler
Chary Griffin	Linda Shen	Donald Blair // Nancy Dock	Brittany Burns
Miklos Gratzner	Tim & Kevin Collins	The Wood Family	The Kuhr Family
The Fahy Family	The Davies Family	Roy Whipple	The Patterson Family
David Rider	The Norden Family	Lawrence Abrahamson	Chuck Yost

Terry McConnell's Observations

Recent Charger Age Group Records

M60-64 4x400m Relay David Ortman, Horace Hudson, Anthony Baker, and Samuel Gray 4:18.70 2/20/2016
M60-64 60m Dash David Ortman 8.08 3/5/2016

The exploits of the men's 60-64 squad at the Millrose Games were chronicled as the cover story in last month's (March 2016) *Newsletter*. Leadoff runner David Ortman went on to set his Chargers Record 60m dash in the preliminary round at the National Masters Indoor Championships, Albuquerque, NM. David took 2nd in the final with an 8.18. He also won the 200m (26.83) and scored in the High Jump and Long Jump, winning a total of 21 points for the Chargers. His 60m record displaces the 8.24 of Andrew Branch from 1997.

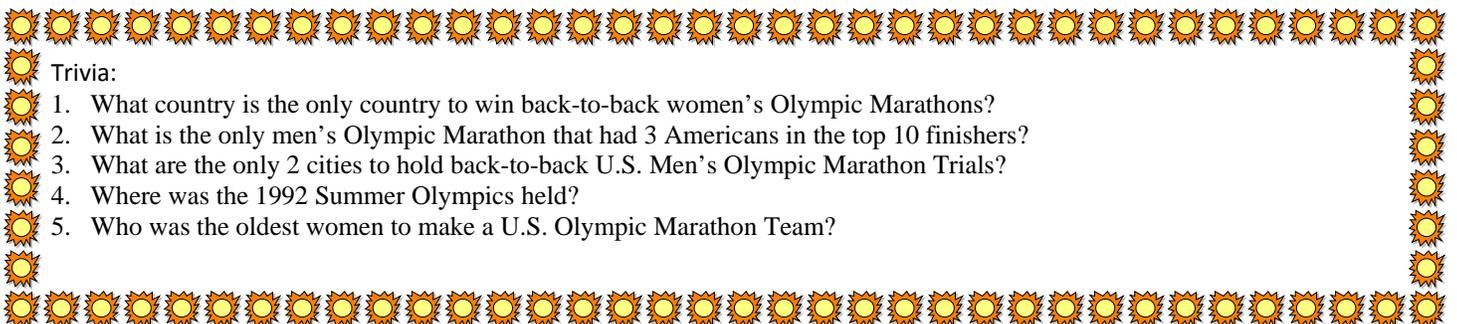
Rabbit: Run

Chargers record holders Julianne Quinn and Sascha Scott ran the first quarter mile of the elite section of the 49th Hartshorne Memorial Masters Mile in the 1 and 2 positions, splitting around 70 (34) seconds. Shortly after the half, Quinn stepped off the track, and Scott continued on to win comfortably in 4:54.55 over Renee Tolan's 5:11.73. (The race was held in Cornell's Barton Hall on January 23, 2016.)

Among the track savvy in attendance, Quinn's early exit came as no surprise. They knew she was not even eligible to finish the race, since she is not yet 40 years old; and that she was, in fact, a member of that special breed of track animal: the official "rabbit." (*Lepus Orbialis*)

If you've never heard of them, rabbits are signed up, usually by race management, to run an agreed-upon pace at the front of the lead pack, and then drop out after completing some agreed-upon portion (usually, the first half.) It is thought that they help the leaders run a faster time than they would otherwise have done. In their presence, records happen up front, and the pr's trickle back into the pack, so competitors often feel they are a positive feature of a race. Meet directors like them because they keep the pace "honest", and fast times put butts in the seats.

How can a race pace be "dishonest", you ask? There was a time, say 30 to 40 years ago, when rabbits were essentially unheard of. Championship level races back then often turned into slow, tactical affairs. (If you knew you had a better 400m time than anybody else in the field, and you could turn a mile race into a 3 lap jog followed by a sprint 400, why wouldn't you do that?) Fans got restless and antsy, and sometimes even booed the competitors. They wanted to see the emergence of the next Roger Bannister or Jim Ryun, not watch something akin to an indoor



Trivia:

1. What country is the only country to win back-to-back women's Olympic Marathons?
2. What is the only men's Olympic Marathon that had 3 Americans in the top 10 finishers?
3. What are the only 2 cities to hold back-to-back U.S. Men's Olympic Marathon Trials?
4. Where was the 1992 Summer Olympics held?
5. Who was the oldest women to make a U.S. Olympic Marathon Team?

bicycle pursuit race. Today, many big time middle distance and distance races at the major European track meets feature a rabbit; carefully selected and, usually, well paid for their services.

Since the rabbit has no intention of finishing the race, it is possible for he or she to be a runner who is unable to complete the entire distance at the desired pace. (Obviously this is the case in races where a world record is contemplated.) Some national and world class competitors can extend their careers by going into the rabbit warren, assuming they have the requisite skills – a good sense of pace and the ability to think quickly, in order to react to unexpected race situations. See Run Rabbit Run, by Jack McCallum, *Runner's World*, May 2011 for interesting profiles of several of these semi-professional rabbits (<http://www.runnersworld.com/elite-runners/pace-setters-for-elite-runners>)

I hasten to add that Julianne Quinn is more than capable of finishing the mile at the pace she set at Hartshorne. Hartshorne is unusual in that their rabbits are often younger (and faster!) runners who are not yet eligible to enter the race as a competitor. Chargers record holder Scott Weeks, for example, often paced the Hartshorne elite section when he was in his 30s. Later, when he had matured enough to be suffered to complete the 8th lap, he won the race.

The relationship between the rabbit and their pack is such a strange one that it is difficult to think of any very similar examples elsewhere in sport. In running, the closest analogue is the “sacrificial lamb.” (*Agnus Traditus*) This runner, often seen at cross-country races, is dispatched at a suicidal pace in an attempt to lure the favorite of a rival team into going out too fast. Similar to him are the worker drones on bike racing teams who are assigned to go the head of the *peleton*, so that the famous teammate can draft behind, conserving his strength.

The theme of cooperation among athletes, as well as that of the journeyman subjugating his own efforts to the good of the more accomplished champion, occurs in several sports. The sparring partner in boxing, the caddy in golf, and the calming companion animal who accompanies the skittish thoroughbred onto the track, spring to mind, as does the rodeo clown. (His job is to distract an enraged animal when the human protagonist is discomfited, injured, or groping desperately in the dirt for a lost contact lens.) In all these cases, however, the underling serves a single master, whereas the track rabbit serves a whole group of people who are competing against each other.

Sascha Scott reports that she and Julianne Quinn discussed the pace before the race, and had agreed upon a target of 74 seconds for the quarter. When the first 200m was passed in a too-fast 34 seconds, the two athletes conferred on the fly and decided to keep the fast pace going: Scott felt good! Quinn nimbly adjusted her plan. We don't know what, if anything, was said when Quinn's duties were finished. Probably it was something like “Go for it, Sascha.” “Thanks, Julianne!”

Women's Open Long Jump Record Progression

Lynn Rosenthal	16-5	1/29/78
Sharon Gleasman	17-6.5	2/27/83

Lynn Rosenthal was a Syracuse University student, but not on the SU track team. She still holds the 40y open record and the 50m and Long Jump records in the F18-19 age group.

Sharon Gleasman-Howell hailed from Lewis County and attended Herkimer College (HCCC) where she excelled in both Volleyball and Track and Field. In 2011 she was inducted into the HCCC Athletics Hall of Fame. Later she earned a B.S. in Physical Education from the University of Rhode Island, where she continued to compete in Volleyball and Track and Field. She did graduate work at SUNY Cortland and returned to HCCC, where she is currently a professor of Physical Education and head coach of the

women's track and field team. She still holds the open women's high jump and long jump records, and the 100m and 55m HH records in the F25-29 age group.

Syracuse Chargers Records for Females 60-64 years

50m	Patricia Peterson	8.3	2/17/1989
55m	Patricia Peterson	8.92	1/15/1989
60m	Patricia Peterson	9.93	4/2/1989
100m	Patricia Peterson	15.0	6/4/1989
200m	Patricia Peterson	32.0	6/4/1989
300y	Patricia Peterson	51.28	3/20/1988
300m	Patricia Peterson	59.2	1/17/1988
400m	Patricia Peterson	80.0	6/5/1988
500m	Patricia Peterson	2:06.7	1/17/1988
600y	Patricia Peterson	2:27.4	3/20/1988
800m	Yvonne Rothenberg	3:06.2	3/24/2002
1000m	Lois Bell	4:13.0	3/1/1992
1500m	Gloria Brown	6:05.3	7/25/1993
1 mile	Yvonne Rothenberg	6:43.2	3/23/2002
3000m	Yvonne Rothenberg	13:14.3	3/22/2002
5km track	Gloria Brown	22:12.1	7/25/1993
5km road	Gloria Brown	21:41	9/11/1993
8km	Gloria Brown	35:24.0	11/25/1993
5 miles road	Yvonne Rothenberg	40:19.0	6/23/2002
10km road	Gloria Brown	45:09.0	6/4/1993
10km track	Lennie Tucker	49:55.9	12/17/1999
12km	Gloria Brown	55:09.0	9/12/1994
15km road	Nancy Frisillo	1:07:25	11/8/1998
10 miles	Gloria Brown	1:13:47	8/28/1993
20km	Gloria Brown	1:34:01	8/7/1993
half marathon	Gloria Brown	1:38:51	2/4/1995
25km road	Gloria Brown	1:58:22	9/14/1994
30km road	Gloria Brown	2:34:55	3/27/1994
marathon	Lois Bell	3:52:40	11/10/1991
50km trail	Luanda Pesco Koplowitz	6:30:46	8/29/2015
12 hour run road	Mary DaSilva	57.564 mi	5/14/2011
55m HH	Patricia Peterson	13.5	3/27/1988
60m HH	Patricia Peterson	14.2	4/2/1989
80m HH	Patricia Peterson	19.64	5/28/1988
100m HH	Patricia Peterson	20.1	3/27/1988
300m IH	Patricia Peterson	1:19.3	5-91
high jump	Phyllis Meade	3-9 3/4	6/8/2009
long jump	Phyllis Meade	12-5 3/4	7/27/2007
weight pentathlon	Barbara LoPiccolo	2325	8/23/2008
weight throw 12lb	Barbara LoPiccolo	39-1 3/4	8/23/2008
discus 1kg	Barbara LoPiccolo	76-2	8/23/2008
hammer 3kg	Barbara LoPiccolo	105-3 1/2	6/6/2008
javelin 400g	Barbara LoPiccolo	91-5	8/3/2007
shot put 3kg	Barbara LoPiccolo	30-0 1/2	6/6/2008
indoor pentathlon	Patricia Peterson	1935	3/19/1989
1500m walk	Marie MacMillan	11:42.4	6/18/1988

Syracuse Chargers Records for Males 60-64 years

45m	Howard MacMillan	6.7	2/19/1989
50y	Howard MacMillan	6.8	3/8/1987
50m	Ed Lukens	6.9	2/9/1986
55m	Tom Fondy	7.5	3/11/2000
60m	David Ortman	8.08	3/5/2016
100m	Andrew Branch	12.6	8/6/1993
100m	Andrew Branch	12.6	6/6/1998
100m	Sam Hall	12.81	6/4/2005

200m	Andrew Branch	25.9	7/6/1994
300m	Fred Schlereth	42.8	1/22/1994
400m	Fred Schlereth	58.6	3/4/1994
500m	Howard MacMillan	1:33.0	2/19/1989
600y	Howard MacMillan	1:51.8	3/8/1987
600m	Fred Schlereth	1:54.8	3/15/1997
800m	Fred Schlereth	2:23.0	12/10/1993
1000m	Bob Milner	3:27.7	1/15/2000
1500m	Bob Milner	4:57.5	1/5/1996
1 mile	Bob Milner	5:14.2	1/20/1996
3000m road	Stan More	13:11	5/5/2013
3000m	Bob Milner	10:39.9	3/17/1996
2 miles	Bob Milner	11:37.3	1/12/1997
5km track	Ed Stabler	18:00.4	8/3/1989
5km road	Howard Rubin	18:01	9/25/1988
8km track	Ed Stabler	31:38.0	1/8/1993
8km road	Ed Stabler	29:29.0	8/31/1989
5 miles road	Bob Milner	30:32.0	7/20/1996
10km road	Ed Stabler	36:07.0	7/27/1989
10km track	Ed Stabler	36:09.7	8/1/1989
15km track	Ed Stabler	59:26.5	3/21/1992
15km road	Howard Rubin	56:43.0	11/13/1988
10 miles road	Ed Stabler	1:02:17	11/26/1990
20km	Ed Stabler	1:20:45	5/15/1991
half marathon	Ed Stabler	1:25:46	8/6/1992
25km road	Ed Stabler	1:37:25	10/11/1989
30km road	Sam Graceffo	2:15:32	3/23/1997
marathon	Ed Stabler	2:50:23	8/8/1989
50m HH	Ed Lukens	8.5	2/9/1986
50m HH	Ed Lukens	8.5	3/10/1986
55m HH	Ed Lukens	9.6	1/5/1986
60m HH	Bill Townsend	10.4	3/19/1989
100m HH	Ed Lukens	17.46	8/25/1985
110m HH	Ed Lukens	21.1	8/10/1985
300m IH	David Ortman	46.88	8/12/2015
high jump	David Ortman	4ft 11in	7/25/2015
pole vault	Peter McGinnis	10ft 6in	6/7/2014
triple jump	Ed Lukens	36-3 1/2	3/24/1985
long jump	Ed Lukens	17-0 3/4	3/17/1985
weight pentathlon	Gary Crawford	3209	7/15/2002
weight throw 20lb	Gary Crawford	46-1 1/2	1/11/2002
weight throw 25lb	Gary Crawford	41-3	9/22/2001
weight throw 44lb	Patrick Lynn	23-2	3/28/2010
weight throw 56lb	Gary Crawford	18-8 3/4	3/39/03
shot put 6kg	Harry Schwarze	38-6	2/9/2002
shot put 16lb	Gary Crawford	31-4	7/11/2005
discus 1.5kg	Gary Crawford	99-4 1/2	7/11/2005
discus 1.6kg	Richard Holloway	90-1	7/15/1992
discus 1kg	Gary Crawford	140-9 1/2	5/10/2002
discus 2kg	Richard Holloway	74-5	7/15/1992
shot put 5kg	Chuck Yost	40-6 3/4	8/5/1995
hammer 16lb	Gary Crawford	74-9	4/25/2005
hammer 5kg	Patrick Lynn	119-8	6/11/2010
javelin	Richard Holloway	134-5	8/1/1992
shot put 4kg	Richard Holloway	42-3	6/10/1990
indoor pentathlon	Ed Lukens	3408	1/13/1985
outdoor pentathlon	Ed Lukens	3085	5/2/1986
1500m walk	Bob Nicholson	8:33.0	6/30/2007
2 mile walk	Bud Brown	28:45.5	3/18/1984
5km walk road	Bob Nicholson	31:26.0	6/7/2007

CNY Running Clubs Cup 2016

After a great first year with the CNY Running Clubs Cup in 2015, competition resumes in 2016. The original six clubs, the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Toe Path Trekkers and the Utica Roadrunners are joined this year by Team RWB. In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the six other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. There are no gender or age distinctions. The Cup is truly open to all of our members. The results of up to five members of a club in a race will be compared to the other clubs and points awarded on a descending basis, with seven points to the best, six to second and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year. To make this work, the race registrations for a Cup race will now include a question about club affiliation, and that information will be included in the race results. People who are members of more than one Cup club should be aware that the first club you compete for in a year is the club you will represent for the rest of the year. So, everyone, make sure you fill in our club name when you sign up for any of these races, and let the fun begin!

There are seven races in the Cup thus far. We are excited to add two new races to the Cup in 2016: the Nate the Great 12K in Canastota, and the queen of them all, the Boilermaker 15 Road Race in Utica on July 10th. The seven announced races are:

April 2nd: Fort to Fort 10K Race in Rome

May (TBD): Towpath Trail 10K in St. Johnsville

June 11th: Nate the Great 12K Race in Canastota

July 10th: Boilermaker 15K in Utica

July 29th: Newport Field Days 5K in Newport

August 19th: Woodsmans Field Days 10K in Boonville

September 25th: Falling Leaves 14K in Utica

The **Fort To Fort 10K** is coming up in a hurry, so if you plan to run the 10K be sure to declare SYRACUSE CHARGERS as your club when completing the online registration. Register at: <https://runsignup.com/Race/NY/Rome/Fort2FortRuns>.

Alternate Web Link for Chargers Records

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

Delivery of monthly Chargers newsletter

There has been discussion on how the members of the club receive the monthly newsletter. As of now each member is mailed a copy of the newsletter and the newsletter is posted on the club's website around the time of the mailing, <http://www.syracusechargers.org/newsletter/newsletter.html>.

Recently there have been requests to receive the newsletter via e-mail instead of a printed copy. We are now giving every member the option of receiving the newsletter by US Mail or by e-mail. The requested delivery method has been added as a question on the membership renewal form.

If you would like to begin to receive the newsletter via email, please send an email to Bob Hiemenz at bobhiem@twcny.rr.com.

How To Grow New Brain Cells

Wouldn't it be great if we could actually grow new brain cells? Turns out we really can. It is not with cross word puzzles or learning a new language. Those and other activities might make you sharper in some ways but have not been shown to grow neurons. The only activity which has been proven to stimulate the formation of new cells in a mature brain (adult neurogenesis) is something most readers already do: namely exercise.

It has long been known that if rats are given an exercise wheel, and use it regularly, their brain size increases. Rats, like humans, are great distance runners and seem to enjoy working out on the wheel. Till now, it has never been shown that exercise actually stimulates the brain to make new cells.

A study reported in the *Journal of Physiology* not only proved this, but showed the best form of exercise to achieve this remarkable end. Rats are, of course, not humans and not everything that happens in rats carries over to us. However, humans could not be used in this study because it required microscopic examination of the brain at the end of the study.

A large number of adult male rats were selected. They were injected with a substance that showed any new brain cells that developed. The researchers focused on the hippocampus. This area is responsible for much of our learning and memory.

They were divided into four groups. One was sedentary and served as the control. The second was given an exercise wheel and used it at will. Many in this group put in over two miles per day. The third group did weight training by climbing a wall with tiny weights attached to their tail. The final group did interval training. Placed on a small treadmill, they had to run very fast for three minutes and rest for two. This was repeated three times for a total of fifteen minutes.

The study lasted seven weeks, at which time brain tissue was examined. The sedentary group showed the fewest new cells in the hippocampus. The weight-trained group also showed little neurogenesis, although they did get much stronger. The interval group showed only modest growth of cells. The big winner was those who ran on the wheel at a moderate pace. Their hippocampal tissue was teeming with new neurons. The ones who ran the most had the most new cells.

It is not clear why interval training did so poorly in this study. It is speculated that the high intensity may produce stress hormones which inhibit neurogenesis. Although weight training produced no positive results in this study, it is possible it has benefit in other areas of the brain not looked at in the experiment.

The bottom line is that sustained aerobic exercise is the most beneficial form of activity for the brain in that it actually stimulates the growth of new cells in adults.

Sam Graceffo, MD

Past Issues of the *Chargers Newsletter* are available electronically
Revisit them any time at:
<http://www.syracusechargers.org/newsletter/newsletter.html>



Sunday Walkers Program

Sundays 11 a.m. at Town of DeWitt's Ryder Park

5400 Butternut Drive, East Syracuse

April 17, 2016 - June 12, 2016

(Excludes May 29, 2016)

Presented by the Syracuse Chargers Track Club Inc.

In conjunction with the Town of DeWitt Parks and Recreation Dept.

Questions? Contact: Greg Tuttle

(315) 430-9409

Tuttlegreg@hotmail.com

Mail form to: Greg Tuttle

3604 State Route 49

Central Square, NY 13036

Sunday Walkers Program

Name: _____

Street: _____

City, State, ZIP _____ Tel. No. _____

Email _____

A Syracuse Chargers Member _____ A Town Of DeWitt Resident _____

Program Waiver: I know that walking is a potentially hazardous activity. I should not enter and walk unless I am medically able and properly trained. I assume all risks associated with walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic and/or the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and for anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Town of DeWitt, New York State, New York State Parks and NYS Canal Corporation, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

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



THE CHARGER CHALLENGE

A program designed to provide guidance, incentive and long-term motivation to runners and walkers through awards and recognition. Runners and walkers of all ages, abilities and levels of experience, are welcome to participate. Participants do not have to be Syracuse Chargers Track Club members. Three different Charger Programs are available. Whether you exercise for enjoyment, weight loss/maintenance, social or competitive reasons, you are encouraged to take on the Charger Challenge!

PROGRAM RULES, AWARDS AND ENTRY FEES:

All Challenge Programs require an application and are free for Syracuse Chargers members. Non-Chargers members will pay the appropriate entry fees listed below. Upon receipt, applicants are sent a log sheet for recording dates and miles run/walked, along with procedural instructions and GUIDELINES FOR NEW RUNNERS. When mileage reaches award levels, log sheets need to be submitted to receive award. Participants' achievements are also recognized in the Syracuse Chargers Track Club *Newsletter*.

THE CHARGER CHALLENGE

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

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

Awards: 500 miles T-Shirt
1000 miles Patch or Ribbon
2500 miles Long-Sleeve T-Shirt
5000 miles Trophy
10000 miles A plaque (to be presented at the annual awards banquet)

Mileage: All actual mileage covered can be recorded

THE CHARGER 500 MILE CHALLENGE

Aimed towards junior or senior participants, those new to a running/walking program, or those with physical limitations

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

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

Actual mileage up to 3 miles per day can be recorded

THE FAMILY CHALLENGE

Family members combine their mileage towards a common goal!

Entry Fee: \$20 total for Non-Chargers members, includes up to 4 immediate family members residing at the same address. FREE for Chargers Members.

Awards: 5000 miles 1 plaque and up to 4 T-shirts

CHARGER CHALLENGE APPLICATION FORM

Challenge Program Desired: **Charger Challenge** **Family Challenge** **500 Mile Challenge**
Name(s): _____ E-mail _____
Age (s): _____ Shirt Size(s): S M L XL
Address: _____
Telephone: _____ Charger Member? Y N Fee Enclosed \$ _____

(Payable to Syracuse Chargers Track Club)

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

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

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

Signature(s): _____ Date: _____

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

Date: _____

Parents' or Guardian's Signature if under 18 years

Charger Spotlight on: John William McEachen



Date of Birth: May 18th, 1970

Residence: Fulton, New York

Family members: wife Kimberly, daughter Adelaide 9, son Richard 3, and our cat, Dennis

At what age did you first start running?

14 yrs old on my high school's x-country team

Were any of your family members runners/athletes?

No, they were more of the bookish types.

Did you run in high school/college?

I ran on my high-school's x-country team (Fairfield Prep in Fairfield, CT) for two years. After that, I ran recreationally in college, and since I was also in the Army National Guard at the time, I did quite a bit at Basic Training and my Advanced school.

Did you compete in other sports as a teenager/young adult?

Yes; I began learning taekwondo also as a freshman in high school, and I competed at point tournaments regularly.

In which sports do you currently compete?

I currently compete in Olympic Taekwondo and Track, 800m and below, and the occasional 5km.

What is your favorite local event in which you participate and why is it special to you?

That would be the Fulton Loop Around the Lake 5km. I first ran that race in 2013 (my first organized race in a long time), which was about a month after I competed at the 2013 USA-Taekwondo Nationals. I had been running a bit on the track to get ready for Nationals, even though I really didn't know what I was doing, so when I won my age-group and came in 12th overall, I figured I should see where I could take it, and that's when I joined the Chargers.

What is your favorite out-of-town event in which you participate and why is it special to you?

I like the Upstate NY Holiday Classic, which I have done the past two years, because it keeps me focused during the holidays.

Have you ever sustained an injury which prevented you from running?

Yes; I tore my left Posterior Cruciate Ligament at a Taekwondo tournament in April 1997, and I couldn't even bend the knee for almost two months. I rehabbed it like crazy and ran in a 4-mile race for the March of Dimes in Corpus Christi, Texas, that Thanksgiving.

Do you believe that you have inspired others to become runners?

I am not sure; people occasionally approach me at the various all-comers meets and remark how surprised they are to see someone in their 40's sprinting against the kids, so maybe.

Have you ever been a race director?

No.

Of which organizations are you a member?

The Syracuse Chargers, USA-Taekwondo, and USA Track & Field.

What is your favorite movie and why?

Once Upon a Time in China 2. It's about an interesting period in history, around the time of the Boxer Rebellion, and it's from their point of view. It's a Jet Li movie but I think that Donnie Yen really steals the show.

What is your favorite book and why?

Ten Years Beyond Baker Street by Cay Van Ash. Sherlock Holmes trying to take down Fu-Manchu; need I say more?

It is snowing outside on a Sunday afternoon and there is nothing on your "to do" list. What might we find you doing?

Sword-fighting, bowling, or playing video games with my son and daughter in the basement.

What do you consider your greatest accomplishment thus far?

That has to be participating in the 2015 World Police and Fire Games. I went 1-2 in the Taekwondo competition (40 -49 -68kg division) round-robin format, and then I placed 5th in the finals in the 200m and 4th in the 400m finals, and won a bronze in the 800m.

What might someone be surprised to know about you?

That I own the soundtrack and Blu-Ray of "The Devil Wears Prada".



Ed Cox - Masters Male Track Athlete of the Year



Mary DaSilva - Masters Female Track & Field Athlete of the Year



Scott Weeks
Charlie Hackenheimer Award
Male Masters LDR Athlete of the Year

2015 Nate & Evelyn White Lifetime Service Award Winner: Rick Nastasi



It is hard to believe that Rick Nastasi is closing in on 50 years as an educator and a coach for both cross country and track in the North Syracuse, now Cicero-North Syracuse, School District. In fact, the track there, adjacent to the high school on Rt. 31, is named the Richard J. Nastasi Track.

He not only coached but competed in his younger years. Rick has maintained his membership in the SCTC for several decades and was quite competitive as both an open and masters athlete.

In 1991, after 10 years of operation, the Town of Cicero no longer wanted to conduct the Swamp Rat Runs. Coach Nastasi approached Nate & Evelyn White, and rest of the Charger Board with the idea to take over the Swamp Rat Runs as the conducting organization with Rick himself serving as race director and Tim Collins as assistant race director. Rick was responsible for securing Nice N Easy Grocery Shoppes as the title sponsor.

The Swamp Rat Runs grew from approximately 300-350 entries in the mid-1990s to over 1600 entries by 2014. One of the delightful features of these runs is the participation of several hundred elementary students running the fun run mile. The Swamp Rat Runs are now one of the larger running events in our area.

Rick was instrumental in acquiring sponsorship for the event securing Hess Express as title sponsor in 2001 and currently Spera's Market from 2015 through the present day.

Not only are the Swamp Rat Runs one of the top revenue generating events for the SCTC, but they also serve as fundraisers for the CNS Cross Country and Track Programs.

Always a visionary, Coach Nastasi was also a founder of the Oneida Shores Fun Runs. These free and open-to-all fun runs at the 5K and 10K distances were originally held on Wednesday nights during the summer on the Swamp Rat Runs courses. They became Charger events hosted by Tim Collins for 7 years starting in the early 1990's.

They were then hosted by another fine family of volunteers, the Leones. They have since been moved, by the request of park administration, to Monday nights and for the last 6 years have been held under the direction of SCTC 2015 Volunteer Award winner Greg Broton.

Rick had a long friendship with Nate & Evelyn White and competed with Nate in local races. He volunteered his time with each of them for many years on the Swamp Rat Runs. He considers them two of the most highly respected people he has worked with during the course of his career.

His personal relationship with the Whites over the years makes the receiving of the award very meaningful for him and, although unable to be present, he expressed through Pat Leone, who received the award on Rick's behalf at our Annual Meeting & Awards Banquet in March, that he is honored and touched to receive it in their memory.



2015 Masters Male Track & Field Award Winner: David C. Rider

Congratulations to David on a splendid year of competition! He set Charger records (85-89) in pole vault, high jump, hammer and shot.

In 2015, at the National Senior Games and at the age of 85, he walked away with two gold medals; one in the Pole Vault and the other in the Triple Jump.

In looking back over his long career in track & field, David remembers the following highlights from both track & field and road running:

David Rider - Masters Male Field Athlete of the Year

*Winning the gold in the 80-84 age group at Syracuse Festival of Races in 2010 in a time of 31:09. (David was one of seven men in that age group)

*Winning the gold in Pole Vault at the National Senior Games in 2005 at age 75. (He was first of five in his division)

Also, interesting to note, is that David was inducted into the Westchester Sports Hall of Fame in 2005. At his induction it was noted that he was renowned as the track & field coach at Mt. Vernon High School, serving also in the position of Athletic Director and Director of Health and Physical Education. During his illustrious coaching career, his teams were ranked first in New York State in 1967, 1968, 1970, 1974, and 1975. His 1970 team was cited as one of the top teams in the nation by "Track and Field News." He was regarded as one of the major forces in the area's track & field tradition, serving as Section I Indoor Track Chairman and President of the Westchester Track & Field Coaches and Officials Association. David now spends his winters in Florida and the rest of the year in Northern New York at his camp at Brantingham Lake.



2015 Outstanding Volunteer Service Award Winner: Kurt Wheeler

The many hats of Kurt Wheeler:

*Social Studies Teacher at Cazenovia H.S.

*Coordinator of Project Café: a non-profit corporation serving the youth and families of the Cazenovia community

*Coach of indoor track, Girls Varsity Track, and Girls Cross Country at Cazenovia High School

*Commissioned Officer in the Marine Corps

*Mayor of the village of Cazenovia

***Cazenovia July 4th Footraces Volunteer**

At our Annual Meeting & Awards Banquet last month, Kurt was quick to mention that he is just one of many volunteers who help, year after year, to make the Cazenovia July 4th Footraces a reality. Many thanks to our key volunteers/coordinators most of whom having been a part of the organizing committee for many years: Kurt Wheeler, Brian Ellithorpe, Jason Hyatt, Cindy Clark, JT Hall, Ed Roickle, and Maureen Carroll. Newly added to the committee last year was Heather Ketcham.

"If you want something done, ask a busy person."

Benjamin Franklin



A Glimpse at Our 2015 Good Guy Award Winner: Bob Nicholson

Date of Birth: January 28, 1947

Family members: Kathy Nicholson – wife

Eileen Nicholson – daughter

Residence: Robineau Road, Syracuse

Ed and Marty Nicholson - sons

At what age did you first start running? I started running cross country in high school at 16. After high school I did some fitness running. I really got back into it at 52 as my 7th grade son Marty was starting to compete.

Were any of your family members runners/athletes? Marty is a serious runner. Eileen was a good volleyball player. Ed is a fine soccer player.

Did you run in high school/college? I ran high school cross country

Did you compete in other sports as a teenager/young adult? I played some baseball and basketball, but only recreationally.

In which sports do you currently compete? Track, cross country, road races, race walking, and pickleball

What led you start race walking? About ten years ago, I moved from running to race walking because of cartilage wear in my knees. I still competed a bit as a runner, but I trained almost exclusively as a walker. After a couple of years, I tried some more running and have been able to continue that without knee pain.



Roger Hahn Announces Good Guy Award Winner Bob Nicholson

What is your favorite local event in which you participate and why is it special to you? My favorite is not a single event but a series. I love running in the Noontime Runners league at SU. The camaraderie is the biggest attraction. Over the course of a season you root for a lot runners. It doesn't matter if they are on your team or not.

Do you believe that you have inspired others to become runners? I'm not sure I've inspired people to become runners. But I do think I have encouraged many to trust themselves and stick with it.

Have you ever been a race director? I have been course director of the Bishop Ludden 5k each of its six years.



When did you begin volunteering at area races/track meets? I started volunteering almost as soon as I started running again in my fifties. My first events were Charger track meets and Bishop Ludden cross country meets.

What are some events for which you regularly volunteer? For the Chargers, I usually work the track meets and often help at the Festival of Races and the Onondaga Lake Park runs. The Bishop Ludden 5k and the Strathmore Neighborhood Parks Run are two races I help organize. With the Syracuse Track Club, I work traffic at the Mountain Goat and the Resolution run. I also help out at the Felder track meets. Timing and captaining at the noontime runners runs is a favorite of mine. I also help coach the cross country and track team at Bishop Grimes.

What do you wish other people knew about volunteering? Volunteering is not a thankless task. Runners and organizers are always thanking you. Even if they didn't, volunteering would still be its own reward.

Of which organizations are you a member? Syracuse Chargers, SU Noontime Runners, Syracuse Track Club, Felder, and Y-Runners.

What is your favorite movie and why? Having spent much of my working life in an office, I would have to say "Office Space". My systems unit watched it for our Christmas party one year.

What is your favorite book and why? I mostly read mysteries, action, and comic novels. On the serious side my favorite author is Willa Cather. She is one of the few authors whose descriptions I can visualize. I like "Death Comes for the Archbishop" the best.

It is snowing outside on a Sunday afternoon and there is nothing on your "to do" list. What might we find you doing? I could be reading or watching basketball or hockey on TV. This being Syracuse, I might be watching baseball while it snowed outside.

What do you consider your greatest accomplishment thus far? Three weeks after I had a lung lobe removed, I won my age group (60+) at the Midsummer Night's Dream cross country race. The time was just over 30 minutes. I also think of this as my surgeon's greatest accomplishment.

What might someone be surprised to know about you? I have been a dance caller for over 25 years. That is for contra, square, and English country dancing. I also sing in the choir for funerals at Most Holy Rosary church.



Julie Shafer Hernandez is the first recipient of the SCTC's newest award....the President's award. Julie has vacated the Membership Coordinator position which she has held for many years. I appreciate the many times she has taken on extra work on short notice to assist in the business side of keeping our club running smoothly.

Future runner Kyle Patrick Hernandez joined Julie and Eric on December 22, 2015 weighing in at an impressive 10lbs. 14 oz. On the other hand, perhaps he will be a field events athlete (throws?) down the road. With caring for little Kyle, settling into a brand new home, and soon returning to her full-time position, Julie certainly has her hands full. At any rate, we will miss Julie and her friendly but efficient way of handling new memberships, renewals, keeping monthly statistics, recording, tracking and filling Charger merchandise requests, writing donation thank you notes, fielding e-mail questions and all of the other little things that she handled in her cheerful manner and without missing a beat.

We thank long-time Charger member and former SCTC president Bob Hiemenz for stepping up and taking on the position of Membership Coordinator.



Luana Pesco Koplowitz - Mountain, Ultra, Trail (MUT) Masters Female Athlete of the Year



Liz Besio - Master Female LDR Athlete of the Year



Kurt Wheeler Outstanding Volunteer Award



Dave Patruno, Patruno Electric Corporate Friend of Running



Paul Cianfrocca Volunteer Service Award



Michael Filipski - Charger Challenge 10,000 Miles Completed



Greg Broton Volunteer Service Award

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

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

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



2015 Syracuse Chargers Track Club Awards

Volunteer Awards:

Nate and Evelyn White Award: Rick Nastasi
 Arnie Briggs Good Guy Award: Bob Nicholson
 Outstanding Volunteer: Kurt Wheeler
 Volunteer Award: Paul Cianfrocca
 Volunteer Award: Jerry Smith
 Volunteer Award: Greg Broton
 President's Award: Julie Hernandez
 Corporate Friend of Running : Patruno Electric

Track

Masters Men: Ed Cox
 Masters Women: Mary DaSilva
 Open Men: Phil Panebianco
 Open Women: _____

Field

Masters Men: David Rider

Long Distance Running

Charlie Hackenheimer Award: Scott Weeks
 Masters Women: Liz Besio
 Open Men: Mike Dee
 Open Women: Julie Quinn

Mountain, Ultra , Trail (MUT)

Masters Women: Luana Pesco Koplowitz

Charger Challenge 10,000 mile

Michael Filipski

Cross Country

Jerry Schulz Award : Kaitlyn Neal, Fayetteville-Manlius HS
 Boys Section III: Ben Petrella, Liverpool HS



Chargers Dave Ortman and Miklos Gratzner at the IAAF Indoor Track & Field World Championships in Portland, Oregon in March.

Race Walk Corner:

The USA selection race for the World Race Walking Cup (World Champs of Race Walking) will be held April 2nd in Earth City, Missouri. The distances contested will be 10 km for juniors and 20 km for open athletes. Anyone may enter. More information can be found on the USATF Website at www.usatf.org. The top 5 men and women that walk under 1:32 or 1:44 will make the teams. For juniors the standards are 48:30 and 54:00. A bit closer to come is the USA Masters 20km Race Walk Championships on April 9th in Harry Wright Park in Whiting (Manchester), NJ.



Presents

The 37th Annual Swamp Rat Runs Saturday, June 18th 2016



PEPSI BEVERAGES COMPANY



Administered by the Syracuse Chargers Track Club



Location: Oneida Shores Park, Brewerton, New York; (Take Exit 31 off Rt. 81, then go left on Bartell Rd.)

For online registration and event details, please visit: <http://www.swampratrun.com>

To encourage online registration, we have eliminated all online processing fees! Save paper and a stamp!

Times:	Girls Fun Run Mile	8:30 AM
	Boys Fun Run Mile	8:50 AM
	5K Chris A. Taddeo Memorial Run (USATF Certified)	9:10 AM
	10K Run (USATF Certified)	10:00 AM



Scan this QR Code to register online

****Mail Pre-Registration Deadline is Monday, June 13th 2016****

Entry Fees:	5K/10K Pre-Entry	\$20.00	* Price includes T-shirt
	5K/10K Race Day Entry	\$25.00	* Price includes T-shirt if available
	Mile Fun Run Pre-Entry	\$12.00	* Price includes T-shirt
	Mile Fun Run Race Day Entry	\$15.00	* Price includes T-shirt if available

Awards: Ribbons for all finishers in the Boys & Girls Fun Run Miles
5K & 10K: 1st Male & Female overall, Top Three 14 & Under, 15-19, 5-year age groups to 80+

ChronoTrack Timing for all races provided by Leone Timing (www.leonetiming.com)

**Packet pickup available on Friday, June 17th at Fleet Feet Sports Clay from 4:00 pm to 7:00 pm
and on race morning starting at 7:15 am at the Oneida Shores Beach Pavilion**

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PSN/BIB

Entry Form

Make checks payable to Syracuse Chargers Track Club and mail check and entry form to:
SCTC, PO Box 133, Bridgeport, NY 13030

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Last Name	First Name	Sex	Age as of 6/18/16
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Street Address	City	State	Zip
Phone # <input type="text"/>	<input type="checkbox"/> 5k(3.1 mi.)	<input type="checkbox"/> 10k(6.2 mi.)	<input type="checkbox"/> Mile Fun Run
	T-Shirt Size YL S M L XL		

Release: I know that running a road race is a potentially hazardous activity. I agree I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, but not limited to, falls, contact with other participants, the effects of the weather – including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated to me. Having read the waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, Inc., the Road Runners Club of America, Onondaga County Parks Department, Hess Express, and other sponsors, organizers or successors from all claims or liabilities of any kind arising out of my participation in this event.

Failure to date and sign release will invalidate your entry. Parent or Guardian's signature necessary if under 18 years of age.

Signature: _____ Date: _____

SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Application

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

Mailing Address – Street or P.O. Box			Telephone
_____	_____	_____	_____
City	State	Zip	E-mail Address
			I would like to receive Charger information by e-mail Yes___ No___

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

Bob Hiemenz

Mail this form and check to: ~~Bob Hiemenz~~ Membership Coordinator Register Online: RunSignUp.com
P.O. Box 2354, Liverpool, NY 13089-2354

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

Club T-shirts: Syracuse Chargers Track Club T-shirts are available for \$6 Sm___ Med___ Lg___ XLg___ Y Lg___

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

Enclosed is my tax deductible contribution: \$10 ___ \$20 ___ \$30 ___ \$40 ___ \$50 ___ \$100 ___ Other \$_____

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

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

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

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

Return Service Requested

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

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

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shorts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	Total			