



CHARGERS NEWSLETTER

Serving the Central New York
Running Community since 1969

Volume CXXXI	Syracuse Chargers Track Club	January 2024
Follow Us On.....		1
Chargers Events Calendar		3
New and Renewing Members.....		4
Donations.....		4
Looking for Competition?		4
CARDIO OR STRENGTH TRAINING FOR LONGEVITY		5
Recent Chargers Records.....		5
Indoor Practice.....		6
Everyone Can Run Beginners Program.....		7
Last Chance Trail Run & Pancake Breakfast – Pictures		8
All Comers Results 1/7/2024.....		15
The Charger Challenge		32
Syracuse Chargers Membership Form		33

Follow Us On



Facebook

<https://facebook.com/syracusechargerstrackclub>



Instagram

<https://instagram.com/syracuse.chargers>



Newsletters

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



On the web

<https://syracusechargers.org/>

Physical paper copies of Charger newsletters from 1978-2012 are available for in-person viewing at the Onondaga Historical Society". <https://www.cnyhistory.org/>.

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

President: John McEachen	Vice President: Mark Driscoll
Treasurer: Jim Cox	Secretary: Jackie Wiegand

At Large Charger Board Members

Mike Bauer	Mickey Piscitelli
Norm Deep	Nancy Smith
Chary Griffin	Kurt Stanton
Mark Hill	Greg Tuttle
Pat Leone	

Newsletter Staff & Contributing Writers

Subscriptions Bob Hiemenz	Dr. J on Running Kamal Jabbour, PhD
-------------------------------------	---

Results & Records Terry McConnell, PhD	Nutrition Melanie Schreiner, MS, RDN, CDN
--	---

Trivia Greg Tuttle, USATF Level 1 Certified Coach	Physical Therapy OPEN
--	---------------------------------

Stabler Collection Librarian Anita Kuiken	DPT, OCS Medicine & Health Sam Graceffo, MD
---	---

Program Coordinators

Membership Coordinator:
Bob Hiemenz

Chargers Records:
Terry McConnell

Scholastic Coach:
Norm Deep

Every One Can Run Program:
Greg Tuttle

Indoor Meets/Practices:
Mark Driscoll

Special Friends Athletics Program:
Peter Rhodes

Summer Runs:
OPEN

Open Coordinator (Women)
OPEN

Open Coordinator (Men):
OPEN

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.

Chargers Events Calendar

Feb 2024		
7	Wed	<u>EVERYONE CAN RUN BEGINNERS PROGRAM</u> – 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.
14	Wed	<u>EVERYONE CAN RUN BEGINNERS PROGRAM</u> – 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.
21	Wed	<u>EVERYONE CAN RUN BEGINNERS PROGRAM</u> – 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.
25	Sun	<u>Indoor Practice 8:00 – 10:00 AM</u> The return of practices at Manley Field House - See the info in this newsletter for details..
28	Wed	<u>EVERYONE CAN RUN BEGINNERS PROGRAM</u> – 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.
Mar 2024		
3	Sun	<u>Indoor Practice 8:00 – 10:00 AM</u> The return of practices at Manley Field House - See the info in this newsletter for details..
6	Wed	<u>EVERYONE CAN RUN BEGINNERS PROGRAM</u> – 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.
13	Wed	<u>EVERYONE CAN RUN BEGINNERS PROGRAM</u> – 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.
24	Sun	<u>Indoor Practice 8:00 – 10:00 AM</u> The return of practices at Manley Field House - See the info in this newsletter for details..

New and Renewing Members

New Members		
Ryan Black Yasmin Hollowitz	Tseday Hatshepsut Infinite Diana Kowatch Evangeline Kowatch	Oscar Kowatch Sebastian Kowatch Theodore Kowatch
Renewing Members		
James Clancy Lewis Cutler Loren Davies Gary Douglass	Mark Driscoll Leroy Hodge Sue Shopiro	Gregory Tuttle Terri Tuttle Gabe Yankowitz

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.

- Lewis Cutler
- James Clancy
- Kowatch Family

Looking for Competition?

Chargers; are you looking for more options for competition? We now have updated Syracuse Charger team accounts for [milesplit](#) and [athletic.net](#).

Simply create an account on either site and you can search their race calendars for local events. To join the Chargers team on Athletic.net, please email president@syracusechargers.org for the appropriate season’s team code

CARDIO OR STRENGTH TRAINING FOR LONGEVITY

Sam Graceffo, MD

The many health benefits of aerobic exercise are well known to us as members of a running club. But what about strength training? Many runners believe that all they need to do for health and longevity is just keep on running. According to a Harvard study, without a dedicated plan to build or keep muscle mass and strength, it gradually slips away: the average 30-year-old will lose one quarter of his or her muscle strength by 70 and half by 90.

An analysis reported in the *Journal of the American Medical Association* covered 8 years and consisted of 115,000 participants. The death rate among those who did only strength workouts was reduced by 9 to 22 percent. Those who did only moderate to vigorous aerobics experienced a reduction of 24 to 34 percent. Those who did both had an impressive 41 to 47 percent reduction in death rate compared to those who did no exercise.

The most consistent recommendation for aerobic exercise is 150 minutes of moderate or 75 of vigorous. Weight work should be done 2 to 3 times per week for 20 to 30 minutes. It should include 4 to 6 different exercises that use as many muscle groups as possible: legs, hip, back, abdomen, chest, shoulders, and arms. Each exercise should be 10 to 15 reps repeated 2 to 3 times. It can be performed with machines, weights, exercise bands, or just against gravity.

There have been more studies on the benefits of aerobic exercise than on strength, but there are a few recent studies that show strength training to be superior to aerobic. The bottom line is that they each do different things for your body, and you need both.

The Harvard study mentioned earlier concludes: “Just doing aerobic exercise is not adequate. Unless you are doing strength training, you will become weaker and less functional.”

So, there you have the very bottom line: It's best to do both.

All of Sams articles are available at <https://www.syracusechargers.org/author/samgraceffo/>

Recent Chargers Records

Age	Event	Name	Record	Date
F16-17	60m HH	Georgia Deep	10.92	1/14/2024
M65-69	Pole Vault	Peter McGinnis	2.56m	1/14/2024
M75-79	Mile Walk	Bob Nicholson	11:33.73	1/14/2024
M80-84	Weight Throw	Gary Crawford	7.25m	1/14/2024

Chargers acquitted themselves well at the USATF Niagara Indoor Track Championships, held in Cornell University's Barton Hall. Georgia Deep, competing in the open division, set a new mark in her age group. Peter McGinnis, clearing a height for the first time since being sidelined with shoulder problems in 2016, did so with style. His result, equivalent to 8 ft. 4 ¾ in., finally betters David Rider's 1996 record of 8 ft. Bob Nicholson walked to a brand-new age group record at the mile distance, and Gary Crawford improved by exactly one foot his own record of 22 ft. 9 ½ in. from 2021.



Indoor Practice

The SCTC is pleased to announce the return of Indoor Practice Sessions at Syracuse University's Manley Field House on Feb 25th, March 3rd and March 24th Sunday, December 17, 2023, 8:00AM to 10:00 AM. Future indoor practice dates will be announced later.

The Youth portion of Sunday's practice will be led by our new SCTC volunteer coach Reem Jishi.

Manley Field House-Syracuse Charger Use Rules

These sessions are for Syracuse Chargers Track Club members only.

- No drop-offs of unaccompanied minors is permitted.
- There will be a sign-in sheet at the door.
- Per our contract with SU, there is no using any of the gym equipment in or outside of the cage.
- SU is private property and we have use of the facility for two hours, so we have to be ready to depart on time as other events/use will be scheduled.
- Adult Chargers are free to use the track and infield (youth participants have infield priority), and as a reminder, all running/walking is to be done in the counter-clockwise direction.
- There is to be no standing still or sitting in or on any lane of the track at any time.
- Lanes 1 and 2 are for runners, lanes walking/jogging
- Strollers and other wheeled vehicles/devices are not permitted on the track.

Everyone Can Run Beginners 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 trial pass to the JCC. All fitness levels welcome. If you can walk, you can run!



Dates: Wednesdays: Feb. 7, 14, 21, 28 and March 6, 13
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 a 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

Last Chance Trail Run & Pancake Breakfast – Pictures















All Comers Results 1/7/2024

Event 1 Women 16-17 1500 Meter Race Walk

Name	Age	Team	Finals
1 Bea Rioux	16	Unattached	8:57.53

Event 1 Men 75-79 1500 Meter Race Walk

Name	Age	Team	Finals
1 Bob Nicholson	76	Y Runners	10:44.52

Event 2 Women 18-19 1 Mile Run

Name	Age	Team	Finals
1 Isla Langsdorf	18	Unattached	6:13.93

Event 2 Women 45-49 1 Mile Run

Name	Age	Team	Finals
1 Sascha Scott	48	Syracuse Track Club	5:26.40

Event 2 Men 14-15 1 Mile Run

Name	Age	Team	Finals
1 Matthew Gomes	14	Unattached	5:07.83
2 Braden Lewis	14	Unattached	5:22.99

Event 2 Men 16-17 1 Mile Run

Name	Age	Team	Finals
1 John Musante	17	Unattached	4:56.78
2 Wyatt Forbes	16	Unattached	5:15.40

Event 2 Men 25-29 1 Mile Run

Name	Age	Team	Finals
1 Matt Dowling	27	T3 Coaching	4:49.14
2 Warren Stover	27	Unattached	5:15.00

Event 2 Men 40-44 1 Mile Run

Name	Age	Team	Finals
1 George Young	42	Unattached	4:56.61

Event 2 Men 60-64 1 Mile Run

Name	Age	Team	Finals
1 Joe Mora	62	GVH	5:17.49

Event 2 Men 65-69 1 Mile Run

Name	Age	Team	Finals
1 John Feyerabend	68	Syracuse Track Club	6:56.34
-- Gary Burak	65	Unattached	DNF

Event 3 Girls 7&U 55 Meter Dash

Name	Age	Team	Finals
1 Vivi Malmberg	7	Unattached	12.07

Event 3 Girls 8-9 55 Meter Dash

Name	Age	Team	Finals
1 Hannah Leone	9	Syracuse Chargers	10.67
2 Elin Malmberg	8	Unattached	10.85
3 Vincenza Lamas	8	Unattached	11.86

Event 3 Girls 10-11 55 Meter Dash

Name	Age	Team	Finals
1 Lorren Reid	10	DF3	8.90
2 Olivia Goodell	11	Syracuse Chargers	9.02

Event 3 Girls 12-13 55 Meter Dash

Name	Age	Team	Finals	H#
1 Stephanie Todd	13	DF3	7.69	2

Event 3 Women 14-15 55 Meter Dash

Name	Age	Team	Finals	H#
1 Avery Solloway	14	Unattached	8.00	2
2 Milo Davignon	14	Unattached	8.56	2

Event 3 Women 16-17 55 Meter Dash

Name	Age	Team	Finals	H#
1 Bea Rioux	16	Unattached	8.93	2

Event 3 Women 30-34 55 Meter Dash

Name	Age	Team	Finals	H#
1 Kayleigh Olive	31	Unattached	9.58	2

Event 3 Women 45-49 55 Meter Dash

Name	Age	Team	Finals	H#
-- Eulis Reid	46	Unattached	DNF	2

Event 3 Boys 7&U 55 Meter Dash

Name	Age	Team	Finals	H#
1 Lawson Reid	5	Unattached	12.57	3

Event 3 Boys 10-11 55 Meter Dash

Name	Age	Team	Finals	H#
1 Levi Johnston	10	DF3	8.95	3
2 Robert Todd	11	DF3	9.43	3
3 Brody Tuttle	10	Unattached	9.74	3
4 Manuel Lamas	10	Unattached	10.56	3
5 Owen Goodell	10	Syracuse Chargers	11.61	3

Event 3 Men 14-15 55 Meter Dash

Name	Age	Team	Finals	H#
1 Camron Ingram	15	DF3	6.68	4

Event 3 Men 16-17 55 Meter Dash

Name	Age	Team	Finals	H#
1 Kavon Brunson	17	DF3	7.16	4
2 Cutter Jaquin	17	Unattached	7.18	5
3 Caleb Davis	17	Unattached	7.32	5
4 Colin Sanderson	17	Unattached	7.35	5
5 Christian Kahrs	17	DF3	7.49	4
6 Michael Fetzko	17	Unattached	7.62	4

Event 3 Men 40-44 55 Meter Dash

Name	Age	Team	Finals	H#
1 Christopher Ryer	41	Syracuse Chargers	7.39	5

Event 3 Men 50-54 55 Meter Dash

Name	Age	Team	Finals	H#
1 John McEachen	53	Syracuse Chargers	8.36	5

Event 4 Girls 10-11 55 Meter Hurdles

Name	Age	Team	Finals
1 Olivia Goodell	11	Syracuse Chargers	12.08

Event 4 Women 14-15 55 Meter Hurdles

Name	Age	Team	Finals	H#
1 Kalli Congden	15	DF3	8.92	1
2 Milo Davignon	14	Unattached	11.04	2

Event 4 Women 16-17 55 Meter Hurdles

Name	Age	Team	Finals	H#
1 Jaydin Mackey	16	DF3	8.89	1
2 Lydia DeTraglia	17	Syracuse Chargers	9.47	1
3 Georgia Deep	17	Syracuse Chargers	10.33	2

Event 4 Women 18-19 55 Meter Hurdles

Name	Age	Team	Finals
1 Chloe Freund	18	Unattached	11.27

Event 4 Men 14-15 55 Meter Hurdles

Name	Age	Team	Finals	H#
1 Xavier Caesar	14	DF3	10.31	3

Event 4 Men 16-17 55 Meter Hurdles

Name	Age	Team	Finals	H#
1 Kavon Brunson	17	DF3	8.45	3
2 Christian Kahrs 1	7	DF3	9.89	3

Event 4 Men 18-19 55 Meter Hurdles

Name	Age	Team	Finals	H#
1 Matt Squires	18	Unattached	9.82	3

Event 5 Girls 7&U 200 Meter Dash

Name	Age	Team	Finals
1 Vivi Malmberg	7	Unattached	50.03

Event 5 Girls 8-9 200 Meter Dash

Name	Age	Team	Finals
1 Elin Malmberg	8	Unattached	42.99
2 Vincenza Lamas	8	Unattached	51.25

Event 5 Girls 10-11 200 Meter Dash

Name	Age	Team	Finals
1 Lorren Reid	10	DF3	38.67

Event 5 Women 14-15 200 Meter Dash

Name	Age	Team	Finals	H#
1 Avery Solloway	14	Unattached	29.93	2

Event 5 Women 16-17 200 Meter Dash

Name	Age	Team	Finals	H#
1 Lydia DeTraglia	17	Syracuse Chargers	29.14	2
2 Josie Rioux	16	Unattached	30.42	2
3 Bea Rioux	16	Unattached	32.74	2

Event 5 Women 18-19 200 Meter Dash

Name	Age	Team	Finals	H#
1 Chloe Freund	18	Unattached	32.22	4

Event 5 Boys 7&U 200 Meter Dash

Name	Age	Team	Finals	H#
1 Lawson Reid	5	Unattached	49.85	3

Event 5 Boys 10-11 200 Meter Dash

Name	Age	Team	Finals	H#
1 Levi Johnston	10	DF3	34.95	3
2 Robert Todd	11	DF3	36.30	3
3 Brody Tuttle	10	Unattached	38.52	3
4 Manuel Lamas	10	Unattached	42.21	3

Event 5 Men 14-15 200 Meter Dash

Name	Age	Team	Finals	H#
1 Xavier Caesar	14	DF3	25.08	5
2 Parker Volzke-Shepard	15	Unattached	27.60	6
3 Everett Cox	15	Cox Racing	29.56	6

Event 5 Men 16-17 200 Meter Dash

Name	Age	Team	Finals	H#
1 Kavon Brunson	17	DF3	25.56	5
2 Colin Sanderson	17	Unattached	25.86	6
3 Christian Kahrs	17	DF3	26.15	5
4 Cutter Jaquin	17	Unattached	26.43	7
5 Todd Lincoln	17	Unattached	27.01	4

Event 5 Men 18-19 200 Meter Dash

Name	Age	Team	Finals	H#
1 Merritt Cox	19	Cox Racing	26.37	5
2 Thomas Onkelinx	18	Cox Racing	30.10	7

Event 5 Men 25-29 200 Meter Dash

Name	Age	Team	Finals	H#
1 Austen Johnson	26	Unattached	24.81	7

Event 5 Men 40-44 200 Meter Dash

Name	Age	Team	Finals	H#
1 Christopher Ryer	41	Syracuse Chargers	26.38	4

Event 5 Men 50-54 200 Meter Dash

Name	Age	Team	Finals	H#
1 John McEachen	53	Syracuse Chargers	29.92	6

Event 6 Girls 8-9 800 Meter Run

Name	Age	Team	Finals
1 Hannah Leone	9	Syracuse Chargers	3:46.02

Event 6 Women 16-17 800 Meter Run

Name	Age	Team	Finals	H#
1 Georgia Deep	17	Syracuse Chargers	3:12.28	3

Event 6 Women 18-19 800 Meter Run

Name	Age	Team	Finals	H#
1 Isla Langsdorf	18	Unattached	2:52.08	2

Event 6 Women 45-49 800 Meter Run

Name	Age	Team	Finals	H#
1 Sascha Scott	48	Syracuse Track Club	2:27.45	2

Event 6 Boys 10-11 800 Meter Run

Name	Age	Team	Finals
-- Manuel Lamas	10	Unattached	DNF

Event 6 Men 14-15 800 Meter Run

Name	Age	Team	Finals	H#
1 Braden Lewis 14		Unattached	2:23.49	2

Event 6 Men 16-17 800 Meter Run

Name	Age	Team	Finals	H#
1 Zechariah Bolos	16	Unattached	2:15.13	2
2 John Musante	17	Unattached	2:18.02	2
3 Noah Eschenbach	16	Unattached	2:32.40	2

Event 6 Men 30-34 800 Meter Run

Name	Age	Team	Finals	H#
1 Wesley Macker	31	Unattached	2:40.14	2

Event 6 Men 60-64 800 Meter Run

Name	Age	Team	Finals	H#
1 Joe Mora	62	GVH	2:25.97	2

Event 6 Men 65-69 800 Meter Run

Name	Age	Team	Finals
1 John Feyerabend	68	Syracuse Track Club	3:10.35
2 Tom Daly	69	Syracuse Chargers	3:13.14
3 Gary Burak	65	Unattached	3:47.57

Event 7 Women 16-17 1000 Meter Run

Name	Age	Team	Finals
1 Bea Rioux 16		Unattached	4:10.14

Event 7 Men 14-15 1000 Meter Run

Name	Age	Team	Finals
1 Braden Lewis	14	Unattached	3:35.96

Event 7 Men 65-69 1000 Meter Run

Name	Age	Team	Finals
1 Gary Burak	65	Unattached	4:57.62

Event 8 Mixed 4x200 Meter Relay

Team Finals	H#
1 DF3 ' 1) Camron Ingram 15 2) Kavon Brunson 17 3) Christian Kahrs 17 4) Kole Otts 15	A' 1:41.66 3
2 Unattached 1) Austen Johnson 26 2) Matt Squires 18 3) Colin Sanderson 17 4) Zechariah Bolos 16	G' 1:43.15 3
3 Unattached 1) Wyatt Forbes 16 2) Noah Eschenbach 16 3) John Musante 17 4) Rowan Dawes 15	'F' 1:51.65 3
4 Unattached 1) Bea Rioux 16 2) Thomas Onkelinx 18 3) Milo Davignon 14 4) Everett Cox 15	'D' 2:04.18 2
5 Unattached 1) Michael Fetzko 17 2) Braden Lewis 14 3) Avery Solloway 14 4) Kayleigh Olive 31	'B' 2:05.19 1
6 Unattached 1) Josie Rioux 16 2) Lydia DeTraglia 17 3) Chloe Freund 18 4) Isla Langsdorf 18	'C' 2:06.22 2
7 Unattached 1) Sascha Scott 48 2) Wesley Macker 31	'A' 2:12.42 1
8 Unattached 1) Elin Malmberg 8 2) Hannah Leone 9 3) Vivi Malmberg 7 4) Lorren Reid 10	'E' 2:54.62 2
9 Syracuse Chargers ' 1) Jennifer Goodell 37 2) Olivia Goodell 11 3) Richard Goodell 41 4) Owen Goodell 10	A' 3:00.35 1

Event 9 Girls 10-11 Long Jump

Name	Age	Team	Finals
1 Lorren Reid	10	DF3	11-01.00

Event 9 Girls 12-13 Long Jump

Name	Age	Team	Finals
1 Stephanie Todd	13	DF3 1	4-03.25

Event 9 Women 14-15 Long Jump

Name	Age	Team	Finals
1 Kalli Congden	15	DF3	14-06.25
2 Aaliyah McDonald	14	DF3	14-03.00
3 Avery Solloway	14	Unattached	12-08.50

Event 9 Women 16-17 Long Jump

Name	Age	Team	Finals
1 Zoie Tesi	17	Unattached	15-08.50
2 Georgia Deep	17	Syracuse Chargers	14-03.00
3 Jaydin Mackey	16	DF3	13-11.00

Event 9 Boys 10-11 Long Jump

Name	Age	Team	Finals
1 Levi Johnston	10	DF3	12-04.00
2 Robert Todd	11	DF3	11-00.00

Event 9 Men 14-15 Long Jump

Name	Age	Team	Finals
1 Kole Otts	15	DF3	20-00.00
2 Camron Ingram	15	DF3	19-09.75
3 Rowan Dawes	15	Unattached	17-01.00
4 Everett Cox	15	Cox Racing	15-00.00
5 Parker Volzke-Shepard	15	Unattached	12-00.00

Event 9 Men 16-17 Long Jump

Name	Age	Team	Finals
1 Michael Fetzko	17	Unattached	18-03.00
2 Caleb Davis	17	Unattached	17-06.00
3 Cutter Jaquin	17	Unattached	17-03.00
4 Colin Sanderson	17	Unattached	16-09.50
5 Christian Kahrs	17	DF3	15-02.25

Event 9 Men 18-19 Long Jump

Name	Age	Team	Finals
1 Merritt Cox	19	Cox Racing	16-01.50
2 Thomas Onkelinx	18	Cox Racing	14-03.00

Event 9 Men 20-24 Long Jump

Name	Age	Team	Finals
1 Jacob Schmid	21	Unattached	19-03.00
2 Caleb Clarke	23	Unattached	18-02.50

Event 9 Men 55-59 Long Jump

Name	Age	Team	Finals
-- Lee Boreland	57	Syracuse Chargers	FOUL

Event 10 Girls 12-13 Triple Jump

Name	Age	Team	Finals
1 Stephanie Todd	13	DF3	34-05.00

Event 10 Women 14-15 Triple Jump

Name	Age	Team	Finals
1 Aaliyah McDonald	14	DF3	32-04.50

Event 10 Women 16-17 Triple Jump

Name	Age	Team	Finals
1 Zoie Tesi	17	Unattached	36-03.25

Event 10 Men 14-15 Triple Jump

Name	Age	Team	Finals
1 Kole Otts	15	DF3	41-06.50

Event 10 Men 16-17 Triple Jump

Name	Age	Team	Finals
1 Michael Fetzko	17	Unattached	34-10.00

Event 11 Girls 10-11 High Jump

Name	Age	Team	Finals
-- Olivia Goodell	11	Syracuse Chargers	NH

Event 11 Women 14-15 High Jump

Name	Age	Team	Finals
1 Avery Solloway	14	Unattached	4-04.00
-- Milo Davignon	14	Unattached	NH

Event 11 Women 16-17 High Jump

Name	Age	Team	Finals
1 Zoie Tesi	17	Unattached	5-04.00
2 Georgia Deep	17	Syracuse Chargers	4-00.00

Event 11 Men 14-15 High Jump

Name	Age	Team	Finals
1 Camron Ingram	15	DF3	5-10.00
2 Kole Otts	15	DF3	5-10.00
3 Everett Cox	15	Cox Racing	5-02.00
4 Parker Volzke-Shepard	15	Unattached	4-08.00

Event 11 Men 16-17 High Jump

Name	Age	Team	Finals
1 Christian Kahrs	17	DF3	5-02.00
2 Kavon Brunson	17	DF3	5-00.00

Event 11 Men 18-19 High Jump

Name	Age	Team	Finals
1 Thomas Onkelinx	18	Cox Racing	4-08.00
2 Merritt Cox	19	Cox Racing	4-08.00

Event 11 Men 25-29 High Jump

Name	Age	Team	Finals
1 Austen Johnson	26	Unattached	5-02.00

Event 11 Men 55-59 High Jump

Name	Age	Team	Finals
1 Lee Boreland	57	Syracuse Chargers	3-09.00

Event 11 Men 65-69 High Jump

Name	Age	Team	Finals
1 Tom Daly	69	Syracuse Chargers	4-02.00

Event 12 Women 16-17 Pole Vault

Name	Age	Team	Finals
1 Georgia Deep	17	Syracuse Chargers	9-00.00
2 Josie Rioux	16	Unattached	8-06.00
3 Katie Judway	16	Unattached	8-00.00

Event 12 Men 14-15 Pole Vault

Name	Age	Team	Finals
1 Rowan Dawes	15	Unattached	10-00.00

Event 12 Men 55-59 Pole Vault

Name	Age	Team	Finals
-- Lee Boreland	57	Syracuse Chargers	NH

Event 13 Women 16-17 Shot Put

Name	Age	Team	Finals
1 Skylar Vaught	17	Unattached	34-10.50 4K
2 Zeno Mummer	16	Unattached	27-07.25 4K
3 Georgia Deep	17	Syracuse Chargers	27-04.75 4K
4 Lydia DeTraglia	17	Syracuse Chargers	24-03.75 4K

Event 13 Women 18-19 Shot Put

Name	Age	Team	Finals
1 Jenna Deep	19	Syracuse Chargers	32-05.00 4K
2 Chloe Freund	18	Unattached	18-08.00 4K

Event 13 Men 16-17 Shot Put

Name	Age	Team	Finals
1 Noah Eschenbach	16	Unattached	33-00.00 12#
2 Todd Lincoln	17	Unattached	26-04.25 12#

Event 13 Men 50-54 Shot Put

Name	Age	Team	Finals
1 Mike Bauer	54	Syracuse Chargers	26-05.00 6K
2 John McEachen	53	Syracuse Chargers	24-11.00 6K

Event 13 Men 55-59 Shot Put

Name	Age	Team	Finals
1 Lee Boreland	57	Syracuse Chargers	35-03.50 6K

Event 13 Men 65-69 Shot Put

Name	Age	Team	Finals
1 Tom Daly	69	Syracuse Chargers	26-05.00 6K

Event 14 Women 16-17 Weight Throw

Name	Age	Team	Finals
1 Skylar Vaught	17	Unattached	38-07.00 20#
2 Zeno Mummer	16	Unattached	27-06.00 20#

Event 14 Women 18-19 Weight Throw

Name	Age	Team	Finals
1 Jenna Deep	19	Syracuse Chargers	43-03.00 20#
2 Chloe Freund	18	Unattached	24-09.00 20#

Event 14 Men 16-17 Weight Throw

Name	Age	Team	Finals
1 Todd Lincoln	17	Unattached	21-03.00 25#

Event 14 Men 50-54 Weight Throw

Name	Age	Team	Finals
1 Mike Bauer	54	Syracuse Chargers	22-00.00 25#

Event 14 Men 60-64 Weight Throw

Name	Age	Team	Finals
1 Thomas Lambdin	62	Twilight Throwers	46-03.00 20#

Event 101 Girls 16-17 Indoor Pentathlon

Name	Age	Team	Points
1 Georgia Deep	17	Syracuse Chargers	1921

Event 101 Girls 16-17 55 Meter Hurdles Indoor Pentathlon

Name	Age	Team	Final	Points
1 Georgia Deep	17	Syracuse Chargers	10.33	521

Event 101 Girls 16-17 High Jump Indoor Pentathlon

Name	Age	Team	Final	Points
1 Georgia Deep	17	Syracuse Chargers	1.22m	331

Event 101 Girls 16-17 Shot Put Indoor Pentathlon

Name	Age	Team	Final	Points
1 Georgia Deep	17	Syracuse Chargers	8.35m 4	22

Event 101 Girls 16-17 Long Jump Indoor Pentathlon

Name	Age	Team	Final	Points
1 Georgia Deep	17	Syracuse Chargers	4.34m	388

Event 101 Girls 16-17 800 Meter Run Indoor Pentathlon

Name	Age	Team	Final	Points
1 Georgia Deep	17	Syracuse Chargers	3:12.28	259

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	Awards:	100 miles Ribbon
	1000 miles Patch or Ribbon		250 miles Patch
	2500 miles Long-Sleeve T-Shirt		500 miles T-Shirt
	5000 miles Trophy		
	10,000 miles Awards Banquet Plaque		

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 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)
 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)

 Date

 Parent's or Guardian's Signature if under 18 years of age
 REV 1/25/19

 Date