



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

February 2016

Chargers Awards Banquet & Annual Meeting

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



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



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

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



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

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

Name(s): _____

Phone: _____ Email: _____

Check Total: _____

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



Syracuse Chargers Track Club, Inc.

Board of Directors

President

Mickey Piscitelli
638-9662
mpiscitelli2@verizon.net

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Available

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Available

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Available

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Merchandise

Available

Awards Banquet

Nancy Smith
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Volunteers

Available

Scholarship Award

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Jamesville, NY 13078

Sunday Walkers Program

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Summer Runs

Available

Oneida shores

Greg Broton
GBroton@nscsd.org

Onondaga Lake Park

Greg Tuttle 430-9409
tuttlegreg@hotmail.com

Indoor Meets/Practices

Mark Driscoll 449-9615

Webmaster

Chris Raulli
craulli88@gmail.com

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

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

The Syracuse Chargers Track Club Newsletter

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Chargers Membership Forms should be sent to:

Julie Hernandez, SCTC Membership Coordinator
P.O. Box 2354
Liverpool, NY 13089-2354

Changing your address? Let Julie know as soon as possible (339-8553) or julie.shafer.js@gmail.com.

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

It will **NOT** be forwarded.



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

number is "04-0092"

Send Merchandise orders to:

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

Club Web Site: www.syracusechargers.org

New Members:

Anahrie Anderson
Pam Kuehn
Eddie Mahana

Iliyana Funderburg
Sara Kuehn
Caylon Newby

Amani Herndon
Clarissa Lewis
Gisella Newby

Bob Kuehn
Alexia Lynch
Kaela Newby

Emily Kuehn
Heaven Lynch
Re'Mir Ratchford

Renewing Members:

Anthony Baker
Thomas Fagan
Robert Nicholson
Allen Stagl

Roger Dausman
Corrine Haynes
David Ortman
Wheeler Family

Davies Family
Horace Hudson
Billy Owens

Michael Dee
Kulick Family
Joe Peraino

Devine Family
Robert Micho
Mickey & Pat Piscitelli

Recent Charger Age Group Records

M 40-44 55HH Ray Panek, Jr. 8.6 12/12/2015

Ray Panek's record was set at a Felder Track indoor meet at OCC. It is hand timed, and betters Bob Doran's 8.7 from 1994, also apparently hand timed. (FAT times are reported to the hundredth of a second. For more on this, see below.)

Record Progressions: Lest We Forget...

"Records were made to be broken", as the saying goes, but where do records go when they are "broken", and does anybody still care about them?

On July 7, 1999, Hicham El Guerrouj ran a mile in 3:43.13, breaking the mile world record at the time of 3:44.39, held by Nourredine Morceli. Now, some 16 years later, there are few who even remember Morceli's record; yet, on July 6, 1999 his time represented the pinnacle of human achievement in the event. The fact that somebody eventually ran faster shouldn't diminish the quality of that 3:44.39 – it is still a magnificent achievement.

The tendency to focus only on extremes – *citius, altius, fortius* – is an unfortunate aspect of our culture, one that promotes the fallacy that the intrinsic worth of performances can only be judged in relation to the performances of others. The fact, for example, that thousands of relatively ordinary people have now managed to climb Mount Everest should in no way diminish the difficulty or significance of Hillary and Norgay's first ascent. Neither will the fact that hundreds of thousands of people have completed marathons make the next one you run any easier.

A step in the right direction is to maintain *record progressions*, not just lists of records. A record progression is a complete chronological list of all record performances in an event. Each new record takes its rightful place at the head of the list, but previous records are still there for all to see.

Interesting and informative as record progressions are, it is surprising that the major record sanctioning bodies (USATF and IAAF) and keepers of sports statistics (*Track and Field News*, for example,) do not seem to provide lists of record progressions in any easily accessible place on their web-sites. (At any rate, I couldn't find them.)



Trivia:

1. Who holds the Men's World Record for the Half-Marathon?
2. Who holds the Women's World Record for the Half-Marathon?
3. What type of Track Surface has been used in every Summer Olympic Games since 1976?
4. When and Where will the Chargers 2016 Awards Banquet and Annual Meeting be held?
5. Where is the 2016 Summer Olympics being held?



What they all do provide are lists of top performances in each event; for example, the top so many times ever run in the women's 5k, sorted from fastest to slowest.

Such performance lists might seem to be a good place to start compiling record progressions, but it is surprisingly tricky to pull a record progression out of a performance list. Consider, for example, that the very earliest records are likely to be too slow even to appear on a performance list unless it is very long. Since I like to give my readers little puzzles to think about from time to time, here is one that may appeal to those who work with spreadsheets. Imagine that you have a spreadsheet containing every performance in, say, the women's 5k, that has ever been recorded. (It is a big spreadsheet!) Various kinds of information may be provided about each listed performance, but assume there is one column that gives the date of the run, and another that gives the time recorded for the run. Any other columns are irrelevant to the question. Can the reader design a single additional computed column that could be added to the spreadsheet (assuming it is not already there) such that sorting on that column would produce a complete record progression in the initial rows of the spreadsheet?

If record progressions are a good thing, shouldn't we be maintaining them for Chargers records? Yes, I believe we should, but unfortunately the task of actually producing these lists is one that looks bigger the longer you look at it. If we had a complete electronic database of all record performances, then sorting by event, age/sex category, and date would instantly produce a complete set of record progressions. Electronic databases of records have been maintained since the 1980s (when personal computers first became widely available,) but Chargers records have been kept since the late 1960s. Worse, even well into the electronic era, our practice was to keep only the most recent records in the database. When storage space was expensive and limited this made sense: you had enough information to identify any new records; and old records were always available in old newsletters if you really needed them.

When I took over from Nick Wetter as keeper of Chargers records, he and I agreed that we would try to evolve our data storage method to one that would readily yield up record progressions. Going forward, we now keep old records in an electronic database with a special marker showing that they have been superceded. Nick agreed to begin the Herculean labor of sifting through old newsletters in order to recover the earliest records, at least in a few of the major events and age groups. I am happy to report that the first fruits of Nick's labors are now available (and others will be included in future reports.)

Chargers Women's 800M Open Record Progression

Chris Schilly	2:12.3	2/23/1975
Jennifer Patruno	2:12.43	7/1/2003
Amanda LoPiccolo	2:09.67	5/9/2009
Kim Standridge	2:07.80	4/6/2012
Kim Standridge	2:05.80	4/20/2012

Kim Standridge ran for Cornell. Her long and highly successful collegiate career included a 2nd place finish in the Ivy League Championship 800m in 2011. After graduation she continued for some time as an assistant coach at Cornell.

Chris Schilly is a member of the well known Schilly family that included sisters Katy and Janine Shilly, as well as brother Bobby Schilly. All were members of the Chargers during the earlier years of the club, and all three of the sisters hold Chargers records. Katy still holds Chargers open records for 1000 yards (2:36.4); 2 miles (10:19.0); and shares the 10km road record with Andrea Burke (34:44). Chris still holds Chargers open records for 60 yards (6.9); 220 yards (25.1); 440 yards (55.4); 600 yards (1:24.0); 880 yards (2:12.3); and the outdoor pentathlon (3132 points). Janine holds eleven records in the 25-29 and 30-34 age groups.

Amanda LoPiccolo holds a number of other Chargers records including some as Amanda Laytham. She married Brian LoPiccolo, who was a track coach at SUNY Oneonta, and more recently a track coach at Duke University. He is the son of long time Charger and throwing event specialist Barbara LoPiccolo.

As Jennifer Finnegan, Jennifer Patruno had a storied high school career running for Sidney High School, and later ran for Wake Forest. Her collegiate career included a 4th place finish in the NCAA outdoor 1500m championship. She married longtime Chargers competitive team coordinator David Patruno, and the couple continue to operate the popular *Aim High* running camp. (Jennifer's 2:12.43 is superior to Chris's 2:12.3 because the two decimal points indicate that it is an FAT, i.e. fully automatic time, whereas the 2:12.3 must have been hand timed – otherwise it would have been listed as 2:12.30. Hand times are converted to FAT by adding 0.24 seconds to account for the average reaction time of human timers. Thus, the 2:12.3 is considered equivalent to 2:12.54 FAT.)

(Thanks to Nick Wetter for providing much of the background information on athletes.)

Syracuse Chargers Records for Females 50-54 years

55m	Nadine Lowenstein	8.53	3/3/1996
55m	Nadine Lowenstein	8.4	2/16/1997
55m	Nadine Lowenstein	8.4	4/1/1997
60m	Kathy Cirina	9.0	3/14/1999
100m	Kathy Cirina	14.2	8/2/1997
200m	Nadine Lowenstein	30.13	6/25/1996
200m	Kathy Cirina	30.1	6/20/1998
300m	Kathleen Cirina	50.3	1/15/2000
400m	Nadine Lowenstein	67.73	7/14/1995
600m	Kathleen Collins	2:09.9	3/15/1998
800m	Coreen Steinbach	2:34.9	3/29/2003
1000m	Yvonne Rothenberg	3:51.6	7/27/1994
1500m	Coreen Steinbach	5:19.6	12/14/2004
1 mile	Coreen Steinbach	5:36.5	3/27/2004
3000m road	Joanne Singer	11:37	5/5/2013
3000m	Coreen Steinbach	11:24.7	2/22/2004
5km track	Kelly Dworvak	21:16.5	7/27/2012
5km road	Nancy Frisillo	19:05	10/4/1992
8km	Nancy Frisillo	32:08.0	5/23/1993
5 miles road	Coreen Steinbach	33:25.0	6/19/2004
10km road	Nancy Frisillo	40:09.0	4/4/1993
10km track	Coreen Steinbach	41:16.5	12/20/2003
15km track	Coreen Steinbach	67:19.5	2/26/2004
15km road	Nancy Frisillo	1:00:14.0	11/8/1992
10 miles	Nancy Frisillo	67:32.0	9/9/1995
20km	Nancy Frisillo	1:27:51	8/3/1996
half marathon	Nancy Frisillo	1:30:49	10/12/1996
25km road	Nancy Frisillo	1:54:12	7/31/1994
30km road	Jean O'Hara	2:53:33	3/24/1985
marathon	Lennie Tucker	3:40:20	5/6/1990
12 hour run road	Laurel Baum	33.334 mi.	5/15/2010
80m HH	Barbara Stewart	22.87	7/27/1996
high jump	Kathy Cirina	4-0 1/2	7/28/2000
pole vault	Barbara Stewart	6ft 6in	7/20/1996
triple jump	Kathy Cirina	28-1	8/2/1997
long jump	Kathy Cirina	13-8	8/2/1997
weight throw 20lb	Barbara LoPiccolo	35-6 1/2	3/22/2002
discus	Kathy Cirina	88-2	8/2/1997
hammer 4kg	Barbara LoPiccolo	97-9	6/6/2002
javelin	Kathy Cirina	92-3	8/2/1997
shot put 4kg	Kathy Cirina	34-1	8/2/1997

Syracuse Chargers Records for Males 50-54 years

50m	Earl Cline	6.5	2/9/1986
55m	Earl Cline	7.1	1/5/1986
60m	Bill Mathis	7.97	3/25/2000
100m	Earl Cline	12.17	5/4/1986
200m	Sam Hall	24.9	6/7/1997
300m	Tom Fondy	40.8	3/20/1988
400m	Paul Stelmaszyk	56.12	8/13/1994
440y	Tom Walnut	63.1	1977
500m	Fred Schlereth	1:16.5	3/15/1987
600y	Fred Schlereth	1:24.9	3/18/1984
600m	Fred Schlereth	1:37.8	3/17/1985
800m	John Allen	2:12.7	8/4/1990
880y	Tom Walnut	2:22.0	1977
1000y	Bob Brock	2:39.8	3/25/1984
1000m	Bob Milner	2:53.9	1/22/1989
1500m	Bob Milner	4:29.0	7/2/1986
1 mile	Bob Milner	4:51.0	1/17/1988
2000m	Bob Milner	6:29.8	1/19/1986
3000m road	Sam Graceffo	10:33	4/27/1991
3000m	Vince Colgan	9:28.6	3/9/1991
3000m steeple	Bob Milner	11:23.7	5/5/1989
2 miles	Bob Milner	10:21.5	2/28/1988
5km track	Ed Stabler	16:37.2	2/13/1983
5km road	Bob Milner	16:31	10/19/1986
8km track	Larry Abrahamson	33:41.8	2/24/1994
5 miles road	Ray Kneer	27:28.0	9/9/1995
10km road	Ed Stabler	33:46.0	6/23/1979
10km track	Ed Stabler	34:56.6	8/13/1982
15km track	Ed Stabler	53:53.8	3/1/1984
15km road	Ray Kneer	52:50.0	11/7/1993
10 miles road	Ray Kneer	56:28.0	9/19/1993
10 miles track	Tom Walnut	1:00:52	4/76
20km	Ray Kneer	1:11:52	8/7/1993
half marathon	Ray Kneer	1:15:50	6/27/1993
25km track	Bob Nugent	41:11.7	10/17/2010
25km road	Ray Kneer	1:32:45	7/31/1994
30km track	Bob Nugent	3:34.6	10/17/2010
30km road	Ed Stabler	1:51:50	3/21/1982
20 miles track	Bob Nugent	14:15.0	10/17/2010
marathon	Ed Stabler	2:33:08	4/20/1981
50km road	Sam Graceffo	3:52:50	6/26/1991
40 miles	Bill O'Brian	5:03:33	11/15/1981
50 miles road	Bill O'Brian	6:25:38	11/15/1981
50 miles track	Sam Graceffo	6:53:30	6/5/1988
100km track	Bill O'Brian	9:46:35	7/4/1982
100 miles track	Sam Graceffo	17:49:19	4/2/1988
2 hour run	Bob Nugent	18.1651 mi.	10/17/2010
24 hour run track	Bill O'Brian	114.32 mi.	7/4/1982
55m HH	Earl Cline	9.2	1/5/1986
55m HH	Robert Doran	9.2	3/14/2004
60m HH	Robert Doran	9.98	3/26/2004
100m HH	Paul Stelmaszyk	16.7	6/15/1994
110m HH	Earl Cline	18.4	7/17/1985
400m IH	Paul Stelmaszyk	70.1	8/2/1997
high jump	Robert Doran	5-4 1/4	3/26/2004
pole vault	Peter McGinnis	11-6 1/4	4/17/2009
triple jump	Earl Cline	36-1 1/2	7/19/1986
long jump	Earl Cline	19-7	7/19/1986
weight throw 300lb	Joe Benoit	2 9	8/14/2011
weight pentathlon	Duncan Payne	1735	7/8/2011

weight throw 200lb	Joe Benoit	5 11	8/14/2011
weight throw 25lb	Joe Benoit	60-11 3/4	7/31/2011
ultra pentathlon	Joe Benoit	3539*	8/14/2011
weight throw 35lb	Joe Benoit	46-9 3/4	10/6/2012
weight throw 56lb	Joe Benoit	32-9 3/4	10/6/2012
shot put 6kg	Jim Nichols	45-6 1/2	3/25/2000
shot put 16lb	Harry Schwarze	40-7	7/18/1990
weight throw 98lb	Joe Benoit	12 6	8/14/2011
discus 1.5kg	Joe Benoit	160-0	7/18/2010
discus 1.6kg	Joe Benoit	149-1 1/2	8/7/2010
discus 2kg	Joe Benoit	131-9	6/12/2010
hammer 6kg	Joe Benoit	156-3	7/29/2011
javelin	Tim Collins	126-4	7/25/1993
indoor pentathlon	Robert Doran	3281	3/26/2004
decathlon	Tim Collins	5314	7/27/1992
indoor heptathlon	Robert Doran	4209	3/7/2004
outdoor pentathlon	Tim Collins	2694	8/7/1993
1 hour walk	Dave Talcott	11,609m (7m 375yards)	3/29/2015
3000m walk	Julius Grossman	20:19.9	3/23/1988
5km walk road	Ron Reed	35:09.0	4/3/2004
20km walk road	Nelson Fisher	1:57:39	8/5/1993
50km walk	Nelson Fisher	5:35:24	8/7/1993

New Light On Age-Related Slow Downs

We all slow down with age. After 40, the decline is 10 to 20 percent per decade, hence the need for age groups. However, very little is known about the exact cause or causes for this diminution in speed.

A decline in aerobic capacity has traditionally been blamed. The heart and lungs don't deliver as much oxygen and the muscles don't use it as in younger days. All that is true, but it is only a part of the explanation. The drop in aerobic capacity (VO₂max) does not explain why maximum running speed, such as needed in a 100 meter race, drops dramatically after age 50.

To examine this, Dr Paul DeVita, a professor of kinesiology, studied walkers in 2000. He found that aging walkers took shorter steps and moved more slowly. No surprise there. But the big discovery was that they hardly used their ankles at all. The muscles around the ankle and calf were almost asleep. They compensated for this by using muscles around the hips.

Recently he repeated the study, this time with 110 experienced runners, and published the results in *Medicine & Science in Sports and Recreation*. The subjects were fitted with reflectors to capture how they moved, as they were video taped running at their normal training speed over a force plate.

The runners, ranging in age from 23 to 59, showed a striking difference in several areas with each passing decade. Preferred speed declined about 20% and stride length shortened. Again, no surprise. The significant finding was that, just like the aging walkers, there was very little activation of the ankle. That final push off that the trailing foot gives to lift and propel the body forward was missing. The older runners simply didn't rebound. The muscles around the ankle and calf area were dormant. Unlike the walkers, the runners did not compensate by using hip muscles. Instead, they just slowed down.

Dr. DeVita reports there is evidence that the muscles of the lower leg age more rapidly than the rest of the body. In addition, the nerve connections weaken and the repair of muscle tissue in that area slows.

We can't do anything about the decline in aerobic capacity since it occurs even if we exercise vigorously. We can, however, do something about the ankle problem: namely, strengthening exercises. Anything that forces activity of the ankle and calf would help. Some of the exercises I can think of include: walking on your toes; heel raises where one stands on a step with the back half of the foot hanging out over the step and raises on the toes; ankle extensions with an exercise band; walking on the treadmill at maximum elevation, and possibly best of all, short repeats on a super steep hill. There are probably other exercises, which would also fill the bill. Workouts on the elliptical, even at maximum elevation, keep the foot almost flat and thus are unlikely to help develop ankle strength.

THOMAS D. TWICHELL
JULY 8, 1930 - JANUARY 5, 2016

TOM WAS AN ORIGINAL MEMBER AND PAST PRESIDENT OF THE SYRACUSE TRACK CLUB. IN 1971, TOM STARTED RUNNING AND IT TURNED INTO A 40 YEAR PASSION. HE BECAME AN ACCOMPLISHED LONG DISTANCE RUNNER COMPLETING FIVE MARATHONS AND INNUMERABLE SHORTER RACES.

RUNNING WAS A SOCIAL EVENT FOR TOM AND HE WAS REWARDED WITH MANY LASTING FRIENDSHIPS AND SOME OF HIS HAPPIEST MEMORIES. IN HIS LATER YEARS, TOM BECAME A MASTERS SWIMMER, AND ENJOYED THE SENIOR ATHLETIC PROGRAMS AT THE FAYETTEVILLE YMCA WHERE HE WAS A LONG-TIME MEMBER.

TOM WILL BE REMEMBERED FOR HIS SMILE, HIS WARMTH, AND HIS LOVE OF LIFE. TOM WAS A LOYAL AND DEDICATED VOLUNTEER FOR OUR SYRACUSE CHARGERS SPECIAL OLYMPICS PROGRAM FOR MANY YEARS.

HIS SMILE AND ENERGY HELPED OUR SPECIAL GROUP ENJOY A WEEKLY HOUR OF EXERCISE, SOCIAL INTERACTION AND FUN. TOM AND HIS WIFE KAREN, WITH WHOM HE ENJOYED 61 YEARS OF MARRIAGE BEFORE HER DEATH IN 2014, NOT ONLY VOLUNTEERED FOR THESE EXERCISE SESSIONS, BUT ALSO TRANSPORTED FOLKS TO AND FROM THE OUTINGS. PETER RHODES AND SEYMOUR RIBYAT, DIRECTORS OF OUR CHARGER SPECIAL OLYMPICS PROGRAM, FONDLY REMEMBER THAT TOM WOULD NOT LEAVE UNTIL ALL WERE ACCOUNTED FOR. TOM, IN 2015, WAS HONORED AS OUR SYRACUSE CHARGER GOOD GUY AWARDEE.

WE WILL MISS HIM BUT KNOW THAT HE AND KAREN ARE IN A SPECIAL PLACE.

In Memory of Tom

Mickey...Tom Twichell passed away in early January...Tom was a loyal and dedicated volunteer for our Special Olympic program, for many years his smile and energy helped our Special group enjoy a weekly hour of exercise, social interaction and fun. Tom and his wife Karen not only volunteered but also transported folks to and from the outings, he would not leave until all were accounted for. We will miss him but know that he and Karen are in a Special place, thank you for your service.—Peter Rhodes

2015 Upstate Holiday Classic Results:

Twins Nicholas and Josh Guarino (26) ran long and short at the Upstate Holiday Classic Track meet at Rochester Institute of Technology on December 27th. The meet also doubled as the USATF Niagara Indoor Championships. The brothers would exchange places as they ran the 5,000 meter and 400 meter events. In the first running event of the day the pair ran very consistently finishing in 15:35.09 and 16:10.71. Who was first—in this race it was Nicholas in 2nd edging Josh in 5th. Over 400 meters the order was reversed with Josh running 50.34 and Nicholas 50.42. They finished first and second in the event.

Other Chargers - John McEachen ran 8.25 in the 60 meter dash placing 20th overall, first master at 45 years of age. John finished 13th in the 200m running 26.88. He was the first master (35 and above) in that race as well. Phillip Panebianco (31) blazed to a 2:02.41 in the 800 meter race taking 2nd place overall. and then he won the 'Masters' Mile in 4:53.80 besting Owego Graduate Mike Nier in second. In the 5,000m race walk, Dave Talcott (55) was fifth overall in 25:05.19.

For the women Charger Erin Taylor-Talcott (37) placed 2nd in the 5,000m race walk. This race also doubled as the USA Indoor Championships at 5,000 meters. Erin's time of 24:32.84 was an American 35-39 record. Erin continued to 10,000 meters finishing in 50:14.35 setting two more records—one for the 35-39 age group, the other was a US Open Record. The distance is not widely contested. Abbey Yatsko (17) cleaned up on the 400 meters winning in an impressive 59.89.

Chargers Anthony Baker, Samuel Gray, and Horace Hudson were on the entrants list but no results were found for them. If you competed in the meet and were missed, please send Dave Talcott an e-mail and let him know—dwtaalcott@juno.com.



Anticipated Membership Coordinator Vacancy

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

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

Here is a list of what the position entails:

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

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

Sending out t-shirt orders that come in

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

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

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

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

Sending membership renewal reminder postcards to members around time of renewal

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

Sending out Chargers e-mail blasts as needed

Verifying Chargers membership when needed for club records

Compiling RRCA member list once a year

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

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

She can be reached at mpiscitelli2@verizon.net.



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 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 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 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).

Parents' or Guardian's Signature if under 18 years Date: _____

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

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

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



This month a handful of chargers competed in the Finger Lakes Runners Club Indoor meet on January 10th at Barton Hall on the Cornell University campus. John McEachen continues his success running 4th in the 60 meter dash in 7.88 seconds and then running 58.9 seconds to place 4th in the 400 meter dash. On the distance side Alexander Looi was 4th in the 5,000 meter run in 16:45. In a different heat was Race Walker Dave Talcott who walked 26:01. He would go outdoors an hour later and walk 25:44 on the Cayuga Waterfront Trail around Cass Park in the first of the Winter Chill 5k series.

EVERY ONE CAN RUN BEGINNERS PROGRAM

PARTICIPANTS: Terri Clark, Anne Corbett, Jim Corbett, Don Cronin, Loren Cunningham, Stephen Guthmann, George Kulick, Cristina Pezzulo, and Helene Wallace.

CHARGERS STAFF: Greg Tuttle and Terri Clark

JCC STAFF: Nic Finlayson, Joe Yager, Will Wallack, Seth Dollar and David Benaroch.

PROGRAM PRESENTERS:



Gabe Yankowitz, Mark Driscoll and Pat Leone.

This was the 2nd. year of the program. Look for the program again in the Fall of 2016!!

A Big Thank You to all the Participants, the Chargers and JCC staff and the Program Presenters!!

Delivery of monthly Chargers newsletter

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

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

If you would like to begin to receive the newsletter via email, please send an email to Julie Hernandez at julie.shafer.js@gmail.com



A Shoe Who Knew or Let's Get To the Sole of the Matter

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 definite conclusion I needed to have all season physical maintenance of the body. It was fall season and I enjoyed the outdoors, bicycling would be perfect and 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!! This attempt went off and on for days, disappointing and depressing!! Finally one day made it and started down the slope onto the dam, but within a few yards 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 headache 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, 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 "light bulb" came on. Maybe I needed to investigate if there were special shoes for running. Sneakers may not be the answer. So off I went to Nordic Sports in Cortland and bought a pair of Adidas running shoes. The next morning, Aug. 8, (I remember this date because it was my oldest 18th B-day) I started out, made it to the point 9 intersection, no headache, and 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 of about 5 miles. About 25 participated. Yours truly finished last with no one 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 process. As I approached the right fielder he was catching a batted ball. I detoured. There must be a better way to finish. That's when the Tromptown run began to germinate.

After that eventful eight days of running the 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 mile 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 on hand 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, marathons completed, and lots of running in Highland Forest. I enjoyed running the straight gradual sloping downhill trail in the scout/cabin section competing parallel to the deer in the woods. My home shared a back yard border with Highland Forest. But most of time I parked at Gooseville Corners and ran up the road into Highland. Even in winter I ran in the hills around DeRuyter on top of snowmobile trails. In Highland forest it was on top on 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 in gold. My zest for life and confidence blossomed as well as dramatic changes unfolded in my life after that first clockwise run around DeRuyter Lake with those brand new, not broken-in yet, Adidas shoes. — Win Skeele

Race Walk Corner:

The USA Indoor 5,000m Open, Juniors, and Masters Championships were held at RIT during the Upstate Holiday Classic on December 27th. The race also served as the Niagara Association indoor championships. Charger Erin Taylor-Talcott won the master's title with a 24:32.85 which also bettered the American Record in the 35-39 age group. She went on to 10,000 meters where she broke her American indoor 10,000 record in 50:14.84. In the process she qualified to compete in the USA Indoor T&F Championships to be held on March 11-12 in Portland, Oregon. Husband Dave won the men's title with a 25:05.19 clocking.

INCLUDE: PENTATHLON INVITE, 02-06 (D-Meet). M and YM, only. Age11,12, 55m/33hh, 9lb.sp. 1lh,800m. YM, age13thru18,(HS) 55m/39hh,12 lb.sp,h,l,1000. Open, to age 39. Masters. Veterans. 55m hurdles. Know hurdle height, shot weight. Thanks. 491-8328 or 491-4866 (F and YM,

J. and J. Goulet
Yvonne Tasker-Rothenberg runningart.com



USATF #0035

FELDER

ALL-COMERS Track Meets

FREE

USATF Sanction # 15-04-680
Onondaga Community College
SRC/ Arena



ALPIA
Wellness
Cortland, NY
807-280-8124



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

FASTSIGNS
More than fast. More than signs.
315-473-0444

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

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

Entry fee, None. Participation ribbons.

Age Groups (AGE RECORDS, one-year increments through 7th birthday) **USATF Age Groups**, 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-20 Open, 30-34 sub-Master, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-PLUS (AGE RECORDS, one-year increments following 100th birthday)

** POLE VAULT, limit 15. MUST reserve spot, first come, first serve. e-mail, jennieruns@aol.com islaven16@gmail.com week of meet

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

--Please bring your own implements/throws. Four attempts, jumps, throws: TRIPLE JUMP and POLE VAULT, must be 134. QUESTIONS 315-491-8328
jennieruns@aol.com

WAIVER--participants

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

Address _____

telephone _____

Please print name here _____

e-mail _____

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

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

Signature _____
(participant)

Date _____

Signature of Parent or Participant _____

Date _____

(Please circle date, thank you.)

Dec. 12

CANCEL

Jan. 3

Feb. 6

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

We sincerely thank you.

The Felder Board

www.felderstadium.org facebook.com/felderstadium jennieruns@aol.com
2015-2016

Past Issues of the *Chargers Newsletter* are available electronically

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

Charger Special Olympic Program

2015 was a good year for the program. We have the good fortune of reserving one hour sessions at the SRC arena at OCC for 4 and 5 week periods in April-May, September-October and November-December. Packed into the one hour sessions are skills challenges in softball tossing, soccer ball striking, basketball shooting, football throwing, calisthenics , short and long runs and the hokey-pokey. The always popular picnic is held in June, last year it was held at Ryder Park where 130 hot dogs and sausages were devoured. The program has been going on since 1979 with stops at Fowler High School, Nottingham High School, Manley Field House, and Cedar Bay Park . The Program only survives due to our hard core volunteers , it takes Special people to bond with Special people...however why not see if you can measure up, we would love to have you join us.

Peter Rhodes...Director Charger Special Olympic Program

Calendar of Events

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

February 2016

6	Sun	Felder Track & Field Club Meet, Onondaga Community College, 2:50pm. Contact Lennie at 315-491-8328.
14	Sun	Charger indoor practice, Manley Field House 5:00-7:00pm
20	Sat	USA 1 Mile Race Walk Championships, Millrose Games, 168th Street Armory, NYC
21	Sun	USA 50km Race Walk Olympic Trials, Santee, CA
21	Sun	Charger indoor practice, Manley Field House 5:00-7:00pm
28	Sun	Charger indoor practice, Manley Field House 5:00-7:00pm

March 2016

6	Sun	Charger indoor practice, Manley Field House 5:00-7:00pm
13	Sun	Charger indoor practice, Manley Field House 5:00-7:00pm
20	Sun	Charger indoor practice, Manley Field House 5:00-7:00pm
27	Sun	Charger indoor practice, Manley Field House 5:00-7:00pm

April 2016

3	Sun	World Race Walking Team Trials Junior 10k, Senior 20k, Earth City, MO
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Bold Print—SCTC Event

The Syracuse Chargers' Newsletter calendar will include:

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



Trivia Answers:

1. Zersenay Tadesse of Eritrea, who ran 58:23 at the Lisbon Half Marathon in 2010?
2. Florence Kiplagat of Kenya, who ran 1:05:09 in Barcelona, Spain in 2015.
3. A "Mondo" Track Surface.
4. On Sunday March 20, 3 to 6 pm. at Drumlins.
5. In Rio de Janeiro, Brazil.



SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Application

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

Method of Receiving the Monthly Newsletter:

printed and to arrive via US Mail
 sent to my e-mail inbox

Membership Status:

New
 Renewal

Primary Fields of Interest:

Road Running Track Running
 Race Walking Field Events
 Physical Fitness Youth Development

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

Register Online: RunSignUp.com

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

Club T-shirts: Syracuse Chargers Track Club T-shirts are available for \$6 Sm Med Lg XLg Y Lg

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

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

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

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

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

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