



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

Volume LXXXVIII

Syracuse Chargers Track Club

May 2020

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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

President:
Nancy Smith

Vice President:
Mark Driscoll

Treasurer:
Jim Cox

Secretary:
Jackie Wiegand

At Large Charger Board Members

Marie Christopher
Norm Deep
Mark Hill
Pat Leone

Mickey Piscitelli
Kurt Stanton
Greg Tuttle

Newsletter Staff & Contributing Writers

Compiler
OPEN

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Kamal Jabbour, PhD

Subscriptions
Bob Hiemenz

Nutrition
Jenny Ives MS, RD, CDN, CD

Results & Records
Terry McConnell, PhD

Physical Therapy
Gabe Yankowitz, PT,

Trivia
Greg Tuttle, USATF
Level 1 Certified
Coach

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
Jasper Royal

Volunteers:
Kurt Stanton

Masters (Men):
Greg Tuttle

Masters (Women):
Mickey Piscitelli

Scholarships:
John View

Awards Dinner:
Nancy Smith
Marie Christopher

The Chargers Newsletter is published monthly. It's available via email and it is posted on the club website: www.syracusechargers.org. Members and subscribers must inform the membership coordinator (contact Bob Hiemenz) of any address changes (temporary or permanent) by email.

The Club is in need of a volunteer who would be *interested* in assuming the newsletter responsibilities for this monthly publication. Please contact Nancy Smith at nsmith123@twcnny.rr.com if you are interested in this volunteer opportunity or if you have any questions about it. Thank you very much!

Coronavirus Update

In the wake of the coronavirus pandemic, The Syracuse Chargers wants to be socially responsible in our commitment to the safety and well-being of our running colleagues. At this time one event is cancelled. Other events remain on the calendar.

- ~~Highland Forest 1-2-3 Runs (May 30)~~, - Cancelled
- The Swamp Rat 5K/10K Runs (June 20)
- Cazenovia July 4th 5K and 10 Mile Foot Races (July 4),
- Willow Bay Women's 5K Run and Walk (August 15),
- Track and Field Meets held at the SU Skytop track (June 30, July 22, August 11),
- Onondaga Lake Park Thursday Night Fun Runs (June -August) .

As we all know the situation with the coronavirus is rapidly changing. The Chargers will continually review updates from the CDC and follow recommendations of health officials with race and event final scheduling. Updates will be communicated on our web page, in our newsletter, and on Facebook. Race registration information for each race will be on the website and in the newsletter closer to each race and event date in lieu of very early registration in case a cancellation becomes necessary. Of course even a late cancellation could be necessary, and we will manage each situation as best we can as it arises.

Thank you.

Your patience, understanding, and support are greatly appreciated! Hope to see you at the start line!

Membership Update

Dear Chargers,

Due to the recent coronavirus closures and the social distancing rules that have been put in place, the Chargers Board has agreed to extend all memberships by 3 months at no additional charge. Here's what this will mean:

- All currently active memberships will be credited an additional 3 months, free of charge.
- An extended grace period is being put into effect for the next 3 months. We are encouraging everyone to stay safe, so no need to make a trip to the Post Office to mail membership renewals.
- After the 3 month period, if anyone requires an additional extension, just let us know. No explanation needed. The normal reminders via email and post card will resume after the 3 month period.

As always, thanks for being a Charger and stay safe!

Charger Member Renewals / New Members

Renewing Members

Eric Anish

Peter McGinnis

Win Skeelee

2020 Events Calendar

May 2020		
15	Fri	<u>Syracuse Chargers Scholarship Application</u> Scholarship form and all supporting materials should be mailed together and received by this date
15	Fri	<u>Start of NYSVR434</u> NYSVR434 - Niagara Square to Time Square – See info later in the newsletter for details
June 2020		
21	Sun	<u>FMRRC Mule Haul 8K Foot Race</u> – Ft. Hunter, NY Grab your Dads, Husbands or Partners and spend Father's Day on this route near the Canal trail.
July 2020		
4	Sat	<u>FLRC's Finger Lakes 50 Ultra Event</u> – Hector, NY Saturday, July 4th at 6:30am/8:30am, Join fellow racers in a frolic through the cow pastures of the Finger Lakes National Forest
19	Sun.	<u>Pirate 5K Run Runner</u> - Sylvan Beach Grab yer pirate hat and decorate yerself for the Pirate's Weekend 5K event. Enjoy a 3.1 mile run/walk through the beautiful village of Sylvan Beach. Start Time: 8:00am
Sep 2020		
15	Tue	<u>End of NYSVR434</u> NYSVR434 - Niagara Square to Time Square – See info later in the newsletter for details
Oct 2020		
3	3	<u>The Great Cow Harbor 10K Run</u> - Northport, NY The Great Cow Harbor 10K Run is one of the most prestigious foot races in the country. 10K Run & 2K Fun run
Nov 2020		
1	Sun	<u>Red Baron Half Marathon</u> - Corning, NY The 39th annual Red Baron is a challenging and fast course starting on the campus of Corning Community College and finishing at the Corning American Legion.
• All event titles are hyperlinks to the individual event. 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. • Bold events are Syracuse Charger sponsored events.		

Volunteer and Athlete Award Recipients

Our recipients were recognized last month, awards were sent to them at home, and some sent us their terrific award photos!



Charlie Hackenheimer Award
Masters Men's Long Distance Running
Awarded to Scott Weeks



Nate and Evelyn White Award
Life Time Service
Awarded to Peter and Nancy Rhodes



Outstanding Service Award
Awarded to Gabe Yankowitz



Masters Women's Long Distance Running Award
Awarded to Mary DaSilva



Volunteer Service Award
Awarded to Ronald Johnson



Masters Men's Track and Field Award
Awarded to John McEachen



The Charger Challenge 5000 Miles
Awarded to Marcy Tobin



When Might Racing Start Again?

Scott Douglas from Runners World suggests that small events might be able to run this summer, but nobody knows for sure when things might return to normal in the running world.

Many clubs have cancelled events until the end of June, and there is no consensus on when racing will return. With a patchwork of local and state guidelines, there seems no consistency across the country.

In such a fluid situation, even a small race would be tough to organize now. Non-binding federal guidelines have several phases of loosening restrictions, some of which may allow for some sort of racing but again it is not possible to know when each phase can begin. We encourage you to read the article on Runners World Online at <https://www.runnersworld.com/races-places/a32249569/running-races-after-coronavirus/>

NYSVR434

NYSVR is a virtual race across New York State. The next two pages describes the race details available at:
<https://runsignup.com/Race/NY/Buffalo/NYSVR434>



Friday, May 15, 2020

Since we are all still sheltering in place, some of us in NYS thought that it might be fun to put all of those running and walking miles to use. One day while running we thought “We should run across the state of New York” and that is how the New York State Virtual Run 434 was create. 434 stands for the distance from Niagara Square in Buffalo to Times Square in New York City. Since we are not allowed to actually run down I90, I87, or I95 we thought that it would be a fun route to virtually take.

Wait, you want us to run 434 miles? Yes, except that the time to complete this is from May 15th at 12:00am to September 15th at 11:59pm. OK, so some of you are thinking “Yeah, I can do that,” and others are thinking “I know I cannot do that.” So we came up with 5 different options to challenge yourself. Pick your finish line.

5 options

- NYSVR70 - Niagara Square to Rochester (70 miles)
- NYSVR150 - Niagara Square to Syracuse (150 miles)
- NYSVR290 - Niagara Square to Albany (290 miles)
- NYSVR434 - Niagara Square to Times Square (434 miles)
- NYSVR868 - Niagara Square to Times Square and Back (868 miles)

Now you are asking, “What if I choose Rochester as my initial finish line, but I want to go father because we still have time? Well then, keep logging those miles until the September 15th deadline because it will pay off handsomely with your own personal psyche as well as additional stars on your medal.

More Information

<https://runsignup.com/Race/NY/Buffalo/NYSVR434>



Syracuse Chargers Track Club 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 May 15, 2020

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)

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 or 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 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, and 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 you 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 negligence of carelessness on the part other persons named in this waiver. I grant permission to use for legitimate purpose any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s) _____ **Date** _____

I am signing this waive 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 **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

Date