



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

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



Newsletters

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



On the web

<https://syracusechargers.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
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Results & Records OPEN	Nutrition Melanie Schreiner, MS, RDN, CDN
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Trivia Greg Tuttle, USATF Level 1 Certified Coach	Physical Therapy OPEN
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Stabler Collection Librarian Anita Kuiken	DPT, OCS Medicine & Health Sam Graceffo, MD
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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. Physical paper copies of Charger newsletters from 1978-2012 are available for in-person viewing at the Onondaga Historical Society". <https://www.cnyhistory.org/>.

Chargers Events Calendar

February 2025		
5	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.
12	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.
19	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.
26	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.
March 2024		
5	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.
12	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.

New and Renewing Members

New Members		
Barry Patrick Seager		
Renewing Members		
Leander Boreland	Zach Jones	Kurt Stanton
Kevin Donovan	Christopher Ryer	Gabe Yankowitz
	Sue Shopiro	

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.

- Kevin Donovan
- Zach Jones Donation on behalf of Zach Jones/ Barry Seager V
- Gabe Yankowitz/Sue Shopiro







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

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 / Finger Lakes Runner Club Schedule

	<u>2025 USATF Niagara 5 Mile Championships</u> ROCHESTER, NY MARCH 15, 2025
	<u>2025 USATF NIAGARA 10 MILE CHAMPIONSHIPS</u> SYRACUSE, NY MAY 04, 2025
	<u>2025 USATF Niagara 4 Mile Championships</u> BUFFALO, NY JULY 18, 2025
	<u>2025 USATF Niagara Mountain Running Championships</u> SWAIN, NY AUGUST 01, 2025
	<u>2025 USATF Niagara 5 km Championships</u> GENESEO, NY AUGUST 31, 2025
	<u>2025 USATF Niagara 25 km Trail Championships</u> WELLSVILLE, NY OCTOBER 19, 2025

Charger Records: Past/Present/Future

Are you a detail-oriented and organized person who enjoys perusing road running and track & field results and statistics?

The Syracuse Chargers Track Club is in need of someone to verify pending record performances on the roads, on the track, and in the field, that have been submitted by current members who believe that they have broken or set new Charger age group records. This would not be a very time-consuming job as submissions are received only sporadically throughout the year.

The ability to interpret and verify race and track& field results is the only prerequisite. Please contact the editor of this newsletter at newsletter@syracusechargers.org if you are interested in serving your club in this way. Remember - the club is only as strong as its team of volunteers!



We can always use more help!

As always, even if you don't set a club record, we are always looking for photos of Chargers competing, especially in their Charger jerseys, for the newsletter and High Five announcements.

Fuel Your Passion for Running with SU Libraries

by Anita Kuiken akuiken@syr.edu

Are you planning to step up your running game this year? Need some inspiration? Syracuse University Libraries Stabler Collection might be just what you need! As an active member of the Syracuse Chargers Track Club, you are eligible for a Syracuse University Libraries card – completely free of charge. That's a \$100 annual savings – amazing, right?

“Wait, what? How is this possible?”

In 1998, the Syracuse Chargers Track Club with support from Syracuse University, established a special resource fund to honor Ed Stabler, a Syracuse University Engineering Professor. Stabler was celebrated for his academic contributions and impressive achievements in long-distance running. The fund's annual interest allows the SU Libraries to continually expand the collection with newly published books related to running. An SU Libraries card enables you to borrow books from the Stabler running collection and other print materials from the SU Libraries collection* – all at no cost to you. To explore the collection and learn more, visit the online [Stabler Running Collection Guide](#).

If you don't already have your SU Libraries card from previous enrollments, you can [apply during the 2025 open enrollment period from February 1st – March 7th](#). If you have any questions, please contact Anita Kuiken, Librarian to Falk College of Sport and Human Dynamics at akuiken@syr.edu.

*Law Library materials are not included. Some titles may be in temporary storage due to the Carnegie Library renovation. Staff at the Bird Library Information Desk can assist you with storage requests.

Chargers Compete in the USATF Niagara Indoor Track Championships

[Barton Hall, Cornell University - 1/19/2025](#)

Athletes from the **Syr Chargers** participated in the Masters Track & Field Championships across multiple events. **Zach Jones (34)** ran in the **Men's 30-34 60m (7.49s)** and **200m (24.89s)**, while **Christopher Ryer (42)** set a Syracuse Chargers record in the **Men's 40-44 60m (7.78s)** and competed in the **200m (26.21s)**.

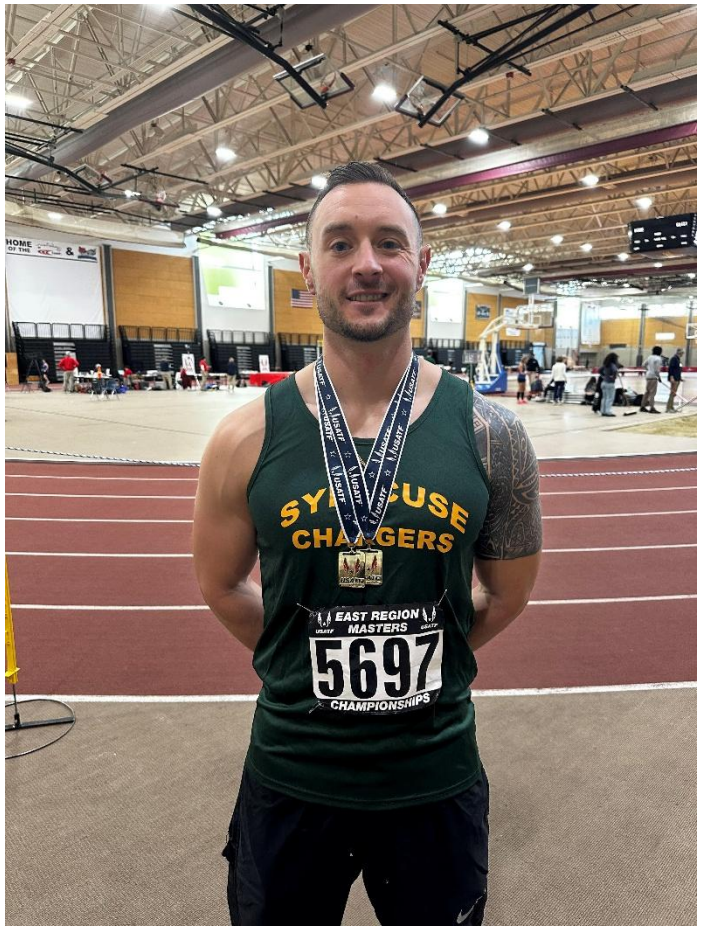
In the **Women's 60-64** division, **Karen Ellsworth (62)** took part in the **60m (12.24s)**, **long jump (2.50m)**, and **triple jump (5.13m)**. **Leander Boreland Jr. (58)** competed in the **Men's 55-59 shot put (11.16m)** and **pole vault**.

The team was represented in sprints, jumps, and throws at the event.

Event	Name	Age	Team	Finals
Men 30-34 60 Meter Dash	Zach Jones	34	Syr Chargers	7.49
Men 40-44 60 Meter Dash	Christopher Ryer	42	Syr Chargers	7.78
Women 60-64 60 Meter Dash	Karen Ellsworth	62	Syr Chargers	12.24
Men 30-34 200 Meter Dash	Zach Jones	34	Syr Chargers	24.89
*Men 40-44 200 Meter Dash	Christopher Ryer	42	Syr Chargers	26.21
Men 55-59 Pole Vault	Leander Boreland Jr.	58	Syr Chargers	NH
Women 60-64 Long Jump	Karen Ellsworth	62	Syr Chargers	2.50m
Women 60-64 Triple Jump	Karen Ellsworth	62	Syr Chargers	5.13m
Men 55-59 Shot Put	Leander Boreland Jr.	58	Syr Chargers	11.16m

*New Chargers Record





Everyone Can Run Beginners' Program



EVERYONE CAN RUN BEGINNERS' PROGRAM - 2025

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. 5, 12, 19, 26 and
March 5, 12 - 2025

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

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 TRACK CLUB, INC.

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: _____

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

Syracuse Chargers Scholarship Program Donation:

Additional Contribution: Each year the Syracuse Chargers Track Club Awards scholarship grants to Syracuse Chargers high school seniors. These high school Seniors have distinguished themselves through community volunteer activities, academic achievements, and a commitment to personal fitness. Your donation will help sustain this program.

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

Membership Status:

____ New
____ Renewal

Receive Email Blasts?

____ Yes
____ No

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

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

OR: Register online at: RunSignUp.com

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

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

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

Signature(s)

Date

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

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

Date