



CHARGERS NEWSLETTER

Serving the Central New York
Running Community since 1969

Volume CXXXIV	Syracuse Chargers Track Club	April 2024
Follow Us On		1
Chargers Events Calendar		3
New and Renewing Members		4
Donations		4
Looking for Competition?.....		5
USATF Niagara Schedule.....		5
Syracuse Chargers Track Club - Roger C. Hahn Scholarship Application.....		7
Onondaga Lake Park Thursday Night Fun Runs		8
Highland Forest 1-2-3 – May 25, 2024.....		9
The 43rd Annual Swamp Rat Run 5K		10
CAZENOVIA JULY 4th FOOTRACES		11
31st Annual Willow Bay 5K Run & Fitness Walk for Women.....		12
Special Friends Spring Fitness 2024.....		13
Special Friends Picnic In the Park		14
The Charger Challenge		15
Syracuse Chargers Membership Form.....		16

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

May 2024		
14	Tue	Special Friends Sprint Fitness – 5:30 PM. – Salt Museum Parking Lot - see Flyer in this newsletter for details.
21	Tue	Special Friends Sprint Fitness – 5:30 PM. – Salt Museum Parking Lot - see Flyer in this newsletter for details.
25	Sat	<u>Highland Forest 1-2-3 Trail Run</u> 10 Miles, 20 Miles, 31 Miles, 3-Person Relay – See this newsletter for more details.
28	Tue	Special Friends Sprint Fitness – 5:30 PM. – Salt Museum Parking Lot - see Flyer in this newsletter for details.
Jun 2024		
28	Tue	Special Friends Sprint Fitness – 5:30 PM. – Salt Museum Parking Lot - see Flyer in this newsletter for details.
6	Thu	<u>Onondaga Lake Fun Runs</u> - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
11	Tue	Special Friends - Picnic in Ryder Park 4:30 PM. - see Flyer in this newsletter for details.
13	Thu	<u>Onondaga Lake Fun Runs</u> - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
15	Sat	<u>44th Annual Swamp Rat: 8:30 – 10:00 AM</u> Brewerton, New York – see Flyer in this newsletter for details
20	Thu	<u>Onondaga Lake Fun Runs</u> - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
27	Thu	<u>Onondaga Lake Fun Runs</u> - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
Jul 2024		
4	Thur	<u>51st Annual Cazenovia July 4th Foot Races 8:30 – 10:00 AM</u> Cazenovia, New York – see Flyer in this newsletter for details
4	Thu	<u>Onondaga Lake Fun Runs</u> - 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	<u>Onondaga Lake Fun Runs</u> - 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	<u>Onondaga Lake Fun Runs</u> - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)
25	Thu	<u>Onondaga Lake Fun Runs</u> - Kids' 400M dash, 2 mile, 5k and 8K. [kid's dash @ 5:45pm; 2 mile, 5K & 8k @ 6pm] (see flyer in this newsletter)

Aug 2024		
1	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)
8	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)
15	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)
17	Sat	31st Annual Willow Bay 5K Run & Fitness Walk for Women See Flyer in this newsletter for details
22	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	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)

New and Renewing Members

New Members
Klay Montgomery Tracen Montgomery
Renewing Members
Lawrence Abrahamson Leander Boreland Michael Filipski Peter McGinnis Robert Michiel Allen Rhines Jim Schoonmaker Joanne Schoonmaker Ruth Yanai

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.

- Peter McGinnis
- Lawrance Abrhamson
- Robert Michiel
- Allen Rhines

Looking for Competition?




Chargers; are you looking for more options for competition? We now have updated Syracuse Charger team accounts for [milesplit](https://milesplit.com) 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

If you want to enter any USATF running or track event as a team member of the Syracuse Chargers (Niagara regional championships, etc...), go to www.USATF.org, set up your individual account, and the Charger Club member # is 04-0092.

USATF Niagara Schedule

	<p>2024 USATF Niagara Runner of the Year Series</p> <p>MARCH 16 - DECEMBER 08, 2024</p>
	<p>2024 USATF Niagara LDR Club Grand Prix</p> <p>MARCH 16 - DECEMBER 08, 2024</p>
	<p>2024 USATF Niagara 10 Mile Championships</p> <p>SYRACUSE, NY</p> <p>MAY 05, 2024</p>
	<p>2024 USATF Youth Outdoor Championships</p> <p>NEW YORK, NEW YORK</p> <p>JUNE 26 - 29, 2024</p>
	<p>2024 USATF Niagara 4 Mile Championships</p> <p>BUFFALO, NY</p> <p>JULY 13, 2024</p>

	<p>2024 USATF National Junior Olympic Track & Field Championships</p> <p>COLLEGE STATION, TX</p> <p>JULY 22 - 28, 2024</p>
	<p>2024 USATF Niagara Mountain Running Championships</p> <p>SWAIN, NY</p> <p>AUGUST 03, 2024</p>
	<p>2024 USATF Niagara 5 km Championships</p> <p>GENESECO, NY</p> <p>SEPTEMBER 01, 2024</p>
	<p>2024 USATF Niagara Half Marathon Trail Championships</p> <p>VICTOR, NY</p> <p>SEPTEMBER 29, 2024</p>
	<p>2024 USATF Niagara 3 km Championships</p> <p>BUFFALO, NY</p> <p>DECEMBER 08, 2024</p>

Syracuse Chargers Track Club - Roger C. Hahn Scholarship Application



The Syracuse Chargers Track Club, Inc. will award as many as three \$1,000 scholarship grants to SCTC members who have distinguished themselves through their: volunteer activities within our community (not limited to Chargers events); academic achievement; and commitment to personal fitness. All applicants should have a record of volunteer service to the athletic community. In order to qualify for consideration for one of these awards, an applicant must be a graduating high school senior, an SCTC member at the time the application is submitted, and the holder of at least a B average (80%) throughout high school. Anyone who wishes to be considered for one of these awards should provide the information requested below and submit this form along with the following:

1. A letter of recommendation written by an adult who has supervised, coordinated, or is otherwise familiar with your volunteer activities, particularly those that promote health and fitness.
2. A copy of your high school transcript.
3. A letter of recommendation from a teacher or your guidance counselor that focuses on your academic achievement and merits.
4. A **typed** essay of 300-400 words in which you describe how your participation in athletics and the volunteer activities that support athletics demonstrates your commitment to lifetime fitness.

This form and all supporting materials should be mailed together and received by June 1, 2024

Please mail this completed form and your other application materials to:
John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078

Name _____ Phone: _____

Address _____ E-mail: _____
_____ Date of birth _____

Your High School(s): _____

High School Average: _____ Class Ranking: _____ SAT/ACT Scores: _____

College/University that you are most likely to attend: _____

Volunteer activities on behalf of athletics (including but not limited to Chargers volunteering)



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 6nd and end August 29th.

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!

Highland Forest 1-2-3 – May 25, 2024

This is an old school type of race - minimal cost, minimal aide stations but an extraordinary experience on a fun but challenging course with good food and drink at the end. We have a giveaway for those who register before 4/25/24.

Just like last year, the 10-mile distance will be the RRCA NYS 10-mile trail 2024 championships. We will have special awards for overall and age group winners.

To keep it interesting, we will run the first 10-mile leg in reverse direction from last year to give everyone a new challenge. For those doing the 20 , you will reverse course for the second loop and those doing the 50k get to pick the direction they'll run on loop 3.

The race begins at 8:30 am and consists of one, two, or three loops on marked trails in Highland Forest. The course covers 10, 20, or 31 miles, with climbs of 1380', 2760', or 4140' respectively. You will be able to switch race lengths during the race provided you meet the cutoff.

WHERE: Highland Forest is located about 3 miles east of Fabius NY on Rte. 80; see directions. The race starts and finishes at the Community Pavillion just across the road from the parking lot. There is no fee for parking, but the Park welcomes donations.

WHEN: Bib pickup and registration is at the Community Pavilion (across from the parking lot) starting at 7:30 AM. The race day registration fee is \$55.

WARNING: It is possible to sprain ankles, break bones, and encounter wildlife and insects such as black flies and/or bees. Carry medication if you are allergic. Trail running requires agility of foot and the ability to keep one eye on the trail and the other on the blazes (markers). Some will get lost momentarily. If there are no blazes in front of you, go back. You may encounter vehicles on the dirt roads and at crossings.

Participants are encouraged(and pricing reflects this) to pre-register so that we can determine the amount of food to provide. Registration is available through RunSignUp at the following link: [Run Signup](#)

TRAIL CONDITION: The course is about 95% on hiking trails and 5% on dirt roads. It will have a mixture of single-track and wider logging lanes. Expect mud, roots, gravel, and a soft pine needle trail!

TIME CUT-OFFS: The time cut-off for beginning the second loop is 3 hours. The cut-off time for a third loop is 4.5 hours.

REST ROOMS: There are restrooms in a separate building near the Community Pavillion. No shower facilities at the park.

REFRESHMENTS: Minimal support will be provided on the course. Carry hydration and fuel as you require. One water stop is planned at ~5 miles and the Start/Finish area will have water and fuel available. Depending on volunteers, more support may be available but do not count on this. After the run, enjoy food and beverages at the Community Pavilion. We're planning on grilling again this year and may have carrot cake muffins.





Presents



The 43rd Annual Swamp Rat Run 5K

Saturday, June 15th 2024

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
	Awards Ceremony	Conclusion of Race

Entry Fees:	Kids Mile	\$15 + fees	
	Kids Mile After May 31	\$20.00 + fees	
	5K Pre-Entry (Up till Jun 17)	\$25.00 + fees	* Price includes T-shirt
	5K After May 31	\$30.00 + fees	* includes T-shirt if available

Awards: Special awards for the top male and female 5k finishers, plus the first three in the following age groups: 14 & Under, 15-19, 20-29, then 10 year age groups to age 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](#)

CAZENOVIA JULY 4th FOOTRACES



REGISTRATION STARTS APRIL 1!

- **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!

Race Fees	Up to June 24th	After June 24th
5K	\$25.00 + fee	\$30.00 + fee
10 Mile	\$28.00 + fee	\$33.00 + fee
Virtual	\$25.00 + fee	\$30.00 + fee
Kids Fun Run	-	-

- There will be a signup fee of \$3.15
- Virtual is not part of the Route 20 Challenge

Pre-Race Packet Pickup:

7/3 at DeWitt Fleet Feet - 11am to 3 pm

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

31st Annual Willow Bay 5K Run & Fitness Walk for Women

Saturday, August 17, 2024, 9:00 AM

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

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

<https://www.syracusechargers.org/willowbay2024>

Course: Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay, turnaround at the marker 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 [RunSignUp](#) for \$35; prices go up after August 4th to \$40; Race day fee is \$45. ***Remember: No entry fee for women 65 years or older!!** Attractive souvenir technical shirts while supplies last. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 15, from 5:00 – 6:30pm. 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: **Commemorative 30th Race anniversary medal** for all finishers.

- **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 will win a special prize! You are automatically entered into this challenge and will be computed by the timing company at no cost to you!

Questions: Email Mickey at mpiscitelli2@verizon.net

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

Sign up for this event from now until August 6th on RunSignUp for a \$35 registration fee. A technical running shirt will be given to all finishers completing your own course with submitted results by August 15, 2024.

- Please pick up your shirt and finisher's medal at Fleet Feet on August 15, 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 virtual participants over 65 years old (free entry for over 65 is still offered for the in-person edition)

Special Friends Spring Fitness 2024

FREE




FREE

SPRING FITNESS 2024

SPRING MEET

The Syracuse Chargers Track Club Special Friends program invites you to join them at the:

 **Salt Museum Parking Lot**
at
Onondaga Lake to Walk The Park on:



Tuesday, May 14th

Tuesday, May 21st

Tuesday, May 28th

Tuesday, June 4th



- Arrival Time: 5:30pm
- Weather Permitting



Tuesday, June 11th - Picnic at Ryder Park

Remember: All participants should wear running shoes or sneakers and appropriate clothing. Running in street clothing can be very uncomfortable. You are encouraged to bring a water bottle.

For more information,
Contact Peter Rhodes at 315-427-2379 Or Thomas Galla at 315-473-5034
per56@aol.com thomas.m.galla@opwdd.ny.gov

Special Friends Picnic In the Park



Tuesday, June 11, 2024

(Rain or Shine)

4:30pm – 6:30pm

Ryder Park

5400 Butternut Drive, E. Syracuse, NY 13057

**The Chargers Will Supply
EVERYTHING**

Attendees Bring A Smile!

**Please register for the picnic by June 8th with your group name
and how many are coming (including staff) to :**

Thomas Galla

315-473-5034 or

thomas.m.galla@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 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).

_____ **Date** _____

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

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