



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

Volume CXX

Syracuse Chargers Track Club

January 2023

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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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Mark Driscoll

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At Large Charger Board Members

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Every One Can Run

Program:

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Mark Driscoll

Special Friends Athletics

Program:

Peter Rhodes

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OPEN

Open Coordinator (Women)

OPEN

Open Coordinator (Men):

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The Charger Challenge:

Ed Polly

Youth Program:

Mark Driscoll

Volunteers:

Kurt Stanton

Masters (Men):

Greg Tuttle

Masters (Women):

Mickey Piscitelli

Scholarships:

John View

Awards Dinner:

OPEN

Stabler Collection

Librarian

Anita Kuiken

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.

2022-2023 Events Calendar

Jan 2023		
8	Sun	All Comers Track Meet 10am – 12 noon - SRC Arena on OCC Campus. See the article in this newsletter for more information.
15	Sun	Indoor Track Practice - The Chargers will be holding open indoor practice time at Syracuse University's Lally Athletics Complex / Manley Field House Arena. From 5:00 to 7:00PM. See the article in this newsletter for details.
Feb 2023		
1	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse
8	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse
15	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse
22	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse
March 2023		
1	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse
8	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse

- 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.

Please direct any questions to Charger president John McEachen at president@syracusechargers.org or 315-308-0807, or meet with a board member on site.

Long time Charger member passes away



Dr. Patricia Marie Peterson was a long time Charger and winner of many Empire State Games, national, and international events, as well as Masters Athlete of the Year in her age group.

<https://www.sbfuneralhome.com/m/obituaries/Patricia-Peterson-26/Memories>

New and Renewing Members

New Members		
Amy Mccarthy	Leander Boreland	Carter Stevens
Annalaya Mccarthy	Tawakal Omar	Heather Thompson
Mackenzie Mccarthy	Christopher Ryer	Tyger Tyson
Renewing Members		
Elijah Bailey	Lewis Cutler	Nancy RhodesPeter Rhodes
Michael Bauer	Alivia Harris	Ruth Ripley
Jocelyn Bowen	Stepfon Harris	Gregory Tuttle
Lara Chappell	Hannah Leone	Terri Tuttle
Arthur Chappell-Bauer	Jack Leone	Shirley Yablonski
George Chappell-Bauer	Laurel Leone	Ruth Yanai
Gary Crawford	Pat Leone	

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.

- Lew Cutler
- Carter Stevens
- Ruth Ripley

Indoor Practice Schedule

Greetings Fellow Chargers; winter indoor practices are back (sort of)! We have contracted with Syracuse University's Lally Athletics Complex Manley Field House Arena for the following dates:

- Sunday January 15th 5pm-7pm
- (future dates pending, see website schedule for updates)

Our practice time is for **Syracuse Chargers Track Club members only**, so we will have to monitor entry. If you use RunSignUp, you can print an ID card here <https://runsignup.com/MyClubMemberships>, otherwise please bring a photo ID. Guests/family members will not be admitted. Minor members (17yo and under) must be accompanied by a parent or guardian, who must remain in sight of their charges for the duration; we cannot permit drop-offs of minors (per Syracuse University’s Safety of Minors policy). Please use the doors on the North side of the building through the Comstock lot.

Energy Boosting Foods

Melanie Schreiner, MS, RDN, CDN

LEMON WATER

The simplest way to get a boost, ever! Adding lemon to water transforms regular H₂O into a natural energy drink that is packed with electrolytes, which are critical for cells to produce energy. Hydration in general is key for a mood boost; a 2012 study found that women who were mildly dehydrated reported feeling fatigued.

NUTS

Cashews, almonds, and hazelnuts are high in magnesium, which plays a key role in converting sugar to energy. They're also filled with fiber to keep your blood sugar levels even and protein to stave off hunger. Keep a bag of mixed nuts or trail mix in your purse or desk drawer to stay energetic all day.

FRESH FRUIT

The natural sugar in fruit provides a quick pick-me-up when you're dragging and helps keep blood sugar levels steady because it's packed with fiber. Make an energizing breakfast smoothie with blueberries (helps you focus), strawberries (high in vitamin C, which helps turn fat to energy) and yogurt (rich in magnesium, which helps regulate the release of energy). Or toss in a tropical fruit like pineapple, which contains iodine to help control how quickly your body burns energy. Not a smoothie person? Fruits with peels, like bananas or apples, are good choices to take to work or when you're on the go.

DARK CHOCOLATE

Nibbling a square of dark chocolate as a post-lunch dessert is good for you. It contains the natural stimulant theobromine, similar to caffeine, which boosts your energy *and* your mood.

ASPARAGUS

This green veggie is high in B vitamins, which naturally support healthy energy levels by turning food (carbs) into fuel (glucose), and it contains plenty of blood sugar-steadying fiber. If it's in season, add asparagus to your salad at lunch to help get you through the afternoon.

All of Melanie's articles are available at: <https://www.syracusechargers.org/author/mschreiner/>

MARATHONING: GOOD OR BAD?

Sam Graceffo, MD

The legend states that Pheidippides ran slightly less than 26 miles from Marathon to Athens to announce that the Athenian army had conquered the Persians and immediately fell over dead. The truth of this story is in doubt, but it has fueled speculation that marathons can kill you. Jim Fixx, author of the bestseller “The Complete Book of Running,” died during a training run after having completed several marathons. He did, however, have a family history of heart problems and was an overweight smoker before becoming a marathon runner.

There are occasional deaths during marathons, but the rate is very low: between 0.5 and 1 in 100,000. A study of 11 million marathoners in a ten-year span showed 59 cardiac events leading to 42 deaths. This is 1/259,000 participants. The rate in triathlons is much higher: 1/52,630.

A study from Barts and University College London followed 138 novice runners training for the London marathon. Over the six-month period their arteries regained youthful elasticity. This is believed to reduce the risk of heart disease and stroke. Their “vascular age” was reduced by an estimate of four years. Blood pressure was also reduced. When they ran the marathon, they took between four and a half and five and a half hours.

On the negative side, another study found that men who had run at least one marathon per year for 25 years, showed higher artery plaque than a group of sedentary, overweight men. Plaque builds up in coronary arteries and occasionally breaks off at unpredictable times. The plaque then travels down to a narrower part of the artery and blocks it off. This is a coronary occlusion or heart attack. If the arteries are wider, there is less chance of blockage. At autopsy, seven-time Boston Marathon winner Clarence DeMar was found to have coronary arteries two to three times wider than normal. Did all those marathons make the arteries wider or did wide arteries make him a better athlete?

Another potential problem is generalized inflammation that occurs during a marathon. (This may contribute to the well-known *delayed onset muscle soreness*.) Some researchers were particularly troubled by inflammation occurring in the kidneys. The changes appeared similar to serious kidney damage, but, thankfully, reversed the next day. These kidney changes are common when the runner becomes dehydrated or overheated. There is concern about the long-term effect of repeated bouts of this situation.

Most experts believe there are diminishing returns when running more than 20 miles per week, more than 5 days a week and faster than 7:30 per mile. But, you can’t prepare for a marathon on 20 miles per week. The bottom line, on which most authorities agree, is that running is beneficial in the long term, but during a run, especially an all-out effort like a marathon, the risk is heightened. If one of those nasty plaques breaks off while the heart is operating at maximum effort it is likely to result in a major heart attack versus that same event occurring at rest and resulting in a minor attack.

The good news from the research is that almost anyone who is healthy, motivated, and well trained can safely run a marathon.

All of Sam’s articles are available at <http://syracusechargers.org/author/samgraceffo/>

Plantar fasciitis and Steroid Injections

Julie Randall MBA, PT, LMT, CES

Most runners have experienced plantar fasciitis or know someone that has. One of the most common treatment choices for a quick fix is a corticosteroid injection. In my opinion, this is one of the worst things you can do. While the injection may give you immediate relief, it will most likely not last long. “There was significant decrease in pain and improvement of function in steroid group at two weeks and eight weeks follow up; whereas at 16 weeks follow up plantar fascia stretching groups improved significantly.” (Gurung et al. 2021) Corticosteroid injections can also lead to serious complications. “As evidenced by Crawford and Gudeman, steroid therapy in plantar fasciitis plays a significant role in short-term therapy [20, 21]. However, a number of complications were noted including plantar fascial rupture, plantar fat pad atrophy, lateral plantar nerve injury secondary to injection, and calcaneal osteomyelitis.” (Tatli and Kapasi, 2009) In order to get long lasting relief you must learn the appropriate exercises to stretch your calf and strengthen around the foot and ankle.

Plantar fasciitis is very common and one of the most dreaded injuries. Pain is typically located in the medial heel and a common symptom is pain first thing in the morning when taking your first step out of bed. Plantar fasciitis can linger for months and put a stop to running for some time. Your best course of action at the very first hint of symptoms is to start stretching your calf muscles. I also recommend a break from running but continued cardiovascular fitness by doing any other exercise that is pain-free. Most runners will be able to cycle or even use an elliptical machine without irritating symptoms.

If you do choose to keep running some tips to make it more comfortable are: massage the calf muscles and foot before you run, do the below stretches, stick to softer surfaces and reduce your speed and distance. You can also try over the counter arch supports or more stable running shoes and roll out your foot after running on a ball or frozen water bottle.

Two stretches to address the calf muscles are pictured below:

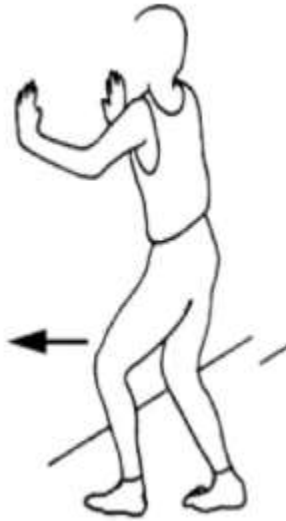
Gastrocnemius Stretch

Keeping your toes pointed forward and your back heel on the ground, lean into the wall without bending your back or your back knee. Hold stretch for 30 seconds and repeat 2-3 times on both legs.



Soleus Stretch

Stand facing a wall as above. Move your back leg in closer to the forward foot. Keep your heels on the ground bend both knees. You should feel this stretch closer to your heel. Hold 30 seconds and repeat 2-3 times on both legs



Gurung, S., DC, G. S., & Pant, B. (2021). Stretching Exercise versus Local Corticosteroid Injection in Plantar Fasciitis: A Comparative Study . Journal of Nepalgunj Medical College, 19(2), 32–35.

<https://doi.org/10.3126/jngmc.v19i2.42861> Tatli, Y.Z., Kapasi, S. The real risks of steroid injection for plantar fasciitis, with a review of conservative therapies. Curr Rev Musculoskelet Med 2, 3–9 (2009).

<https://doi.org/10.1007/s12178-008-9036-1>

All of Julie's articles are available at <https://www.syracusechargers.org/author/jrandall/>

A note from the president

Please don't forget that the Syracuse Chargers is an all-volunteer organization. That means that the race directors, board members, and all of the other people who make the club's events and business happen are regular dues-paying members like any other. As such, we can do only as much (and do it only as well) as all of our volunteer support allows.

No experience is necessary, and we'll always do our best to give you whatever tasks you are most comfortable helping with. Volunteering at our events can be both fun and rewarding. We invite and encourage all of our members to be visible and active in the club.

Please don't be shy about calling any of the wonderful people listed on page 2 to ask how you can be involved in our activities. We think that the more actively you are involved in the Chargers, the more you will benefit from your membership. Speaking of page 2 of the newsletter, you might notice that there are several vacant committee positions, and we also have an open seat on the board. Of note is the Awards Dinner position, as we anticipate holding the Awards Dinner and annual membership meeting in early 2023.

The Board of Directors strongly encourages any interested member to send a brief synopsis of their experience to president@syracusechargers.org.



Syracuse Chargers



All Comers Winter Indoor Track & Field Meets 2023

All meets @ SRC Arena on OCC Campus

Free of Charge and Open to All!

Pre-registration available (preferred) through runsignup:

<https://runsignup.com/WinterIndoorTFMeets>

Meet #1 (SUNDAY. 1/8/23) 10am-12:00pm

Registration: 9:15–9:55am 1st Running Event starts at 10am

One Mile	Triple Jump (14+ only)
55m	Long Jump (after TJ)
200m	High Jump
800m	Weight Throw
4 x 200m	Shot Put

Meet #2 : TBA

10am-12:00pm

Registration: 9:15–9:55am 1st Running Event starts at 10am

1500m	Triple Jump (14+ only)
55m	Long Jump (after TJ)
400m	High Jump
1000m	Weight Throw
4 x 200m	Shot Put

Throwers must bring their own age-appropriate indoor implements.



Name _____ M _____ F _____ Age _____

Club affiliation (or "independent") _____ Date of Birth _____

Home Address (Street) _____

City, State, Zip _____

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

Emergency contact _____ Emergency contact phone # _____

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

I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant:

_____ Date: _____

_____ Date: _____

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



Last Chance Trail Run & Pancake Breakfast Pictures

Thanks to all the volunteers and participants!

















Everyone Can Run – Beginner's Program



EVERYONE CAN RUN BEGINNERS' PROGRAM

FREE six-week training program
at the Jewish Community Center
of Syracuse

Presented by the Syracuse Chargers Track Club and hosted by the Jewish Community Center (JCC) of Syracuse, the Everyone Can Run Beginners' Program is a FREE, six-week program designed to take you from walking to running. Greg Tuttle, a USATF certified coach, will lead the Wednesday evening sessions and facilitate presentations from other running-related professionals. All participants will receive a Syracuse Chargers pedometer and a two-week trial pass to the JCC. All fitness levels welcome. If you can walk, you can run!

Dates: Wednesdays: Feb. 1, 8, 15, 22 and
March 1, 8

Time: 5:30 to 6:30 p.m.

Place: Jewish Community Center of Syracuse,
5655 Thompson Road, DeWitt, NY 13214



Join our club! Go to syracusechargers.org

REGISTRATION AND WAIVER: This program is open to Chargers, JCC members and prospective members, at least 14 years and older; applicants under 18 years old require a parent's or guardian's permission. Important: Participants should consult their healthcare provider before beginning any new type of exercise or fitness program.

Name _____ Date of Birth _____

Address _____ Phone _____

Email address: _____

I am currently a member (please circle): Syracuse Chargers Track Club Jewish Community Center

Participant Waiver for Program: I know that running is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able, and by my signature, I certify that I am medically able to perform this event and am in good health. I assume all risks associated with running, including but not limited to: falls or contact with other participants, with all such risks being known and appreciated by me. I understand that personal music players are not allowed during my training and I will abide by this rule. I have read this waiver and, knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club and the Jewish Community Center and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these training sessions, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

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

Please turn in this completed form at JCC or mail it to: Greg Tuttle, 3604 State Rt. 49, Central Square, NY 13036.
Any questions? Please call 315-430-9409 or email tuttlegreg@hotmail.com

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 waive 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
 ____ 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

REV 1/25/19

 Date