



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

Volume XLXXXVIII

Syracuse Chargers Track Club

July 2019

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Please find the latest Chargers Newsletter at this link:

<http://syracusechargers.org/latest-newsletter/>

The link to the Chargers website is here:

<http://syracusechargers.org/>

Syracuse Chargers Track Club

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Nancy Smith

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Kurt Stanton

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Membership Coordinator:

Bob Hiemenz

The Charger Challenge:

Ed Polly

Chargers Records:

Terry McConnell

Youth Program:

Mark Driscoll

Jasper Royal

Scholastic Coach:

Norm Deep

Volunteers:

Kurt Stanton

Scholarships:

John View

Special Friends Athletics Program:

Peter Rhodes

Every One Can Run**Program:**

Greg Tuttle

Masters (Men):

Greg Tuttle

Indoor Meets/Practices:

Mark Driscoll

Masters (Women):

Mickey Piscitelli

Summer Runs: OPEN**Open Coordinator**

(Women): OPEN

Open Coordinator (Men):

OPEN

Awards Dinner:

Nancy Smith

Marie Christopher

The Syracuse Chargers Track Club (SCTC) is dedicated to the development of all aspects of athletics in Central New York. This includes support for youth development programs and the encouragement of individuals of all ages and abilities to participate in local, regional, national and international track & field, long distance running and walking events. The club is a non-profit, tax-exempt 501(c)(3) organization; a member of **USA Track & Field**



and the **Road Runners Club of America**. Membership in



the SCTC is open to all who share the goals of the organization. To become an individual member and Charger representative of USATF, go to www.USATF.org. **The Charger Club member # is 04-0092.**

Newsletter Staff & Contributing Writers

Compiler - Marla Jabbour, PhD

Subscriptions - Bob Hiemenz

Results & Records -- Terry McConnell, PhD

Physical Therapy -- Gabe Yankowitz, PT, DPT, OCS

Medicine & Health – Sam Graceffo, MD

Trivia – Greg Tuttle, USATF Level 1 Certified Coach

Dr J on Running – Kamal Jabbour, PhD

Nutrition -- Jenny Ives MS, RD, CDN, CD

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

The Syracuse Chargers Track Club has a volunteer opening on its newsletter staff. . The Club is in need of a volunteer who would be interested in assuming the newsletter responsibilities for a monthly publication that is delivered via email. Please contact Nancy Smith at nsmith123@twcny.rr.com if you are interested in this volunteer opportunity or if you have any questions about it.

2019 Events Calendar

July 2019		
2	Tues.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
4	Thurs.	47th Annual Cazenovia July 4th Foot Races; 5k, 1mile fun run, 10 miles. PARKING IS LIMITED http://www.caz4thrun.org/ See the entry form in this newsletter.
9	Tues.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
11	Thurs.	Onondaga Lake Park Fun Runs; Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm]
11	Thurs.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
14	Sun.	<i>The Color Run – Binghamton.</i> Seasoned runners and first-timers alike will enjoy this family-friendly 5K that's been dubbed The Happiest 5K on the Planet! Tickets go on sale on 4/30 at https://thecolorrun.com/locations/inghamton/ Volunteer opportunities and sponsorships available by contacting Joanne Weir at the Mental Health Association of the Southern Tier (event charity partner) at 607-771-8888 x336 or joanne.weir@mhast.org .
14	Sun.	<i>Dash to the Splash 5K, A Run Through Camillus Park and Orchard Village, 9am</i> https://www.camilludashtotheshplash.com/
16	Tues.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
18	Thurs.	Onondaga Lake Park Fun Runs; Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm]
20	Sat.	<i>10th Annual Otisco Lake Watershed Shuffle, 5K Run and 2 Mile Walk, @ Otisco Lake Park, 2525 Otisco Valley Rd, Marietta, NY</i> https://runsignup.com/Race/NY/Marietta/OtiscoLakeWatershedShuffle https://www.otiscolakepreservation.org/watershedshuffle
21	Sun.	<i>The 8th Annual Fay-Man Day of Races; Jerry Bisson Memorial 5k or the One Mile Family Fun Run. @ Fayetteville-Manlius High School, Rt 173, Manlius, NY. Nike Free Raffles, food and a great race to raise money for the FM All Sports Booster Club and Golisano Children's Hospital.</i> https://runsignup.com/Race/NY/Manlius/FayManDayofRaces
23	Tues.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
25	Thurs.	Onondaga Lake Park Fun Runs; Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm]
27	Sat.	<i>WG Wrestling 50/50 5K, Gillie Lake, Camillus, NY. 50% of proceeds will benefit the WG wrestling program and 50% will go to the Carol M. Baldwin Foundation.</i> https://runsignup.com/Race/NY/Camillus/WGWrestling50505K
30	Tues.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]

August 2019		
1	Thurs.	All Comers Summer Track & Field Meet #1, @ Syracuse University (Skytop Road facility) [Registration 5:20-5:50pm with first events @ 6pm] 5-8pm See the entry form in this newsletter.
1	Thurs.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
1	Thurs.	Onondaga Lake Park Fun Runs; Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm]
6	Tues.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
7	Wed.	All Comers Summer Track & Field Meet #2, @ Syracuse University (Skytop Road facility) [Registration 5:20-5:50pm with first events @ 6pm] 5-8pm See the entry form in this newsletter.
8	Thurs.	Onondaga Lake Park Fun Runs; Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm]
8	Thurs.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
8	Thurs.	42 nd Annual Tromptown Runs, Fun Run [5:15pm start], Half marathon [5:45pm start] & 5K [6pm start]. DeRuyter Fireman's Fairgrounds, DeRuyter, NY www.TromptownRun.com See the entry form in this newsletter.
13	Tues.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
14	Wed.	All Comers Summer Track & Field Meet #3, @ Syracuse University (Skytop Road facility) [Registration 5:20-5:50pm with first events @ 6pm] 5-8pm See the entry form in this newsletter.
15	Thurs.	Syracuse Chargers Youth Track Practice @ Nottingham High School Track, Syracuse. 5:30-7:30PM. Contact: Jasper Royal [315-416-3811]
15	Thurs.	Onondaga Lake Park Fun Runs; Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm]
17	Sat.	Willow Bay 5K Run & Fitness Walk for Women, Willow Bay in Onondaga Lake Park, Liverpool, NY, 9am start. http://syracusechargers.org/events/willow-bay See the entry form in this newsletter.
22	Thurs.	Onondaga Lake Park Fun Runs; Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm]
29	Thurs.	Onondaga Lake Park Fun Runs; Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm]
September 2019		
2	Mon.	22nd Annual Groton Labor Day 5K & 1 Mile Fun Run, @ Groton Central School, 400 Peru Rd., Groton, NY 7:30-8:45am Race Day Registration; 9:00am 1 Mile Fun Run; 9:30am 5K Race. See the entry form in this newsletter.
29	Sun.	Brown Bear Invitational, Women's 6K [12pm start] and Men's 8K [1pm start]. Stanley Park in Westfield, Massachusetts. Sanctioned by USATF-New England as part of their cross country Grand Prix. https://brownrunningclub.com/brown-bear-invitational/

*****The newsletter deadline is the 20th of every month.

Syracuse Chargers 2019 Scholarship Awardees

The Syracuse Chargers Track Club is pleased to announce the recipients of the 2019 scholarship college awards. As previously communicated, the Chargers will award as many as three \$1000 scholarship grants to SCTC senior high school members who have distinguished themselves through their volunteer activities within our community, academic achievement,, and commitment to personal fitness.

The recipients are as follows:

*Ersilio Cerminaro III

Chittenango High School, Chittenango, NY

*Ryan Micho

Baker High School, Baldwinsville, NY

*Simon Seidl

Camden High School, Cleveland, NY

Congratulations to these seniors! They are wished continued success in the years to follow!!

NEW CHARGER MEMBERS:		CHARGER MEMBER RENEWALS:	
Kyzaiah Benton		Edward Cox	
Maleah Bivens		Suzanne Leone	
William Bivens		Hannon M Shutts	
Robert James Jones			
Sue Little			
Alyomar Mendez			
Aisla Morales			
Erica Morales			
TyLynn Morales			
Cara Thompson			

July Trivia

1. Who set the Masters 8K National record for age 79, in 1985?
2. Where was the Annual End Run 5K held?
3. Where were the 1996 NYS Senior Games 5K held?
4. Who qualified for the 1996 Olympic Trials for the 5k and 10k distances?
5. In the Chargers October 1996 newsletter, how many new Chargers members were listed?

[July trivia answers on page 8]

The Summer Charger Challenge

The Charger Challenge and the Fun Runs are open to both runners and walkers, and the Fun Runs are a great way to get in some walking or running miles as part of the Challenge! You can walk or run a mile and longer with a buddy or family members and work towards a variety of award levels- especially the t-shirts! Family members can combine mileage towards a family goal. Mileage can be recorded on a Fitbit or other device and transferred to a log. The Challenge provides incentives through awards and recognition, and the Fun Runs provide comradery and a beautiful walking and running environment. If you have any questions about the Challenge please contact Ed Polly at golfnrun@pollywood.org

2019 USATF Niagara Club Grand Prix Schedule

Date	Event	Location
Jul 27	USATF Niagara Mountain Running Championships part of the Battle at Bristol Mountain 10 km	Naples
Aug 30	USATF Niagara 5 km Championships WNY Running Hall of Fame 5 km	Buffalo
Oct 20	USATF Niagara Open & Masters Trail Championships Ridge Walk & Run 25 km	Wellsville
Nov 3	USATF Niagara Cross Country Championships part of the Pete Glavin XC Series	Canandaigua
Nov 10	USATF Niagara Half Marathon Championships part of the Syracuse Half Marathon	Syracuse
Dec TBA	USATF Niagara Indoor T&F Championships 5000m (Open)	Henrietta

Back-Space

Sam Graceffo, MD

As someone who has been dealing with back problems for some time, I became interested in studying the recent research on spine problems and how they relate to exercise. I ran across an article with the surprising title “Running Exercise Strengthens the Intervertebral Disc” in *Scientific Reports*. Like most people, I assumed running was tough on the spine, especially the discs which get pounded with each landing. Now it looks like conventional wisdom was wrong.

The basic notion is that most body tissues respond to workloads by getting stronger and healthier. If we exercise a muscle, it gets stronger. If we place loads on bones, they, too, get stronger. Of course, it has to be the right kind and amount of load. Overload a muscle, and it will tear. Overload a bone, and it will fracture. Can the same be true for the discs in our back?

Animal studies have shown that exercise can indeed strengthen the intervertebral discs (IVD). No study has confirmed this in humans until recently. This study included both men and women between 25 and 35 years of age. Individuals had to be exercising at least five years. Detailed MRIs were used to study the discs of fast walkers and slow runners and compare them to individuals with healthy spines who did not exercise.

It was determined that fast walking and slow running were beneficial to IVD. The study defined slow running as just 2 meters per second (about a 13-minute mile). Both types of exercise improved thickness, hydration and proteoglycan content (a protein present in connective tissue). Not beneficial was prolonged standing, slow walking, heavy lifting, and high impact events, such as very fast running or jumping.

We sometimes think of these discs as fragile structures, almost like a balloon filled with fluid, which can pop at any moment if squeezed too hard. In fact, when healthy, they are surprisingly strong and resilient. This study shows once again, that our amazing bodies can adjust and adapt to almost any situation if given the appropriate conditions and time. The proper anabolic window for disc improvement is the load placed on it with fast walking and slow running. A lighter load is ineffective, and a heavier load may be damaging. It seems nature has designed us for this type of locomotion.

It is important to point out that there are numerous problems that can occur in the spine. Disc problems are only one of many that may cause back pain or disability. But it is heartening to know that those hardy discs are capable of self-improvement and growth.

The Therapy Corner: *A Sure Thing*

Gabe Yankowitz, PT, DPT, OCS

Benjamin Franklin is usually credited with one of history's most famous quotes: "...in this world nothing can be said to be certain, except death and taxes."

I would venture – and I believe any runner north of 50 years old would agree – that there is a third sure thing: there is no avoiding the inevitable slowing down that accompanies aging.

It is difficult at times to not be alternately frustrated, saddened, or disappointed that this is so. Who wouldn't want to be able to forever maintain the level of performance, the feeling of easy fluidity, and the relatively rapid recovery after a hard workout or race one experienced during the "prime" running years? It is sometimes hard to avoid whining about this, even when one realizes this eventually affects everyone. The fact is, we all succumb.

There are, of course, many people who face far greater challenges and problems than what we *chronologically-maturing* runners experience. One group that falls into that category includes those who have been diagnosed with Parkinson's Disease (PD).

Parkinson's is a progressive degenerative neurological disease that affects more than 6 million people globally, 1 million in the US alone, with 60,000 people diagnosed yearly. It affects people mostly over age 60, but there are many affected even earlier than 50 (called Early-Onset PD), actor Michael J. Fox being among the most well-known. The most common symptom in the public's awareness is hand/finger tremors/shaking, but it is problems with walking, slowness of movements generally, and frequent falls that are most functionally consequential.

There have been wonderful advances made over the past few decades in medical interventions, but still no cure or preventive treatments. As noted, it is a progressive disease, and the level of degeneration, with its functional effects, can vary greatly from person to person. But regardless of any one individual's condition, there is consensus that various exercise programs can effectively improve patient function initially, and then slow the rate of decline.

Although PD may not directly affect most runners, I believe it is quite likely that many of you reading this know someone affected by this terrible condition and I would like to take advantage of the space the Chargers have given me to plug one such program in the Syracuse-area so that you may bring awareness of its benefits to anyone you know who is struggling with the effects of PD.

Rock Steady Boxing™ Syracuse is an affiliate of a national program headquartered in Indianapolis, IN. A Not-For-Profit entity brought to Central New York in 2017 by my practice partner and colleague of more than 35 years, Patrick Van Beveren, the program is now located at the Pacific Health Club in Liverpool and currently has more than 45 participants.

The program incorporates a variety of strengthening, conditioning, balance, and coordination exercises, utilizing movements and training techniques associated with the sport of boxing, though of course there is no actual head or body contact in any of these workouts. Classes, conducted by “coaches” trained through the national program, are 60-90 minutes long. By all measures, these sessions can only be described by participants and observers alike as *intense*.

But this is exactly the point. Numerous studies have confirmed that it is this intensity, as well as the specificity of these exercises, that delivers the benefits realized by participants. The boxing routines in particular help improve hand/eye coordination, footwork, agility, and endurance.

But never mind the studies – one has to work with these determined folks for just a few weeks to see the obvious gains in strength, balance, and function. If you speak with them, or their families and friends, they will state in no uncertain terms that this program has made a significant difference in their everyday lives.

The program has expanded recently to include classes in Tai Chi (effective in improving balance and timing), nutrition counseling, yoga, dance classes, choral lessons, and support groups. All are optional and there are numerous days and times offered to make it as accessible as possible.

If you would like more information on this exceptional program, you can go to the RSB Syracuse website [[RSB Syracuse](#)], their Facebook page [[RSB-FB](#)], or call Pat Van Beveren [315-729-7178] directly. He will be more than happy to answer any questions and invite you or any prospective boxers to observe a class.

Watching and listening to these boxers is truly an inspirational experience. They, like all of us, are doing everything they can to stay as fit and healthy as possible. Fortunately, there are programs like Rock Steady Boxing to help them in this endeavor, just as there are organizations like the Chargers to help us stay focused on our goals.

The mantra of one of the boxers sums up their attitude perfectly: PD is a speed bump, not a roadblock. They will never give up or ever give in to the hand they’ve been dealt.

And that, I would say, is a sure thing.

Gabe is a long-time runner and physical therapist for 35 years in the Syracuse area. He is now in private practice in Manlius. Visit his website at www.gaberun.com for more information.

July Trivia Answers

1. Charlie Hackenheimer at the National Masters Championships, held at Onondaga Lake Park on 9/29/1985.
2. At SUNY Oswego
3. At the New York State Fairgrounds on 6/6/96
4. Jen Rhines
5. 52 New Chargers members were listed as joining.

Highland Forest 1.2.3 Results

18TH HIGHLAND FOREST 1-2-3 TRAIL RUN

June 1, 2019 Highland Forest, Fabius, NY
1 LOOP - 10 MILES

Place	Name	Sex	Age	City	St	Time
=====	=====	===	===	=====	==	=====
1	Daniel Zuirzdin	M	34	Brainard	NY	1:25:15
2	Ryan Homeyer	M	24	Camillus	NY	1:25:59
3	Patrick Dermody	M	26	Erieville	NY	1:29:10
4	Ryan Pratt	M	40	Pulaski	NY	1:30:00
5	Sean Severance	M	52	Liverpool	NY	1:33:06
6	Daniel Werner	M	35	Jamesville	NY	1:40:07
7	Loren Davies	M	51	Liverpool	NY	1:42:53
8	Eika Zazzara	F	40	Manlius	NY	1:44:28
9	Fred Miller	M	68	Liverpool	NY	1:47:01
10	Patrick Martin	M	34	Liverpool	NY	1:51:42
11	Mark Condolora	M	60	Baldwinsville	NY	1:53:53
12	Jim Vandish	M	48	Oswego	NY	1:58:06
13	Rick Mazzeo	M	66	Skaneateles	NY	1:58:18
14	Jason Fingerman	M	46	Liverpool	NY	2:00:57
15	Jeff McIntyre	M	60	Syracuse	NY	2:01:31
16	Scott Landes	M	49	Syracuse	NY	2:03:26
17	Ann Landes	F	51	Syracuse	NY	2:03:29
18	Michael Jones	M	33	Liverpool	NY	2:05:29
19	Michael Dziok	M	43	Tully	NY	2:10:13
20	Janet Loch	F	54	Syracuse	NY	2:10:51
21	Zach Derranbacher	M	34	Clay	NY	2:15:24
22	Willson Cumber	M	51	Fayetteville	NY	2:16:11
23	Kevin Tripp	M	48	Masonville	NY	2:18:29
24	David Inglis	M	44	Manlius	NY	2:19:10
25	Michelle Baker	F	38	Jamesville	NY	2:21:47
26	Iain Nelson	M	40	Jamesville	NY	2:26:22
27	Amber Inglis	F	42	Manlius	NY	2:27:59
28	Evan Kurtz	M	63	Dryden	NY	2:36:07
29	Ed Desantis	M	54	Binghamton	NY	2:40:23
30	Peter McClure	M	69	Preble	NY	2:41:14
31	Linda Glowacki	F	60	Liverpool	NY	2:46:55
32	Sue Little	F	51	Liverpool	NY	2:53:43
33	Caitlin Demm	F	36	Oswego	NY	2:53:43
34	Sally Riggall	F	33	Syracuse	NY	2:55:41
35	Jodi Ciarpelli	F	44	Baldwinsville	NY	3:04:54
36	Mary Dasilva	F	72	Brewerton	NY	3:04:57
37	Matthew Teixeira	M	51	Liverpool	NY	3:07:20
38	George Gates	M	49	Brewerton	NY	3:07:21
39	Terrilynne Speight	F	50	Baldwinsville	NY	3:07:22
40	Karen Perry	F	40	Brewerton	NY	3:07:22
41	Ewen Love	M	65	Jamesville	NY	3:47:34

2 LOOPS - 20 MILES

Place	Name	Sex	Age	City	St	Time
=====	=====	===	===	=====	==	=====
1	Joseph Dodd	M	35	Chittenango	NY	3:55:51
						1: 1:45:55 1:45:55 2: 2:09:56 3:55:51
2	Joe Litera	M	44	Canastota	NY	4:29:23
						1: 2:07:39 2:07:39 2: 2:21:44 4:29:23
3	Kimberlee Avery	F	44	Phoenix	NY	4:32:28
						1: 2:09:33 2:09:33

						2: 2:22:56 4:32:28
4	David Losee	M	48	Denver	NY 4:33:07	1: 2:07:32 2:07:32 2: 2:25:35 4:33:07
5	Brian Russell	M	32	Camillus	NY 4:33:13	1: 1:54:56 1:54:56 2: 2:38:17 4:33:13
6	Ashley Vanbrocklin	F	36	Pulaski	NY 4:33:22	1: 2:12:01 2:12:01 2: 2:21:22 4:33:22
7	Patrick McCoy	M	41	Syracuse	NY 4:33:33	1: 1:54:59 1:54:59 2: 2:38:35 4:33:33
8	Merrilee Gorton	F	56	Mexico	NY 4:54:36	1: 2:19:44 2:19:44 2: 2:34:52 4:54:36
3 LOOPS - 30 MILES						
Place	Name	Sex	Age	City	St	Time
=====	=====	===	===	=====	==	=====
1	Shaun Griffith	M	39	Pulaski	NY 5:37:02	1: 1:42:51 1:42:51 2: 1:55:44 3:38:35 3: 1:58:28 5:37:02
2	Steven Young	M	24	Fabius	NY 5:41:30	1: 1:27:09 1:27:09 2: 1:46:05 3:13:14 3: 2:28:17 5:41:30
3	Michael Jordan	M	44	Dewitt	NY 6:13:58	1: 1:47:23 1:47:23 2: 2:03:33 3:50:56 3: 2:23:02 6:13:58

2019 Spera's Swamp Rat Results

THE 40th ANNUAL SPERA'S SWAMP RAT RUNS (MOSTLY) GIRLS ONE MILE FUN RUN					
	Name	age	sex	time	residence
1	Linsey Dietter	11	F	7:31	Cicero
2	Allison Navarra	11	F	7:35	North Syracuse
3	Meghan Cumber	11	F	7:40	Cicero
4	Nicole Conklin	11	F	7:42	Cicero
5	Katelyn Stewart	11	F	7:59	Clay
6	Riley Abernethy	10	F	8:00	Cicero
7	Anna Eells	10	F	8:00	Clay
8	Gabriella Cosentino	9	F	8:16	North Syracuse
9	Giada Marzullo	7	F	8:17	Cicero
10	Molly Abernethy	10	F	8:31	Cicero
11	Elliana Ballagh	11	F	8:36	Central Square
12	Hannah Waldron	10	F	8:37	Constantia
13	Leah Walker	9	F	8:42	Clay
14	Meghan Spink	10	F	8:49	Clay
15	Jessica Barnes	8	F	8:53	Clay
16	Amina Abourouaine	10	F	8:56	Cicero
17	Gabrielle Brown	11	F	8:57	Cicero
18	Leah Benedict	10	F	8:57	Cicero

19	Regan McKinstry	7 F	9:02	Clay
20	Erin Abernethy	10 F	9:06	Cicero
21	Laura Brown	33 F	9:09	Cicero
22	Sarah Mathews	10 F	9:13	Cicero
23	Juliana Manfredi	10 F	9:15	Cicero
24	Sophie Robles	9 F	9:15	Cicero
25	Dani Duke	9 F	9:16	Cicero
26	Samantha Spagnola	7 F	9:18	Liverpool
27	Danielle Yerkey	45 F	9:20	North Syracuse
28	Siri Mulukuri	8 F	9:25	Clay
29	Madelyn Schwerdt	8 F	9:28	Syracuse
30	Lily Skiff	6 F	9:29	Brewerton
31	Amelia Frisina	6 F	9:30	Liverpool
32	Jillian Esce	6 F	9:30	Cicero
33	Averi Chmura	6 F	9:34	Cicero
34	Kinley Maloney	7 F	9:37	Clay
35	Makenna Reppard	8 F	9:37	Brewerton
36	Leila Colman	10 F	9:40	Syracuse
37	Riley Joyce	9 F	9:41	Clay
38	Ava Beattie	7 F	9:44	Cicero
39	Zoey Anderson	8 F	9:51	Cicero
40	Gabriella Fiori	7 F	9:51	Cicero
41	Jeff Steele	40 M	9:52	Cicero
42	Emma Steele	7 F	9:53	Cicero
43	Delaney Compeau	8 F	9:55	Cicero
44	Giana Gaulrapp	5 F	9:57	Cicero
45	Trinity Pabon	10 F	9:58	Cicero
46	Isabella Dair	7 F	9:58	Cicero
47	Emily Peterman	9 F	9:59	Cicero
48	Sarah Bacon	7 F	10:00	Cicero
49	Abigail Capsello	8 F	10:00	Cicero
50	Emily Bacon	8 F	10:01	Cicero
51	Zoey Evans	9 F	10:01	Cicero
52	Adriana Mezzo	7 F	10:03	Cicero
53	Melanie Dolson	9 F	10:05	Cicero
54	Julia Romano	11 F	10:05	Cicero
55	Adelyn Frisina	9 F	10:06	Liverpool
56	Finley Bennett	6 F	10:06	Syracuse
57	Megan Klering	9 F	10:09	Brewerton
58	Ava Robles	8 F	10:11	Cicero
59	Dleanie Green	8 F	10:12	Cicero
60	Ava Lawrence	8 F	10:13	Cicero
61	Kayleigh Stevens	8 F	10:15	Cicero
62	Olivia Goodell	6 F	10:17	Cicero
63	Megan Darby	10 F	10:17	Cicero
64	Caitlyn Klei	8 F	10:19	Bridgeport
65	Emily Waldron	10 F	10:21	Constantia
66	Adrianna Palmer	7 F	10:24	Clay
67	Grace Daniels	7 F	10:24	Cicero
68	Jonathan Dehay	40 M	10:26	Cicero
69	Addison Dehay	6 F	10:26	Cicero
70	Taylor Szymanowski	8 F	10:28	Cicero
71	Brian Studt	51 M	10:28	Cicero
72	London Kontak	6 F	10:28	Clay
73	Adam Hill	45 M	10:31	Cicero
74	Amber Hill	9 F	10:31	Cicero
75	Travis Yerkey	47 M	10:33	Syracuse
76	Frankie Marzullo	8 F	10:34	Cicero
77	Savannah Yerkey	8 F	10:34	Syracuse
78	Charlotte Lowe	8 F	10:37	Cicero
79	Megan Kinney	8 F	10:37	Cicero

80	Sophia Guanciale	9 F	10:40	Cicero
81	Reese Reppard	9 F	10:40	Cicero
82	Rebecah Coffey	9 F	10:41	Cicero
83	Natalie Thayer	6 F	10:42	Cicero
84	Cadence Bleser	8 F	10:47	Cicero
85	Lucia Femenella	7 F	10:57	Cicero
86	Mara Yakowec	6 F	10:57	Bridgeport
87	Maria Yakowec	37 F	10:58	Bridgeport
88	Nancy Bryant	56 F	10:59	Syracuse
89	Javier Lorenzo	42 M	11:00	Cicero
90	Javier Lorenzo	7 F	11:01	Cicero
91	Kayla Turner	8 F	11:07	Cicero
92	Hadley Devries	13 M	11:08	Syracuse
93	Maliah Pastor	7 F	11:09	Cicero
94	Micayla Whitmore	7 F	11:14	Cicero
95	Chloe Peterman	7 F	11:14	Cicero
96	Lily Evans	7 F	11:17	Cicero
97	Eric Sopchak	37 M	11:18	Cicero
98	Allison Sopchak	6 F	11:19	Cicero
99	Evie Lobczowski	4 F	11:20	Syracuse
100	Rachel Ganser	12 F	11:21	West Monroe
101	Harper Carelli	8 F	11:24	Clay
102	Makenna Kiesznowski	14 F	11:27	North Syracuse
103	Marisa Leone	10 F	11:34	Syracuse
104	Braelynn Bradish	7 F	11:34	Clay
105	Eileen Abourouaine	47 F	11:35	Cicero
106	Riley Wallace	7 F	11:41	Cicero
107	Liliana Salamida	10 F	11:42	Cicero
108	Elizabeth Moreno	13 F	11:45	Clay
109	Natalie Hanas	9 F	11:52	Clay
110	Selena Moreno	10 F	11:52	Clay
111	Samantha Moreno	10 F	11:56	Clay
112	Hailey Armelino	11 F	11:57	Cicero
113	Madeline Canastra	8 F	11:58	Cicero
114	Evelyn Reid	5 F	11:58	Cicero
115	Isabella Lance	10 F	12:01	Cicero
116	Gianna Purchiaroni	8 F	12:03	Cicero
117	Jessica Purchiaroni	33 F	12:03	Cicero
118	Amanda Wallace	27 F	12:04	Liverpool
119	Ava Bellucci	6 F	12:05	Cicero
120	Nick Guanciale	32 M	12:05	Liverpool
121	Chet Ornoski	43 M	12:07	Cicero
122	Toni Righi	34 F	12:10	Cicero
123	Olivia Doty	7 F	12:12	Cicero
124	Morgan McKinstry	5 F	12:19	Clay
125	Emma Ornoski	9 F	12:24	Cicero
126	Makenna Bradish	9 F	12:24	Clay
127	Ryan Reichard	38 F	12:26	Clay
128	Nitya Pydmarri	4 F	12:26	Fayetteville
129	Shannon Loughlin	13 F	12:36	Cicero
130	Tannella Haas	6 F	12:39	Clay
131	Olivia Preuss	7 F	12:40	Cicero
132	Nicole Kopiasz	7 F	12:42	Clay
133	Samantha Damico	8 F	12:44	Cicero
134	Isabella Pasqualetti	6 F	12:45	Syracuse
135	Aris Wright	7 F	12:47	Liverpool
136	Reagan Szymanowski	9 F	12:59	Cicero
137	Melanie Szymanowski	36 F	12:59	Cicero
138	Elizabeth Trudell	8 F	12:59	Cicero
139	Ruth Daz	42 F	13:00	Cicero
140	Nadia Horstman	8 F	13:00	Clay

141	Addison Daz	8 F	13:00	Cicero
142	Zoe Ireland	12 F	13:01	Cicero
143	Julia Breed	8 F	13:08	Cicero
144	Christine Stanley	47 F	13:11	Cicero
145	Ainsley Hill	8 F	13:19	Cicero
146	Madison Cregg	12 F	13:47	Cicero
147	Avery Mitura	5 F	13:49	Clay
148	Aria Vandreason	13 F	13:56	Syracuse
149	Maya Ranieri	8 F	14:08	Cicero
150	Molly Daniels	9 F	14:17	Cicero
151	Brianna Brubach	9 F	14:18	Cicero
152	Laurie Bausinger	53 F	14:22	Clay
153	Bobbi Pabon	43 F	14:25	Cicero
154	Lu Lu Shutts	6 F	14:28	Syracuse
155	Lucy Decker	6 F	14:29	Cicero
156	Addysen Doty	5 F	14:33	Cicero
157	Monica Ireland	7 F	14:33	Cicero
158	Kate Ireland	44 F	14:33	Cicero
159	Aaron Doty	45 M	14:33	Cicero
160	Lindsey Zinszer	8 F	14:37	Syracuse
161	Kenzie Khatab	7 F	14:59	Brewerton
162	Roberta Armstrong	6 F	15:02	Cicero
163	Nadia Hirsch	7 F	15:20	North Syracuse
164	Sophia Cramer	9 F	15:39	North Syracuse
165	Mykala Mitchell	11 F	16:37	Syracuse

THE 40th ANNUAL SPERA'S SWAMP RAT RUNS (MOSTLY) BOYS ONE MILE FUN RUN

place	name	age	sex	time	residence
1	Kyle Rice	15 M		5:36	Syracuse
2	Jack Putman	9 M		6:39	Cicero
3	Dominic Pauline	10 M		6:46	Cicero
4	Ethan Altobello	10 M		6:51	Cicero
5	Brandon Lowe	12 M		6:53	Cicero
6	Aidan Thompson	13 M		6:53	Bridgeport
7	Ryan Trainor	11 M		6:56	Cicero
8	Jeremy Palmer	10 M		7:02	Clay
9	Donovan Chaney	11 M		7:08	Cicero
10	Hunter Podolak	12 M		7:10	Cicero
11	Carter Vivacqua	10 M		7:11	Cicero
12	Kevin Gunnip	9 M		7:13	Cicero
13	Hannon Shutts	8 M		7:16	Syracuse
14	Aiden Micale	8 M		7:17	Cicero
15	Zayne Kimpland	11 M		7:20	Cicero
16	Suryansh Mulukuri	12 M		7:21	Clay
17	Mason Miller	7 M		7:26	Cicero
18	Tanner Gwilt	9 M		7:29	Cicero
19	Tyler Pauline	10 M		7:31	Cicero
20	Joshua Benedict	8 M		7:39	Cicero
21	Jordan Taylor	10 M		7:41	Cicero
22	Derek Eells	12 M		7:49	Clay
23	Jack Bennett	9 M		7:55	Syracuse
24	Alex Abourouaine	12 M		7:56	Cicero
25	Kimball Coffey	11 M		7:57	Cicero
26	Jennifer McMillen	40 F		8:00	Clay
27	Ethan Kinney	12 M		8:00	Cicero
28	Alex Salloum	11 M		8:01	Clay
29	Joseph Anderson	9 M		8:05	Cicero
30	Kevin Greer	9 M		8:06	Cicero
31	Thomas Koons	11 M		8:08	Cicero

32	Luke Roberson	8 M	8:09	Sauquoit
33	Tyler Mierek	11 M	8:10	Cicero
34	Logan McMillen	8 F	8:12	Clay
35	Michael Mierek	42 M	8:13	Cicero
36	Braiden Armelino	10 M	8:15	Cicero
37	Andrew Steele	12 M	8:15	Cicero
38	Kevin Loughlin	9 M	8:17	Cicero
39	James Conklin	8 M	8:22	Cicero
40	Parker Bryant	8 M	8:24	Cicero
41	Joseph Swenton	11 M	8:27	Clay
42	Andrew Dolson	11 M	8:27	Cicero
43	Trenton Gallup	12 M	8:29	Liverpool
44	Anthony Aloï	7 M	8:29	Cicero
45	Austin Deanthony	7 M	8:31	Clay
46	Jj Joyce	7 M	8:32	Clay
47	Ben Ballagh	8 M	8:32	Central Square
48	Logan Christopher	8 M	8:33	Cicero
49	Everett Engle	7 M	8:34	Cicero
50	Mason Jones	8 M	8:35	Brewerton
51	Michelle Tolhurst	10 F	8:41	Cicero
52	Nicholas Kelly	9 M	8:44	Cicero
53	Liam Kopiasz	7 M	8:45	Clay
54	Zachary Rienhardt	7 M	8:45	Clay
55	Elias Vandreason	10 M	8:48	Syracuse
56	Gavin Lowe	10 M	8:49	Cicero
57	Anthony Valvo	6 M	8:51	Cicero
58	Tucker Caracci	6 M	8:52	Bridgeport
59	Thomas Caracci	34 M	8:53	Bridgeport
60	Dylan Fournier	11 M	8:58	Cicero
61	Alex Mueller	15 M	9:00	Syracuse
62	Evan Bold	11 M	9:03	Cicero
63	Carter Breed	7 M	9:03	Cicero
64	Mason Christopher	8 M	9:04	Cicero
65	Dante Kimpland	14 M	9:08	Cicero
66	Jackson Haines	6 M	9:14	Cicero
67	Geoff Haines	33 M	9:14	Cicero
68	Blake Gasque	10 M	9:17	Cicero
69	Alex Pfautz	9 M	9:17	Clay
70	Joe Fiori	9 M	9:19	Cicero
71	Griffin Podolak	7 M	9:21	Cicero
72	Elijah Bailey	7 M	9:22	Syracuse
73	Jace Wentovich	7 M	9:22	Cicero
74	Tyler Kondrk	8 M	9:22	Cicero
75	Jason Kondrk	36 M	9:22	Cicero
76	Akshat Saxena	6 M	9:23	Fayetteville
77	Shane Bovaird	11 M	9:24	Cicero
78	Colton Chaney	9 M	9:25	Cicero
79	Dakota Hunkins	13 M	9:26	Cicero
80	Mason Devereaux	10 M	9:27	Clay
81	Nathaniel Wright	10 M	9:28	Cicero
82	Kyle Cody	19 M	9:28	Cicero
83	Jace Cody	9 M	9:28	Cicero
84	Aidan Schwerdt	10 M	9:29	Syracuse
85	Lincoln Miller	6 M	9:29	Cicero
86	Ron Miller	63 M	9:30	Syracuse
87	Mason Turner	8 M	9:32	Cicero
88	Drew Domanico	10 M	9:36	Cicero
89	Brayden Fournier	7 M	9:38	Cicero
90	Aiden Domanico	8 M	9:40	Cicero
91	Kyle Evans	9 M	9:40	Cicero
92	Michael Podolak	37 M	9:43	Cicero

93	Jackson Vivacqua	8 M	9:46	Cicero
94	Owen Klei	10 M	9:47	Bridgeport
95	Stephen Gwilt	45 M	9:47	Cicero
96	Aiden Hanas	12 M	9:47	Clay
97	Aaron Walker	6 M	9:49	Clay
98	Benjamin Rawson	6 M	9:53	Cicero
99	Connor Bovaird	9 M	9:57	Cicero
100	Bryce Egan	11 M	10:00	Cicero
101	Ethan Hanson	9 M	10:02	Cicero
102	Owen Ronneburger	7 M	10:06	Cicero
103	Lucas Hanson	6 M	10:07	Cicero
104	Owen Boyles	7 M	10:11	Cicero
105	Chase Tyler	8 M	10:15	Cicero
106	Rocco Valvo	9 M	10:16	Cicero
107	Sean Loughlin	11 M	10:22	Cicero
108	Parker Caracci	8 M	10:24	Bridgeport
109	Brandon Beckett	6 M	10:26	Clay
110	Christopher Reeve	8 M	10:32	Cicero
111	Kayden Drew	12 M	10:33	Syracuse
112	Liam Kavanagh	10 M	10:33	Syracuse
113	Jagger Santoro	7 M	10:34	Cicero
114	Matthew Kavanagh	24 M	10:34	Cicero
115	Marc Damico	6 M	10:35	Cicero
116	Aaron Skiff	9 M	10:37	Brewerton
117	Frank Aloï	42 M	10:38	Cicero
118	Christopher Schlecht	46 M	10:38	Cicero
119	Carter Schlecht	6 M	10:38	Cicero
120	Carter Klei	8 M	10:39	Bridgeport
121	Luca Kiesznowski	11 M	10:44	North Syracuse
122	Joe Santoro	41 M	10:44	Cicero
123	Jaxon Santoro	8 M	10:46	Cicero
124	Julie Santoro	37 F	10:48	Cicero
125	Joseph Cody	17 M	10:53	Cicero
126	Connor Reid	7 M	10:54	Cicero
127	Timothy Cody	48 M	10:54	Cicero
128	Ava Bellucci	6 F	10:58	Cicero
129	Logan Bonaventura	7 M	10:59	Clay
130	Samantha Damico	8 F	11:00	Cicero
131	Zachary Kelly	7 M	11:08	Cicero
132	Anthony Brown	7 M	11:11	Syracuse
133	Jacob Salloum	6 M	11:21	Clay
134	Jack Stasko	6 M	11:25	Cicero
135	Jayden Hunkins	11 M	11:30	Cicero
136	Tiffany Tarbe	38 F	11:31	Cicero
137	David Tarbe	38 M	11:31	Cicero
138	Logan Tarbe	5 M	11:31	Cicero
139	Suzanne Wheeler	34 F	11:33	Kirkville
140	Jacob Wheeler	7 M	11:33	Kirkville
141	Ronnie Miller	37 M	11:34	Cicero
142	Jason Moseley	6 M	11:38	Bridgeport
143	John Egan	45 M	11:39	Cicero
144	Liam Egan	7 M	11:40	Cicero
145	Dominic Colavecchio	8 M	11:41	Brewerton
146	Nathan Thayer	9 M	11:42	Cicero
147	Quentin Canastra	8 M	11:47	Cicero
148	Chase Gould	7 M	11:52	Clay
149	Gabriel Kontak	7 M	11:55	Clay
150	Ian Mueller	12 M	12:01	Syracuse
151	Wyatt Fleming	9 M	12:03	Cicero
152	Ella Lawrence	13 F	12:08	Cicero
153	Jake Griffin	13 M	12:08	Cicero

154	Luca Green	5 M	12:09	Cicero
155	Garrett Fleming	8 M	12:11	Cicero
156	Colson Frezza	8 M	12:21	Cicero
157	Shannon Frezza	37 F	12:22	Cicero
158	Noah Kopiasz	7 M	12:24	Clay
159	Casey Mierek	10 M	12:36	Cicero
160	Ian Cramer	7 M	12:36	North Syracuse
161	Levi Frezza	6 M	12:36	Cicero
162	Kimberly Mierek	41 F	12:36	Cicero
163	Matthew Serow	5 M	12:44	Cicero
164	Ashley Kelly	33 F	12:44	Cicero
165	Anthony Serow	6 M	12:45	Cicero
166	James Ginsburg	6 M	12:45	North Syracuse
167	Emily Devaul-Monteir	24 F	12:46	N. Attleboro
168	Donovan Colavecchio	5 M	12:50	Brewerton
169	Jennifer Kondrk	34 F	12:51	Cicero
170	Mason Kondrk	5 M	12:51	Cicero
171	Luke Sant	7 M	12:54	Cicero
172	Steven Duke, Jr.	7 M	12:57	Cicero
173	Tyler Frezza	34 M	12:57	Cicero
174	Liam Hough	5 M	13:00	Cicero
175	Catherine Podolak	42 F	13:04	Cicero
176	Matthew Daz	8 M	13:17	Cicero
177	Ruth Daz	42 F	13:17	Cicero
178	Joe Palumbo	33 M	13:18	Clay
179	Dominic Palumbo	8 M	13:19	Clay
180	Jace Bovaird	14 M	13:23	Cicero
181	Edward Trew	9 M	13:23	Cicero
182	Paul Trew	60 M	13:23	Cicero
183	James Praino	30 M	13:35	Liverpool
184	Jack Praino	4 M	13:35	Liverpool
185	Anel Sabic	8 M	13:36	Cicero
186	Lucas Persons	6 M	13:42	Cicero
187	Nermin Sabic	43 M	13:53	Cicero
188	Dominick Trimm	6 M	16:59	Syracuse
189	Edmund Trimm	27 M	17:00	Syracuse
190	William Reid	4 M	18:53	Cicero

THE 40th ANNUAL SPERA'S SWAMP RAT RUNS CHRIS TADDEO MEMORIAL 5K RACE

1	Adam Pacheck	27	16:13	5:13	1 M25-29	M#	1 Ithaca	NY
2	AJ Beers	22	16:34	5:20	1 M20-24	M#	2 Central Square	NY
3	Antonio Palmer	27	17:01	5:29	2 M25-29	M#	3 Syracuse	NY
4	Chris Hannon	21	17:04	5:30	2 M20-24	M#	4 Cicero	NY
5	Chris Stogsdill	28	17:18	5:34	3 M25-29	M#	5 Syracuse	NY
6	Hunter Phinney	22	17:23	5:36	3 M20-24	M#	6 Cattaraugus	NY
7	Jonathan Cyganik	26	17:24	5:36	4 M25-29	M#	7 Fayetteville	NY
8	Ryley Robinson	21	17:27	5:37	4 M20-24	M#	8 Rochester	NY
9	Ethan Pacheck	25	17:51	5:45	5 M25-29	M#	9 Syracuse	NY
10	Andrew Fleisher	28	18:10	5:51	6 M25-29	M#	10 Baltimore	MD
11	Ivan Frantz	21	18:19	5:54	5 M20-24	M#	11 Rochester	NY
12	John Perperian	19	18:23	5:55	1 M15-19	M#	12 Cicero	NY
13	Owen Goettler	20	18:36	5:59	6 M20-24	M#	13 Rochester	NY
14	Brian Barker	26	18:44	6:02	7 M25-29	M#	14 Amherst	NH
15	Jacob Howe	20	18:50	6:04	7 M20-24	M#	15 Brewerton	NY
16	Brian Thomson	30	19:04	6:09	1 M30-34	M#	16 Washington	DC
17	Craig Baumgartner	30	19:11	6:11	2 M30-34	M#	17 Washington	DC
18	Evan Romano	16	19:21	6:14	2 M15-19	M#	18 Cicero	NY
19	Evan Breitbeck	16	19:39	6:20	3 M15-19	M#	19 Cicero	NY
20	Abbie Sullivan	23	19:42	6:21	1 F20-24	F#	1 Canandaigua	NY
21	Benjamin Stevens	17	19:45	6:22	4 M15-19	M#	20 Central Square	NY
22	Katie Dolan	33	19:54	6:25	1 F30-34	F#	2 Baldwinsville	NY

23	Jacob Schmid	16	20:08	6:29	5	M15-19	M#	21	Cicero	NY
24	Ashton Murdock	14	20:20	6:33	1	M01-14	M#	22	Clay	NY
25	Loren Davies	51	20:25	6:35	1	M50-54	M#	23	Liverpool	NY
26	Wyatt Rogers	17	20:38	6:39	6	M15-19	M#	24	Central Square	NY
27	Kelly Reese	21	20:39	6:39	2	F20-24	F#	3	Rochester	NY
28	Jordan Hurlbut	21	20:39	6:39	3	F20-24	F#	4	Palmyra	NY
29	Danielle Bartoletta	19	20:39	6:39	1	F15-19	F#	5	Warwick	NY
30	Owen Weaver	15	20:41	6:40	7	M15-19	M#	25	Baldwinsville	NY
31	Keith Stegmaier	42	20:46	6:41	1	M40-44	M#	26	Clay	NY
32	Allison Newton	15	20:58	6:45	2	F15-19	F#	6	Cicero	NY
33	Jillian Howe	16	21:03	6:47	3	F15-19	F#	7	Brewerton	NY
34	Zachary Bergman	15	21:18	6:52	8	M15-19	M#	27	Cicero	NY
35	Paul Cianfrocca	55	21:20	6:52	1	M55-59	M#	28	Camillus	NY
36	Gabby Putman	12	21:25	6:54	1	F01-14	F#	8	Cicero	NY
37	Marissa Navarra	14	21:41	6:59	2	F01-14	F#	9	North Syracuse	NY
38	Brian Traub	23	21:52	7:03	8	M20-24	M#	29	Cicero	NY
39	Owen Greco	15	21:55	7:04	9	M15-19	M#	30	Cicero	NY
40	Sarah Davis	18	21:56	7:04	4	F15-19	F#	10	Liverpool	NY
41	Desilets Dubois	13	22:03	7:06	3	F01-14	F#	11	Spencerport	NY
42	Mike Navarra	44	22:08	7:08	2	M40-44	M#	31	North Syracuse	NY
43	Kelly Jordan	26	22:12	7:09	1	F25-29	F#	12	Rochester	NY
44	Andrew O'Leary	28	22:28	7:14	8	M25-29	M#	32	Liverpool	NY
45	Fred Miller	68	22:31	7:15	1	M65-69	M#	33	Liverpool	NY
46	Edward Haskins	16	22:31	7:15	10	M15-19	M#	34	Bernhards Bay	NY
47	Josh Kubala	15	22:35	7:17	11	M15-19	M#	35	Cicero	NY
48	Matthew Furletti	18	22:44	7:19	12	M15-19	M#	36	Clay	NY
49	Lauren Yonko	16	22:45	7:20	5	F15-19	F#	13	Tully	NY
50	Jordan Hnatiw	14	23:00	7:25	2	M01-14	M#	37	Clay	NY
51	Reilly Williams-Gard	14	23:01	7:25	3	M01-14	M#	38	Clay	NY
52	Heather Young	28	23:02	7:25	2	F25-29	F#	14	Aurora	CO
53	Tim Bissell	61	23:06	7:26	1	M60-64	M#	39	Liverpool	NY
54	Jason Putman	43	23:14	7:29	3	M40-44	M#	40	Cicero	NY
55	Katy Harbold	11	23:33	7:35	4	F01-14	F#	15	Cicero	NY
56	Morgan Kingdeski	15	23:46	7:39	6	F15-19	F#	16	Clay	NY
57	Michael Tamilia	57	23:46	7:39	2	M55-59	M#	41	Fayetteville	NY
58	Kara Rusch	51	23:49	7:40	1	F50-54	F#	17	Hamilton	NY
59	Hannah Reichard	15	23:50	7:41	7	F15-19	F#	18	Cicero	NY
60	Laura Walker	29	23:51	7:41	3	F25-29	F#	19	Syracuse	NY
61	Joe Maloney	39	23:53	7:42	1	M35-39	M#	42	Clay	NY
62	Kathleen Wheeler	48	23:58	7:43	1	F45-49	F#	20	Camillus	NY
63	Molly Karpenko	43	24:12	7:48	1	F40-44	F#	21	Jamesville	NY
64	Debra Smith	57	24:12	7:48	1	F55-59	F#	22	Mexico	NY
65	Carmen Mingolelli	43	24:13	7:48	4	M40-44	M#	43	Cicero	NY
66	Jessica Purchiaroni	33	24:16	7:49	2	F30-34	F#	23	Cicero	NY
67	Daniel Pickard	42	24:20	7:50	5	M40-44	M#	44	Clay	NY
68	Kyle Crescente	24	24:20	7:50	9	M20-24	M#	45	Liverpool	NY
69	Morgan Dair	36	24:27	7:52	2	M35-39	M#	46	Cicero	NY
70	Steven Challis	60	24:27	7:53	2	M60-64	M#	47	Liverpool	NY
71	Warren Smith	65	24:45	7:58	2	M65-69	M#	48	Cape Vincent	NY
72	Renee Affinati	38	24:52	8:00	1	F35-39	F#	24	West Monroe	NY
73	Jennifer McMillen	40	24:59	8:03	2	F40-44	F#	25	Clay	NY
74	Kellie Weaver	34	24:59	8:03	3	F30-34	F#	26	Mexico	NY
75	Robert Fiumano	66	25:01	8:04	3	M65-69	M#	49	Baldwinsville	NY
76	Sarah Jones	22	25:17	8:09	4	F20-24	F#	27	Albany	NY
77	Ari Hasbrouck	22	25:18	8:09	5	F20-24	F#	28	Ridgewood	NJ
78	Madeleine Vogel	18	25:18	8:09	8	F15-19	F#	29	Ballston Lake	NY
79	Deborah Patterson	50	25:24	8:11	2	F50-54	F#	30	Parish	NY
80	Marissa Doty	12	25:36	8:15	5	F01-14	F#	31	Clay	NY
81	Heather Lacey	41	25:40	8:16	3	F40-44	F#	32	Hastings	NY
82	Lindsay Lappin	34	26:03	8:23	4	F30-34	F#	33	Brewerton	NY
83	Jonathan Hooker	31	26:11	8:26	3	M30-34	M#	50	Ballston Lake	NY

84	Jim Miller	68	26:13	8:27	4	M65-69	M#	51	Clay	NY
85	Jake Griffin	13	26:18	8:28	4	M01-14	M#	52	Cicero	NY
86	Kajuan Smith	28	26:23	8:30	9	M25-29	M#	53	Liverpool	NY
87	Dennis Gilyard	68	26:41	8:36	5	M65-69	M#	54	Endwell	NY
88	Sophia Vinciguerra	17	26:45	8:37	9	F15-19	F#	34	Jamesville	NY
89	Carleigh Colvin	10	26:45	8:37	6	F01-14	F#	35	Cicero	NY
90	Bill Rudd	60	26:48	8:38	3	M60-64	M#	55	Clay	NY
91	Amy Furletti	46	26:49	8:38	2	F45-49	F#	36	Clay	NY
92	Jonathan Bradish	34	26:55	8:40	4	M30-34	M#	56	Clay	NY
93	Heather Locke-Winder	44	26:59	8:41	4	F40-44	F#	37	Warners	NY
94	David Traub	57	27:00	8:42	3	M55-59	M#	57	Cicero	NY
95	Anna Jerome	47	27:06	8:44	3	F45-49	F#	38	Pulaski	NY
96	Ronnie Judge	23	27:09	8:45	6	F20-24	F#	39	Vernon Center	NY
97	Pat Piscitelli	63	27:17	8:47	4	M60-64	M#	58	Baldwinsville	NY
98	Mark Smith	58	27:27	8:50	4	M55-59	M#	59	Morrisville	NY
99	Mandi Neave	36	27:28	8:51	2	F35-39	F#	40	Liverpool	NY
100	Philip Murdock	56	27:28	8:51	5	M55-59	M#	60	Clay	NY
101	Tiffany Tarbe	38	27:28	8:51	3	F35-39	F#	41	Cicero	NY
102	Christopher Koeppe	43	27:29	8:51	6	M40-44	M#	61	Bridgeport	NY
103	Greg Buckley	18	27:36	8:53	13	M15-19	M#	62	Clay	NY
104	Nick Clark	33	27:37	8:54	5	M30-34	M#	63	Clinton	NY
105	Cameron Walker	11	27:39	8:54	5	M01-14	M#	64	Clay	NY
106	Kennedy Jones	8	27:48	8:57	7	F01-14	F#	42	Cicero	NY
107	Brian Studt	51	27:51	8:58	2	M50-54	M#	65	Cicero	NY
108	Amelia Jones	11	27:55	8:59	8	F01-14	F#	43	Cicero	NY
109	Jessica Posega	31	27:57	9:00	5	F30-34	F#	44	Syracuse	NY
110	Sarah Jones	33	27:59	9:01	6	F30-34	F#	45	Cicero	NY
111	Molly English-Bowers	58	27:59	9:01	2	F55-59	F#	46	Liverpool	NY
112	Patrick Wrobel	67	28:00	9:01	6	M65-69	M#	66	Seneca Falls	NY
113	Alexandra Jacob	16	28:09	9:04	10	F15-19	F#	47	North Syracuse	NY
114	Matt Monteiro	27	28:13	9:05	10	M25-29	M#	67	N. Attleboro	MA
115	Michael Jacob	44	28:13	9:05	7	M40-44	M#	68	Syracuse	NY
116	Kristin Walker	38	28:14	9:06	4	F35-39	F#	48	Clay	NY
117	Erin Burr	36	28:16	9:06	5	F35-39	F#	49	Clay	NY
118	Ken Cigler	63	28:17	9:07	5	M60-64	M#	69	Chittenango	NY
119	John Palladino	26	28:42	9:15	11	M25-29	M#	70	Littleton	CO
120	Michael Doty	6	28:45	9:16	6	M01-14	M#	71	Clay	NY
121	Noah Mingolelli	12	28:47	9:16	7	M01-14	M#	72	Cicero	NY
122	Nathan Ornoski	11	28:55	9:19	8	M01-14	M#	73	Cicero	NY
123	Kristine Lai	24	28:58	9:20	7	F20-24	F#	50	Ithaca	NY
124	Katrina Dehay	37	28:58	9:20	6	F35-39	F#	51	Cicero	NY
125	David Reichard	46	29:02	9:21	1	M45-49	M#	74	Cicero	NY
126	Maya Wentovich	11	29:04	9:22	9	F01-14	F#	52	Cicero	NY
127	Jennifer Rhoades	48	29:13	9:25	4	F45-49	F#	53	Cleveland	NY
128	Sue Tupper	54	29:18	9:26	3	F50-54	F#	54	Hastings	NY
129	Edmund Trimm	27	29:30	9:30	12	M25-29	M#	75	Syracuse	NY
130	Julie Legnetto	39	29:48	9:36	7	F35-39	F#	55	Syracuse	NY
131	John Turner	69	29:53	9:37	7	M65-69	M#	76	Baldwinsville	NY
132	James Murray	17	29:58	9:39	14	M15-19	M#	77	Cicero	NY
133	Heather Barnes	37	30:03	9:41	8	F35-39	F#	56	Clay	NY
134	Linda Glowacki	60	30:06	9:42	1	F60-64	F#	57	Liverpool	NY
135	David Bottorff	55	30:09	9:43	6	M55-59	M#	78	Cicero	NY
136	Jasmine Ayre	13	30:09	9:43	10	F01-14	F#	58	North Syracuse	NY
137	Jamie Hulbert	42	30:10	9:43	8	M40-44	M#	79	Liverpool	NY
138	Elizabeth Bielass	52	30:10	9:43	4	F50-54	F#	59	Brewerton	NY
139	Michaelene Webb	64	30:11	9:43	2	F60-64	F#	60	Central Square	NY
140	Julie Woolson	42	30:23	9:47	5	F40-44	F#	61	Pulaski	NY
141	Susan Soscia	57	30:27	9:48	3	F55-59	F#	62	Liverpool	NY
142	Ryan Trainor	11	30:29	9:49	9	M01-14	M#	80	Cicero	NY
143	Charlie Daniels	11	30:32	9:50	10	M01-14	M#	81	Cicero	NY
144	Lyndsey Maloney	38	30:33	9:50	9	F35-39	F#	63	Clay	NY

145	Jessica Doty	11	30:40	9:52	11	F01-14	F#	64	Clay	NY
146	Ella Lawrence	13	30:40	9:52	12	F01-14	F#	65	Cicero	NY
147	Kaley Bristow	15	30:43	9:54	11	F15-19	F#	66	Cicero	NY
148	Lisa Bristow	49	30:44	9:54	5	F45-49	F#	67	Cicero	NY
149	Kathy Hatter	58	30:45	9:54	4	F55-59	F#	68	Fulton	NY
150	Nancy Bryant	56	30:54	9:57	5	F55-59	F#	69	Syracuse	NY
151	Dale Bausinger	59	30:57	9:58	7	M55-59	M#	82	Clay	NY
152	Jodi Reichard	43	31:04	10:00	6	F40-44	F#	70	Cicero	NY
153	Michelle Valvo	40	31:11	10:02	7	F40-44	F#	71	Cicero	NY
154	Stephanie Stanton	41	31:24	10:07	8	F40-44	F#	72	Sandy Creek	NY
155	Penny Noll	66	31:29	10:08	1	F65-69	F#	73	Cazenovia	NY
156	Aaron Wills	29	31:30	10:09	13	M25-29	M#	83	Aurora	CO
157	Suzanne Wheeler	34	31:36	10:11	7	F30-34	F#	74	Kirkville	NY
158	Brian Reeve	35	31:46	10:14	3	M35-39	M#	84	Cicero	NY
159	Nicholas Reeve	10	31:46	10:14	11	M01-14	M#	85	Cicero	NY
160	Eric Anderson	42	31:50	10:15	9	M40-44	M#	86	Liverpool	NY
161	Roger Doty	50	31:56	10:17	3	M50-54	M#	87	Clay	NY
162	Maria Yakowec	37	32:02	10:19	10	F35-39	F#	75	Bridgeport	NY
163	Jacquelynn Scrimale	57	32:22	10:25	6	F55-59	F#	76	Syracuse	NY
164	John Owens	62	32:31	10:28	6	M60-64	M#	88	Liverpool	NY
165	Morgan Gaulrapp	28	32:36	10:30	4	F25-29	F#	77	Cicero	NY
166	Warren Nash	63	32:38	10:31	7	M60-64	M#	89	Norwich	NY
167	Anusha Saxena	12	32:43	10:32	13	F01-14	F#	78	Fayetteville	NY
168	Vivek Saxena	42	32:44	10:32	10	M40-44	M#	90	Fayetteville	NY
169	Rita Bergquist	70	32:45	10:33	1	F70-74	F#	79	Brewerton	NY
170	Nancy Botting	65	32:49	10:34	2	F65-69	F#	80	Johnson City	NY
171	Steven Miner	28	32:52	10:35	14	M25-29	M#	91	Liverpool	NY
172	Gabby Reid	18	32:59	10:37	12	F15-19	F#	81	Cicero	NY
173	Erika Breckheimer	36	33:00	10:38	11	F35-39	F#	82	Liverpool	NY
174	Bryant Perdomo	18	33:01	10:38	15	M15-19	M#	92	Cicero	NY
175	Stacy Green	35	33:01	10:38	12	F35-39	F#	83	Cicero	NY
176	Mindy Lawrence	40	33:01	10:38	9	F40-44	F#	84	Cicero	NY
177	Nicholas Taddeo	30	33:01	10:38	6	M30-34	M#	93	New York	NY
178	Michael Close	48	33:04	10:39	2	M45-49	M#	94	Cicero	NY
179	Jeff Gilbert	30	33:10	10:41	7	M30-34	M#	95	Liverpool	NY
180	James Praino	30	33:11	10:41	8	M30-34	M#	96	Liverpool	NY
181	Rebecca Bielass	13	33:15	10:43	14	F01-14	F#	85	Brewerton	NY
182	Abby Nash	12	33:15	10:43	15	F01-14	F#	86	Cicero	NY
183	Dante Kimpland	14	33:21	10:44	12	M01-14	M#	97	Cicero	NY
184	Patricia Infantine	72	33:23	10:45	2	F70-74	F#	87	Syracuse	NY
185	Dan Kiesznowski	41	33:25	10:46	11	M40-44	M#	98	North Syracuse	NY
186	Theresa Boehler	36	33:26	10:46	13	F35-39	F#	88	Brewerton	NY
187	Megan Boyles	37	33:35	10:49	14	F35-39	F#	89	Cicero	NY
188	Lindsey Kubala	13	33:36	10:49	16	F01-14	F#	90	Cicero	NY
189	Michael McCann	69	33:37	10:49	8	M65-69	M#	99	Fayetteville	NY
190	Scott Vinciguerra	50	34:10	11:00	4	M50-54	M#	100	Jamesville	NY
191	Veda Pydmarri	9	34:13	11:01	17	F01-14	F#	91	Fayetteville	NY
192	Achyuth Pydmarri	37	34:13	11:01	4	M35-39	M#	101	Fayetteville	NY
193	Cali Bryant	35	34:19	11:03	15	F35-39	F#	92	Parish	NY
194	Erica Ornoski	44	34:28	11:06	10	F40-44	F#	93	Cicero	NY
195	Lisa Kaylor	50	34:46	11:12	5	F50-54	F#	94	Hastings	NY
196	Ethan Altobello	10	35:01	11:16	13	M01-14	M#	102	Cicero	NY
197	Penny Breen	46	35:04	11:17	6	F45-49	F#	95	Brewerton	NY
198	Tyler Morris	28	35:04	11:18	15	M25-29	M#	103	Liverpool	NY
199	Ellen Brunet	58	35:08	11:19	7	F55-59	F#	96	Parish	NY
200	Paul Rieth	64	35:33	11:27	8	M60-64	M#	104	Cicero	NY
201	Darrall Fogus	63	35:42	11:30	9	M60-64	M#	105	Brewerton	NY
202	Kristy Altobello	41	35:47	11:31	11	F40-44	F#	97	Cicero	NY
203	Taylor Wagner	28	36:12	11:39	5	F25-29	F#	98	Cleveland	NY
204	Paul Chwalek	65	36:16	11:41	9	M65-69	M#	106	Oswego	NY
205	Jesse Conklin	13	36:22	11:43	14	M01-14	M#	107	Cicero	NY

206	Jojo Israel	56	36:26	11:44	8	M55-59	M#	108	Watertown	NY
207	Kimberly Kohar	32	36:28	11:45	8	F30-34	F#	99	Syracuse	NY
208	Steve Kohar	31	36:29	11:45	9	M30-34	M#	109	North Syracuse	NY
209	Elizabeth Kozminski	28	36:34	11:47	6	F25-29	F#	100	Rome	NY
210	Holly Kingdeski	45	36:44	11:50	7	F45-49	F#	101	Clay	NY
211	Lara Wines	50	36:52	11:52	6	F50-54	F#	102	Watertown	NY
212	Andrew Taddeo	63	37:02	11:56	10	M60-64	M#	110	Clay	NY
213	Daniel Hayes	28	37:10	11:58	16	M25-29	M#	111	Syracuse	NY
214	Lorie McArdell	56	37:34	12:06	8	F55-59	F#	103	Baldwinsville	NY
215	Maria Murray	43	37:52	12:12	12	F40-44	F#	104	Cicero	NY
216	John Newman	68	37:55	12:13	10	M65-69	M#	112	Liverpool	NY
217	Kaylee Spack	24	38:13	12:18	8	F20-24	F#	105	Camillus	NY
218	Ken Vanantwerp	56	38:23	12:22	9	M55-59	M#	113	Central Square	NY
219	Bethany Wentovich	38	38:34	12:25	16	F35-39	F#	106	Cicero	NY
220	Rylee Fralix	10	38:38	12:27	18	F01-14	F#	107	Cicero	NY
221	Ben Zeller	22	38:45	12:29	10	M20-24	M#	114	Syracuse	NY
222	Sabrina Betts	37	39:06	12:35	17	F35-39	F#	108	Liverpool	NY
223	Paulette Plaza-Gioco	52	39:16	12:39	7	F50-54	F#	109	Cicero	NY
224	Gina Rapasadi	37	39:16	12:39	18	F35-39	F#	110	Camillus	NY
225	Kathryn Marlin	40	39:25	12:42	13	F40-44	F#	111	Syracuse	NY
226	Cheryl Palladino	62	39:40	12:46	3	F60-64	F#	112	Englishtown	NJ
227	Mary Wassel	43	40:46	13:08	14	F40-44	F#	113	Liverpool	NY
228	Greg Boehler	36	41:00	13:12	5	M35-39	M#	115	Brewerton	NY
229	Jennifer Edwards	39	41:02	13:13	19	F35-39	F#	114	Chittenango	NY
230	Michael Hooker, Jr.	35	41:04	13:13	6	M35-39	M#	116	Clay	NY
231	Kim Loughlin	41	41:04	13:13	15	F40-44	F#	115	Cicero	NY
232	Michael Hooker	63	41:05	13:14	11	M60-64	M#	117	Cicero	NY
233	Maggie Traub	19	41:23	13:20	13	F15-19	F#	116	Cicero	NY
234	Chloe Flemming	9	41:35	13:23	19	F01-14	F#	117	Cicero	NY
235	Valerie Flemming	42	41:35	13:23	16	F40-44	F#	118	Cicero	NY
236	Maggie Middleton	15	42:18	13:37	14	F15-19	F#	119	Cicero	NY
237	Riley Kawola	15	42:18	13:37	15	F15-19	F#	120	Cicero	NY
238	Margaret Middleton	51	42:18	13:37	8	F50-54	F#	121	Cicero	NY
239	Kathy Treat	63	42:47	13:47	4	F60-64	F#	122	Liverpool	NY
240	Zoe Flemming	11	42:51	13:48	20	F01-14	F#	123	Cicero	NY
241	Erika Berry	11	42:51	13:48	21	F01-14	F#	124	Cicero	NY
242	Gary Douglass	72	43:16	13:56	1	M70-74	M#	118	Cicero	NY
243	Catherine Murray	9	43:33	14:02	22	F01-14	F#	125	Cicero	NY
244	Casey Blincoe	42	43:36	14:02	17	F40-44	F#	126	Liverpool	NY
245	Tiffany-Jo Ponce	30	43:58	14:10	9	F30-34	F#	127	Adams	NY
246	Elizabeth Murray	14	44:21	14:17	23	F01-14	F#	128	Cicero	NY
247	Sarah Pickard	42	44:32	14:20	18	F40-44	F#	129	Clay	NY
248	Sarah Lappin	38	44:41	14:23	20	F35-39	F#	130	Canastota	NY
249	Robert Teska	72	44:46	14:25	2	M70-74	M#	119	Liverpool	NY
250	Nicholas Gaulrapp	6	45:04	14:31	15	M01-14	M#	120	Cicero	NY
251	Wendy Gellert	61	45:16	14:34	5	F60-64	F#	131	Baldwinsville	NY
252	Deborah Walton	48	45:43	14:43	8	F45-49	F#	132	West Monroe	NY
253	Carol Archer Boboris	41	46:28	14:58	19	F40-44	F#	133	Port Washington	NY
254	Robin Bryant	66	46:42	15:02	3	F65-69	F#	134	Parish	NY
255	Francine Nash	63	48:16	15:32	6	F60-64	F#	135	Norwich	NY
256	Jerry Van Guilder	37	53:01	17:04	7	M35-39	M#	121	Liverpool	NY
257	Sarah Van Guilder	39	53:02	17:05	21	F35-39	F#	136	Liverpool	NY
258	Tom Van Antwerp	57	55:49	17:58	10	M55-59	M#	122	Hastings	NY
259	Rachel Ruscitto	29	59:53	19:17	7	F25-29	F#	137	Ballston Lake	NY
260	Karen Hooker	63	59:53	19:17	7	F60-64	F#	138	Cicero	NY
261	Reannen Hooker	29	59:53	19:17	8	F25-29	F#	139	Clay	NY
262	Margaret Traub	54	1:01:26	19:47	9	F50-54	F#	140	Cicero	NY

5K AGE GROUP AWARDS

MALE OVERALL RESULTS

PLACE	NAME	AGE	TIME	RESIDENCE	ST
1	Chris Raulli	31	33:45	Cornelius	NC

FEMALE OVERALL RESULTS

PLACE	NAME	AGE	TIME	RESIDENCE	ST
1	Kate Putman	14	42:20	Cicero	NY

MALE AGE GROUP: 1 - 14

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	76	Anthony Ciciarelli	12	1:02:18	Liverpool	NY
2	83	Samuel Petrarca	13	1:03:27	Liverpool	NY
3	111	Aiden Crysler	9	1:13:15	Preble	NY

FEMALE AGE GROUP: 1 - 14

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	49	Sophia Monica	13	56:40	Central Square	NY

MALE AGE GROUP: 15 - 19

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	4	Nicholas Berg	17	37:19	Minoa	NY
2	5	Joshua Koeppe	17	37:36	Bridgeport	NY
3	7	Ryan Morrisette	18	39:28	Pulaski	NY

FEMALE AGE GROUP: 15 - 19

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	27	Allison Newton	15	49:40	Cicero	NY
2	29	Mary Funk	15	49:52	East Syracuse	NY
3	106	Kirstyn Hastings	16	1:10:52	Central Square	NY

MALE AGE GROUP: 20 - 24

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	2	Seth Richardson	20	36:47	Wolfeboro Falls	NH
2	8	Bryan Bausinger	22	39:45	Clay	NY
3	37	Zach Kubala	20	53:39	Cicero	NY

FEMALE AGE GROUP: 20 - 24

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	58	Shannon Bausinger	24	58:24	Clay	NY

MALE AGE GROUP: 25 - 29

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	3	Geoffrey Hale	29	36:53	Rome	NY
2	10	Eric Murray	28	40:40	Chittenango	NY
3	65	Zechariah Mientkiewi	27	59:33	Minoa	NY

FEMALE AGE GROUP: 25 - 29

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	70	Esther Hatalla	27	1:00:22	Central Square	NY
2	71	Ashley Bonaventura	28	1:00:35	Cicero	NY
3	91	Jocelyn Nackley	26	1:05:44	Brewerton	NY

MALE AGE GROUP: 30 - 34

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	17	Mark Chwalek	34	46:20	Phoenix	NY
2	19	Matthew Muttillio	33	47:44	Rome	NY
3	50	Richard Gardinier	31	56:49	Brewerton	NY

FEMALE AGE GROUP: 30 - 34

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	62	Sarah Wetsig	33	59:26	Syracuse	NY
2	69	Kaleigh Sharpe	30	1:00:22	Syracuse	NY
3	73	Samantha Shaffer	33	1:00:54	Baldwinsville	NY

MALE AGE GROUP: 35 - 39

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	22	David Tarbe	38	48:23	Cicero	NY
2	25	Jason Pistilli	39	49:21	Fayetteville	NY
3	42	P.J. Lebied	38	54:22	Liverpool	NY

FEMALE AGE GROUP: 35 - 39

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	21	Amy Roberson	35	48:10	Sauquoit	NY
2	35	Renee Affinati	38	52:18	West Monroe	NY
3	36	Ryan Reichard	38	52:46	Clay	NY

MALE AGE GROUP: 40 - 44

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	6	Cory Battles	40	38:52	Liverpool	NY
2	14	Chris Loughlin	41	42:43	Cicero	NY
3	18	Jeremy Boyles	40	46:25	Cicero	NY

FEMALE AGE GROUP: 40 - 44

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	32	Erin Putman	42	51:13	Cicero	NY
2	40	Melanie Ingleston	42	54:10	Syracuse	NY
3	47	Kelly Conklin	42	56:32	Cicero	NY

MALE AGE GROUP: 45 - 49

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	54	Chris Velardi	46	57:46	Jamesville	NY
2	85	Robert Buckland	47	1:03:59	Rome	NY
3	87	Vishwas Patil	45	1:04:32	Fayetteville	NY

FEMALE AGE GROUP: 45 - 49

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	38	Kathleen Wheeler	48	53:52	Camillus	NY
2	48	Beth Kubala	49	56:32	Cicero	NY
3	63	Teresa Grant	46	59:28	Schenectady	NY

MALE AGE GROUP: 50 - 54

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	9	Edward Morrissey	54	40:03	Tyrone	PA
2	12	Robert Plyter	51	41:38	Syracuse	NY
3	24	Paul Gellert	51	49:07	Liverpool	NY

FEMALE AGE GROUP: 50 - 54

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	31	Kara Rusch	51	50:55	Hamilton	NY
2	52	Kelly Husby	53	57:10	Auburn	NY
3	59	Kelly Dickter	51	58:36	Baldwinsville	NY

MALE AGE GROUP: 55 - 59

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	15	Steve Cunningham	56	44:58	Cortland	NY
2	20	Paul Cianfrocca	55	48:06	Camillus	NY
3	23	Rich LaPaglia	55	48:53	Cicero	NY

FEMALE AGE GROUP: 55 - 59

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	30	Galyn Schenk	57	50:23	Syracuse	NY
2	41	Debra Smith	57	54:14	Mexico	NY
3	86	Molly English-Bowers	58	1:04:11	Liverpool	NY

MALE AGE GROUP: 60 - 64

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	33	Michael Dautrich	61	51:15	Cayuga	NY
2	43	Steven Challis	60	54:33	Liverpool	NY
3	108	Darrall Fogus	63	1:11:12	Brewerton	NY

FEMALE AGE GROUP: 60 - 64

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	103	Karen Parsons	62	1:08:33	Baldwinsville	NY

FEMALE AGE GROUP: 65 - 69

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	98	Penny Noll	66	1:07:59	Cazenovia	NY

MALE AGE GROUP: 70 - 74

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	74	Daniel Kanaley	71	1:02:07	Syracuse	NY
2	79	Charles Crary	71	1:02:47	Syracuse	NY
3	90	Bill Byrne	70	1:05:39	Jamesville	NY

THE 40th ANNUAL SPERA'S SWAMP RAT RUNS 10K RACE

1	Chris Raulli	31	33:45	5:26	1	M30-34	M#	1	Cornelius	NC
2	Seth Richardson	20	36:47	5:56	1	M20-24	M#	2	Wolfeboro Falls	NH
3	Geoffrey Hale	29	36:53	5:57	1	M25-29	M#	3	Rome	NY
4	Nicholas Berg	17	37:19	6:01	1	M15-19	M#	4	Minoa	NY
5	Joshua Koeppe	17	37:36	6:03	2	M15-19	M#	5	Bridgeport	NY
6	Cory Battles	40	38:52	6:16	1	M40-44	M#	6	Liverpool	NY
7	Ryan Morrisette	18	39:28	6:21	3	M15-19	M#	7	Pulaski	NY
8	Bryan Bausinger	22	39:45	6:24	2	M20-24	M#	8	Clay	NY
9	Edward Morrissey	54	40:03	6:27	1	M50-54	M#	9	Tyrone	PA

10	Eric Murray	28	40:40	6:33	2	M25-29	M#	10	Chittenango	NY
11	Danny Hefti	18	40:58	6:36	4	M15-19	M#	11	Pulaski	NY
12	Robert Plyter	51	41:38	6:42	2	M50-54	M#	12	Syracuse	NY
13	Kate Putman	14	42:20	6:49	1	F01-14	F#	1	Cicero	NY
14	Chris Loughlin	41	42:43	6:53	2	M40-44	M#	13	Cicero	NY
15	Steve Cunningham	56	44:58	7:15	1	M55-59	M#	14	Cortland	NY
16	Benjamin Stevens	17	45:51	7:23	5	M15-19	M#	15	Central Square	NY
17	Mark Chwalek	34	46:20	7:28	2	M30-34	M#	16	Phoenix	NY
18	Jeremy Boyles	40	46:25	7:29	3	M40-44	M#	17	Cicero	NY
19	Matthew Muttillio	33	47:44	7:41	3	M30-34	M#	18	Rome	NY
20	Paul Cianfrocca	55	48:06	7:45	2	M55-59	M#	19	Camillus	NY
21	Amy Roberson	35	48:10	7:46	1	F35-39	F#	2	Sauquoit	NY
22	David Tarbe	38	48:23	7:48	1	M35-39	M#	20	Cicero	NY
23	Rich LaPaglia	55	48:53	7:52	3	M55-59	M#	21	Cicero	NY
24	Paul Gellert	51	49:07	7:55	3	M50-54	M#	22	Liverpool	NY
25	Jason Pistilli	39	49:21	7:57	2	M35-39	M#	23	Fayetteville	NY
26	James Cox	58	49:39	8:00	4	M55-59	M#	24	Liverpool	NY
27	Allison Newton	15	49:40	8:00	1	F15-19	F#	3	Cicero	NY
28	Casey Engineri	15	49:52	8:02	6	M15-19	M#	25	Minoa	NY
29	Mary Funk	15	49:52	8:02	2	F15-19	F#	4	East Syracuse	NY
30	Galyn Schenk	57	50:23	8:07	1	F55-59	F#	5	Syracuse	NY
31	Kara Rusch	51	50:55	8:12	1	F50-54	F#	6	Hamilton	NY
32	Erin Putman	42	51:13	8:15	1	F40-44	F#	7	Cicero	NY
33	Michael Dautrich	61	51:15	8:15	1	M60-64	M#	26	Cayuga	NY
34	Dan Breitbeck	53	52:15	8:25	4	M50-54	M#	27	Cicero	NY
35	Renee Affinati	38	52:18	8:25	2	F35-39	F#	8	West Monroe	NY
36	Ryan Reichard	38	52:46	8:30	3	F35-39	F#	9	Clay	NY
37	Zach Kubala	20	53:39	8:39	3	M20-24	M#	28	Cicero	NY
38	Kathleen Wheeler	48	53:52	8:41	1	F45-49	F#	10	Camillus	NY
39	Michael Jacob	44	54:04	8:42	4	M40-44	M#	29	Syracuse	NY
40	Melanie Ingleston	42	54:10	8:43	2	F40-44	F#	11	Syracuse	NY
41	Debra Smith	57	54:14	8:44	2	F55-59	F#	12	Mexico	NY
42	P.J. Lebied	38	54:22	8:45	3	M35-39	M#	30	Liverpool	NY
43	Steven Challis	60	54:33	8:47	2	M60-64	M#	31	Liverpool	NY
44	Matthew Taranto	39	55:17	8:54	4	M35-39	M#	32	Syracuse	NY
45	Dave Hanson	37	55:27	8:56	5	M35-39	M#	33	Cicero	NY
46	Kyle Crescente	24	55:37	8:57	4	M20-24	M#	34	Liverpool	NY
47	Kelly Conklin	42	56:32	9:06	3	F40-44	F#	13	Cicero	NY
48	Beth Kubala	49	56:32	9:06	2	F45-49	F#	14	Cicero	NY
49	Sophia Monica	13	56:40	9:08	2	F01-14	F#	15	Central Square	NY
50	Richard Gardinier	31	56:49	9:09	4	M30-34	M#	35	Brewerton	NY
51	Sean Meyer	22	57:07	9:12	5	M20-24	M#	36	Manlius	NY
52	Kelly Husby	53	57:10	9:12	2	F50-54	F#	16	Auburn	NY
53	Christopher Koeppe	43	57:10	9:12	5	M40-44	M#	37	Bridgeport	NY
54	Chris Velardi	46	57:46	9:18	1	M45-49	M#	38	Jamesville	NY
55	Amber Shumway	37	57:50	9:19	4	F35-39	F#	17	Oswego	NY
56	Katie Deanthony	40	57:50	9:19	4	F40-44	F#	18	Clay	NY
57	Joey Jerome	41	58:10	9:22	6	M40-44	M#	39	Pulaski	NY
58	Shannon Bausinger	24	58:24	9:24	1	F20-24	F#	19	Clay	NY
59	Kelly Dickter	51	58:36	9:26	3	F50-54	F#	20	Baldwinsville	NY
60	Matthew Furletti	18	58:52	9:29	7	M15-19	M#	40	Clay	NY
61	Timothy Whitmore	40	59:20	9:33	7	M40-44	M#	41	Cicero	NY
62	Sarah Wetsig	33	59:26	9:34	1	F30-34	F#	21	Syracuse	NY
63	Teresa Grant	46	59:28	9:35	3	F45-49	F#	22	Schenectady	NY
64	William Drapeau	51	59:29	9:35	5	M50-54	M#	42	Schenectady	NY
65	Zechariah Mientkiewi	27	59:33	9:36	3	M25-29	M#	43	Minoa	NY
66	Michael Billington	33	59:38	9:36	5	M30-34	M#	44	Cicero	NY
67	Michael Tamilia	57	59:47	9:38	5	M55-59	M#	45	Fayetteville	NY
68	Brett Lindsay	50	1:00:21	9:43	6	M50-54	M#	46	Central Square	NY
69	Kaleigh Sharpe	30	1:00:22	9:43	2	F30-34	F#	23	Syracuse	NY
70	Esther Hatalla	27	1:00:22	9:43	1	F25-29	F#	24	Central Square	NY

71	Ashley Bonaventura	28	1:00:35	9:45	2	F25-29	F#	25	Cicero	NY
72	Amy Furletti	46	1:00:52	9:48	4	F45-49	F#	26	Clay	NY
73	Samantha Shaffer	33	1:00:54	9:48	3	F30-34	F#	27	Baldwinsville	NY
74	Daniel Kanaley	71	1:02:07	10:00	1	M70-74	M#	47	Syracuse	NY
75	Danielle Tanton	40	1:02:09	10:00	5	F40-44	F#	28	Liverpool	NY
76	Anthony Ciciarelli	12	1:02:18	10:02	1	M01-14	M#	48	Liverpool	NY
77	Rebekah Wheeler	43	1:02:21	10:02	6	F40-44	F#	29	Cazenovia	NY
78	Kyle Taranto	31	1:02:33	10:04	6	M30-34	M#	49	Syracuse	NY
79	Charles Crary	71	1:02:47	10:07	2	M70-74	M#	50	Syracuse	NY
80	Caroline Desocio	35	1:02:52	10:07	5	F35-39	F#	30	Clay	NY
81	Anthony Petrarca	41	1:03:03	10:09	8	M40-44	M#	51	Liverpool	NY
82	Kevin Karoglanian	36	1:03:11	10:10	6	M35-39	M#	52	Syracuse	NY
83	Samuel Petrarca	13	1:03:27	10:13	2	M01-14	M#	53	Liverpool	NY
84	Kim Lupia	50	1:03:46	10:16	4	F50-54	F#	31	Cicero	NY
85	Robert Buckland	47	1:03:59	10:18	2	M45-49	M#	54	Rome	NY
86	Molly English-Bowers	58	1:04:11	10:20	3	F55-59	F#	32	Liverpool	NY
87	Vishwas Patil	45	1:04:32	10:23	3	M45-49	M#	55	Fayetteville	NY
88	Michael Goodfellow	25	1:04:39	10:25	4	M25-29	M#	56	Jamesville	NY
89	Audrey Kane	57	1:04:54	10:27	4	F55-59	F#	33	Cicero	NY
90	Bill Byrne	70	1:05:39	10:34	3	M70-74	M#	57	Jamesville	NY
91	Jocelyn Nackley	26	1:05:44	10:35	3	F25-29	F#	34	Brewerton	NY
92	Achyuth Pydmarr	37	1:06:09	10:39	7	M35-39	M#	58	Fayetteville	NY
93	Cathy Verginio	58	1:06:10	10:39	5	F55-59	F#	35	Cicero	NY
94	Rene Mahanna	33	1:06:13	10:40	4	F30-34	F#	36	Canastota	NY
95	Vivek Saxena	42	1:06:35	10:43	9	M40-44	M#	59	Fayetteville	NY
96	Elizabeth Bielass	52	1:07:11	10:49	5	F50-54	F#	37	Brewerton	NY
97	Kathy Hatter	58	1:07:29	10:52	6	F55-59	F#	38	Fulton	NY
98	Penny Noll	66	1:07:59	10:57	1	F65-69	F#	39	Cazenovia	NY
99	Kelly Parkhurst	33	1:08:02	10:57	5	F30-34	F#	40	Central Square	NY
100	Karen Velardi	46	1:08:02	10:57	5	F45-49	F#	41	Jamesville	NY
101	Chrissy Peterson	40	1:08:20	11:00	7	F40-44	F#	42	Brewerton	NY
102	Mark Gower	50	1:08:29	11:02	7	M50-54	M#	60	Liverpool	NY
103	Karen Parsons	62	1:08:33	11:02	1	F60-64	F#	43	Baldwinsville	NY
104	Adrian Szelazek	36	1:08:36	11:03	8	M35-39	M#	61	Baldwinsville	NY
105	Richard Cisar	70	1:10:23	11:20	4	M70-74	M#	62	Brewerton	NY
106	Kirstyn Hastings	16	1:10:52	11:25	3	F15-19	F#	44	Central Square	NY
107	Julie Legnetto	39	1:11:10	11:28	6	F35-39	F#	45	Syracuse	NY
108	Darrall Fogus	63	1:11:12	11:28	3	M60-64	M#	63	Brewerton	NY
109	Deborah Marcheterre	50	1:11:51	11:34	6	F50-54	F#	46	Syracuse	NY
110	Sara Bond	45	1:12:57	11:45	6	F45-49	F#	47	Baldwinsville	NY
111	Aiden Crysler	9	1:13:15	11:48	3	M01-14	M#	64	Preble	NY
112	Jennifer Rhoades	48	1:13:34	11:51	7	F45-49	F#	48	Cleveland	NY
113	Maggie Perski	43	1:14:12	11:57	8	F40-44	F#	49	Syracuse	NY
114	Melissa Crysler	34	1:14:32	12:00	6	F30-34	F#	50	Preble	NY
115	Riki Lebied	38	1:14:50	12:03	7	F35-39	F#	51	Liverpool	NY
116	Tammy Gower	50	1:15:07	12:06	7	F50-54	F#	52	Liverpool	NY
117	Dick Maloney	70	1:16:44	12:21	5	M70-74	M#	65	Liverpool	NY
118	Stephanie Lyons	30	1:16:58	12:24	7	F30-34	F#	53	Central Square	NY
119	Mary Sanford	52	1:17:16	12:26	8	F50-54	F#	54	Central Square	NY
120	Tracy Ogren	58	1:18:56	12:43	7	F55-59	F#	55	Hamilton	NY
121	Laura Walker	29	1:18:56	12:43	4	F25-29	F#	56	Syracuse	NY
122	Ronald Hanley	61	1:19:06	12:44	4	M60-64	M#	66	Liverpool	NY
123	Sue Perkins	52	1:22:34	13:18	9	F50-54	F#	57	Fulton	NY
124	Rick Rossen	56	1:22:42	13:19	6	M55-59	M#	67	Fabius	NY
125	Kaitlyn Nowodworski	27	1:23:26	13:26	5	F25-29	F#	58	Brewerton	NY
126	Bridget Rossen	56	1:23:29	13:27	8	F55-59	F#	59	Fabius	NY
127	Kelli McArde	28	1:25:29	13:46	6	F25-29	F#	60	Baldwinsville	NY
128	Candy McArde	58	1:26:06	13:52	9	F55-59	F#	61	Baldwinsville	NY
129	Melissa Zablotny	37	1:32:39	14:55	8	F35-39	F#	62	Liverpool	NY
130	Maribeth Homa	47	1:34:02	15:08	8	F45-49	F#	63	North Syracuse	NY
131	Ellen Brunet	58	1:34:03	15:09	10	F55-59	F#	64	Parish	NY

132	Kelly Neish	48	1:34:39	15:14	9	F45-49	F#	65	Baldwinsville	NY
133	Joseph Monfiletto	62	1:34:42	15:15	5	M60-64	M#	68	Munnsville	NY
134	Cindy Hans	56	1:35:05	15:19	11	F55-59	F#	66	East Syracuse	NY

10 K AGE GROUP AWARDS

MALE OVERALL RESULTS

PLACE	NAME	AGE	TIME	RESIDENCE	ST
1	Chris Raulli	31	33:45	Cornelius	NC

FEMALE OVERALL RESULTS

PLACE	NAME	AGE	TIME	RESIDENCE	ST
1	Kate Putman	14	42:20	Cicero	NY

MALE AGE GROUP: 1 - 14

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	76	Anthony Ciciarelli	12	1:02:18	Liverpool	NY
2	83	Samuel Petrarca	13	1:03:27	Liverpool	NY
3	111	Aiden Crysler	9	1:13:15	Preble	NY

FEMALE AGE GROUP: 1 - 14

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	49	Sophia Monica	13	56:40	Central Square	NY

MALE AGE GROUP: 15 - 19

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	4	Nicholas Berg	17	37:19	Minoa	NY
2	5	Joshua Koeppe	17	37:36	Bridgeport	NY
3	7	Ryan Morrisette	18	39:28	Pulaski	NY

FEMALE AGE GROUP: 15 - 19

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	27	Allison Newton	15	49:40	Cicero	NY
2	29	Mary Funk	15	49:52	East Syracuse	NY
3	106	Kirstyn Hastings	16	1:10:52	Central Square	NY

MALE AGE GROUP: 20 - 24

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	2	Seth Richardson	20	36:47	Wolfeboro Falls	NH
2	8	Bryan Bausinger	22	39:45	Clay	NY
3	37	Zach Kubala	20	53:39	Cicero	NY

FEMALE AGE GROUP: 20 - 24

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	58	Shannon Bausinger	24	58:24	Clay	NY

MALE AGE GROUP: 25 - 29

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	3	Geoffrey Hale	29	36:53	Rome	NY
2	10	Eric Murray	28	40:40	Chittenango	NY
3	65	Zechariah Mientkiewi	27	59:33	Minoa	NY

FEMALE AGE GROUP: 25 - 29

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	70	Esther Hatalla	27	1:00:22	Central Square	NY
2	71	Ashley Bonaventura	28	1:00:35	Cicero	NY
3	91	Jocelyn Nackley	26	1:05:44	Brewerton	NY

MALE AGE GROUP: 30 - 34

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	17	Mark Chwalek	34	46:20	Phoenix	NY
2	19	Matthew Muttillio	33	47:44	Rome	NY
3	50	Richard Gardinier	31	56:49	Brewerton	NY

FEMALE AGE GROUP: 30 - 34

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	62	Sarah Wetsig	33	59:26	Syracuse	NY
2	69	Kaleigh Sharpe	30	1:00:22	Syracuse	NY
3	73	Samantha Shaffer	33	1:00:54	Baldwinsville	NY

MALE AGE GROUP: 35 - 39

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	22	David Tarbe	38	48:23	Cicero	NY
2	25	Jason Pistilli	39	49:21	Fayetteville	NY
3	42	P.J. Lebied	38	54:22	Liverpool	NY

FEMALE AGE GROUP: 35 - 39

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	21	Amy Roberson	35	48:10	Sauquoit	NY
2	35	Renee Affinati	38	52:18	West Monroe	NY
3	36	Ryan Reichard	38	52:46	Clay	NY

MALE AGE GROUP: 40 - 44

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	6	Cory Battles	40	38:52	Liverpool	NY
2	14	Chris Loughlin	41	42:43	Cicero	NY
3	18	Jeremy Boyles	40	46:25	Cicero	NY

FEMALE AGE GROUP: 40 - 44

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	32	Erin Putman	42	51:13	Cicero	NY
2	40	Melanie Ingleston	42	54:10	Syracuse	NY
3	47	Kelly Conklin	42	56:32	Cicero	NY

MALE AGE GROUP: 45 - 49

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	54	Chris Velardi	46	57:46	Jamesville	NY
2	85	Robert Buckland	47	1:03:59	Rome	NY
3	87	Vishwas Patil	45	1:04:32	Fayetteville	NY

FEMALE AGE GROUP: 45 - 49

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	38	Kathleen Wheeler	48	53:52	Camillus	NY
2	48	Beth Kubala	49	56:32	Cicero	NY

3	63	Teresa Grant	46	59:28	Schenectady	NY
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MALE AGE GROUP: 50 - 54

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	9	Edward Morrissey	54	40:03	Tyrone	PA
2	12	Robert Plyter	51	41:38	Syracuse	NY
3	24	Paul Gellert	51	49:07	Liverpool	NY

FEMALE AGE GROUP: 50 - 54

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	31	Kara Rusch	51	50:55	Hamilton	NY
2	52	Kelly Husby	53	57:10	Auburn	NY
3	59	Kelly Dickter	51	58:36	Baldwinsville	NY

MALE AGE GROUP: 55 - 59

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	15	Steve Cunningham	56	44:58	Cortland	NY
2	20	Paul Cianfrocca	55	48:06	Camillus	NY
3	23	Rich LaPaglia	55	48:53	Cicero	NY

FEMALE AGE GROUP: 55 - 59

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	30	Galyn Schenk	57	50:23	Syracuse	NY
2	41	Debra Smith	57	54:14	Mexico	NY
3	86	Molly English-Bowers	58	1:04:11	Liverpool	NY

MALE AGE GROUP: 60 - 64

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	33	Michael Dautrich	61	51:15	Cayuga	NY
2	43	Steven Challis	60	54:33	Liverpool	NY
3	108	Darrall Fogus	63	1:11:12	Brewerton	NY

FEMALE AGE GROUP: 60 - 64

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	103	Karen Parsons	62	1:08:33	Baldwinsville	NY

FEMALE AGE GROUP: 65 - 69

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	98	Penny Noll	66	1:07:59	Cazenovia	NY

MALE AGE GROUP: 70 - 74

PLACE	O'All	NAME	AGE	TIME	RESIDENCE	ST
1	74	Daniel Kanaley	71	1:02:07	Syracuse	NY
2	79	Charles Crary	71	1:02:47	Syracuse	NY
3	90	Bill Byrne	70	1:05:39	Jamesville	NY

Onondaga Lake Park Thursday Night Fun Runs

Conducted by the Syracuse Chargers Track Club

Liverpool, New York

It is the no fee summer place to be! It's paved and it is flat!!

Please join us at Onondaga Lake Park for 13 Thursdays of fun.

We continue through July and end Thursday, August 29.

You can show up and be timed at the 2 mile, 5K, or 8K distances. The runs are open to all runners and walkers, and participants are encouraged to bring their own water bottles. Children can run in the Kid's 400 meter dash which will start at 5:45pm. Park at the Salt Museum parking lot and jog down to the start line in front of the Yacht Club. You will be asked to sign a waiver to cover your participation for the entire series. Since the asphalt trail on which you will be running will remain open to the public, you will be given a bib number to wear just so the other park users know that you are part of the event....they may even grant you right of way!

All fun runners will start at 6pm regardless of which distance you select.

Our volunteer timer will announce your finish time as you cross the line.

You are responsible for remembering your time and giving it to the volunteer when you finish. It is that easy! Hope to see you at the Yacht Club at Onondaga Lake Park as many of the summer Thursdays that you can attend!

Arrive by 5:30pm to sign in for the 5:45pm Kid's Run or at 5:45pm for the 6pm Fun Runs.

There is a restroom nearby, but please come dressed to run.

Onondaga Lake Park Thursday Fun Run Results – June

Results – June 6, 2019

It was a gorgeous evening with a balmy 75 degree temperature and low humidity.

2 miles

Name	Time	Age
Maggie Carpenter	20:16	23
Paul Cianfrocca	13:21	55
Amy Easton	17:19	32
Loren Davies	12:43	51
Bob Nicholson	12:44	72
(one mile)		

5K

Name	Time	Age
Sean Severence	19:38	52
Jim Cox	27:08	58
Richard Will	25:22	68
Daniel Delgado	22:31	23
Darrell Fogus	41:59	63
Melissa Phelps	41:53	33
Bethany Hetrick	41:53	38
Chris Rogers	27:30	28
Connor Vanderpool	26:18	28

8K

Name	Time	Age
Robyn Rothermel	1:09:10	37

Results – June 20, 2019

Results – June 13, 2019

It was a pleasant evening with a cool 60 degree temperature and 77% humidity with an 8 MPH ESE wind.

2 miles

Name	Time	Age
Lijiahui Wang	18:19	25

5K

Name	Time	Age
Paul Cianfrocca	23:48	55
Connor Vanderpool	23:45	28
Chris Rogers	25:45	28
William Volterman	28:29	39
Richard Bower	35:17	47
Darrell Fogus	35:18	63

8K

Name	Time	Age
Robyn Rothermel	1:16:21	37

5 Miles

Name	Time	Age
Modesto (Mo) Colosi	48:43	66

Results -- June 27, 2019



It was a pleasant evening with a comfortable 71 degree temperature and 78% humidity with a 12 MPH NW wind.			It was a pretty hot evening with a 84 degree temperature and 40% humidity with a 9 MPH WSW wind.		
1 mile walk			400 Meters		
Name	Time	Age	Name	Time	Age
Bob Nicholson	12:23	72	Ruthvik Adabala	1:14	11
2 miles			2 miles		
Name	Time	Age	Name	Time	Age
Robert Moso	13:17	56	Sean Moran	16:20	15
Julia Avery	16:47	15	Cristos Aris	16:47	6
Lijiahui Wang	17:27	25	Kate Moran	16:47	42
Izzy Bower	21:11	12	Bob Nicholson	20:42	72
Richard Bower	21:12	47	Monica Emmi	22:03	47
Barbara Emmi	21:35	46	Barbara Emmi	22:21	46
Susan Hanson (2.5 miles)	32:47	53	Izzy Bower	27:44	12
			Richard Bower	27:44	47
5K			5K		
Name	Time	Age	Name	Time	Age
Connor Vanderpool	22:30	28	Modesto (Mo) Colosi	36:05	66
Chris Rogers	25:20	28	Robyn Rothermel	45:26	37
Volterman	28:14	39			
Melissa Phelps	39:31	33			
Bethany Hetrick	39:32	38			
Darrell Fogus	40:00	63			
Robyn Rothermel	45:04	37			
4.23 Miles			8K		
Name	Time	Age	Name	Time	Age
Modesto (Mo) Colosi	43:56	66	Paul Cianfrocca	37:02	55
8K			5 Miles		
Name	Time	Age	Name	Time	Age
Paul Cianfrocca	37:00	55	Jim Cox	40:51	55

47th Annual Cazenovia July 4th Foot Races

Dan Sutton Memorial Race

*Administered by the Syracuse Chargers Track Club
& the Cazenovia High School Cross Country and Volleyball Programs*

Entries Received by June 24 - \$30 **Online Registration Only:** June 25 - June 29 - \$35 June 30 - July 2 - \$40

To encourage online registration, we have eliminated all online processing fees! Mail-in registration deadline is June 24

For online registration please visit: <http://www.Caz4thRun.org>

Events:	8:00 am 5k (3.1 mile) race	USATF Certified
	8:10 am 1-mile fun run	USATF Certified
	8:45 am 10 mile race around Cazenovia Lake	USATF Certified

Awards: 5K age group awards (top three) for men and women in the 0-13, 14-19, and then 5 year age groups.
10-mile age group awards (top three) for men and women in the 0-19 and then five-year age groups.
Cazenovia Jewelry Half-Century Award for first 50+ man & woman finisher in 5K & 10 M Races

Facilities: Facilities are limited, so please come dressed to run. Parking is also limited so arrive early and car pool!

Packet Pick up: **Wednesday, July 3** at Fleet Feet Sports-Dewitt from 3-6pm
On race morning at Cazenovia High School from 6:45 am - 8:45 am

Questions: E-mail info@caz4thrun.org

Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, any electronic headsets (except for hearing aid) present hazards to runners and are prohibited in the race. Any wheelchair participants and those with adaptive devices will start the 10 Mile Race prior to 8:45 am and will need to e-mail info@caz4thrun.org to make proper arrangements.



Registration after June 24 Online only-- \$33 6/25-6/29, Shirt Not Guaranteed; \$38 6/30-7/2)

Make checks payable to **Syracuse Chargers Track Club** and mail to: **PO Box 133 // Bridgeport, NY 13030**

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Official Use Only

[illegible]

Last Name

[illegible]

First Name

7

--	--

Sex

Age as of 7/4/19

[illegible]

Street Address

[illegible]

City

--	--

State

--	--	--	--	--

Zip

E-mail:

T-Shirt Size

YL S M L XL

Check Event:

5K 10M ☐

Mile Fun Run (Free or \$5 with T-Shirt)

Participant Waiver for Race Registration

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, strollers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Town of Cazenovia, the Village of Cazenovia, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

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

Signature: _____ Date: _____



Syracuse Chargers



All Comers Summer Track & Field Meets 2019

@ Syracuse University (Skytop Road facility)

Free Registration at the track for all from 5:20-5:50pm with **first running event starting at 6pm**

Meet #1 (Thursday 8/1/19)

400
3000

Meet #2 (Wednesday 8/7/19)

800
200

Meet #3 (Wednesday 8/14/19)

800
200

100

Long Jump
Triple Jump
Throws*

* No javelin

*No discus

* Many (not all) Implements will be provided. Please bring your own age-group sanctioned implements "just in case".

* All throwers will report at the start of the meet for us to assess a "Throws order of events".

* We will try to accommodate all throws and all throwers within reason (you must have experience in terms of safety).

1500

100
Long Jump
Triple Jump
Throws*

1500

400
Long Jump
Triple Jump
Throws*

Questions? nsmith123@twcny.rr.com

Name _____ Circle: M F Age today: _____

Birthdate _____

Address (Street) _____

City, State _____ Club/School _____

Phone # _____ Emergency # _____

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

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

Signature of Participant: _____

Date: _____

Date: _____

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



2019 Tromptown Entry Form

Please only ONE person per entry form. **AUGUST 8, 2019**To register online, please visit www.tromptownrun.com

Release: I know that running a road race is a potentially hazardous activity, 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, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release the Tioghnioaga Fire Department, Town of DeRuyter, Village of DeRuyter, DeRuyter Central School, Town of Cuyler, Cortland County, Madison County, Onondaga County, Town of Cazenovia, Town of Fabius, race organizers, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participating in this event. I also understand that in the event these races cannot be held as scheduled because of an act of God or circumstances beyond control, the race is not liable to refund entry fees.



Signature of runner _____ Age on run day _____

Date of Birth _____ Signature of parents if under 18 _____

Print Full Name _____ Male ___ Female ___

Address _____

City _____ State _____ Zip _____

Phone(____) _____ e-mail _____

Entry fees: Individual \$20 (5k) \$25 (HM), \$35 (Family) (Received by Aug. 5th)
Race day: Individual \$25 (5k), \$30 (HM), \$45 (Family). Entry fee for Fun Run \$1.

I will be running in the (CIRCLE 1, 2, or 3):

(1) FUN RUN (5:15pm Start)

(2) 5K Run (6:00pm Start) (3) Half-Marathon (5:45pm Start)

If Performance T-Shirt is desired Add \$15 - CIRCLE SIZE: small medium large extra large

If Patch is desired- Add \$5 - CIRCLE: yes

If Mug is desired- Add \$5 - CIRCLE: yes

Nine family combinations: <http://www.tromptownrun.com/Registration/>

State which combinations _____ and name of team member. _____

Total enclosed: \$ _____

Please make checks payable to: TIOUGHNIOGA FIRE DEPARTMENT. Mail this form with a check or money order to:
Win Skeele, Box 351, DeRuyter, NY 13052-0351

Official use only:

Entry _____ Shirt _____ Patch _____ Team _____

The Syracuse Chargers Track Club

Presents the 26th Annual

Willow Bay 5K Run & Fitness Walk for Women

Saturday, August 17, 2019, 9:00 AM

Willow Bay in Onondaga Lake Park, Liverpool, NY

<http://syracusechargers.org/events/willow-bay>



Course: Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near the Yacht Club; and finish at Willow Bay. To get to the start, enter the park via Long Branch Road.

Entry: Pre-register by mail (post-marked by August 9) or via www.RunSignUp.com for \$30; \$35 between August 10 and 16 (online only); or register on race morning for \$40 at Willow Bay between 7:30 and 8:45 am. ***Remember: No entry fee for women 65 years or older!!** Attractive souvenir shirts distributed to the first 230 entrants. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 15, from 5:00 -7:00 pm. Packets will also be available on site on race morning.

Amenities: Bathrooms are available throughout the park. Refreshments will be provided for all runners and walkers following the race. Come dressed to run.

Awards: **Top 3 finishers** overall; top three teams in each family category: **Mother-Daughter, Sister-Sister, Grandmother-Granddaughter & Aunt-Niece**

Age-group awards to the top three finishers in these age groups:

10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+.

Overall and age group awards will not be duplicated.

There will be drawings for **door prizes** at the awards ceremony. You must be present to win!

Double Your Fun Challenge. If you double your finish time and it is less than your age on race day, you win a special prize!



Please make your check payable to: "Syracuse Chargers Track Club" and mail your check and entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027. Questions? mpiscitelli2@verizon.net

***** Entry Form *****

Name _____ Age (on 8/17/19) _____ D.O.B. ____/____/____

Address _____ Phone (____) ____ - ____

City _____ State ____ ZIP _____ E-Mail _____

Shirt Size: Small Medium Large X-Large 2X-Large (These are women's fit sizes! Sizes guaranteed if entry received by 7/ 31)

Family Team Categories: (circle as many as apply and name your teammate(s); team members should complete individual applications and mail them in the same envelope)

Mother-Daughter _____

Sister-Sister _____

Aunt-Niece _____

Grandmother-Granddaughter _____

Willow Bay 5K Run & Fitness Walk Waiver

I know that running or walking is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running and 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 Village of Liverpool, Town of Salina, Onondaga County, Onondaga Lake Park, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I understand that bicycles, skateboards, strollers, baby joggers, rollerblades, animals, iPods and MP3 players are not allowed in the race, and I will abide by this guideline.

Participant's Signature _____ Date _____

Parent's Signature if under 18 _____ Date _____



22nd Annual Groton Labor Day 5K & 1 Mile Fun Run

grotonlaborday5k.com

September 2, 2019

Groton Central School

400 Peru Rd., Groton, NY 13073



Schedule:

7:30-8:45am Race Day Registration

9:00am 1 Mile Fun Run

9:30am 5K Race

Course:



The course follows village streets (2.5 miles), an old railroad bed (.5 miles), and finishes on the high school track. Some flat terrain, with a few steady inclines and declines, and one short, steep hill just before the mile.

Web address @: <http://www.usatf.org/routes/view.asp?rID=12258>

Course Records:

Male 16:06 Stephen Getman 17:03 Adam Engst ('12)/ Casey Calstrom ('06)
Female 18:46 Murphee Hayes 20:19 Charlene Lyford

Sponsoring Organization:

This race is sponsored by, and is a fund raiser for the Groton Varsity Cross Country Program. All proceeds benefit the Girls' and Boys' Cross Country Teams. Every year's proceeds have helped fund trips to other competitions and to purchase team apparel.

Additional Applications:

Grotoncs.org Select "Athletics"

Online Applications:

RunSignUp.com Search "Groton Labor Day 5K"

Awards: ***Please stay for awards***

- : Ribbons to every finisher in the 5K & Fun Run
- : Top 3 & Youngest in the Mile Fun Run
- : Plaque to top 3 male & Female in 5K
- : Plaque to top Masters male & female
- : \$25 Gift Certificate to top male & female in 5K
- : Medals to the top 3 in each age group
(<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69,)
- : FREE T-shirts to first 100 entries

QUESTIONS:

Contact Scott Weeks @ School Address
or sweeks@groton.cnyric.org

Entry Fees

Prior to Aug. 23....\$14 for students, \$18 for adults
After Aug. 23\$20 for students, \$25 for adults
1 mile fun run (**FREE**).

Make Checks Payable to:

Groton Sports Booster/ Cross Country

Send Applications to:

Scott Weeks, Race Coordinator
Groton Central School
400 Peru Rd., Groton, NY 13073

22nd Annual Groton Labor Day 5K & 1 Mile Fun Run Entry Form

Check One 1 Mile Fun Run _____ 5K Race _____
Check One T-Shirt Sm. _____ Med. _____ Lg. _____ XL _____

Name (Print Clearly): _____

Address: _____



City, State _____ Zip _____

Phone _____

Age (Race Day) _____ Gender _____

Email Address: _____

Waiver: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Village of Groton, Property owners, Groton Central School and it's officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or travelling to or from the Groton Labor Day races. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

Signature _____ Date _____

Signature of parent or guardian (if under 18) _____

The Charger Challenge

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

PROGRAM RULES AND AWARDS:

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

THE CHARGER CHALLENGE

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

THE CHARGER 500 MILE CHALLENGE

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

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

Awards:

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

Awards:

100 miles	Ribbon
250 miles	Patch
500 miles	T-Shirt

Mileage: All actual mileage covered can be recorded

THE FAMILY CHALLENGE

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

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

CHARGER CHALLENGE APPLICATION FORM

Challenge Program Desired: ☐ **Charger Challenge** ☐ **Family Challenge** ☐ **500 Mile Challenge**

Name(s): _____ E-mail _____

Age(s) _____ Shirt Size(s): ☐ S ☐ M ☐ L ☐ XL

Address: _____

Telephone: _____ Charger Member? ☐ (Y) ☐ (N) Fee Enclosed \$ _____ 1/21/17

(Payable to Syracuse Chargers Track Club)

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

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

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

Signature(s) _____ Date _____

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

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

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

Syracuse Chargers Track Club, Inc. Membership Form

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

We need your help!

Please volunteer for:

☐ Track Meets ☐ Coaching
☐ Road Races ☐ Trail Runs
☐ Special Olympics

Other: _____

(Please select and circle one)

Membership Type	1 Year
Individual Membership	\$20
Family Membership (1 newsletter, 2+ people)	\$25

Individual Senior Citizen (65 years or older)	\$15
Individual Student (High School or younger)	\$15

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

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

Membership Status:

____ New
____ Renewal

Receive Email Blasts?

____ Yes
____ No

Mail this form and check to: **Bob Hiemenz, Membership Coordinator**
Syracuse Chargers Track Club
P.O. Box 2354
Liverpool, NY 13089-2354

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

OR: Register online at: **RunSignUp.com**

MEMBERSHIP WAIVER: I know that participating and volunteering to work in club events can be hazardous. I agree not to participate in Club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity. I freely and voluntarily assume all risks, including but not limited to: falls, contact with other participants, dangerous or negligent behavior of other participants, the effects of weather, including high heat and/or humidity, the conditions of the road or other facilities, and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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

Signature(s)

Date

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

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

Date