



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

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Newsletters

<http://syracusechargers.org/newsletters/>



On the web

<http://syracusechargers.org/>

Syracuse Chargers Track Club



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©(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.

Board of Directors

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John McEachen

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Mark Driscoll

Treasurer:

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Secretary:

Jackie Wiegand

Program Coordinators

Membership Coordinator:

Bob Hiemenz

Chargers Records:

Terry McConnell

Scholastic Coach:

Norm Deep

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Program:
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Youth Program:

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Kurt Stanton

Masters (Men):

Greg Tuttle

Masters (Women):

Mickey Piscitelli

Scholarships:

John View

Awards Dinner:

OPEN

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Librarian

Anita Kuiken

At Large Charger Board Members

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Mark Driscoll

Special Friends Athletics

Program:

Peter Rhodes

Summer Runs:

OPEN

Open Coordinator (Women)

OPEN

Open Coordinator (Men):

OPEN

The Chargers Newsletter is published monthly. 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 Club is in need of a volunteer who would be *interested* in assuming the newsletter responsibilities for this monthly publication. 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. Thank you very much!

2022 Events Calendar

<i>June 2022</i>		
02	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
09	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
13	Mon	Syracuse Chargers Special Friends Program – Picnic at Ryder Park (see flyer in this newsletter)
16	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
23	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
25	Sat	2022 USATF Niagara Junior Olympic Track & Field Championships / USA Track & Field Niagara – Rochester, NY
30	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
29-Jul 2	Wed-Sat	2022 USATF National Youth Outdoor Championships – New York, NY
<i>Jul 2022</i>		
04	Mon	49th Annual Cazenovia July 4th Foot Races 5k and 10 mile, kids run, as well as virtual events. - Cazenovia, NY – See the advertisement in this newsletter for info!
07	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
14	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
18	Sat	42nd Annual Swamp Rat Run - Kids' Mile, 5K, 10K [kid's mile @ 8:30am; 5K & 10k @ 9am] (see flyer in this newsletter)
21	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
28	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
<i>Aug 2022</i>		
04	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
11	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
18	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
20	Sat	Willow Bay 5K Run & Fitness Walk for Women – 5K, and Virtual Events. Willow Bay, Onondaga Lake Park. (see flyers in this newsletter)
25	Thu	Onondaga Lake Fun Runs - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)

- All event titles are hyperlinks to the individual event.
- Bold events are Syracuse Charger-sponsored events.
- All Charger events are available on our website at <http://syracusechargers.org/events/>. Pictures of individual events will be posted under the event on the website.

New / Renewing Members

Renewing Members		
Eric Anish	Mickey Piscitelli	Mark Hill
Michael Dee	Allen Rhines	Joe Medicis
Kate Bartleson Dee	Christine Stork-Medicis	Julia Medicis
William Dee	Zachary Medicis	Ruth Yanai
	Emily Medicis	

Donations

The Chargers wish to give extra thanks to those members that contributed an extra amount along with their yearly membership dues, to help support SCTC programs. To do this, moving forward, we will be listing their names (or “anonymous” if so desired) each month, and honor someone as they choose. Of course, we appreciate those who give their time to club activities as well.

Generous donations were made from Al Rhines and the Dee family.

Syracuse Chargers Track Club at Penn Relays

The Syracuse Chargers Track Club participated in the 2022 Penn Relays in Philadelphia, April 28-29, 2022.

SCTC members David E. Ortman (69), Sam Gray (67), Horace Hudson (69), and Anthony Baker took second place in both the M65 4x1 and 4x4 relays. Their 4x4 relay time broke the USATF M65 4x4 Club record, but so did the Mass Velocity team, which took first place.

SCTC member David E. Ortman also won the M65-69 100m in 13.65.

Results: <http://pennrelaysonline.com/Results/schedule.aspx?l=MAS>



Photo: David E. Ortman (69), Penn Relays M65 100m winner

RUNNER'S HEART VS. SWIMMER'S HEART

Sam Graceffo, MD

We all know that any aerobic exercise has a beneficial effect on the heart. It becomes larger, stronger, and more efficient. The left ventricle changes the most. It receives oxygen-rich blood from the lungs and pumps it to the rest of the body.

Researchers in Canada set out to see if heart function was different in swimmers when compared to runners. Sixteen world-class swimmers and sixteen world-class runners were studied. Both men and women were in the study and some runners were sprinters, while others were distance specialists. Elite athletes were selected, because they had years of strenuous training, and this provided enough time for cardiac changes to occur.

While at rest, each person was studied in detail with an echocardiogram, which revealed all the hearts to be larger than that of the average sedentary person. The average heart rate, among the two groups, was a low 50 beats per minute, with the runners having a slightly slower rate. In all normal heart activity, the left ventricle contracts with a strenuous twisting and then unspooling motion. This action is similar to a sponge being wrung out and springing back to shape. It was this twisting motion, along with the filling time, that was of most interest to the researchers.

Although the differences between the two groups were slight, they were significant. The runners' hearts filled a little faster than the swimmers' hearts and also untwisted more quickly during each heartbeat. The scientists believed the differences most likely relate to the fact that unlike runners, the swimmers are in a prone position where they do not have to fight gravity. Blood flows more easily when the body is prone than when it is vertical.

This study shows that the body is incredibly and wonderfully able to change its anatomy and function to meet the demands placed on it. It changes, but only as much as necessary. It seems that the runners' hearts had to undergo more extensive change because of the demand placed on it by gravity. The researchers suggested that swimmers might benefit from adding some running to their routine. The study does not imply that one form of exercise produces a better heart than the other, since all hearts were extremely strong and well-suited to their sport and healthy living. It is likely that other sports also *sculpt* the heart in ways necessary for peak performance.

It is a miracle that the body is exquisitely sensitive to the demands placed on it and can adapt to almost anything. Just give it the right exercise routine, and enough time, and let the magic happen.

You can find all of Sam Graceffo's articles at <https://www.syracusechargers.org/author/samgraceffo/>

CAZENOVIA JULY 4th FOOTRACES

REGISTER NOW! The in-person 10 Mile is back with a new start time!

- **8:00 am 10 mile race**
- **8:15 am 5k race**
- **8:20 Kids' Fun Run**

Run either the 10-mile, 5K, Kids' or the Virtual Run!

5K and 10 Mile

- \$28 + processing fee until June 24th.
- June 25th until July 2nd \$33 + processing fee.

Virtual Race:

- \$25 + processing fee until June 24th.
- July 25th – July 2nd \$30 + processing fee.
- Virtual is not part of the Route 20 Challenge

Pre-Race Packet Pickup:

Saturday 7/2 at DeWitt Fleet Feet - 11am-3pm

Sunday 7/3 at the CCS Middle School Entrance (bus circle) 3-5pm

Monday 7/4 at CCS Middle School front entryway - 7:00am

Register here

<https://runsignup.com/Race/NY/Cazenovia/CazJuly4thFootRaces>





The Syracuse Chargers Track Club

Presents the 29th Annual



Willow Bay 5K Run & Fitness Walk for Women

Saturday, August 20, 2022, 9:00 AM

Starts near Willow Bay Shelter in Onondaga Lake Park, Liverpool, NY



<https://runsignup.com/Race/NY/Liverpool/WillowBay5k>

<http://syracusechargers.org/events/willow-bay-womens-5k-2022-08-20>

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: Register now at www.RunSignUp.com for the early bird pricing of \$35; prices go up after August 6th to \$40 through August 15. The registration fee will be \$45 from Aug. 16 through race morning at Willow Bay with last-minute sign-ups between 7:30 and 8:45 am. ***Remember: No entry fee for women 65 years or older!!**

Attractive souvenir shirts are guaranteed to the first 150 entrants. Race packets may be picked up at Fleet Feet on Route 31 in Clay on Thursday, Aug 18, from 5:00 – 6:30 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!

Questions? mpiscitelli2@verizon.net

The Virtual Willow Bay 5K Run & Fitness Walk for Women

Sign up for this event from now until August 9 on RunSignUp for a \$35 registration fee. A souvenir shirt will be given to all finishers completing your own course with results submitted by August 16, 2022.

- Please pick up your shirt at Fleet Feet on August 18, 5:00 – 6:30 PM.
- There will be no age group/overall/teams/Double Your Fun awards provided for this virtual race.
- Entry fee is required for participants over 65 (free entry is still offered for the in-person edition)



Presents



The 42 Annual Swamp Rat Run 5K

Saturday, June 18th 2022

Administered by the Syracuse Chargers Track Club & CNS XC & Track Boosters

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

Registration: <https://runsignup.com/Race/NY/Brewerton/SwampRatRuns>

Schedule:	Packet Pickup	7:15 AM
	Kids Mile	8:30 AM
	5K Chris A. Taddeo Memorial Run (USATF Certified)	9:00 AM
	10K (USATF Certified)	9:00 AM
	Awards Ceremony	Conclusion of Race

Entry Fees:	Kids Mile	\$15 + fees	
	5K/10K Pre-Entry (Up till Jun 17)	\$25.00 + fees	* Price includes T-shirt
	5K/10K After June 17	\$30.00 + fees	* includes T-shirt if available

Awards: 1st Male & Female overall, Top Three 14 & Under, 15-19, 5-year age groups to 70+









Timing provided by Leone Timing (www.leonetiming.com)




Packet pickup available on race morning starting at 7:15 am at the Oneida Shores Beach Pavilion

More Information:

[Chargers Site](#)

2022 USATF NIAGARA AND NATIONAL SCHEDULE

	2022 USATF Niagara Open & Masters Outdoor Championships JUNE 25, 2022 ROCHESTER, NEW YORK	VIEW DETAILS RESULTS
	2022 USATF Niagara Junior Olympic Track & Field Championships JUNE 25, 2022 ROCHESTER, NEW YORK	VIEW DETAILS RESULTS
	2022 USATF National Youth Outdoor Championships JUNE 29 - JULY 02, 2022 NEW YORK, NEW YORK	VIEW DETAILS
	2022 USATF National Club Track & Field Championships JULY 01 - 02, 2022 WEST LONG BRANCH, NJ	VIEW DETAILS
	2022 World Athletics Championships JULY 15 - 24, 2022 EUGENE, OR	VIEW DETAILS
	2022 USATF National Junior Olympic Track & Field Championships JULY 25 - 31, 2022 SACRAMENTO, CA	VIEW DETAILS
	2022 USATF Masters Outdoor Track & Field Championships JULY 28 - 31, 2022 LEXINGTON, KY	VIEW DETAILS
	2022 USATF Niagara Mountain Running Championships AUGUST 06, 2022 SWAIN, NY USA	VIEW DETAILS

	2022 USATF Niagara Half Marathon Trail Championships SEPTEMBER 25, 2022 VICTOR, NY	VIEW DETAILS
	2022 USATF Niagara Open & Masters Cross Country Championships NOVEMBER 06, 2022	VIEW DETAILS RESULTS
	High Performance Clinic - Winter Gear for Safety DECEMBER 16, 2022 ON ZOOM presenter: Runners Roost Specialty Store (Orchard Park, NY)	VIEW DETAILS

Greetings from New Jersey to Charger Members!

I just wanted to send greetings to all of my friends at the Syracuse Chargers. As you may know, I still run for the Chargers and USATF, even though I now live in New Jersey. I have completed a race that I wanted to share with you for the Chargers Newsletter.

I ran the Rock the Ridge 50-mile trail race on Saturday, MAY 14th. The race is near New Paltz, NY in the Shawagunk Mountains, next to the Catskills. The course was changed due to COVID restrictions with one of the parks, so there was an extra 1000 feet of elevation gain. In addition, it was the 1st warm day of the season with temperatures near 80 degrees. Despite that, I did reasonably well.

I finished the race in a time of 11:41:29. I was 1st in the age group 60 to 69 females. I was also #28 of 94 female runners, and #72 of 263 male and female runners overall. I think I was the 2nd oldest female participant. So I guess not bad for a 66-year old female. I hope to represent the Chargers in additional races this year. As an aside, I did run 2 races in 2021 where I won the female division overall. One was a 50K and the other a 6-hour race. Take care and hope to see some you in SEP 2022 at the Virgil Crest ultramarathon races north of Marathon, NY!



Luana Pesco Koplowitz, MD, PhD



Highland 1-2-3 Results



10 Miles

Place	Name	Sex	Age	City St	Time
1	Daniel Riley	M	21	Ithaca NY	1:20:46
2	Lauren Wetterhahn	F	33	Syracuse NY	1:43:35
3	Robert Carter	M	47	Jamesville NY	1:44:55
4	Tom Byers	M	38	Liverpool NY	1:46:13
5	Fred Miller	M	71	Liverpool NY	1:57:27
6	Ken Mann	M	61	Jamesville NY	2:04:57
7	Michael Stone	M	56	Cortland NY	2:08:04
8	Anne Lenox	F	43	Manlius NY	2:09:29
9	Ronald Waldron Jr	M	50	Central Square NY	2:09:31
10	Catherine Rennie	F	39	Fayetteville NY	2:10:19
11	Brittany Cronk	F	37	Groton NY	2:14:58
12	Jeffery McIntyre	M	63	Syracuse NY	2:17:22
13	Alyson Hackett	F	46	Rome NY	2:18:21
14	Chris Hackett	M	51	Rome NY	2:18:22
15	James Miner	M	73	Dryden NY	2:26:05
16	Michael Jones	M	36	Liverpool NY	2:41:08
17	Matthew Bishop	M	39	Ithaca NY	2:41:43
18	Michael Costello	M	57	Camillus NY	2:41:44
19	Michelle Breidenbach	F	50	Fayetteville NY	2:44:22
20	Linda Glowacki	F	63	Liverpool NY	2:51:48
21	Willson Cummer	M	54	Fayetteville NY	2:55:30
22	Tony Magnosi	M	57	Lansing NY	3:06:50
23	Kevin Karoglanian	M	39	Syracuse NY	3:10:34
24	Margie Vail	F	51	Cortland NY	3:13:36
25	Amber Inglis	F	45	Manlius NY	3:24:36

20 Miles

Place	Name	Sex	Age	City St	Time
1	David Olds	M	55	Syracuse NY	3:36:23 1: 1:45:18 1:45:18 2: 1:51:06 3:36:23
2	Leanne Powers	F	36	Syracuse NY	3:44:09 1: 1:46:11 1:46:11 2: 1:57:59 3:44:09
3	Katie Fitzpatrick	F	40	Baldwinsville NY	3:54:33 1: 1:52:50 1:52:50 2: 2:01:43 3:54:33
4	Felicia Case	F	42	Syracuse NY	4:12:40 1: 2:04:45 2:04:45 2: 2:07:56 4:12:40
5	Jesse Raiten	M	44	Bala Cynwyd PA	4:31:32 1: 2:04:08 2:04:08 2: 2:27:25 4:31:32
6	Hollis Tuttle	F	45	New York NY	4:37:13 1: 2:05:53 2:05:53 2: 2:31:21 4:37:13

7	Michael Dziok	M	46	Tully NY	4:48:06 1: 1:54:16 1:54:16 2: 2:53:50 4:48:06
8	Dennis Stadelman	M	60	Cicero NY	5:28:11 1: 2:30:58 2:30:58 2: 2:57:13 5:28:11
9	Lance Parker	M	36	New York NY	6:23:44 1: 2:15:21 2:15:21 2: 4:08:24 6:23:44

30 Miles

Place	Name	Sex	Age	City St	Time
1	Fred Harle	M	47	Jamesville NY	4:38:07 1: 1:30:33 1:30:33 2: 1:34:19 3:04:51 3: 1:33:17 4:38:07
2	Julie Hughes	F	42	Manlius NY	6:09:02 1: 2:04:44 2:04:44 2: 2:01:24 4:06:07 3: 2:02:55 6:09:02
3	James Fricon	M	47	Rochester NY	6:32:02 1: 1:56:15 1:56:15 2: 2:10:29 4:06:43 3: 2:25:20 6:32:02
4	Caroline Mann	F	31	Syracuse NY	6:42:12 1: 2:04:59 2:04:59 2: 2:06:08 4:11:06 3: 2:31:07 6:42:12
5	Brian Russell	M	35	Camillus NY	7:11:46 1: 2:02:11 2:02:11 2: 2:14:08 4:16:19 3: 2:55:28 7:11:46

More info at <http://syracusechargers.org/events/highland-forest-1-2-3-trail-race-2022/>

Highland 1-2-3 Pictures









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 start Thursday, June 2nd and end August 25th.

For 13 consecutive weeks you can show up and be timed at the 2 mile, 5K, or 8K distance. The runs are open to all runners and walkers, and participants are encouraged to bring a water bottle.

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 on Thursday, June 2nd and at 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.

Results will be posted in future news letters. The hyperlinks in the events schedule will take you to the event on our webpage where you can get your results as well!

Onondaga Lake Park Thursday Night Fun Run June 2, 2022

It was a pleasant evening with a 70 degree temperature and a 5 MPH NW wind.
Fun Run Coordinators Darrall Fogus, Jim Cox, Nancy Smith and Kurt Stanton

4 Mile run

Name	Time	Age
Dan Kanaley	48:35	74

8K

Name	Time	Age
Paul Cianfrocca	39:04	58
Jim Cox	44:06	61

~5.2 Miles

Name	Time	Age
Chuck Milazzo	48:08	66

Special Friends – Picnic In the Park



Monday, June 13, 2022

(Rain or Shine)

4:30pm - 6:00pm

Ryder Park

5400 Butternut Dr., E. Syracuse, NY 13057

**The Chargers Will Supply
EVERYTHING**

Attendees Bring A Smile!

Please register for the picnic by June 10th with your group name and how many are coming (including staff) to:

Jan Rabice

315-336-2300 ext. 213 or

janet.rabice@opwdd.ny.gov

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 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 to 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 your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives, and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of the negligence or carelessness on the part of other 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 the 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 Membership Form

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

We need your help!

Please volunteer for:

☐ Track Meets ☐ Coaching
☐ Road Races ☐ Trail Runs
☐ Special Olympics
 Other: _____

(Please select and circle one)

Membership Type	1 Year
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 ☐ Yes
☐ Renewal ☐ No

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
 REV 1/25/19

Date