



# NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

July 2016

# Swamp Rat Runs

The 37th annual Spera's Swamp Rat Runs which was held at Oneida Shores Park in Brewerton on Saturday, June 18, 2016 was a huge success with over 900 runners in either the mile run, 5 kilometer or 10 kilometer runs, Race directors Greg Broton, Richard Nastasi and Pat Leone, Junior were very pleased with the turnout. They are already planning next year' event.

The Spera's Swamp Rat runs were administered by the Cicero-North Syracuse Cross Country Team, the CNS CNS track coaching staff and the Syracuse Chargers Track Club. Mark Spera's & volunteers from Spera's Meat Deli & Grocery store were instrumental in securing & organizing the refreshments. Thank you to owner Mark Spera from Spera's for supplying all the delicious subs for the 5K & 10K runners. Spera's Meat Deli & Grocery store must be congratulated for their community involvement in this event. Also special thanks to Fleet Feet of Syracuse, Byrne Dairy, Frito Lay, Freihofers and Pepsi for their generous donations. The instant timing by Leone Timing added to the success of the race with results for each of the races being displayed immediately. Next years application will be posted on this website next January. [www.swampratrun.com](http://www.swampratrun.com).

Special thanks to Cicero-North Syracuse teacher, Joe Farranto, for holding the shirt design in his Computer Graphics classes @ CNS High School. The winning student this year was Ben Irwin who received a \$50 gift certificate & shirt from Spera's for his winning design.



Youngster practicing his announcing



Sheldon Kall - 80-84 winner

This year both Haley Pestle & Noah Poirier were given the \$1000 Chris Taddeo Memorial scholarship.

There was a large turn out from the North Syracuse Central Schools with many young runners and volunteers from the district. There were 475 runners that finished the mile run. The two elementary schools with the largest number of runners were Lakeshore Elementary & Cicero Elementary. The tradition of the North Syracuse School District elementary school with the largest number of runners entering receiving the district trophy for one year continued. The trophy will be on display at Lakeshore Elementary for the 20016-17 school year. The trophy continues to be passed on to the top school.

There were many volunteers that made this event a huge success. The many parents, athletes, cross country & track coaches of the north Syracuse School District must be commended for their hard work and dedication in volunteering for this event.

Gary Lopez, Recreational Supervisor, was a huge help in organizing the parking & preparing Oneida Shores, Special thanks to Tom Stimson for his involvement in organizing the fun run miles, Andy Taddeo & Stephen for handing out the awards & Mark Driscoll for helping at the finish line. North Syracuse Superintendent of schools, Annette Speech, was the starter for the mile fun runs. The CNS track coaching staff of Sharon Harding, Todd Hilt, Jack Harbold, Bryan Buchanan & Brad Hartstein were important in organization & implementation of the event. Also Lynette Hughes & Sue Leone organized the impressive parent group. Lia Garnes took the many photos that were posted on the Swamp Rat website



Kathy Collins

# Syracuse Chargers Track Club, Inc.

## **Board of Directors**

### **President**

Mickey Piscitelli  
638-9662  
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### **Vice President**

Mark Driscoll 449-9615  
mdriscol@syr.edu

### **Administrative VP**

Available

### **Secretary**

Roger Hahn  
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### **Treasurer**

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### **Masters (Women)**

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### **Road Races Coord.**

Available

### **Membership Coord.**

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### **Special Olympics**

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### **Youth Programs**

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### **Merchandise**

Available

### **Awards Banquet**

Nancy Smith  
nsmith123@twcny.rr.com

### **Volunteers**

Available

### **Scholarship Award**

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Jamesville, NY 13078

### **Sunday Walkers Program**

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tuttlegreg@hotmail.com

### **Summer Runs**

Available

### **Oneida Shores**

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### **Onondaga Lake Park**

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### **Indoor Meets/Practices**

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### **Webmaster**

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**The Syracuse Chargers Track Club** 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 race walking events.

The Club is a nonprofit, tax-exempt 501(c)(3) organization; a member of **USA Track & Field** and **Road Runners Club of America**. Membership is open to all who share the goals of the organization.

### **The Syracuse Chargers Track Club Newsletter**

Published monthly by the SCTC.

Subscriptions are \$20.00 per year.

### **Staff:**

**Dave Talcott**, Compiler (race results, entry forms, calendar of events) (dwtalcott@gmail.com); **Marie Christopher**  
**Terry McConnell** (Track & Field Results & Charger Records) (trmconn@syr.edu)

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Sam Graceffo, MD

Material should reach Dave Talcott, 566 McLean Road,  
Owego, NY 13827 or e-mail dwtalcott@gmail.com  
by the 20th of the month.

### **Chargers Membership Forms should be sent to:**

Bob Hiemenz, SCTC Membership Coordinator  
P.O. Box 2354  
Liverpool, NY 13089-2354

Changing your address? Let Bob know as soon as possible  
At bobhiem@twcny.rr.com

**Please be reminded that the Post Office will NOT FORWARD the Newsletter because it is not sent as first class mail. If you plan to move or spend parts of the year at different addresses, please let the Membership Coordinator know by email (found on the inside front cover of the Newsletter) or at the club's renewal mailing address (back cover).**



To become a member of USATF, sign up online at [www.USATF.org](http://www.USATF.org) and click on membership. Membership entitles you to represent the Chargers in USATF road racing, track and field, cross country, and race walking championship events at the association, regional, and national levels. **The Charger Club number is "04-0092"**

Send Merchandise orders to:

SCTC  
P.O. Box 2354  
Liverpool, NY 13089-2354

**Club Web Site: [www.syracusechargers.org](http://www.syracusechargers.org)**

## New and Renewed Members:

Lucas DeBoer	Christopher Jones	Rhea Parks	Ricky Parks	Amir Parks
Zion Parks	Micah Parks	John Schaefer Jr.	James G. Cox	Matt Crough
Steve Crough	Gary Douglass	James Goulet	Sam Graceffo	Gary Heymann
Joan Koral	Suzanne Leone	Raymond Panek	David Parks	Jim Schoonmaker
Tristin Weeks	Jessica L Weeks	Scott Weeks	Madelyn Weeks	

## Terry McConnell's Observations

### Recent Charger Age Group Records

M40-44	Indoor Pentathlon	Ray Panek, Jr.	2974	2/6/2016
F65-69	30km Road	Mary DaSilva	3:23:05	3/29/2015
F65-69	Marathon	Mary DaSilva	5:16:26	4/26/2015
F75-79	5km Road	Estelle Hahn	35:42	10/4/2015

Ray Panek's record was set at a Felder meet dedicated to relays and multi-events. The old record of 2969 points was held by Bob Doran, who set his record at a Chargers indoor all-comers meet in January, 1996. Those with access to old copies of the *Newsletter* may be puzzled to note that Doran's point total is listed originally as 2531. The explanation is that, subsequent to 1996, all Chargers age group records in multi-events were converted to age-graded scores, in compliance with international practise.

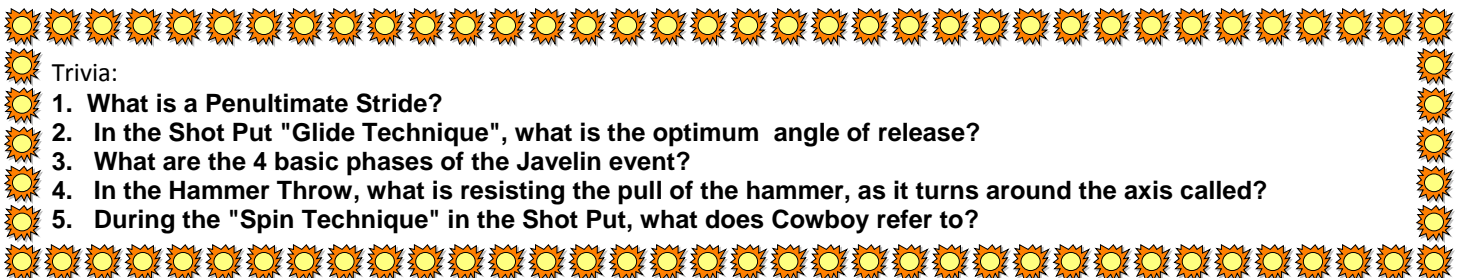
Mary ran her 30k at the Around the Bay 30k, Ontario, and her marathon at the BPAC 6 Hour Classic, in Buffalo. The latter event had a certified marathon split point. (Mary's time in the overall event was – you guessed it! – 6 hours. More to the point, she covered 29.160 miles in that length of time.) Word on the street is that Mary is moving into a new age group within the next couple of months, so big changes to the F70-74 record book are probably in the offing.

Estelle Hahn's 35:42 was run at the Syracuse Festival of Races and betters the 49:31 of Mary Ann Ruzs from 2011. Estelle has been literally rewriting the record books of the SU Noontime Running league for the past 2 years, setting league records in nearly every event from 55m to 8km.

### **Track Review: SU Outdoor Track**

Syracuse University finished its new outdoor track in summer 2015, replacing a track that had been removed to make room for the Clifford J. Ensley indoor football practise facility. The old track dated from 1993, and was part of the *Lampe complex* that included practise fields, bathrooms, and other facilities in addition to the track.

The old track, like the new one, was an 8 lane tartan facility of championship quality, but probably got more use by faculty runners, clubs, and members of the community than by the SU track team. Many Chargers will remember holding all-comers meets there, and it was the site of the second Chargers 100x1 mile women's relay record attempt on Friday, July 12, 1996. It appears that only one inter-collegiate meet was ever held there, one given in celebration of the dedication of the track as *Joseph Vielbig Track*. This meet, the Leslie '57 and Judith Vielbig Invitational, was held on April 21, 2001. (Leslie Vielbig had been an All America cross country runner for SU in the 1950s.) For many years SU had an active track and field program that essentially never competed at home.



Trivia:

1. What is a Penultimate Stride?
2. In the Shot Put "Glide Technique", what is the optimum angle of release?
3. What are the 4 basic phases of the Javelin event?
4. In the Hammer Throw, what is resisting the pull of the hammer, as it turns around the axis called?
5. During the "Spin Technique" in the Shot Put, what does Cowboy refer to?

The new track is behind Skytop office building near the bottom of a drumlin that was once the site of an SU recreational ski facility. (Like all outdoor tracks, it is diabolically situated to maximize the injurious effect of swirling winds on athletic performance.) A blue and orange sign set near the road and bathroom facility announces “Syracuse University Athletics Track.” To reach the track, proceed East on Colvin Street, turn right on Skytop Road at the light opposite the Ensley facility, and proceed for almost exactly one mile to the top of the hill. There is a large parking area between the office building and the track. On the remote chance that it is filled, there are literally acres of parking spots on the opposite side of Skytop road in an area used for SU football and basketball games.

Bolton Land Surveying handled the layout and design of the track, and the Tartan surface was applied by Nagle Athletics.

The SU track generally conforms to IAAF standards, common features of which have been discussed previously in this column. Thus we will concentrate here on the unusual features. The most striking of these is the placement of the steeplechase water jump inside the first curve rather than its more common location inside the second curve. This puts the 3k steeple start in the middle of the homestretch and the finish line at the end of the backstretch. Timing companies may balk at having to set up a second timing rig at the alternate finish line. On the other hand, if they do, then the 200m could be run in either direction: from the one turn stagger lines at the beginning of the second curve to the common finish line – the way we’re used to seeing it run – or, from the one turn stagger lines at the common start/finish area to the alternate finish line at the end of the backstretch.

You can see another consequence of the presence of this alternate finish line in the splitting of the one turn stagger lines into two closely spaced lines (white and green) that grow slightly farther apart in outside lanes, similar to the doubled 2 turn staggers on an indoor track. The first line is used in the 200m where runners stay in lanes all the way to the finish, and the second is used in events where runners break for the inside after running around the first curve and continue for at least a full lap. The 4x400 and 4x800 relays can be run this way, or they can be run from the 3 turn stagger lines. (The break curve is a dotted green curve at the beginning of the backstretch.)

The ability to run sprint events in either direction seems to be something of a theme on this track. Thus we find a line scribed near the end of the sprint lanes labelled “110” and another line parallel to it and 10 meters back towards the common finish line. These can be used as starting lines for the 110 HH and 100m when these events are run backwards, with their finish at another non-standard line that is scribed across the track at the beginning of the homestretch. Scattered along the homestretch are pairs of tiny blue and yellow triangles in each lane that mark hurdle placement positions for the retrograde 110 HH, similar to the more prominent blue and yellow tick marks that denote the normal hurdle placements.

You can even run a 100m in either direction on the backstretch. There is a line on the backstretch opposite the 100m start on the homestretch, and another line opposite the common finish line. Confusingly, both of these are actually double lines separated by about 4 inches and labelled 100 and 110. (See photo.) Apparently the designers wanted to provide a backstretch option for the 110m high hurdlers, but it is hard to see what combination of the various lines could possibly provide the additional 10 meters, since the lines are only inches apart.

Here is a little puzzle for those who like such things (answer at the end): The green tick marks that show where to place the 2<sup>nd</sup> and the 8<sup>th</sup> hurdles of the 400m IH event exactly coincide in each lane with markings that belong to some other event. What is that other event? And explain why this coincidence of markings is inevitable and can be observed on every outdoor track that is properly marked.

Field eventers will find much to like about the overall layout and facilities. There is a large field for

throws surrounded by chain link fence between the road and track that includes a built-in cage. There is a runway with pits for the pole vault, long jump, and triple jump tucked in an extension of the backstretch. The runway is marked like a ruler throughout much of its length for the benefit of athletes seeking take off points. Will this keep them from marking up the track surface with their countless little pieces of masking tape? Probably not, but it is a nice feature nevertheless. The high jump and shot put will probably be contested in the ample astro-turf covered infield, which doubles as a field hockey practise field.

Overall rating of the track: 4 spikes. This is a very nice track but I can't bring myself to give it the full 5 spike rating because it could have been so much better if only SU had not found it necessary to cut corners here and there. For example, there is a beautiful bathroom facility that includes separate male and female bathrooms and another uni-sex facility, but no showers or lockers. The nearest locker is more than a mile away at Manley field house – come ready to run. There are 4 large light towers that could be used to illuminate the track for nighttime meets but don't expect many spectators because there are no bleachers at all.

Access for the general public is very limited. According to SU official Morey Mossovitz, who kindly provided much of the background information for this article, the track is officially open to the public from noon to 1 pm on Monday, Wednesday, and Friday each week. Even then, track rules posted near the entrance gate inform that non-SU athletes must stay in the outside lanes whenever the inside lanes are being used by SU teams. In practise, the track seems to be entirely vacant and unlocked at many other times of day, but you didn't hear me tell you that, and if you go up there outside of the official hours you can fully expect to find the track locked up.

Answer to the puzzler: The green tick marks for the 2<sup>nd</sup> 400m IH hurdle placements in each lane coincide with the markers (small yellow triangles on the SU track) for the first 4x100 fly zone. The tick marks for the 8<sup>th</sup> 400m IH hurdle placement in each lane coincide with the markers (large yellow triangles) for the beginning of the 3<sup>rd</sup> exchange zone for the 4x100m. The ten IH hurdles are 35 meters apart and the first one is 45 meters from the start, so the successive distances to the hurdle placements are 45, 80, 115, 150, 185, 220, 255, 290, 325, and 360 meters. The three exchange zones are each 20m wide, centering on the 100m, 200m, and 300m marks in each lane. Thus the 3<sup>rd</sup> exchange zone begins at 290m, explaining the second coincidence. The fly zone is an additional 10m long, so the first fly zone begins at 80m, explaining the first coincidence.

These numbers might be useful for doing “oddball” interval distances. For example, sprinters sometimes like to do repeat 150s. This could be done by starting at the 2 turn stagger line in a lane and running to the green tick marks for the 3<sup>rd</sup> IH hurdle placement in that lane.

### **Women's Open Marathon Chargers Record Progression**

Vicky Kraft	3:01:25	4/16/79
Vicky Kraft	2:52:18	10/13/79
Ena Guevara Mora	2:48:30	6/5/82
Ena Guevara Mora	2:47:04	10/23/83
Marian Teitsch	2:40:32	5/12/84

Vicky Kraft was an SU student from Philadelphia. Her first marathon record was run at the Boston Marathon; her second was from the Skylon Marathon, where she placed first among woman. (The Skylon marathon started in Buffalo and crossed into Canada on the Peace Bridge, finishing next to Niagara Falls. Imagine trying to hold such an event with the homeland security measures in place today!) Ena Guevara Mora competed for her native country, Peru, in the 1984 Los Angeles and the 1992 Barcelona Olympic Games, and was coached in Syracuse by Welker Hagenlocher. Teammates nicknamed her

“Just in Case” for the huge travelling bag she would bring along on team trips filled with items sufficient to meet every imaginable contingency. (See Ena’s wikipedia article for more information on her career.) Marian Teitsch is from Cazenovia and ran track and cross country for SUNY Cobleskill and later Cornell where she studied Veterinary Science. Her Marathon record was set at the first Women’s Olympic Trials Marathon held in Olympia, WA, where she finished 34<sup>th</sup> out of 196 finishers. (In that race, she competed against one Joan Benoit, who would go on to make history as the first female Olympic marathon champion in LA later that summer.)

**Syracuse Chargers Records for Females 75-79 years**

55m	Patricia Peterson	11.0	1/12/2003
60m	Patricia Peterson	11.36	3/29/2003
100m	Patricia Peterson	17.8	5/5/2001
200m	Patricia Peterson	38.79	8/8/2003
400m	Patricia Peterson	1:35.3	7/7/2001
800m	Elsie Adams	7:57.0	6/5/1997
5km road	Estelle Hahn	35:42	10/4/2015
high jump	Patricia Peterson	2-9 3/4	6/9/2004
long jump	Patricia Peterson	6-0 3/4	6/9/2004
discus 1kg	Elsie Adams	37-6	6/18/1999
shot put 3kg	Elsie Adams	14-6 1/2	6/5/1997

**Syracuse Chargers Records for Males 75-79 years**

55m	Ed Cox	8.4	3/8/2003
55m	Ed Cox	8.4	2/13/2005
60m	Ed Cox	9.41	3/29/2003
100m	Ed Cox	14.7	6/29/2003
100m	Ed Cox	14.83	7/26/2003
200m	Ed Cox	31.4	6/29/2003
200m	Robert Bruce	31.48	8/1/2004
300m	Howard MacMillan	59.0	8/5/2001
400m	Fritz Schlereth	1:19.8	6/11/2010
600m	Russell More	2:46.1	3/15/1997
800m	Nate White	3:19.3	12/30/1994
1000y	Charles Hackenheimer	4:11.8	3/24/1985
1000m	Nate White	4:25.4	1/22/1995
1500m	Charles Hackenheimer	6:20.5	2/27/1983
1 mile	Nate White	7:01.6	1/21/1995
2000m	Charles Hackenheimer	9:17.4	2/2/1985
2000m	Nate White	9:17.4	3/18/1995
3000m road	Jerry Bisson	16:37	5/4/2008
3000m	Charles Hackenheimer	13:18.9	8/1/1982
2 miles	Charles Hackenheimer	15:50.0	3/24/1985
5km track	Charles Hackenheimer	22:16.4	8/14/1982
5km road	Nate White	23:43	4/23/1995
8km track	Sam Graceffo	44:54.1	1/27/2012
5 miles road	Charles Hackenheimer	37:02.0	9/22/1982
10km road	Charles Hackenheimer	45:43.2	6/26/1982
10km track	Charles Hackenheimer	46:10.8	8/13/1982
15km track	Russell More	1:26:40.1	2/21/1997
15km road	Charles Hackenheimer	1:12:29	5/23/1982
10 miles	Nate White	1:23:50	4/9/1995
half marathon	Howard Rubin	2:12:43	1/18/2004
marathon	Kermit Cadrette	5:08:24	10/13/2014
50km road	Joe Familo	9:30:59	11/21/1999
55m HH	Ed Lukens	10.0	3/15/1997
55m HH	Ed Lukens	10.0	1/24/1998
60m HH	Ed Lukens	11.05	3/28/1998
80m HH	Ed Lukens	15.1	8/2/1997
110m HH	Ed Lukens	15.46	7/1997

high jump	Ed Lukens	4ft 3in	8/1999
pole vault	Ed Lukens	7-2 1/2	8/6/1999
triple jump	Ed Lukens	31-4	8/2/1997
long jump	Ed Lukens	14-3 1/2	1/24/1998
discus 1kg	Sid Zecher	103-8 1/2	6/20/1998
hammer 4kg	Chuck Yost	81-1	6/8/2013
javelin 500g	Ed Lukens	96-1 1/2	7/28/2000
shot put 4kg	Chuck Yost	32-8	6/12/2010
indoor pentathlon	Ed Lukens	2724	3/25/2000
1500m walk	Howard MacMillan	11:35.0	8/5/2001
3000m walk	Roy Bragger	21:19.3	1/16/2005
5km walk road	Kermit Cadrette	40:05.0	6/16/2013

## CNY Running Clubs Cup 2016

After a great first year with the CNY Running Clubs Cup in 2015, competition resumes in 2016. The original six clubs, the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Toe Path Trekkers and the Utica Roadrunners are joined this year by Team RWB. In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the six other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. There are no gender or age distinctions. The Cup is truly open to all of our members. The results of up to five members of a club in a race will be compared to the other clubs and points awarded on a descending basis, with seven points to the best, six to second and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year. To make this work, the race registrations for a Cup race will now include a question about club affiliation, and that information will be included in the race results. People who are members of more than one Cup club should be aware that the first club you compete for in a year is the club you will represent for the rest of the year. So, everyone, make sure you fill in our club name when you sign up for any of these races, and let the fun begin!

There are seven races in the Cup thus far. We are excited to add two new races to the Cup in 2016: the Nate the Great 12K in Canastota, and the queen of them all, the Boilermaker 15 Road Race in Utica on July 10<sup>th</sup>. The seven announced races are:

April 2<sup>nd</sup>: Fort to Fort 10K Race in Rome - Completed.

May 7<sup>th</sup>, 5:30pm: Towpath Trail 10K in St. Johnsville.— Completed.

June 11<sup>th</sup>: Nate the Great 12K Race in Canastota—Completed.

July 10<sup>th</sup>: Boilermaker 15K in Utica

August 19<sup>th</sup>: Woodsmans Field Days 10K in Boonville

September 25<sup>th</sup>: Falling Leaves 14K in Utica

If you plan to run any of these races, please be sure to declare SYRACUSE CHARGERS as your club.

### **Delivery of monthly Chargers newsletter**

There has been discussion on how the members of the club receive the monthly newsletter. As of now each member is mailed a copy of the newsletter and the newsletter is posted on the club's website around the time of the mailing, <http://www.syracusechargers.org/newsletter/newsletter.html>.

Recently there have been requests to receive the newsletter via e-mail instead of a printed copy. We are now giving every member the option of receiving the newsletter by US Mail or by e-mail. The requested delivery method has been added as a question on the membership renewal form.

If you would like to begin to receive the newsletter via email, please send an email to Bob Hiemenz at [bobhiem@twcny.rr.com](mailto:bobhiem@twcny.rr.com).



**The Syracuse Chargers Track Club**  
 Presents the 23<sup>rd</sup> Annual  
**Willow Bay 5K Run & Fitness Walk for Women**  
 Saturday, August 20, 2016, 9:00 AM  
 Willow Bay in Onondaga Lake Park, Liverpool, NY  
[SyracuseChargers.org/Willow](http://SyracuseChargers.org/Willow)



**Course:** Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near the Yacht Club; and finish at Willow Bay. To get to the start, enter the park via Long Branch Road.

**Entry:** Pre-register by mail (post-marked by August 10) for \$25, via [www.RunSignUp.com](http://www.RunSignUp.com) or register on race morning for \$35 at Willow Bay between 7:30 and 8:45 am. **\*Remember: No entry fee for women 65 years or older!!** Attractive long sleeve T-shirts distributed to the first 250 entrants. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 18, from 5:00 -7:00 pm. 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:** **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 win a special prize!



Please make your check payable to: "Syracuse Chargers Track Club" and mail your check and entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027. Questions? 315 638-9662 or [mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net)

\*\*\*\*\* Entry Form \*\*\*\*\*

Name \_\_\_\_\_ Age (on 8/20/16) \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address \_\_\_\_\_ Phone ( \_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ E-Mail \_\_\_\_\_

**Shirt Size:** Small Medium Large X-Large (These are women's fit sizes! Sizes guaranteed if entry received by Aug 1)

**Family Team Categories:** (circle as many as apply and name your teammate(s); team members should complete individual applications and mail them in the same envelope)

Mother-Daughter \_\_\_\_\_ Sister-Sister \_\_\_\_\_ Aunt-Niece \_\_\_\_\_ Grandmother-Granddaughter \_\_\_\_\_

Willow Bay 5K Run & Fitness Walk Waiver

I know that running or walking is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running and walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and or the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and for anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Village of Liverpool, Town of Salina, Onondaga County, Onondaga Lake Park, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I understand that bicycles, skateboards, strollers, baby joggers, rollerblades, animals, iPods and MP3 players are not allowed in the race, and I will abide by this guideline.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent's Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_



**Thursday Night Onondaga Lake Park Fun Runs****June 2, 2016**

(Partly Cloudy, 71 degrees, 73% relative humidity, winds from the S at 13 mph)

5 Kilometers

Name	Time	Age
Kurt Stanton	30:53	66

8 Kilometers

Name	Time	Age
Tim Grossman	33:52	24
Paul Cianfrocca	33:58	52

5 Miles

Name	Time	Age
Chuck Milazzo	40:18	60
Jim Cox	42:50	55

**Thursday Night Onondaga Lake Park Fun Runs****June 9, 2016**

(Sunny, 63 degrees, 37% relative humidity, winds from the W at 26 mph)

Name	Time	Age	Sex
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Kid's Run (Approximately 400m)

Sammy Beeman	2:06	6	M
Max Rappaport	2:07	12	M

2 Miles

Denise Devine	18:45	48	F
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5 Kilometers

Paul Cianfrocca	21:15	52	M
Kurt Stanton	29:32	66	M
Lewis Cutler	32:45	66	M

4 Miles

Jim Cox	34:10	55	M
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8 Kilometers

Devyn Pryor	34:13	23	F
Ben Rappaport	40:32	15	M
Joan Rappaport	40:40	52	F

**Thursday Night Onondaga Lake Park Fun Runs****June 16, 2016**

(Sunny, 83 degrees, 36% relative humidity, winds from the NE at 9 mph)

Name	Time	Age	Sex
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Kid's Run (Approximately 400m)

Sammy Beeman	1:58	6	M
Max Rappaport	2:00	12	M
Dashana Vasudevan	2:20	7	F

2 Miles

Kupparaj Vasudevan	20:14	36	M
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5 Kilometers

Paul Cianfrocca	21:01	52	M
Kurt Stanton	31:48	66	M
John Schaefer	44:14	44	M

8 Kilometers

Jim Cox	40:37	55	M
Ben Rappaport	39:52	15	M
Joan Rappaport	39:56	52	F
Michael Clark	44:23	29	M

## Thursday Night Onondaga Lake Park Fun Runs

June 23, 2016

(Sunny, 74 degrees, 38% relative humidity, winds from the NW at 7 mph)

Name	Time	Age	Sex
Kid's Run (Approximately 400m)			
Ayva Wicks	2:00	7	F
2 Miles			
Tim Nelson	24:53	60	M
5 Kilometers			
Patrick Mitchell	21:28	32	M
Seth Watkins	26:44	13	M
Keith Watkins	26:55	44	M
Keely Sammon	28:42	23	F
Daryl Parsons	28:43	45	M
Kurt Stanton	30:06	66	M
Lewis Cutler	35:29	66	M
8 Kilometers			
Paul Cianfrocca	33:56	52	M
Ric Bond	36:11	58	M
Jim Cox	40:15(5mi)	55	M
Josh Montreal	47:50	15	M

## 2016 USA Masters 5 km Championships @ Syracuse Festival of Races Sunday, October 2, 2016

Wouldn't it be terrific if our club could field complete male and female teams for the 40+/50+/60+/70+ and 80+ team divisions at this year's USA Masters 5km Championships?

There's no extra pressure...you just have to run your normal 5K race!

You must be a 2016 USATF member to enter the Championships portion of the race within a race.

If you do not have a 2016 USATF membership, you can get one online at <http://www.usatf.org/associations/info.asp?associationNumber=4>. Be sure to use 04-0092 when asked for your club affiliation. You must also meet the eligibility requirements which can be found at <http://www.usatf.org/Events---Calendar/2016/USATF-Masters-5-km-Championships/Athlete-Info/Eligibility-Requirements.aspx>

Any Masters woman who is interested in learning more or signing up for a Charger team, please contact Mickey @ [mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net). Any Masters man who is interested in learning more or signing up for a Charger team, please contact Greg @ [tuttlegreg@hotmail.com](mailto:tuttlegreg@hotmail.com)

### Alternate Web Link for Chargers Records

The latest Chargers records can always be found on my personal web server at the URL

[http://barnyard.syr.edu/charger\\_records.html](http://barnyard.syr.edu/charger_records.html).

There will also be a working link on the new Chargers website.

After careful deliberation, the Scholarship Committee recommended 2 students for the 2016 Scholarships. The SCTC Board approved \$1000. scholarships for the winning student runners:

Kyle Micho - CW Baker High School and Jacob Wood - Syracuse Academy of Science

More details in next months newsletter.

THE 37th ANNUAL SPERA'S SWAMP RAT RUNS  
CHRIS TADDEO MEMORIAL 5K RACE  
Brewerton, NY June 18, 2016

PLACE	NAME	AGE	TIME	PACE	PLACES IN AGEGROUP&	SEX	RESIDENCE	ST
1	Adam Pacheck	24	15:15	4:55	1 M20-24	M#	1 Brighton	MA
2	William Hoyne	34	16:19	5:15	1 M30-34	M#	2 Clay	NY
3	Minte Kassu	21	17:04	5:30	2 M20-24	M#	3 Rochester	NY
4	Jonathan Cyganik	23	17:06	5:31	3 M20-24	M#	4 Brighton	MA
5	Jamie Hospers	23	17:09	5:31	4 M20-24	M#	5 Rochester	NY
6	Brian Barker	23	17:19	5:35	5 M20-24	M#	6 Groton	CT
7	Jeremy Hassett	22	17:40	5:42	6 M20-24	M#	7 Newark	NY
8	Daniel Nolte	21	17:51	5:45	7 M20-24	M#	8 Woodbury	CT
9	Hunter Phinney	19	17:52	5:45	1 M15-19	M#	9 Rochester	NY
10	Nicholas Berg	14	17:52	5:46	1 M01-14	M#	10 Minoa	NY
11	Jake Berg	21	17:54	5:46	8 M20-24	M#	11 Glencoe	IL
12	Ethan Pacheck	22	18:35	5:59	9 M20-24	M#	12 Ann Arbor	MI
13	Jake Barker	19	18:47	6:03	2 M15-19	M#	13 Kirkville	NY
14	Loren Davies	48	18:58	6:07	1 M45-49	M#	14 Liverpool	NY
15	Jason Olson	41	19:10	6:11	1 M40-44	M#	15 Clay	NY
16	Lucas Sharron	15	19:26	6:16	3 M15-19	M#	16 Syracuse	NY
17	Andrew Gutierrez	19	19:28	6:16	4 M15-19	M#	17 Simsbury	CT
18	Kyle Smith	20	19:28	6:16	10 M20-24	M#	18 Massapequa Park	NY
19	Jamie Woolsey	33	19:28	6:16	1 F30-34	F#	1 Oneida	NY
20	Ankur Desai	18	19:32	6:18	5 M15-19	M#	19 Rome	NY
21	Martin Nicholson	28	19:39	6:20	1 M25-29	M#	20 Syracuse	NY
22	Joe Woodworth	38	19:47	6:22	1 M35-39	M#	21 Kirkville	NY
23	Gregory Hartnett	26	19:50	6:23	2 M25-29	M#	22 Braintree	MA
24	Allen Wells	16	19:51	6:24	6 M15-19	M#	23 Clay	NY
25	Mia Rauilli	28	19:55	6:25	1 F25-29	F#	2 Manlius	NY
26	Nate Kuhrt	21	19:57	6:25	11 M20-24	M#	24 Flemington	NJ
27	Dylan Gaeta	22	20:02	6:27	12 M20-24	M#	25 Jamestown	NY
28	Bradley Kowalczyk	23	20:08	6:29	13 M20-24	M#	26 Utica	NY
29	Paul Cianfrocca	52	20:15	6:31	1 M50-54	M#	27 Camillus	NY
30	Jim Vandish	45	20:19	6:33	2 M45-49	M#	28 Oswego	NY
31	Anne Peterson	21	20:24	6:34	1 F20-24	F#	3 Baldwinsville	NY
32	Daniel Schulz	21	20:29	6:36	14 M20-24	M#	29 Central Square	NY
33	Brianna Loughran	19	20:32	6:37	1 F15-19	F#	4 Tuba City	AZ
34	David Laris	53	20:34	6:37	2 M50-54	M#	30 Clay	NY
35	Michael Sanders	15	20:36	6:38	7 M15-19	M#	31 East Syracuse	NY
36	Katie Laris	22	20:42	6:40	2 F20-24	F#	5 Clay	NY
37	Gary Chandler	55	20:45	6:41	1 M55-59	M#	32 Chittenango	NY
38	Keith Stegmaier	39	20:51	6:43	2 M35-39	M#	33 Clay	NY
39	Grant Allen	42	21:02	6:46	2 M40-44	M#	34 Syracuse	NY
40	Amanda Hatfield	36	21:02	6:47	1 F35-39	F#	6 Oneida	NY



5k Winner Adam Pacheck



5k Winner Jamie Woolsey



Doubler Fred Miller won the 65-69 for both races

41	Fred Miller	65	21:04	6:47	1	M65-69	M#	35	Liverpool	NY
42	Robert Mozo	53	21:13	6:50	3	M50-54	M#	36	Clay	NY
43	Chris Thornton	34	21:23	6:53	2	M30-34	M#	37	Clay	NY
44	Bryan Schad	28	21:34	6:57	3	M25-29	M#	38	Mattydale	NY
45	Steven Doe	50	21:43	7:00	4	M50-54	M#	39	Adams	NY
46	Alexa Doe	12	21:43	7:00	1	F01-14	F#	7	Adams	NY
47	Jason Byrnes	41	21:52	7:03	3	M40-44	M#	40	North Syracuse	NY
48	Braden Santaguida	9	21:54	7:03	2	M01-14	M#	41	Brewerton	NY
49	Madeline Murray	21	21:55	7:04	3	F20-24	F#	8	Rochester	NY
50	Mike Navarra	41	22:03	7:06	4	M40-44	M#	42	Syracuse	NY
51	Zachary Sweeney	13	22:04	7:07	3	M01-14	M#	43	Syracuse	NY
52	Tim Beshers	14	22:04	7:07	4	M01-14	M#	44	Syracuse	NY
53	Sandy Longwell	54	22:08	7:08	1	F50-54	F#	9	Clay	NY
54	Jack Andrejko	13	22:11	7:09	5	M01-14	M#	45	Liverpool	NY
55	Paul Van Geet	50	22:12	7:09	5	M50-54	M#	46	Fulton	NY
56	Stacy Wanamaker	48	22:17	7:11	1	F45-49	F#	10	Fayetteville	NY
57	Steven Challis	57	22:21	7:12	2	M55-59	M#	47	Liverpool	NY
58	Breann Dodge	35	22:22	7:12	2	F35-39	F#	11	Clay	NY
59	Coreen Steinbach	65	22:23	7:13	1	F65-69	F#	12	Pompey	NY
60	Rj Davis	12	22:29	7:15	6	M01-14	M#	48	Cicero	NY
61	Evan Breitbeck	13	22:29	7:15	7	M01-14	M#	49	Cicero	NY
62	Jake Nobles	14	22:32	7:15	8	M01-14	M#	50	Clay	NY
63	Raphael Cardinale	14	22:33	7:16	9	M01-14	M#	51	Clay	NY
64	Killeen Pritchard	37	22:35	7:16	3	F35-39	F#	13	Clay	NY
65	David Traub	54	22:42	7:19	6	M50-54	M#	52	Cicero	NY
66	Joshua Koepp	14	22:45	7:20	10	M01-14	M#	53	Bridgeport	NY
67	Dominic Fico	13	22:50	7:21	11	M01-14	M#	54	Liverpool	NY
68	Mark Wigler	67	22:52	7:22	2	M65-69	M#	55	Hubbardston	MA
69	Jamie Wagner	15	23:01	7:25	2	F15-19	F#	14	Cicero	NY
70	Renee Affinati	35	23:06	7:26	4	F35-39	F#	15	West Monroe	NY
71	Nate Hudson	21	23:09	7:27	15	M20-24	M#	56	Richfield Sprin	NY
72	Michael D. Skvarch	28	23:16	7:30	4	M25-29	M#	57	Brooklyn	NY
73	Alex Nobles	14	23:17	7:30	12	M01-14	M#	58	Clay	NY
74	Shannon Walkup	35	23:17	7:30	5	F35-39	F#	16	Cicero	NY
75	Jacob Searle	14	23:17	7:30	13	M01-14	M#	59	Clay	NY
76	Jacob Perrotta	17	23:22	7:32	8	M15-19	M#	60	East Syracuse	NY
77	Brian Traub	20	23:22	7:32	16	M20-24	M#	61	Cicero	NY
78	Elizabeth Briggs	54	23:24	7:32	2	F50-54	F#	17	Syracuse	NY
79	Michael J. Skvarch	59	23:26	7:33	3	M55-59	M#	62	Lafayette	NY
80	Sheri Hansen	45	23:26	7:33	2	F45-49	F#	18	Brewerton	NY
81	Kelly Gambino	28	23:31	7:34	2	F25-29	F#	19	Oswego	NY
82	Scott Brennan	45	23:31	7:35	3	M45-49	M#	63	Phoenix	NY
83	Colin Hopkins	12	23:37	7:36	14	M01-14	M#	64	Cicero	NY
84	Mark Allegretti	45	23:41	7:38	4	M45-49	M#	65	Newark	NY
85	Julia Mann	13	23:42	7:38	2	F01-14	F#	20	Central Square	NY
86	John Turner	66	23:43	7:38	3	M65-69	M#	66	Baldwinsville	NY
87	Deb Patterson	47	23:44	7:39	3	F45-49	F#	21	Parish	NY
88	Kristin Graham	40	23:48	7:40	1	F40-44	F#	22	Pennellville	NY
89	Daniel Breitbeck	50	23:58	7:43	7	M50-54	M#	67	Cicero	NY
90	Woody Woodworth	62	24:01	7:44	1	M60-64	M#	68	Chittenango	NY
91	Connor Irwin	23	24:11	7:47	17	M20-24	M#	69	Cicero	NY
92	Jennifer Longo	33	24:22	7:51	2	F30-34	F#	23	Liverpool	NY
93	Cade Colbeth	17	24:24	7:52	9	M15-19	M#	70	Somerset	WI
94	Fred Buchanan	63	24:28	7:53	2	M60-64	M#	71	Cicero	NY
95	Lauren Winschel	19	24:40	7:57	3	F15-19	F#	24	Rochester	NY
96	Andy Phelps	57	24:54	8:01	4	M55-59	M#	72	Kernersville	NC
97	Debra Smith	54	24:57	8:02	3	F50-54	F#	25	Mexico	NY
98	John Scott	68	24:57	8:02	4	M65-69	M#	73	Baldwinsville	NY
99	Jonathan Clarke	12	24:58	8:03	15	M01-14	M#	74	Central Square	NY
100	Jacob Calabria	10	24:59	8:03	16	M01-14	M#	75	Clay	NY
101	Laurie Beth Pestle	52	25:03	8:04	4	F50-54	F#	26	Liverpool	NY
102	Gregory Johnson	24	25:08	8:06	18	M20-24	M#	76	Baldwinsville	NY
103	Haley Pestle	18	25:13	8:07	4	F15-19	F#	27	Liverpool	NY
104	Tyler Hughes	17	25:13	8:07	10	M15-19	M#	77	Brewerton	NY
105	Mia Pestle	15	25:14	8:08	5	F15-19	F#	28	Liverpool	NY

106	Evan Nobles	12	25:20	8:09	17	M01-14	M#	78	Clay	NY
107	Laura Lodes	29	25:20	8:10	3	F25-29	F#	29	Syracuse	NY
108	Christopher Delaney	40	25:25	8:11	5	M40-44	M#	79	East Syracuse	NY
109	Emily Colagiovanni	10	25:27	8:12	3	F01-14	F#	30	Cicero	NY
110	Robert Burbank	58	25:33	8:14	5	M55-59	M#	80	Canastota	NY
111	Andrew Longo	31	25:45	8:18	3	M30-34	M#	81	Liverpool	NY
112	Aviana Fedele	15	25:53	8:20	6	F15-19	F#	31	North Syracuse	NY
113	Gregory Buckley	15	25:54	8:21	11	M15-19	M#	82	Clay	NY
114	Maria Miner	19	25:56	8:21	7	F15-19	F#	32	Cape Vincent	NY
115	Ethan Anderson	13	25:57	8:22	18	M01-14	M#	83	Cicero	NY
116	Kevin Schulz	53	26:01	8:23	8	M50-54	M#	84	Central Square	NY
117	Dennis Dwyer	57	26:08	8:25	6	M55-59	M#	85	Syracuse	NY
118	Kristin Walker	35	26:08	8:25	6	F35-39	F#	33	Clay	NY
119	Marina Pitonzo	21	26:09	8:25	4	F20-24	F#	34	Cicero	NY
120	Nicholas Mirizio	20	26:09	8:25	19	M20-24	M#	86	Cicero	NY
121	Mia Falgiatano	13	26:11	8:26	4	F01-14	F#	35	Cicero	NY
122	Michael Relf	45	26:13	8:27	5	M45-49	M#	87	Cicero	NY
123	Danny Mann	50	26:25	8:30	9	M50-54	M#	88	Central Square	NY
124	Wayne Ireland	40	26:31	8:32	6	M40-44	M#	89	Cicero	NY
125	Carmen Mingolelli	40	26:32	8:33	7	M40-44	M#	90	Cicero	NY
126	Michael Wendler	55	26:38	8:35	7	M55-59	M#	91	Cicero	NY
127	Cameron Sisk	9	26:38	8:35	5	F01-14	F#	36	Clay	NY
128	Sarah Jones	30	26:53	8:40	3	F30-34	F#	37	Cicero	NY
129	William Jones	30	26:53	8:40	4	M30-34	M#	92	Cicero	NY
130	Jeff Lewis	27	26:58	8:41	5	M25-29	M#	93	Phoenix	NY
131	Zachary Bergman	12	27:04	8:43	19	M01-14	M#	94	Cicero	NY
132	Nick Schneid	21	27:10	8:45	20	M20-24	M#	95	Cicero	NY
133	Hunter Gasque	14	27:11	8:45	20	M01-14	M#	96	Cicero	NY
134	David Holden	55	27:22	8:49	8	M55-59	M#	97	Brewerton	NY
135	Trevor Davies	20	27:27	8:50	21	M20-24	M#	98	Liverpool	NY
136	Kate Moran	39	27:36	8:53	7	F35-39	F#	38	Cicero	NY
137	Brian Fico	40	27:37	8:54	8	M40-44	M#	99	Central Square	NY
138	Emily Schlueter	13	27:37	8:54	6	F01-14	F#	39	Central Square	NY
139	Jack Bubb	73	27:39	8:54	1	M70-74	M#	100	Baldwinsville	NY
140	Martha Turner	35	27:44	8:56	8	F35-39	F#	40	Flushing	NY
141	Bridget Fuller	30	27:45	8:56	4	F30-34	F#	41	Syracuse	NY
142	Hunter Lawless	10	27:50	8:58	21	M01-14	M#	101	Cicero	NY
143	Matthew Pestle	52	27:52	8:59	10	M50-54	M#	102	Liverpool	NY
144	Alexa Kowbel	12	27:56	9:00	7	F01-14	F#	42	Cicero	NY
145	Mark Smith	55	27:57	9:00	9	M55-59	M#	103	Morrisville	NY
146	Andrew Fadden	30	27:59	9:01	5	M30-34	M#	104	Cicero	NY
147	Grace Sugrue	10	28:00	9:01	8	F01-14	F#	43	Clay	NY
148	Ryan Reichard	35	28:02	9:02	9	F35-39	F#	44	Clay	NY
149	Ben Irwin	17	28:06	9:03	12	M15-19	M#	105	Cicero	NY
150	Christine Sisk	38	28:07	9:03	10	F35-39	F#	45	Clay	NY
151	Noah Mingolelli	9	28:07	9:03	22	M01-14	M#	106	Cicero	NY
152	Jane Fico	39	28:14	9:06	11	F35-39	F#	46	Central Square	NY
153	Kelly Scalzo	56	28:22	9:08	1	F55-59	F#	47	Fayetteville	NY
154	Emma Osier	11	28:25	9:09	9	F01-14	F#	48	Cicero	NY
155	Bill Hansen	48	28:36	9:13	6	M45-49	M#	107	Brewerton	NY
156	Carissa Kusilek	31	28:39	9:14	5	F30-34	F#	49	Baldwin	WI
157	Alexandra Jacob	13	28:40	9:14	10	F01-14	F#	50	Syracuse	NY
158	Michael Jacob	41	28:41	9:14	9	M40-44	M#	108	Syracuse	NY
159	Eileen Irwin	52	28:42	9:15	5	F50-54	F#	51	Cicero	NY
160	Timothy Tramontana	51	28:43	9:15	11	M50-54	M#	109	Liverpool	NY
161	Diane Ruffolo	58	28:46	9:16	2	F55-59	F#	52	Hastings	NY
162	Aric Andrejko	44	28:53	9:18	10	M40-44	M#	110	Liverpool	NY
163	Andrew Taddeo	60	28:54	9:18	3	M60-64	M#	111	Clay	NY
164	Danielle Schickling	29	28:54	9:18	4	F25-29	F#	53	Pulaski	NY
165	Sara Bambino	34	28:56	9:19	6	F30-34	F#	54	Cicero	NY
166	Joseph Bambino	38	28:56	9:19	3	M35-39	M#	112	Cicero	NY
167	Laura Stoddard	30	29:01	9:21	7	F30-34	F#	55	East Syracuse	NY
168	Ava Leahey	13	29:03	9:21	11	F01-14	F#	56	Cicero	NY
169	Grace Thompson	14	29:07	9:23	12	F01-14	F#	57	Cicero	NY
170	Lauren Emmi	23	29:11	9:24	5	F20-24	F#	58	Cicero	NY

171	Zachary Millet	13	29:13	9:24	23	M01-14	M#	113	East Syracuse	NY
172	Stephanie MacDerment	40	29:32	9:31	2	F40-44	F#	59	Syracuse	NY
173	Elizabeth Kincaid	13	29:35	9:32	13	F01-14	F#	60	West Monroe	NY
174	Kristy Altobello	38	29:36	9:32	12	F35-39	F#	61	Cicero	NY
175	Casey Colbeth	29	29:43	9:34	6	M25-29	M#	114	Syracuse	NY
176	Michael Rose	42	29:48	9:36	11	M40-44	M#	115	Oswego	NY
177	Nina Stalsonberg	11	29:50	9:36	14	F01-14	F#	62	Brewerton	NY
178	Joseph Bach	31	29:53	9:38	6	M30-34	M#	116	Cicero	NY
179	Lauren Nickels	23	29:53	9:38	6	F20-24	F#	63	Clay	NY
180	Payton Bach	8	29:53	9:38	15	F01-14	F#	64	Cicero	NY
181	Anna Diorio	16	29:57	9:39	8	F15-19	F#	65	Baldwinsville	NY
182	Nancy Bryant	53	29:58	9:39	6	F50-54	F#	66	Mattydale	NY
183	Allee Emmi	26	30:01	9:40	5	F25-29	F#	67	Falls Church	VA
184	Anthony Rescignano	12	30:03	9:41	24	M01-14	M#	117	Brewerton	NY
185	Joshua Korthas	32	30:04	9:41	7	M30-34	M#	118	Syracuse	NY
186	Heather Calabria	42	30:05	9:41	3	F40-44	F#	68	Clay	NY
187	Kyle Wagner	12	30:13	9:44	25	M01-14	M#	119	Cicero	NY
188	David Bottorff	52	30:13	9:44	12	M50-54	M#	120	Cicero	NY
189	Kate Wagner	18	30:14	9:44	9	F15-19	F#	69	Cicero	NY
190	Fritzie Korthas	35	30:22	9:47	13	F35-39	F#	70	Syracuse	NY
191	Chris Leahey	41	30:33	9:50	12	M40-44	M#	121	Cicero	NY
192	Susan Gloska	17	30:39	9:52	10	F15-19	F#	71	Central Square	NY
193	Robert Rieth	69	30:42	9:53	5	M65-69	M#	122	Syracuse	NY
194	Laurie Laris	52	30:45	9:54	7	F50-54	F#	72	Clay	NY
195	Richard Diorio	53	30:46	9:55	13	M50-54	M#	123	Baldwinsville	NY
196	Sophia Mann	10	30:50	9:56	16	F01-14	F#	73	Central Square	NY
197	Lauren Clifford	13	30:51	9:56	17	F01-14	F#	74	Cicero	NY
198	Stuart Messur	57	30:54	9:57	10	M55-59	M#	124	Cicero	NY
199	Paul Doody	56	30:55	9:57	11	M55-59	M#	125	Baldwinsville	NY
200	Steve Messur	20	30:55	9:57	22	M20-24	M#	126	Cicero	NY
201	James Stockton	59	30:56	9:58	12	M55-59	M#	127	Cicero	NY
202	Karen Mann	43	31:00	9:59	4	F40-44	F#	75	Central Square	NY
203	Taylor Gauthier	13	31:00	9:59	18	F01-14	F#	76	Liverpool	NY
204	Kenneth Blaylock	59	31:09	10:02	13	M55-59	M#	128	Bridgeport	NY
205	Kristin Fischer	47	31:14	10:04	4	F45-49	F#	77	Syracuse	NY
206	Shannon Davies	47	31:14	10:04	5	F45-49	F#	78	Liverpool	NY
207	Jeanne Vinette	13	31:20	10:06	19	F01-14	F#	79	North Syracuse	NY
208	Lara Wines	47	31:24	10:07	6	F45-49	F#	80	Watertown	NY
209	Thomas Beeman	52	31:28	10:08	14	M50-54	M#	129	Fulton	NY
210	Nicholas Reeve	7	31:30	10:09	26	M01-14	M#	130	Cicero	NY
211	Daniela Reeve	31	31:30	10:09	8	F30-34	F#	81	Cicero	NY
212	Jeffrey Rescignano	14	31:31	10:09	27	M01-14	M#	131	Brewerton	NY
213	Mark Hartnett	58	31:33	10:10	14	M55-59	M#	132	Tully	NY
214	Gary Deebel	59	31:35	10:10	15	M55-59	M#	133	Mifflinville	PA
215	John Falgiatano	45	31:36	10:10	7	M45-49	M#	134	Cicero	NY
216	Deborah Saucier	51	31:36	10:11	8	F50-54	F#	82	Clay	NY
217	Kimberly Davis	44	31:38	10:11	5	F40-44	F#	83	Cicero	NY
218	Breanna Burrows	19	31:39	10:12	11	F15-19	F#	84	Central Square	NY
219	William Merriam	9	31:41	10:12	28	M01-14	M#	135	Manlius	NY
220	Stephen Merriam	41	31:47	10:14	13	M40-44	M#	136	Manlius	NY
221	Christine Fico	44	31:47	10:14	6	F40-44	F#	85	Liverpool	NY
222	Nina Fico	8	31:51	10:15	20	F01-14	F#	86	Central Square	NY
223	Sydney Saunders	9	31:53	10:16	21	F01-14	F#	87	Central Square	NY
224	Sophia Hatch	12	31:53	10:16	22	F01-14	F#	88	Liverpool	NY
225	Kathy Barber	39	31:57	10:17	14	F35-39	F#	89	Liverpool	NY
226	Kevin Barber	39	31:57	10:17	4	M35-39	M#	137	Liverpool	NY
227	Brooke Layo	34	32:06	10:20	9	F30-34	F#	90	Syracuse	NY
228	Meredith Andrews	50	32:09	10:21	9	F50-54	F#	91	Cicero	NY
229	Gannon Andrews	22	32:10	10:21	23	M20-24	M#	138	Cicero	NY
230	Rich Green	32	32:22	10:25	8	M30-34	M#	139	Clay	NY
231	Samantha Duvall	14	32:35	10:30	23	F01-14	F#	92	Clay	NY
232	Mercdes Fitzgerald	27	32:40	10:31	6	F25-29	F#	93	Phoenix	NY
233	Donia Schanthal	43	32:46	10:33	7	F40-44	F#	94	Clay	NY
234	Elizabeth Turner	37	32:52	10:35	15	F35-39	F#	95	New York	NY
235	Joselyn Sanders	13	32:56	10:36	24	F01-14	F#	96	East Syracuse	NY

236	Katrina Degilormo	19	33:03	10:39	12	F15-19	F#	97	Clay	NY
237	Rachel Rose	14	33:19	10:44	25	F01-14	F#	98	Oswego	NY
238	Xuan Huynh	41	33:19	10:44	14	M40-44	M#	140	Cicero	NY
239	Erin Schriever	16	33:30	10:47	13	F15-19	F#	99	Cicero	NY
240	Christopher Perrault	32	33:32	10:48	9	M30-34	M#	141	East Syracuse	NY
241	Ashley Farney	27	33:32	10:48	7	F25-29	F#	100	Cicero	NY
242	Camryn Humphrey	13	33:37	10:50	26	F01-14	F#	101	Brewerton	NY
243	Hailey Lawless	13	33:39	10:50	27	F01-14	F#	102	Cicero	NY
244	Shannon Wilkinson	18	33:41	10:51	14	F15-19	F#	103	Liverpool	NY
245	Kathleen Wilkinson	21	33:41	10:51	7	F20-24	F#	104	Liverpool	NY
246	Bernie Marcoccia	54	33:55	10:55	15	M50-54	M#	142	Clay	NY
247	Darrall Fogus	60	33:58	10:56	4	M60-64	M#	143	Brewerton	NY
248	Jasmine Baker	26	34:44	11:11	8	F25-29	F#	105	Jamaica	NY
249	Nicholas Taddeo	27	34:44	11:11	7	M25-29	M#	144	New York	NY
250	Lauren Patton	31	34:45	11:11	10	F30-34	F#	106	Syracuse	NY
251	Mary Stimson	26	34:49	11:13	9	F25-29	F#	107	Cicero	NY
252	Michael Sciarpino	26	34:49	11:13	8	M25-29	M#	145	Clay	NY
253	Bethany Hudson	22	34:49	11:13	8	F20-24	F#	108	Liverpool	NY
254	Kathleen Conese	24	34:49	11:13	9	F20-24	F#	109	Liverpool	NY
255	Evan Burley	25	34:49	11:13	9	M25-29	M#	146	Canandaigua	NY
256	Shari Clubine	46	35:03	11:17	7	F45-49	F#	110	Cicero	NY
257	Lianne Loguidice	43	35:21	11:23	8	F40-44	F#	111	Baldwinsville	NY
258	Thomas Knittel	62	35:21	11:23	5	M60-64	M#	147	Cicero	NY
259	Paul Rieth	61	35:28	11:25	6	M60-64	M#	148	Cicero	NY
260	Holly Schadt	33	35:38	11:28	11	F30-34	F#	112	Lafayette	NY
261	Catherine Pearse	49	36:00	11:36	8	F45-49	F#	113	Central Square	NY
262	Carlton Garnes	11	36:07	11:38	29	M01-14	M#	149	Liverpool	NY
263	Allen Garnes	46	36:07	11:38	8	M45-49	M#	150	Liverpool	NY
264	Stephen Wilkinson	50	36:20	11:42	16	M50-54	M#	151	Liverpool	NY
265	Alyssa Wilkinson	21	36:21	11:42	10	F20-24	F#	114	Liverpool	NY
266	Marie Thompson	33	37:08	11:58	12	F30-34	F#	115	Syracuse	NY
267	Rebecca Marshall	32	37:08	11:58	13	F30-34	F#	116	Warners	NY
268	MaryBeth Thome	32	37:09	11:58	14	F30-34	F#	117	Liverpool	NY
269	Gary Douglass	69	37:17	12:00	6	M65-69	M#	152	Cicero	NY
270	Cheryl Palladino	59	37:17	12:00	3	F55-59	F#	118	Englishtown	NJ
271	Bethany Wentovich	35	37:21	12:02	16	F35-39	F#	119	Cicero	NY
272	Maya Wentovich	8	37:21	12:02	28	F01-14	F#	120	Cicero	NY
273	Theresa Boehler	33	37:21	12:02	15	F30-34	F#	121	Syracuse	NY
274	Greg Boehler	33	37:22	12:02	10	M30-34	M#	153	Syracuse	NY
275	Robert Jutton	64	37:24	12:03	7	M60-64	M#	154	Syracuse	NY
276	Marilyn Collins	48	37:30	12:04	9	F45-49	F#	122	Blossvale	NY
277	Judy Ford	53	37:53	12:12	10	F50-54	F#	123	Syracuse	NY
278	Carol Hill	40	38:13	12:18	9	F40-44	F#	124	Syracuse	NY
279	Heather Poland	43	38:14	12:19	10	F40-44	F#	125	Liverpool	NY
280	Beth Herbert	54	38:21	12:21	11	F50-54	F#	126	Bridgeport	NY
281	Samantha Dattler	11	38:21	12:21	29	F01-14	F#	127	Clay	NY
282	Giavanna Racciatti	11	38:33	12:25	30	F01-14	F#	128	Lafayette	NY
283	Gary Wilson	48	38:37	12:26	9	M45-49	M#	155	Pulaski	NY
284	Denise Crandall	37	38:37	12:26	17	F35-39	F#	129	Pulaski	NY
285	Kim Loughlin	38	38:42	12:28	18	F35-39	F#	130	Cicero	NY
286	Jasmine Goldthwait	17	38:44	12:28	15	F15-19	F#	131	Cicero	NY
287	Adrianna Pierce	13	38:53	12:31	31	F01-14	F#	132	Cicero	NY
288	Neal Champion	61	40:14	12:57	8	M60-64	M#	156	West Monroe	NY
289	MaryAnn Champion	57	40:14	12:57	4	F55-59	F#	133	West Monroe	NY
290	Lynda Farney	62	40:39	13:05	1	F60-64	F#	134	Brewerton	NY
291	Carol Brennan	51	40:44	13:07	12	F50-54	F#	135	Phoenix	NY
292	Kelly Cullen	55	40:50	13:09	5	F55-59	F#	136	North Syracuse	NY
293	Danielle Durkin	27	40:57	13:11	10	F25-29	F#	137	Liverpool	NY
294	Kristin Howell	39	41:15	13:17	19	F35-39	F#	138	Cicero	NY
295	Kate Elstad	34	42:12	13:35	16	F30-34	F#	139	Syracuse	NY
296	Ronni Ludovici	60	42:13	13:35	2	F60-64	F#	140	Cicero	NY
297	Kristin Ford	30	42:31	13:41	17	F30-34	F#	141	Syracuse	NY
298	Maggie Traub	16	43:26	13:59	16	F15-19	F#	142	Cicero	NY
299	Jennifer Stalsonberg	41	48:39	15:40	11	F40-44	F#	143	Brewerton	NY
300	Kaelyn Reid	8	49:42	16:00	32	F01-14	F#	144	Cicero	NY

301	Andy Piron	40	49:42	16:00	15	M40-44	M#	157	Cicero	NY
302	Gabrielle Reid	15	49:42	16:00	17	F15-19	F#	145	Cicero	NY
303	Connie Ciccone	71	49:58	16:05	1	F70-74	F#	146	Skaneateles	NY
304	Shawn Mitton	11	51:12	16:29	30	M01-14	M#	158	North Syracuse	NY
305	Colton Walkup	6	51:12	16:29	31	M01-14	M#	159	Cicero	NY
306	Christy Normanly	41	51:15	16:30	12	F40-44	F#	147	Liverpool	NY
307	Bonnie McSpadden	53	51:15	16:30	13	F50-54	F#	148	Warners	NY
308	Gabriella Iannotti	20	51:21	16:32	11	F20-24	F#	149	Cicero	NY
309	Alexis Gasparini	9	51:23	16:33	33	F01-14	F#	150	East Syracuse	NY
310	Brenda Verginio	52	51:25	16:33	14	F50-54	F#	151	Cicero	NY
311	Chelsea Colburn	20	51:25	16:33	12	F20-24	F#	152	Parish	NY
312	Rylan Walkup	4	51:45	16:40	34	F01-14	F#	153	Cicero	NY
313	Carmine Gasparini	6	52:43	16:59	32	M01-14	M#	160	East Syracuse	NY
314	Athena Dickquist	32	52:44	16:59	18	F30-34	F#	154	East Syracuse	NY
315	Becky Morey	33	53:17	17:09	19	F30-34	F#	155	West Monroe	NY
316	Margaret Traub	51	56:46	18:17	15	F50-54	F#	156	Cicero	NY

THE 37th ANNUAL SPERA'S SWAMP RAT RUNS 10K RACE  
Brewerton, NY June 18, 2016

PLACE	NAME	AGE	TIME	PACE	PLACES IN AGEGROUP&SEX		RESIDENCE	ST
1	Michael Dee	25	37:19	6:01	1	M25-29 M#	1 East Syracuse	NY
2	Ryan Homeyer	21	38:19	6:10	1	M20-24 M#	2 Camillus	NY
3	Sean Severance	49	38:42	6:14	1	M45-49 M#	3 Central Square	NY
4	Sam Barber	16	38:54	6:16	1	M15-19 M#	4 North Syracuse	NY
5	Brittany Burns	27	39:12	6:19	1	F25-29 F#	1 Watertown	NY
6	John Perperian	16	40:25	6:31	2	M15-19 M#	5 Brewerton	NY
7	Gabriel Chisari	15	41:11	6:38	3	M15-19 M#	6 Central Square	NY
8	William Drapeau	48	41:18	6:39	2	M45-49 M#	7 Glenville	NY
9	Randy Reynolds	53	41:40	6:43	1	M50-54 M#	8 Binghamton	NY
10	John Tees	30	41:54	6:45	1	M30-34 M#	9 North Syracuse	NY
11	Loren Davies	48	42:20	6:49	3	M45-49 M#	10 Liverpool	NY
12	Michael D. Skvarch	28	42:33	6:51	2	M25-29 M#	11 Brooklyn	NY
13	Chris Loughlin	38	42:50	6:54	1	M35-39 M#	12 Cicero	NY
14	Eva Keohane	17	42:59	6:55	1	F15-19 F#	2 Brewerton	NY
15	Robert Haas	56	43:10	6:57	1	M55-59 M#	13 Red Creek	NY
16	Jim Vandish	45	45:02	7:15	4	M45-49 M#	14 Oswego	NY
17	Fred Miller	65	45:15	7:17	1	M65-69 M#	15 Liverpool	NY
18	Joe Woodworth	38	45:17	7:18	2	M35-39 M#	16 Kirkville	NY
19	John Lee	63	46:06	7:26	1	M60-64 M#	17 Harvard	MA
20	David Laris	53	46:10	7:26	2	M50-54 M#	18 Clay	NY
21	Warren Kincaid	17	46:17	7:27	4	M15-19 M#	19 West Monroe	NY
22	Rodney Payne	48	46:28	7:29	5	M45-49 M#	20 Williamstown	NY
23	Kimberly Lagoe	36	46:30	7:29	1	F35-39 F#	3 Cicero	NY



10k winner Mike Dee



Threeppeat10k winner  
Brittany Burns before  
the race



Linda Owens - 1st 55-59



24	Grant Allen	42	47:06	7:35	1	M40-44	M#	21	Syracuse	NY
25	Kara Rusch	48	47:21	7:38	1	F45-49	F#	4	Hamilton	NY
26	Rebecca Lazarek	32	47:24	7:38	1	F30-34	F#	5	Syracuse	NY
27	Michael J. Skvarch	59	47:50	7:42	2	M55-59	M#	22	Lafayette	NY
28	Elizabeth Sadowitz	31	48:03	7:44	2	F30-34	F#	6	Syracuse	NY
29	Bill Winters	59	48:33	7:49	3	M55-59	M#	23	Cicero	NY
30	Robert Mozo	53	49:09	7:55	3	M50-54	M#	24	Clay	NY
31	Steven Challis	57	49:19	7:57	4	M55-59	M#	25	Liverpool	NY
32	Renee Affinati	35	49:26	7:58	2	F35-39	F#	7	West Monroe	NY
33	Kevin Brisson	58	49:27	7:58	5	M55-59	M#	26	Cicero	NY
34	Gene Sullivan	53	49:29	7:58	4	M50-54	M#	27	Fulton	NY
35	Wesley Brizendine	27	49:39	8:00	3	M25-29	M#	28	Ithaca	NY
36	Paul Van Geet	50	50:10	8:05	5	M50-54	M#	29	Fulton	NY
37	Penny Breen	43	50:46	8:11	1	F40-44	F#	8	Phoenix	NY
38	Thomas Cusworth	56	50:58	8:13	6	M55-59	M#	30	Cicero	NY
39	Lisa Wendler	48	51:13	8:15	2	F45-49	F#	9	Cicero	NY
40	Jessica Ouimet	34	51:18	8:16	3	F30-34	F#	10	Constantia	NY
41	Aidan Murphy	28	51:26	8:17	4	M25-29	M#	31	Syracuse	NY
42	Joe Maloney	36	51:29	8:18	3	M35-39	M#	32	Clay	NY
43	Woody Woodworth	62	52:00	8:22	2	M60-64	M#	33	Chittenango	NY
44	Michael Clark	29	52:12	8:24	5	M25-29	M#	34	Bridgeport	NY
45	Zachary O'Neill	18	52:26	8:27	5	M15-19	M#	35	North Syracuse	NY
46	Amanda Sugrue	40	52:26	8:27	2	F40-44	F#	11	Clay	NY
47	Lauren Brilla	22	52:46	8:30	1	F20-24	F#	12	Pottsville	PA
48	Alan Brown	59	52:49	8:30	7	M55-59	M#	36	Manlius	NY
49	Christina Burtis	45	52:53	8:31	3	F45-49	F#	13	Brewerton	NY
50	Thomas Fazzio	37	53:05	8:33	4	M35-39	M#	37	Oswego	NY
51	Robert Young	39	53:12	8:34	5	M35-39	M#	38	Fulton	NY
52	Rebecca Meek	38	54:25	8:46	3	F35-39	F#	14	Brewerton	NY
53	Jessica Pinneo	34	54:28	8:46	4	F30-34	F#	15	Clay	NY
54	John Pinneo	36	54:28	8:46	6	M35-39	M#	39	Clay	NY
55	Zachary Karmen	65	55:11	8:53	2	M65-69	M#	40	Fayetteville	NY
56	Daniel Kanaley	68	55:52	9:00	3	M65-69	M#	41	North Syracuse	NY
57	Teresa Grant	43	55:59	9:01	3	F40-44	F#	16	Glenmont	NY
58	Cylie Colbeth	23	55:59	9:01	2	F20-24	F#	17	Green Bay	WI
59	Anthony Fico	9	56:03	9:02	1	M01-14	M#	42	Central Square	NY
60	Sophia Monica	10	56:08	9:02	1	F01-14	F#	18	Central Square	NY
61	Shaun Saunders	11	56:19	9:04	2	M01-14	M#	43	Central Square	NY
62	Amber Shumway	34	56:25	9:05	5	F30-34	F#	19	Oswego	NY
63	Kerri Pasquale	38	56:43	9:08	4	F35-39	F#	20	Liverpool	NY
64	Angela Wallace	47	57:08	9:12	4	F45-49	F#	21	Lancaster	NY
65	Michelle Gloska	17	57:22	9:14	2	F15-19	F#	22	Central Square	NY
66	Carlos Wallace	40	57:30	9:16	2	M40-44	M#	44	Lancaster	NY
67	Jennifer Longo	33	57:32	9:16	6	F30-34	F#	23	Liverpool	NY
68	Andrew Longo	31	57:33	9:16	2	M30-34	M#	45	Liverpool	NY
69	Valerie Voorhees	32	57:51	9:19	7	F30-34	F#	24	Liverpool	NY
70	John Dwyer	34	58:07	9:22	3	M30-34	M#	46	Phoenix	NY
71	Chris Thornton	34	58:07	9:22	4	M30-34	M#	47	Clay	NY
72	Traci Wainwright	49	58:18	9:23	5	F45-49	F#	25	Canastota	NY
73	Linda Owens	58	58:33	9:26	1	F55-59	F#	26	Liverpool	NY
74	Dave Takach	62	58:42	9:27	3	M60-64	M#	48	Marcellus	NY
75	Gina Cusworth	54	59:10	9:32	1	F50-54	F#	27	Cicero	NY
76	Danny Castro	49	59:16	9:33	6	M45-49	M#	49	Watertown	NY
77	Anna Maria Tuori	58	59:24	9:34	2	F55-59	F#	28	Cicero	NY
78	Katie Reilly	28	59:32	9:35	2	F25-29	F#	29	Oswego	NY
79	Michael Scalzo	23	59:55	9:39	2	M20-24	M#	50	Marcy	NY
80	Christian Sisack	48	1:00:37	9:46	7	M45-49	M#	51	Syracuse	NY
81	Dennis Dwyer	57	1:01:20	9:53	8	M55-59	M#	52	Syracuse	NY
82	Nancy Giardina	51	1:01:23	9:53	2	F50-54	F#	30	Syracuse	NY
83	Lyndsey Maloney	35	1:01:29	9:54	5	F35-39	F#	31	Clay	NY
84	Kelly Flaherty	47	1:01:33	9:55	6	F45-49	F#	32	Cicero	NY
85	Jessica Kalahar	20	1:02:02	9:59	3	F20-24	F#	33	Liverpool	NY
86	Ellen O'Toole	52	1:02:22	10:03	3	F50-54	F#	34	Syracuse	NY
87	John Turner	66	1:02:29	10:04	4	M65-69	M#	53	Baldwinsville	NY
88	Chrissy Peterson	37	1:02:46	10:06	6	F35-39	F#	35	Brewerton	NY

89	George Gates	46	1:03:01	10:09	8	M45-49	M#	54	Brewerton	NY
90	Anthony Brauchle	26	1:03:35	10:14	6	M25-29	M#	55	Syracuse	NY
91	Hannah Roebuck	23	1:03:35	10:14	4	F20-24	F#	36	Syracuse	NY
92	Sarah Formoza	32	1:03:42	10:16	8	F30-34	F#	37	Baldwinsville	NY
93	Rob Clark	35	1:03:43	10:16	7	M35-39	M#	56	Baldwinsville	NY
94	Ashley Bush	26	1:03:49	10:17	3	F25-29	F#	38	Central Square	NY
95	Jamie Hulbert	39	1:03:50	10:17	8	M35-39	M#	57	Liverpool	NY
96	Tammy Thomas	48	1:04:21	10:22	7	F45-49	F#	39	Lacona	NY
97	Carolyn Yerdon	53	1:04:21	10:22	4	F50-54	F#	40	Redfield	NY
98	Cassie Charles	29	1:05:32	10:33	4	F25-29	F#	41	Syracuse	NY
99	Paul Chwalek	62	1:05:44	10:35	4	M60-64	M#	58	Oswego	NY
100	Denise Johns	25	1:05:59	10:37	5	F25-29	F#	42	Syracuse	NY
101	Kathleen Collins	69	1:06:07	10:39	1	F65-69	F#	43	Brewerton	NY
102	Jenni Sullivan	47	1:06:16	10:40	8	F45-49	F#	44	Fulton	NY
103	Darlene Carroll	41	1:06:17	10:40	4	F40-44	F#	45	Syracuse	NY
104	Jessica Fadden	29	1:06:38	10:44	6	F25-29	F#	46	Cicero	NY
105	Brian Fico	40	1:06:38	10:44	3	M40-44	M#	59	Central Square	NY
106	Christine Roback	25	1:06:46	10:45	7	F25-29	F#	47	Utica	NY
107	Kristin Fischer	47	1:06:48	10:45	9	F45-49	F#	48	Syracuse	NY
108	Shannon Davies	47	1:06:48	10:45	10	F45-49	F#	49	Liverpool	NY
109	Mary Ellen Kalahar	47	1:07:19	10:50	11	F45-49	F#	50	Liverpool	NY
110	Tonya Wilson	47	1:08:25	11:01	12	F45-49	F#	51	Liverpool	NY
111	Diane Travers	59	1:08:38	11:03	3	F55-59	F#	52	Bridgeport	NY
112	Rita Bergquist	67	1:08:44	11:04	2	F65-69	F#	53	Brewerton	NY
113	Liam Davies	18	1:10:32	11:21	6	M15-19	M#	60	Liverpool	NY
114	Valerie Acker	36	1:10:49	11:24	7	F35-39	F#	54	Baldwinsville	NY
115	Elizabeth Wilhelm	28	1:10:54	11:25	8	F25-29	F#	55	Syracuse	NY
116	Misty Schouten	37	1:12:51	11:44	8	F35-39	F#	56	Pulaski	NY
117	Denise Crandall	37	1:12:52	11:44	9	F35-39	F#	57	Pulaski	NY
118	Timothy Sherman	39	1:15:47	12:12	9	M35-39	M#	61	Liverpool	NY
119	Doris Bessasparis	49	1:16:14	12:17	13	F45-49	F#	58	Brewerton	NY
120	Stephanie Hart	27	1:18:57	12:43	9	F25-29	F#	59	Constantia	NY
121	John Costello	55	1:21:11	13:04	9	M55-59	M#	62	Cicero	NY
122	Erica Lasnicki	25	1:21:57	13:12	10	F25-29	F#	60	Hastings	NY
123	Richard Sargent	74	1:26:08	13:52	1	M70-74	M#	63	Syracuse	NY
124	Tina Lennox	47	1:27:27	14:05	14	F45-49	F#	61	Preble	NY
125	Elizabeth Dablock	37	1:27:33	14:06	10	F35-39	F#	62	East Syracuse	NY
126	Katherine Bell	32	1:30:46	14:37	9	F30-34	F#	63	Theresa	NY
127	Honor Sherman	38	1:34:35	15:14	11	F35-39	F#	64	Liverpool	NY
128	Matthew Brasel	30	1:50:28	17:47	5	M30-34	M#	64	Watertown	NY
129	Sheldon Kall	84	1:52:01	18:02	1	M80+	M#	65	Manlius	NY



At the start line of the 'mostly' boys 1 mile

THE 37th ANNUAL SPERA'S SWAMP RAT RUNS  
(MOSTLY) GIRLS ONE MILE FUN RUN  
Brewerton, NY June 18, 2016

Results By Leone Timing & Results Services  
www.leonetiming.com

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PLACE NAME AGE SEX TIME RESIDENCE  
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1	Kate Putman	11	F	6:04	Cicero	10	F	8:17	Cicero
2	Ashley Evans	12	F	6:29	Cicero	11	F	8:18	Cicero
3	Emily Colagiovanni	12	F	6:32	Cicero	10	F	8:19	Cicero
4	Kate Capone	12	F	6:44	Clay	10	F	8:20	Cicero
5	Hannah Boyle	11	F	6:45	Liverpool	8	F	8:21	Syracuse
6	Marissa Navarra	11	F	6:46	Syracuse	8	F	8:24	Cicero
7	Gabby Putman	9	F	6:53	Cicero	8	F	8:25	Cicero
8	Jean Steckel	13	F	7:06	Syracuse	8	F	8:26	Cicero
9	Hailey Lawless	13	F	7:08	Cicero	35	F	8:27	Clay
10	Emilee Rio	10	F	7:08	Cicero	54	F	8:27	Syracuse
11	Molly McGrath	12	F	7:16	Clay	10	F	8:30	Cicero
12	Bella Julian	10	F	7:17	Cicero	10	F	8:31	Cicero
13	Bryn Myers	12	F	7:23	Clay	8	F	8:31	Cicero
14	Meira Liberman	11	F	7:28	Cicero	7	F	8:36	Bridgeport
15	Gabriella Pauline	10	F	7:28	Cicero	35	M	8:36	Bridgeport
16	Nicole O'Neill	12	F	7:32	North Syracuse	13	F	8:41	Cicero
17	Lexi Waite	12	F	7:35	Cicero	12	F	8:43	Cicero
18	Allison Moran	8	F	7:46	Cicero	12	F	8:43	Cicero
19	Katy Harbold	8	F	7:48	Cicero	13	F	8:46	Clay
20	Abbee Norris	13	F	7:53	Clay	14	F	8:49	Central Square
21	Julia Cumber	11	F	7:53	Cicero	10	F	8:50	Clay
22	Peyton Empey	11	F	7:56	Cicero	8	F	8:52	Clay
23	Riley Abernethy	7	F	8:01	Cicero	6	F	8:52	Baldwinsville
24	Alexia Wagner	13	F	8:03	Cicero	8	F	8:52	Cicero
25	Angelina Cosentino	11	F	8:03	Cicero	30	F	8:53	Cicero
26	Christina Wagner	10	F	8:04	Cicero	11	F	8:54	Cicero
27	Brayden Schultz	11	F	8:05	Cicero	7	F	8:55	Cicero
28	Francesca Diflorio	12	F	8:06	Cicero	11	F	8:56	Cicero
29	Cameryn Hartley	8	F	8:07	Cicero	10	F	8:56	Central Square
30	Meghan Cumber	8	F	8:09	Cicero	6	F	8:56	Clay
31	Natalie Bush	10	F	8:09	Central Square	7	F	8:57	Syracuse
32	Brooke Blaisdell	13	F	8:11	Brewerton	10	F	8:57	Pennellville
33	Alanna Manning	11	F	8:13	Cicero	7	F	8:58	Clay
34	Jo Anna Manning	10	F	8:13	Cicero	11	F	8:59	Cicero
35	Sophia Manning	11	F	8:15	Syracuse	11	F	8:59	Central Square
36	Ava Nolan	37	F	8:15	Syracuse	10	F	8:59	Clay
37	Laura Fehrman	12	F	8:16	Cicero	8	F	9:00	Cicero
38	Alllyssa Christensen	12	F	8:17	Syracuse	8	F	9:01	Cicero
39	Emma Sutor	12	F	8:17	Cicero	8	F	9:02	Cicero
						7	F	9:03	Cicero
						6	F	9:04	Cicero
						10	F	9:04	North Syracuse
						8	F	9:07	Cicero
						7	F	9:08	Cicero
						6	M	9:12	Cicero
						11	F	9:14	Cicero
						6	F	9:15	Castleton On Hudson
						8	F	9:17	Syracuse
						6	F	9:20	Cicero

88 Zoie Whelan	8 F	9:20	Cicero	136 Jillian Bambino	7 F	10:44	Cicero
89 Emma Goldthwait	14 F	9:20	Cicero	137 Maria Mathews	43 F	10:46	Cicero
90 Leah Benedict	7 F	9:21	Cicero	138 Abigail Bouziden	9 F	10:51	Cicero
91 Taylor O'Brien	9 F	9:22	Cicero	139 Adriana Lagoe	11 F	10:52	Cicero
92 Madeleine Frisch	8 F	9:23	Cicero	140 Ashley Palamar	14 F	10:54	Clay
93 Kendall Rumble	8 F	9:23	Clay	141 Jerry Palamar	49 M	10:55	Clay
94 Angelina Saunders	6 F	9:24	Central Square	142 Emma Dickens	7 F	10:55	Cicero
95 Riley Charles	8 F	9:28	Syracuse	143 Lauren Sisk	6 F	10:56	Clay
96 Callie Bednarski	7 F	9:32	Cicero	144 Selena Moreno	7 F	10:57	Clay
97 Maria Wozniczka	10 F	9:38	Cicero	145 Evallee Pa	5 F	11:06	Brewerton
98 Jolie Barnello	13 F	9:45	Cicero	146 Natalie Carter	8 F	11:08	Cicero
99 Stephen Barnello	57 M	9:45	Cicero	147 Lyra Stegmaier	6 F	11:09	Clay
100 Meadow Werts	7 F	9:48	Cicero	148 Gretchen Palmiter	37 F	11:09	Brewerton
101 Erin Abernethy	7 F	9:49	Cicero	149 Megan Darby	7 F	11:12	Cicero
102 Hadley Devries	10 F	9:49	Syracuse	150 Josie Lachut	9 F	11:12	Cicero
103 Grace Schmid	7 F	9:58	Cicero	151 Gianna Ranieri	10 F	11:12	Cicero
104 Savannah Bold	10 F	9:58	Cicero	152 Kaiya Palmiter	8 F	11:20	Brewerton
105 Unity Hall	6 F	9:59	Cicero	153 Ella Cassel	10 F	11:22	Cicero
106 Rose Carter	10 F	10:00	Cicero	154 Mia Huynh	10 F	11:24	Cicero
107 Cheyeene Hall	9 F	10:00	Cicero	155 Shelby Kippen	8 F	11:25	Bridgeport
108 Jennifer Dietter	47 F	10:01	Cicero	156 Mia Falgiatano	13 F	11:30	Cicero
109 Gretchen Byrnes	7 F	10:02	North Syracuse	157 Grace Falgiatano	7 F	11:30	Cicero
110 Megan Gesser	7 F	10:04	Brewerton	158 Riley Rumble	12 M	11:30	Clay
111 Abigail Woods	11 F	10:05	Cicero	159 Emmy Rumble	6 F	11:30	Clay
112 Samantha Dattler	11 F	10:05	Clay	160 Jodi Hayes	40 F	11:32	Central Square
113 Madison Brefka	10 F	10:06	Cicero	161 Connor Irwin	23 M	11:33	Cicero
114 Grace McElwain	10 F	10:07	Clay	162 Kenadie MacDerment	9 F	11:33	Syracuse
115 Zoe Flemming	8 F	10:08	Cicero	163 Kinley Maloney	4 F	11:35	Clay
116 Jennifer Brefka	38 F	10:09	Cicero	164 Jen Lewis	37 F	11:37	Syracuse
117 Lauren Capone	10 F	10:09	Clay	165 Grace Lewis	8 F	11:37	Syracuse
118 Raegen Webb	12 F	10:10	North Syracuse	166 Julia Dickens	6 F	11:42	Cicero
119 Shea Ellsworth	7 F	10:14	Cicero	167 Lydia Bojlevski	10 F	11:44	Cicero
120 Lillian Detor	6 F	10:14	Cicero	168 Sofia Poole	8 F	11:46	Syracuse
121 Lisa Detor	39 F	10:14	Cicero	169 Kimberly Lagoe	36 F	11:46	Cicero
122 Elizabeth Moreno	10 F	10:15	Clay	170 Danica Lagoe	8 F	11:46	Cicero
123 Jasmine Goldthwait	17 F	10:16	Cicero	171 Nancy Poole	41 F	11:49	Syracuse
124 Catherine Hayes	10 F	10:18	Central Square	172 Grace Turrell	8 F	11:56	Cicero
125 Morgan Hartley	5 F	10:21	Cicero	173 Brett Blaisdell	46 M	11:57	Brewerton
126 Tatum Bagnell	6 F	10:22	Syracuse	174 Audrey Palladino	25 F	11:59	Englishtown
127 Chloe Barber	6 F	10:25	Liverpool	175 Kamryn Heath	9 F	12:08	Clay
128 Alyssa Millet	9 F	10:26	East Syracuse	176 Cassidy Payrot	9 F	12:09	Cicero
129 Brenna Murphy	9 F	10:28	Central Square	177 Emily Peterman	6 F	12:17	Cicero
130 Emily Schuler	10 F	10:32	Cicero	178 Sarah Peterman	36 F	12:19	Cicero
131 Allison Wicks	10 F	10:33	Clay	179 Samantha Moreno	7 F	12:22	Clay
132 Sarah Mathews	7 F	10:33	Cicero	180 Zoey Anderson	5 F	12:22	Cicero
133 Mallory Coyle	5 F	10:35	Cicero	181 Aria Puma	6 F	12:25	Cicero
134 Leah Walker	6 F	10:36	Clay	182 Chloe Flemming	6 F	12:26	Cicero
135 Clair Hayes	10 F	10:43	Central Square	183 Zoe Ireland	9 F	12:27	Cicero

184	Elliana Ballagh	8 F	12:27	Central Square	232	Christine Foote	40 F	15:26	West Monroe
185	James Johnson	41 M	12:28	Cicero	233	Isabel Foote	6 F	15:26	West Monroe
186	Chris Johnson	11 M	12:28	Cicero	234	Cadence Bleaser	5 F	15:33	Cicero
187	Amanda Johnson	10 F	12:28	Cicero	235	Sofia Normanly	6 F	15:49	Liverpool
188	Jennifer Atkinson	22 F	12:29	Central Square	236	Christy Normanly	41 F	15:50	Liverpool
189	Harley Denis	12 F	12:31	Clay	237	Lisa Hall	35 F	17:46	Clay
190	Jessica Ballagh	42 F	12:33	Central Square	238	Rylan Hall	10 F	17:46	Clay
191	Natalie Hardenburgh	7 F	12:34	Syracuse	239	Kayla Sochia	7 F	17:46	Central Square
192	Raiah Delooze	8 F	12:35	Bridgeport	240	Lillian Cornell	6 F	17:49	Cicero
193	Ella Casamento	7 F	12:36	Cicero	241	Victoria Cornell	5 F	17:52	Cicero
194	Maria Sanfilippo	10 F	12:38	Cicero	242	Maya Ranieri	5 F	18:03	Cicero
195	Janelle Popovich	35 F	12:42	Central Square					
196	Alaina Popovich	4 F	12:42	Central Square					
197	Rylan Walkup	4 F	12:45	Cicero					
198	Shannon Walkup	35 F	12:45	Cicero					
199	Kate Relf	7 F	12:46	Cicero					
200	Shannon Loughlin	10 F	12:46	Cicero					
201	Hadley Palmiter	3 F	12:50	Brewerton					
202	David Palmiter	43 M	12:51	Brewerton					
203	Michael Cardinale	46 M	12:53	Clay					
204	Maggie Cardinale	12 F	12:53	Clay					
205	Olivia Flemming	9 F	12:59	Cicero					
206	Danica Sarosy	9 F	13:04	Clay					
207	Valerie Flemming	39 F	13:04	Cicero					
208	Lacey Howell	6 F	13:10	Cicero					
209	Regan McKinstry	4 F	13:13	Cicero					
210	Avery Trumbo	3 F	13:17	Liverpool					
211	Michele Seelman	43 F	13:35	Bridgeport					
212	Ryan Reichard	35 F	13:36	Clay					
213	Makenna Bradish	6 F	13:36	Clay					
214	Mia Jones	8 F	13:39	Brewerton					
215	Becky Jones	35 F	13:39	Brewerton					
216	Jessica Barnes	5 F	13:40	Clay					
217	Samantha D'Amico	5 F	13:45	Cicero					
218	Delanie Green	5 F	13:47	Clay					
219	Alyssa Marko	8 F	13:52	Cicero					
220	Darlene Marko	43 F	14:04	Cicero					
221	Isabel Normanly	6 F	14:09	Liverpool					
222	Joseph Love	54 M	14:33	Syracuse					
223	Morgan Schwerk	13 F	14:33	Syracuse					
224	Julia Romano	8 F	14:36	Dewitt					
225	Mark Romano	44 M	14:36	Dewitt					
226	Koreanna Grey	12 F	14:43	Baldwinsville					
227	Kelly Kincaid	45 F	14:44	West Monroe					
228	Victoria Monica	5 F	15:10	Central Square					
229	Avery Caramanna	7 F	15:11	North Syracuse					
230	Ainsley Hill	5 F	15:23	Cicero					
231	Alana Harrington	6 F	15:23	Syracuse					

THE 37th ANNUAL SPEER'S SWAMP RAT RUNS  
(MOSTLY) BOYS ONE MILE FUN RUN  
Brewerton, NY June 18, 2016

PLACE NAME	AGE SEX	TIME	RESIDENCE
1	RJ Davis	12 M	5:51 Cicero
2	Joseph Tschopp	15 M	6:00 Liverpool
3	Austin Schouten	14 M	6:01 Pulaski
4	Kyle Rice	12 M	6:10 Syracuse
5	Evan Romano	13 M	6:15 Dewitt
6	Nicholas Ludwig	11 M	6:34 Cicero
7	Josh Kubala	12 M	6:40 Cicero
8	Corey Durham	18 M	6:43 Central Square
9	Greg Peterson	15 M	6:44 Central Square
10	Hunter Lawless	10 M	6:47 Cicero
11	Sam Cardinale	10 M	6:47 Clay
12	Johnny Stuper	3 M	6:48 Cicero
13	Sam Werts	9 M	6:51 Cicero
14	Connor Bednarski	8 M	6:58 Cicero
15	Seaver Schultz	14 M	6:58 Cicero
16	Gaetano Julian	13 M	6:59 Cicero
17	Cy Liberman	10 M	7:00 Cicero
18	Nathan Bustin	8 M	7:02 Clay
19	Benjamin Braun	10 M	7:03 North Syracuse
20	Jack Lonergan	14 M	7:03 Cicero
21	Andrew Davis	10 M	7:04 Cicero
22	Gavin Nichols	10 M	7:04 Clay
23	Colin Nichols	10 M	7:04 Clay
24	Landon Rumble	9 M	7:05 Clay
25	Ian Leahey	11 M	7:07 Cicero
26	Braden Pritchard	10 M	7:07 Clay
27	Andrew Benedict	9 M	7:07 Cicero
28	Brandon Lowe	9 M	7:09 Cicero
29	Jack Waite	10 M	7:10 Cicero
30	Anthony Pierce	11 M	7:11 Cicero

31	Ryan Trainor	8 M	7:13	Cicero	79 Ryan Storie	10 M	8:22	Cicero
32	Luke Sullivan	11 M	7:13	Cicero	80 Joseph Anderson	6 M	8:25	Cicero
33	Ryan Hill	12 M	7:13	Cicero	81 Carter Vivacqua	7 M	8:27	Cicero
34	Ethan Altobello	7 M	7:14	Cicero	82 Matthew Freeman	8 M	8:27	Clay
35	Nathan Day	11 M	7:17	Clay	83 Blake Fefee	8 M	8:32	Clay
36	Christian O'Brien	13 M	7:19	Cicero	84 Jesse Conklin	10 M	8:36	Cicero
37	William Atkinson, II	19 M	7:20	Central Square	85 Shane Bovaird	8 M	8:36	Cicero
38	Aidan Bullock	13 M	7:23	Cicero	86 Kevin Gunnip	6 M	8:38	Bridgeport
39	Tyler Milewski	9 M	7:24	Cicero	87 Jacob Day	10 M	8:39	Clay
40	Landen Empey	10 M	7:30	Cicero	88 George Lonergan	10 M	8:40	Cicero
41	Jakob Purdy	8 M	7:30	Cicero	89 Cameron Walker	8 M	8:43	Clay
42	Brandon Keil	7 M	7:34	Cicero	90 Alex Rescignano	12 M	8:46	Brewerton
43	Aidan Thompson	10 M	7:34	Bridgeport	91 Danielle Pierce	42 F	8:46	Cicero
44	Dante Kimpland	11 M	7:40	Cicero	92 Ryan Stuper	8 M	8:49	Cicero
45	Jeremy Palmer	7 M	7:41	North Syracuse	93 Kevin Freund	13 M	8:49	Syracuse
46	Christian Aiello	9 M	7:42	Cicero	94 Luke Braun	6 M	8:49	North Syracuse
47	Drew Williams	11 M	7:43	Cicero	95 Jacob Wicks	8 M	8:49	Clay
48	Jack Putman	6 M	7:49	Cicero	96 Aiden Hanas	9 M	8:55	Clay
49	Nicholas Colagiovann	10 M	7:49	Cicero	97 Troy Andrews	9 M	8:56	North Syracuse
50	Dominic Pauline	7 M	7:50	Cicero	98 Christian Bush	6 M	8:58	Central Square
51	Joshua Luce	10 M	7:50	Cicero	99 Bryce Egan	8 M	8:58	Cicero
52	James Magda	10 M	7:51	Cicero	100 John Egan	42 M	8:58	Cicero
53	Jacob Malecki	9 M	7:52	Cicero	101 Michael Podolak	34 M	8:59	Cicero
54	James Fehrman	11 M	7:52	Cicero	102 Lucas Aiello	7 M	9:00	Cicero
55	Phillip Greer	8 M	7:53	Cicero	103 Hunter Podolak	9 M	9:01	Cicero
56	Blake Casamento	8 M	7:55	Cicero	104 Justin Heath	40 M	9:01	Clay
57	Andrew Steele	9 M	7:56	Cicero	105 Braxton Hall	11 M	9:01	Clay
58	Ryan Keil	9 M	7:56	Cicero	106 Drew Kippen	8 M	9:02	Bridgeport
59	Andrew Matyasik	10 M	7:56	Cicero	107 Andrew Sullivan	6 M	9:05	Cicero
60	Nathan Abernethy	9 M	7:57	Cicero	108 Jake Klasen	9 M	9:05	Cicero
61	Ryan Leahey	7 M	8:02	Cicero	109 Matthew Secor	10 M	9:07	Cicero
62	Andrew Keil	12 M	8:02	Cicero	110 Miller MacDerment	7 M	9:08	Syracuse
63	Joseph Malecki	9 M	8:02	Cicero	111 Colin Atkinson	10 M	9:09	Cicero
64	Sean Moran	12 M	8:05	Cicero	112 Landon Coyle	8 M	9:11	Cicero
65	Luke Bullock	10 M	8:05	Cicero	113 Gavin Lowe	7 M	9:12	Cicero
66	Quinn Empey	8 M	8:05	Cicero	114 Tanner Kempney	8 M	9:13	Clay
67	Max Standish	8 M	8:06	Cicero	115 Aaron Purdy	10 M	9:14	Cicero
68	Evan Bold	8 M	8:10	Cicero	116 Tyler Mierek	8 M	9:14	Cicero
69	Karsen Pritchard	8 M	8:11	Clay	117 Owen Lewis	5 M	9:14	Syracuse
70	Eli Schlueter	7 M	8:12	Central Square	118 Jon Lewis	37 M	9:14	Syracuse
71	Brigg Liberman	7 M	8:12	Cicero	119 Sean Koeppe	12 M	9:18	Bridgeport
72	Blake Gasque	7 M	8:13	Cicero	120 Chris Koeppe	40 M	9:18	Bridgeport
73	Rocco Albanese	10 M	8:14	Cicero	121 Tommy Koons	8 M	9:19	Cicero
74	Breann Dodge	35 F	8:15	Clay	122 Scott Koons	48 M	9:19	Cicero
75	Elizabeth Briggs	54 F	8:15	Syracuse	123 Andrew Schlueter	10 M	9:20	Central Square
76	Colton Walkup	6 M	8:16	Cicero	124 Owen Schlueter	8 M	9:27	Central Square
77	Zachary Poff	17 M	8:19	Syracuse	125 Alex Peterson	12 M	9:29	Central Square
78	Edward Puma	6 M	8:20	Cicero	126 Angelo Albanese	11 M	9:30	Cicero

127	Jonathan Woods	9 M	9:31	Cicero	175 Michael Kavanagh	23 M	10:54	Cicero
128	Jimmy Ruggieri	13 M	9:32	Syracuse	176 Liam Kavanagh	7 M	10:54	Cicero
129	Kasten Schultz	11 M	9:33	Cicero	177 Ryan Heath	11 M	10:55	Clay
130	Jordan Hnatiw	11 M	9:34	Clay	178 Mike Hall	38 M	10:56	Clay
131	Ryan Fehrman	10 M	9:36	Cicero	179 Gavin Sprague	8 M	10:56	West Monroe
132	Bradley Witz	8 M	9:37	Clay	180 Devin Christensen	7 M	11:00	Syracuse
133	Sean Loughlin	8 M	9:37	Cicero	181 Nicholas Kelly	6 M	11:05	Cicero
134	Tyler Pauline	7 M	9:38	Cicero	182 Mary Degroat	37 F	11:10	Cicero
135	Ryan Frisch	7 M	9:38	Cicero	183 Carter Bambino	5 M	11:12	Cicero
136	Maddox Frisch	10 M	9:38	Cicero	184 Max Klasen	7 M	11:12	Cicero
137	Kevin Loughlin	6 M	9:40	Cicero	185 Dominick Giordano	6 M	11:16	Cicero
138	Drew Domanico	7 M	9:40	Cicero	186 Marcus Earle	6 M	11:16	Clay
139	Joey Swenton	8 M	9:45	Clay	187 Carol Loneragan	45 F	11:16	Cicero
140	Dylan Fournier	8 M	9:45	Cicero	188 Ashley Kelly	30 F	11:24	Cicero
141	Hannon Shutts	5 M	9:47	North Syracuse	189 Valerie Flemming	39 F	11:24	Cicero
142	Kyle Evans	6 M	9:48	Cicero	190 Jackson Flemming	6 M	11:24	Cicero
143	Matthew Bollman	8 M	9:49	Cicero	191 Mason Pinneo	6 M	11:30	Clay
144	Lora Koons	46 F	9:50	Cicero	192 John Pinneo	36 M	11:31	Clay
145	Zayne Kimpland	8 M	9:52	Cicero	193 Seamus Brown	11 M	11:31	Cicero
146	Derek Eells	9 M	9:53	Clay	194 Connor Meyers	8 M	11:32	Cicero
147	Michael Degroat	8 M	9:54	Cicero	195 Marek Solak	7 M	11:39	Cicero
148	Melissa Bollman	37 F	9:54	Cicero	196 Connor Bovaird	6 M	11:47	Cicero
149	Jonathan Longwell	12 M	9:56	Clay	197 Jace Bovaird	11 M	11:47	Cicero
150	Jack Moran	6 M	9:57	Cicero	198 Jameson Abold	5 M	11:51	Syracuse
151	Aiden Domanico	5 M	9:57	Cicero	199 Jacob Ludden	8 M	11:52	Cicero
152	Jake Brown	9 M	9:58	Pennellville	200 Joshua Ludden	17 M	11:52	Cicero
153	William Andrews, Jr.	10 M	9:58	Pennellville	201 Jerry Palamar	12 M	11:59	Clay
154	Yvonne Childers	44 F	9:59	Central Square	202 Jackson Vivacqua	5 M	12:00	Cicero
155	McKinley Childers	7 M	9:59	Central Square	203 Marc D'Amico	3 M	12:00	Cicero
156	Gregg Evans	43 M	9:59	Cicero	204 Jerry Palamar	49 M	12:01	Clay
157	Colin Demarest	10 M	9:59	Clay	205 Mason Jones	5 M	12:09	Brewerton
158	Jadrien Gunnip	8 M	10:00	Bridgeport	206 Becky Jones	35 F	12:09	Brewerton
159	Kellan Empey	6 M	10:05	Cicero	207 James Ludwig	7 M	12:22	Cicero
160	Talan Neer	7 M	10:05	Clay	208 Johnathan Zilles	7 M	12:27	Clay
161	Owen Klei	7 M	10:08	Bridgeport	209 Donia Schanthal	43 F	12:28	Clay
162	Robert Klei	43 M	10:12	Bridgeport	210 Jillian Verrette	7 F	13:02	Cicero
163	Wesley Coyle	5 M	10:13	Cicero	211 Jessica Pinneo	34 F	13:04	Clay
164	Nicole Hanas	38 F	10:14	Clay	212 Maddox Pinneo	4 M	13:05	Clay
165	Jake Falgiatano	12 M	10:14	Cicero	213 Ronald Miller	60 M	13:07	Syracuse
166	Tyler Kondrk	5 M	10:17	Clay	214 Mason Miller	4 M	13:08	Syracuse
167	Joseph Childers	8 M	10:17	Central Square	215 Ryden Meek	6 M	13:11	Brewerton
168	Dan Childers	45 M	10:23	Central Square	216 Kaden Brown	8 M	13:16	Cicero
169	Jaxson Chmura	8 M	10:29	Clay	217 Michael Verrette	8 M	13:31	Cicero
170	Brandon Silvernail	32 M	10:31	Syracuse	218 James Aiello	43 M	13:32	Cicero
171	Devon Silvernail	6 M	10:31	Syracuse	219 Michael Sherlock	7 M	13:39	Bridgeport
172	Gianni Falgiatano	7 M	10:31	Cicero	220 Alicia Sherlock	20 F	13:39	Bridgeport
173	Grady Ellsworth	5 M	10:33	Cicero	221 Andrew Mitton	8 M	13:40	North Syracuse
174	Sully Smith	10 M	10:45	West Monroe	222 Randen Meek	4 M	13:54	Brewerton

# KNEES AND RUNNING

As a former competitive runner who has been nearly sidelined by osteoarthritic knees, I was very interested in a recent study conducted at Baylor College of Medicine on this topic. Like many other runners, I was frequently warned by well-intentioned individuals that running was bad for my knees and would wear out the cartilage. And of course, like other running addicts, I paid no attention and hoped it wasn't true or that I would escape the curse of worn-out knees.

The Baylor study involving 2683 individuals attempted to determine if running increased the frequency of knee osteoarthritis. Twenty-nine percent had run at some time in their lives. The others had never run. All were evaluated for knee problems according to verbal complaints of pain and also by X-ray examination. They were then given a grade score corresponding to the severity of the knee problem.

The researchers found that the runners, regardless of the age when they ran, had a lower prevalence of osteoarthritis than the non-runners. The figures were 22.8 to 29.8 per cent. Their conclusion is that running, in spite of the pounding of landing with each stride, does not bring on osteoarthritis in the knees and might even be beneficial in preventing it.

Osteoarthritis is caused by the breakdown of cartilage in the knee joint. Factors which increase the risk are being overweight, injury to the joint, family history, and, of course, age. Cartilage has very little circulation, so it does not repair itself or regenerate. Once it is gone, it doesn't come back. Experiments are underway to try to regenerate it with stem cells and with platelet cells, which sometimes act as stem cells. So far, results are inconclusive.

Being slim or having a low body mass index (BMI) helps prevent the problem. The runners in the study were lighter than the non-runners and this may account for their better performance.

The researchers did not have any idea if running caused osteoarthritis in individuals who already had a knee problem. Suppose, for instance, you had an old injury from high school football or a bike accident; would running further breakdown the cartilage? Or, more commonly and in my case, if one has some arthritis simply caused by age, will running make it worse? Those questions remain unanswered.

Most experts say that healthy cartilage provides good shock absorption in addition to reducing friction. Some have even suggesting that the loading and unloading of the cartilage with each step of running or walking might even help push in fluid and nutrients in the circulation-poor cartilage. If that is true, then running could actually be good for knees, even those with worn out cartilage. The inflammation usually associated with arthritis can be reduced with anti-inflammatory medications and injections, but this does not improve the basic condition.

So the bottom line at present: running does not seem to cause osteoarthritis in knees that are healthy to begin with. What running does to knees that are not 100% is still to be determined.

Sam Graceffo, MD

223	Casey Mierek	7 M	14:01	Cicero
224	Catherine Krukowski	7 F	14:07	Cicero
225	Dominic Klein	4 M	14:09	Cicero
226	Jennifer Klein	40 F	14:14	Cicero
227	Lucas Klein	6 M	14:14	Cicero
228	William Atkinson, II	43 M	14:20	Central Square
229	Braydon Pasquale	6 M	14:21	Liverpool
230	Josh Wheeler	20 M	14:27	Central Square
231	Jamie Wheeler	2 F	14:27	Central Square
232	Joey Sampson	10 M	15:23	Syracuse
233	Nicholas M. Smith	16 M	17:58	Cicero



The 1 mile in progress. Eventual winner R.J. Davis, 12 is bib #197





44th Annual CAZENOVIA JULY 4th FOOT RACES 2016

Dan Sutton Memorial Race

Administered by the Syracuse Chargers Track Club & the Cazenovia High School Cross Country and Volleyball Programs



Entries Received by June 24 - \$25 Online Registration Only: June 25 - June 29 - \$30 June 30 - July 1 - \$35

To encourage online registration, we have eliminated all online processing fees! Mail-in registration deadline is June 24

For online registration please visit: http://www.Caz4thRun.org

Events: 8:00 am 5k (3.1 mile) race (USATF Certified NY-06042-JG)
8:10 am 1 mile fun run (USATF Certified NY-06041-JG)
8:45 am 10 mile race around Cazenovia Lake (USATF Certified NY-06043-JG)

All Races start near Cazenovia High School

Awards: 5K age group awards (top three) for men and women in the 0-13, 14-19, and then 5 year age groups.
10-mile age group awards (top three) for men and women in the 0-19 and then five-year age groups.
Cazenovia Jewelry Half-Century Award for first 50+ man & woman finisher in 5K & 10 M Races

Facilities: Facilities are limited, so please come dressed to run. Parking is also limited so arrive early and car pool!

Packet Pick up: Saturday, July 2 at Fleet Feet Sports-Dewitt from 10:00 am to 1:00 pm
On race morning at Cazenovia High School from 6:45 am - 8:45 am

Results: Timing & Results for 5K and 10 Mile races provided by Leone Timing

Questions: E-mail info@caz4thrun.org

Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, any electronic headsets (except for hearing aid) present hazards to runners and are prohibited in the race. Any wheelchair participants and those with adaptive devices will start the 10 Mile Race prior to 8:45 am and will need to e-mail info@caz4thrun.org to make proper arrangements.



The John Dermody Insurance Group
315 569-3434 & 607 756-4440
5 Ledyard Avenue, Cazenovia, NY 13035
3660 The Park, Cortland, NY 13045
17 Zane Road, Binghamton, NY 13901



Registration after June 24 Online only-- \$30 6/25-6/29, Shirt Not Guaranteed; \$35 6/30-7/1)

Make checks payable to Syracuse Chargers Track Club and mail to: PO Box 133 // Bridgeport, NY 13030

Registration form with boxes for Last Name, First Name, Sex, Age as of 7/4/16, Street Address, City, State, Zip

E-mail: \_\_\_\_\_

T-Shirt Size
YL \_ S \_ M \_ L \_ XL \_

Check Event: 5K [ ] 10M [ ] Mile Fun Run (Free or \$5 with T-Shirt) [ ]

Participant Waiver for Race Registration

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, strollers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having 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, the Town of Cazenovia, the Village of Cazenovia, 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 this event, 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, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature if under 18 years: \_\_\_\_\_ Date: \_\_\_\_\_

THE 21st ANNUAL NATE THE GREAT TITLE TOWN RUN 5K  
 Canastota, NY June 11, 2016

PLACE NAME	AGE	SEX	PLACES IN		GUN TIME	GUN PACE	NET TIME	NET PACE	CITY	ST	
			SEX	AGEGROUP							
1 Adam Vanvalkenburgh	17	M#	1	1/14	M15-19	16:50	5:25	16:50	5:25	Canastota	NY
2 Jon French	32	M#	2	1/17	M30-34	16:56	5:27	16:56	5:27	Syracuse	NY
3 Greg Burns	26	M#	3	1/7	M25-29	17:12	5:32	17:12	5:32	Watertown	NY
4 John Copp	35	M#	4	1/16	M35-39	17:55	5:46	17:55	5:46	Minoa	NY
5 Elizabeth Lucason	12	F#	1	1/24	F11-14	18:15	5:53	18:15	5:53	Camden	NY
6 Alan Cushman	44	M#	5	1/16	M40-44	18:19	5:54	18:16	5:53	Cicero	NY
7 Joshua Copp	35	M#	6	2/16	M35-39	18:39	6:01	18:39	6:00	Corning	NY
8 Will Foran	29	M#	7	2/7	M25-29	18:55	6:06	18:53	6:05	Canastota	NY
9 Devyn Pryor	23	F#	2	1/11	F20-24	19:00	6:07	19:00	6:07	Liverpool	NY
10 Dennis Delaney	16	M#	8	2/14	M15-19	19:19	6:13	19:18	6:13	Canastota	NY
11 Brian Barfoot	37	M#	9	3/16	M35-39	19:22	6:14	19:22	6:14	Minoa	NY
12 Michael O'Connor	40	M#	10	2/16	M40-44	19:46	6:22	19:44	6:22	East Syracuse	NY
13 Dan Williams	42	M#	11	3/16	M40-44	20:04	6:28	20:03	6:28	Deansboro	NY
14 Sam Acevedo	28	M#	12	3/7	M25-29	20:17	6:32	20:17	6:32	Guilderland	NY
15 Nicholas Stagnitti	20	M#	13	1/5	M20-24	20:24	6:34	20:21	6:33	Canastota	NY
16 Beth Depasquale	39	F#	3	1/22	F35-39	20:30	6:36	20:30	6:36	Lancaster	NY
17 Seth Kuttil	31	M#	14	2/17	M30-34	20:44	6:41	20:42	6:40	Syracuse	NY
18 Dylan Williams	13	M#	15	1/33	M11-14	20:46	6:41	20:45	6:41	Deansboro	NY
19 Kyle Musachio	12	M#	16	2/33	M11-14	20:51	6:43	20:46	6:41	Canastota	NY
20 Paul Cianfrocca	52	M#	17	1/12	M50-54	20:55	6:44	20:53	6:44	Canastota	NY
21 Katie Laris	22	F#	4	2/11	F20-24	20:56	6:45	20:56	6:45	Clay	NY
22 Aiden Mascareno	11	M#	18	3/33	M11-14	21:11	6:49	21:06	6:48	Canastota	NY
23 Deanna Carlone	16	F#	5	1/8	F15-19	21:14	6:50	21:12	6:50	Canastota	NY
24 Audrey Mascareno	13	F#	6	2/24	F11-14	21:14	6:50	21:13	6:50	Canastota	NY
25 Ryan Misencik	41	M#	19	4/16	M40-44	21:20	6:52	21:16	6:51	Whitesboro	NY
26 Brooke Busa	18	F#	7	2/8	F15-19	21:41	6:59	21:39	6:58	Chittenango	NY
27 Len Barry	52	M#	20	2/12	M50-54	21:54	7:03	21:53	7:03	Manlius	NY
28 Clay Roberts	10	M#	21	1/24	M01-10	21:57	7:04	21:51	7:02	Canastota	NY
29 Ethan Sanderson	11	M#	22	4/33	M11-14	22:04	7:06	21:59	7:05	Canastota	NY
30 Ken Creswell	54	M#	23	3/12	M50-54	22:11	7:09	22:08	7:08	Cazenovia	NY
31 Jason Yorton	41	M#	24	5/16	M40-44	22:19	7:11	22:16	7:10	La Grange	IL
32 Tom Rice	54	M#	25	4/12	M50-54	22:26	7:14	22:26	7:14	Sherrill	NY
33 Rodney Payne	48	M#	26	1/16	M45-49	22:27	7:14	22:20	7:12	Williamstown	NY
34 John Austin	61	M#	27	1/3	M60-64	22:30	7:15	22:27	7:14	Syracuse	NY
35 Ed Coluccio	52	M#	28	5/12	M50-54	22:45	7:20	22:42	7:19	Rome	NY
36 Jim Rafte	37	M#	29	4/16	M35-39	22:46	7:20	22:36	7:17	Wampsville	NY
37 Andrew Dinitto	14	M#	30	5/33	M11-14	22:49	7:21	22:46	7:20	Gloversville	NY

38	Marley Rosario	16	M#	31	3/14	M15-19	22:52	7:22	22:52	7:22	Canastota	NY
39	Anmarie Licatese	30	F#	8	1/16	F30-34	23:00	7:25	22:57	7:23	Oswego	NY
40	Amy Bertella	35	F#	9	2/22	F35-39	23:13	7:29	23:04	7:26	Oneida	NY
41	Jason Capron	33	M#	32	3/17	M30-34	23:26	7:33	23:21	7:31	Sherrill	NY
42	Phil Reid	23	M#	33	2/5	M20-24	23:31	7:35	23:27	7:33	Liverpool	NY
43	Steve Weisfeld	51	M#	34	6/12	M50-54	23:39	7:37	23:32	7:35	Westwood	NJ
44	Martin Bargabos	56	M#	35	1/10	M55-59	23:41	7:38	23:29	7:34	Canastota	NY
45	Sam Debrucque	15	M#	36	4/14	M15-19	23:43	7:39	23:37	7:36	Canastota	NY
46	Xander Pelc	13	M#	37	6/33	M11-14	23:46	7:39	23:23	7:32	Canastota	NY
47	Samantha Sanchez	25	F#	10	1/11	F25-29	23:48	7:40	23:27	7:33	Liverpool	NY
48	Aaron Ganaway	50	M#	38	7/12	M50-54	23:53	7:41	23:43	7:38	Syracuse	NY
49	Christopher Koeppe	40	M#	39	6/16	M40-44	23:57	7:43	23:49	7:40	Bridgeport	NY
50	Joshua Koeppe	14	M#	40	7/33	M11-14	23:57	7:43	23:49	7:40	Bridgeport	NY
51	Logan Whitmeyer	17	M#	41	5/14	M15-19	24:07	7:46	23:56	7:42	Canastota	NY
52	Jason Mitchell	40	M#	42	7/16	M40-44	24:09	7:47	23:53	7:42	Sauquoit	NY
53	Kevin Kelly	65	M#	43	1/4	M65-69	24:20	7:50	24:17	7:49	Fayetteville	NY
54	Rossi Brown	11	M#	44	8/33	M11-14	24:25	7:52	24:20	7:50	Canastota	NY
55	Jennifer Cary	32	F#	11	2/16	F30-34	24:26	7:52	24:12	7:48	Chittenango	NY
56	Sam Temes	31	M#	45	4/17	M30-34	24:26	7:52	24:18	7:50	New York	NY
57	Xavier Farwell	13	M#	46	9/33	M11-14	24:28	7:53	24:13	7:48	Canastota	NY
58	William Price	37	M#	47	5/16	M35-39	24:43	7:58	24:22	7:51	Syracuse	NY
59	JR Chase	13	M#	48	10/33	M11-14	24:44	7:58	24:29	7:53	Canastota	NY
60	Darrack Bush	43	M#	49	8/16	M40-44	24:51	8:00	24:45	7:58	Cazenovia	NY
61	Richard Russell	41	M#	50	9/16	M40-44	24:51	8:00	24:47	7:59	Canastota	NY
62	Reid Hooker	12	M#	51	11/33	M11-14	24:51	8:00	24:45	7:58	Canastota	NY
63	Connor Russell	9	M#	52	2/24	M01-10	24:51	8:00	24:47	7:59	Canastota	NY
64	Mike Palmer	53	M#	53	8/12	M50-54	24:52	8:01	24:40	7:57	Whitesboro	NY
65	Abby Puleo	26	F#	12	2/11	F25-29	24:53	8:01	24:40	7:57	New Hartford	NY
66	Ralph Wolsey	51	M#	54	9/12	M50-54	24:57	8:02	24:20	7:50	Chittenango	NY
67	Mason Roberts	8	M#	55	3/24	M01-10	25:00	8:03	24:42	7:57	Canastota	NY
68	Kristen Owens	21	F#	13	3/11	F20-24	25:01	8:03	24:57	8:02	Whitesboro	NY
69	Al Merrell	38	M#	56	6/16	M35-39	25:03	8:04	24:34	7:55	Baldwinsville	NY
70	David Temes	36	M#	57	7/16	M35-39	25:05	8:05	24:57	8:02	Syracuse	NY
71	Annette Bargabos	55	F#	14	1/10	F55-59	25:08	8:06	24:56	8:02	Canastota	NY
72	Shiomi Kuwabara	23	F#	15	4/11	F20-24	25:12	8:07	25:09	8:06	Syracuse	NY
73	Corey Fellows	38	M#	58	8/16	M35-39	25:15	8:08	24:52	8:01	Munnsville	NY
74	Kaitlyn Romagnoli	24	F#	16	5/11	F20-24	25:17	8:09	25:08	8:06	Verona	NY
75	Doug Wilson	19	M#	59	6/14	M15-19	25:19	8:09	24:59	8:03	Oriskany	NY
76	David Long	66	M#	60	2/4	M65-69	25:20	8:10	25:20	8:10	Rocklin	CA
77	Danielle Carlone	20	F#	17	6/11	F20-24	25:21	8:10	25:16	8:08	Canastota	NY
78	Nick Engle	14	M#	61	12/33	M11-14	25:22	8:10	25:17	8:09	Canastota	NY
79	Samuel Butcher	12	M#	62	13/33	M11-14	25:26	8:11	25:13	8:07	Rome	NY
80	Frankie Page	17	M#	63	7/14	M15-19	25:33	8:14	25:25	8:11	Ofallow	MO
81	Michael Salvatorezza	56	M#	64	2/10	M55-59	25:37	8:15	25:34	8:14	East Setauket	NY
82	Dylan Bartell	12	M#	65	14/33	M11-14	25:43	8:17	25:10	8:06	Larchmont	NY

83	Hugh Yeman	46	M# 66	2/16	M45-49	25:43	8:17	25:10	8:06	Larchmont	NY
84	Karin Pabis	41	F# 18	1/13	F40-44	25:44	8:17	25:34	8:14	Canastota	NY
85	Adalia Muhammad	52	F# 19	1/11	F50-54	25:50	8:19	25:39	8:16	Westwood	MA
86	Jake Backus	11	M# 67	15/33	M11-14	25:54	8:21	25:43	8:17	Canastota	NY
87	Keifer Shortell	12	M# 68	16/33	M11-14	26:02	8:23	25:41	8:16	Canastota	NY
88	Mark Smith	55	M# 69	3/10	M55-59	26:04	8:24	25:59	8:22	Morrisville	NY
89	Ricky Friedberg	24	M# 70	3/5	M20-24	26:06	8:24	26:00	8:23	Montreal	QC
90	Zion Mkono	10	M# 71	4/24	M01-10	26:07	8:25	25:56	8:21	Canastota	NY
91	Jennifer Hilts	18	F# 20	3/8	F15-19	26:07	8:25	25:51	8:19	Eaton	NY
92	Joseph Copp	14	M# 72	17/33	M11-14	26:13	8:27	26:08	8:25	Minoa	NY
93	Kevin Robinson	26	M# 73	4/7	M25-29	26:15	8:27	26:06	8:24	Canastota	NY
94	Cindy Corona	11	F# 21	3/24	F11-14	26:15	8:27	26:11	8:26	Arbuckle	CA
95	Nicolle Findlay	38	F# 22	3/22	F35-39	26:17	8:28	25:48	8:19	Canastota	NY
96	Randi-Jo Holdridge	28	F# 23	3/11	F25-29	26:42	8:36	26:26	8:31	Canastota	NY
97	James Kinney	44	M# 74	10/16	M40-44	26:42	8:36	26:26	8:31	Oneida	NY
98	Ethan Debrucque	13	M# 75	18/33	M11-14	26:52	8:39	26:45	8:37	Canastota	NY
99	Molly English-Bowers	55	F# 24	2/10	F55-59	26:52	8:39	26:44	8:37	Liverpool	NY
100	Debra Whiting	58	F# 25	3/10	F55-59	26:53	8:39	26:41	8:36	Oneida	NY
101	Ryan Hughes	11	M# 76	19/33	M11-14	26:54	8:40	26:24	8:30	Oneida	NY
102	Lincoln Pelc	10	M# 77	5/24	M01-10	27:04	8:43	26:40	8:35	Canastota	NY
103	JB Jackson	32	M# 78	5/17	M30-34	27:14	8:46	26:59	8:41	Chittenango	NY
104	Jesse Cary	31	M# 79	6/17	M30-34	27:15	8:47	27:00	8:42	Chittenango	NY
105	Taylor Stevens	13	F# 26	4/24	F11-14	27:17	8:47	26:52	8:39	Canastota	NY
106	Nathan Wood	12	M# 80	20/33	M11-14	27:20	8:48	26:54	8:40	Canastota	NY
107	Joanne Hewitt	57	F# 27	4/10	F55-59	27:24	8:49	27:19	8:48	Sylvan Beach	NY
108	Josh Blanchard	18	M# 81	8/14	M15-19	27:26	8:50	27:16	8:47	Canastota	NY
109	Cody Tannahill	17	M# 82	9/14	M15-19	27:27	8:50	27:16	8:47	Canastota	NY
110	Sharon Kelly	46	F# 28	1/11	F45-49	27:30	8:51	27:27	8:51	Fayetteville	NY
111	Rachael Kline	23	F# 29	7/11	F20-24	27:31	8:52	27:09	8:45	Oneida	NY
112	Chris Leblanc	45	M# 83	3/16	M45-49	27:37	8:54	27:29	8:51	Canastota	NY
113	Matthew Downs	32	M# 84	7/17	M30-34	27:39	8:54	27:25	8:50	Bridgeport	NY
114	Edith O'Rourke	50	F# 30	2/11	F50-54	27:57	9:00	27:45	8:56	Boonville	NY
115	Stephanie Urban	49	F# 31	2/11	F45-49	27:57	9:00	27:45	8:56	Fayetteville	NY
116	Jennifer Capron	36	F# 32	4/22	F35-39	27:57	9:00	27:46	8:57	Boonville	NY
117	Joseph Schaeffer	38	M# 85	9/16	M35-39	28:08	9:04	27:40	8:55	Farmington	NY
118	Ioanna Christou	14	F# 33	5/24	F11-14	28:14	9:06	27:57	9:00	Solvay	NY
119	Sherrri Hughes	40	F# 34	2/13	F40-44	28:22	9:08	27:53	8:59	Oneida	NY
120	Timothy Butcher	49	M# 86	4/16	M45-49	28:28	9:10	28:15	9:06	Rome	NY
121	Ryan Curtis	32	M# 87	8/17	M30-34	28:28	9:10	28:12	9:05	Syracuse	NY
122	Rick Yorton	35	M# 88	10/16	M35-39	28:29	9:10	28:01	9:01	Canastota	NY
123	Jennifer Dennis	28	F# 35	4/11	F25-29	28:30	9:11	28:16	9:06	Wampsville	NY
124	Peter Edic	56	M# 89	4/10	M55-59	28:31	9:11	28:17	9:07	Utica	NY
125	Brittany Pollack	24	F# 36	8/11	F20-24	28:32	9:11	28:21	9:08	Buffalo	NY
126	Richard McKenna	45	M# 90	5/16	M45-49	28:34	9:12	28:26	9:10	Minoa	NY
127	Ainsley McKenna	10	F# 37	1/19	F01-10	28:34	9:12	28:27	9:10	Minoa	NY
128	Matthew Bonville	23	M# 91	4/5	M20-24	28:48	9:17	28:26	9:09	Wampsville	NY
129	Alicia Ewing	28	F# 38	5/11	F25-29	28:50	9:17	28:38	9:13	Syracuse	NY

130	Mark Buzzard	36	M# 92	11/16	M35-39	28:51	9:18	28:19	9:07	Canastota	NY
131	Brian Bruno	37	M# 93	12/16	M35-39	28:56	9:19	28:25	9:09	Chittenango	NY
132	Aidan Lum	8	M# 94	6/24	M01-10	28:58	9:20	28:25	9:09	Canastota	NY
133	Cynthia Bonville	55	F# 39	5/10	F55-59	29:09	9:23	28:47	9:16	Wampsville	NY
134	Jeff White	44	M# 95	11/16	M40-44	29:15	9:25	28:59	9:20	Canastota	NY
135	Nick Finlayson	30	M# 96	9/17	M30-34	29:22	9:28	29:14	9:25	Canastota	NY
136	Emma Hurrle	11	F# 40	6/24	F11-14	29:44	9:34	29:24	9:28	Canastota	NY
137	Kelly Creswell	50	F# 41	3/11	F50-54	29:45	9:35	29:35	9:32	Cazenovia	NY
138	Chris Hurrle	40	M# 97	12/16	M40-44	29:54	9:38	29:34	9:31	Canastota	NY
139	Mary Ryan	54	F# 42	4/11	F50-54	29:57	9:39	29:34	9:31	North Syracuse	NY
140	Joe Divanna	78	M# 98	1/4	M70+	29:59	9:39	29:52	9:37	Clarks Summit	PA
141	Braden Rowe	11	M# 99	21/33	M11-14	30:00	9:40	29:39	9:33	Wampsville	NY
142	Ryan Aumell	12	M#100	22/33	M11-14	30:01	9:40	29:24	9:28	Canastota	NY
143	Jeffrey Rowe	47	M#101	6/16	M45-49	30:21	9:46	29:59	9:39	Wampsville	NY
144	Marny Kinne	40	F# 43	3/13	F40-44	30:25	9:48	29:59	9:39	Vernon	NY
145	Patty Young	56	F# 44	6/10	F55-59	30:32	9:50	30:14	9:44	Rome	NY
146	Sophia Bolton	12	F# 45	7/24	F11-14	30:38	9:52	30:28	9:49	Canastota	NY
147	Kristin Williams	34	F# 46	3/16	F30-34	30:41	9:53	30:22	9:47	Clinton	NY
148	Andrew Busa	47	M#102	7/16	M45-49	30:45	9:54	30:31	9:50	Chittenango	NY
149	Garrett Whitmeyer	15	M#103	10/14	M15-19	30:54	9:57	30:42	9:53	Canastota	NY
150	Randy Tallman	27	M#104	5/7	M25-29	30:55	9:58	30:39	9:52	Canastota	NY
151	Rodney Acosta	50	M#105	10/12	M50-54	30:56	9:58	30:53	9:57	Panama	PA
152	Chawn Odell	47	M#106	8/16	M45-49	30:57	9:58	30:45	9:54	Canastota	NY
153	Madison Hysick	13	F# 47	8/24	F11-14	31:08	10:01	30:54	9:57	Canastota	NY
154	Dylan Snyder	12	M#107	23/33	M11-14	31:16	10:04	31:12	10:03	Canastota	NY
155	Trey Hopkins	12	M#108	24/33	M11-14	31:18	10:05	30:56	9:58	Canastota	NY
156	Holden Aumell	8	M#109	7/24	M01-10	31:33	10:09	30:56	9:58	Canastota	NY
157	Collin Meyer	10	M#110	8/24	M01-10	31:36	10:10	31:15	10:04	Oneida	NY
158	Kai Williams	12	M#111	25/33	M11-14	31:36	10:11	31:16	10:04	Canastota	NY
159	Patrick Foran	64	M#112	2/3	M60-64	31:37	10:11	31:02	10:00	Canastota	NY
160	Teagan Meyer	8	F# 48	2/19	F01-10	31:38	10:11	31:19	10:05	Oneida	NY
161	Ricardo Archibold-Minde	30	M#113	10/17	M30-34	31:44	10:13	31:41	10:12	Panama	PA
162	Riley Notathomas	15	M#114	11/14	M15-19	31:55	10:17	31:25	10:07	Canastota	NY
163	Calvin Appler	8	M#115	9/24	M01-10	31:55	10:17	31:29	10:09	Canastota	NY
164	Courtney Buttan	26	F# 49	6/11	F25-29	31:58	10:18	31:40	10:12	Canastota	NY
165	Beverly Dicocco	32	F# 50	4/16	F30-34	31:59	10:18	31:39	10:12	Syracuse	NY
166	Miceala Shay	21	F# 51	9/11	F20-24	32:01	10:19	31:47	10:14	Sherrill	NY
167	Jeff Merchant	45	M#116	9/16	M45-49	32:02	10:19	31:32	10:09	Fayetteville	NY
168	Mary Brooks	38	F# 52	5/22	F35-39	32:06	10:20	31:41	10:12	Lee Center	NY
169	Chase Moore	11	M#117	26/33	M11-14	32:17	10:24	31:55	10:17	Canastota	NY
170	Amanda Blau	28	F# 53	7/11	F25-29	32:22	10:25	31:49	10:15	Oriskany Falls	NY
171	Addy Debrucque	10	F# 54	3/19	F01-10	32:25	10:26	31:58	10:18	Canastota	NY
172	Amy Debrucque	45	F# 55	3/11	F45-49	32:32	10:29	32:05	10:20	Canastota	NY
173	Morgan Sancomb	13	F# 56	9/24	F11-14	32:38	10:30	32:26	10:27	Canastota	NY
174	Korey Blenis	41	F# 57	4/13	F40-44	32:38	10:31	32:09	10:21	Rome	NY

175	Ezekiel Percival	12	M#118	27/33	M11-14	32:40	10:31	32:17	10:24	Canastota	NY
176	Amani Mkonu	12	M#119	28/33	M11-14	32:40	10:31	32:15	10:23	Canastota	NY
177	Christine Wood	41	F# 58	5/13	F40-44	32:51	10:35	32:23	10:26	Canastota	NY
178	Janina McGrath	50	F# 59	5/11	F50-54	32:51	10:35	32:31	10:28	Canastota	NY
179	Oren Webster	9	M#120	10/24	M01-10	32:54	10:36	32:29	10:28	Canastota	NY
180	Rosemary Laquidari	72	F# 60	1/2	F70+	32:58	10:37	32:34	10:29	Liverpool	NY
181	Marylou Plante	52	F# 61	6/11	F50-54	33:01	10:38	32:39	10:31	Liverpool	NY
182	Parker Hysick	11	M#121	29/33	M11-14	33:04	10:39	32:50	10:35	Canastota	NY
183	Melissa Hysick	37	F# 62	6/22	F35-39	33:06	10:39	32:52	10:35	Canastota	NY
184	Kenneth Blaylock	59	M#122	5/10	M55-59	33:08	10:40	32:55	10:36	Bridgeport	NY
185	Kate Hurnle	39	F# 63	7/22	F35-39	33:10	10:41	32:50	10:35	Canastota	NY
186	Cheryl Barr	46	F# 64	4/11	F45-49	33:13	10:42	32:46	10:33	Pittsford	NY
187	Gabriella Coppola	10	F# 65	4/19	F01-10	33:32	10:48	33:08	10:40	Canastota	NY
188	Nicole Aumell	10	F# 66	5/19	F01-10	33:33	10:48	32:57	10:37	Canastota	NY
189	Fritzie Korthas	35	F# 67	8/22	F35-39	33:35	10:49	32:59	10:37	Syracuse	NY
190	Jon Leifer	77	M#123	2/4	M70+	33:36	10:49	33:05	10:39	Manlius	NY
191	Kristen Szarek	36	F# 68	9/22	F35-39	33:36	10:49	33:12	10:41	Rome	NY
192	Valerie Minelga	34	F# 69	5/16	F30-34	33:37	10:50	33:30	10:47	Canastota	NY
193	Loic Ransom	33	M#124	11/17	M30-34	33:38	10:50	33:30	10:47	Canastota	NY
194	Merrilee Carver	58	F# 70	7/10	F55-59	33:38	10:50	33:16	10:43	Canastota	NY
195	Emma Wood	11	F# 71	10/24	F11-14	33:40	10:51	33:16	10:43	Canastota	NY
196	Larona Ganaway	44	F# 72	6/13	F40-44	33:42	10:51	33:31	10:48	Woodland Hills	CA
197	Jeff Aumell	41	M#125	13/16	M40-44	33:47	10:53	33:09	10:41	Canastota	NY
198	Reilly Smith	11	F# 73	11/24	F11-14	33:55	10:55	33:45	10:52	Canastota	NY
199	Sarah Vergason	31	F# 74	6/16	F30-34	34:00	10:57	33:27	10:46	Van Etten	NY
200	Jackie Kimball	32	F# 75	7/16	F30-34	34:00	10:57	33:26	10:46	Canastota	NY
201	John Stracey	BX	M#126	1/1	BOXER	34:01	10:57	34:01	10:57	Bethnal Green	UK
202	Gina Rapasadi	34	F# 76	8/16	F30-34	34:04	10:58	33:42	10:51	Camillus	NY
203	Wesley Hood	19	M#127	12/14	M15-19	34:09	11:00	33:40	10:50	Canastota	NY
204	Nate Engle	10	M#128	11/24	M01-10	34:18	11:03	34:07	10:59	Canastota	NY
205	Sarah Didomizio	36	F# 77	10/22	F35-39	34:18	11:03	33:55	10:55	Amsterdam	NY
206	Stephanie Mariani	45	F# 78	5/11	F45-49	34:20	11:03	34:05	10:59	Sherrill	NY
207	Cameron Vrabel	13	M#129	30/33	M11-14	34:20	11:03	33:41	10:51	Syracuse	NY
208	Amanda Myers	11	F# 79	12/24	F11-14	34:24	11:05	26:34	8:33	Canastota	NY
209	Lisa Romano	43	F# 80	7/13	F40-44	34:28	11:06	33:48	10:53	Syracuse	NY
210	Amanda Mitchell	31	F# 81	9/16	F30-34	34:34	11:08	34:12	11:01	Canastota	NY
211	Kendra Carver	27	F# 82	8/11	F25-29	34:34	11:08	34:14	11:02	Canastota	NY
212	Josh Blowers	9	M#130	12/24	M01-10	34:39	11:09	34:28	11:06	Canastota	NY
213	Christopher Groves	40	M#131	14/16	M40-44	34:48	11:12	34:38	11:09	Clinton	NY
214	Cindy Relyea	39	F# 83	11/22	F35-39	34:49	11:13	34:13	11:01	Chittenango	NY
215	Kody Groves	14	M#132	31/33	M11-14	34:49	11:13	34:38	11:09	Clinton	NY
216	Stacey Stagnitti	49	F# 84	6/11	F45-49	34:55	11:15	34:43	11:11	Canastota	NY
217	Carol Rider	74	F# 85	2/2	F70+	34:59	11:16	34:46	11:12	Bridgeport	NY
218	Chris Prosonic	46	M#133	10/16	M45-49	35:04	11:18	34:47	11:12	Solvay	NY
219	Cassandra Wood	11	F# 86	13/24	F11-14	35:11	11:20	34:46	11:12	Canastota	NY
220	Meghan Odell	15	F# 87	4/8	F15-19	35:15	11:21	35:04	11:18	Canastota	NY
221	Patrick Lum	37	M#134	13/16	M35-39	35:17	11:22	34:44	11:11	Canastota	NY

222	Andrea Hansen	35	F# 88	12/22	F35-39	35:21	11:23	34:49	11:13	Brockport	NY
223	Lisa Hopkins	39	F# 89	13/22	F35-39	35:29	11:26	35:03	11:17	Canastota	NY
224	Julie Buehner	63	F# 90	1/3	F60-64	35:33	11:27	35:08	11:19	Munnsville	NY
225	Jeffrey Wood	48	M#135	11/16	M45-49	35:33	11:27	35:01	11:16	Canastota	NY
226	Alexander Mueller	12	M#136	32/33	M11-14	35:47	11:32	35:28	11:25	North Syracuse	NY
227	Patrick Mercer	51	M#137	11/12	M50-54	35:48	11:32	35:31	11:26	Oneida	NY
228	Christopher Norman	34	M#138	12/17	M30-34	35:50	11:32	35:32	11:27	Jamesville	NY
229	John Crowley	65	M#139	3/4	M65-69	35:53	11:33	35:27	11:25	Cicero	NY
230	Kyle Patrick	37	F# 91	14/22	F35-39	35:58	11:35	35:37	11:28	Fayetteville	NY
231	Peter Lorenzini	34	M#140	13/17	M30-34	36:10	11:39	35:44	11:30	Liverpool	NY
232	Billy Norton	51	M#141	12/12	M50-54	36:11	11:39	35:45	11:31	Liverpool	NY
233	Gerald Fowler	44	M#142	15/16	M40-44	36:13	11:40	35:46	11:31	Philadelphia	PA
234	Hailey Dimao	11	F# 92	14/24	F11-14	36:13	11:40	35:52	11:33	Chittenango	NY
235	Breeh Shaw	10	F# 93	6/19	F01-10	36:13	11:40	35:48	11:32	Canastota	NY
236	Teagan Hopkins	9	F# 94	7/19	F01-10	36:14	11:40	35:38	11:29	Canastota	NY
237	Saige Skinner	12	F# 95	15/24	F11-14	36:15	11:40	35:55	11:34	Canastota	NY
238	Howard Willis	59	M#143	6/10	M55-59	36:16	11:41	35:57	11:35	Canastota	NY
239	Jacklyn Hopkins	41	F# 96	8/13	F40-44	36:16	11:41	35:39	11:29	Canastota	NY
240	Audrey Moody	11	F# 97	16/24	F11-14	36:26	11:44	36:08	11:38	Canastota	NY
241	Michael Grant	49	M#144	12/16	M45-49	36:30	11:45	36:23	11:43	Canastota	NY
242	Emma Grant	10	F# 98	8/19	F01-10	36:30	11:45	36:24	11:43	Canastota	NY
243	Paal Dinitto	48	M#145	13/16	M45-49	36:40	11:49	36:38	11:48	Gloversville	NY
244	Stephanie Robinson	29	F# 99	9/11	F25-29	36:44	11:50	36:25	11:44	New York Mills	NY
245	Greg St. Don	9	M#146	13/24	M01-10	36:49	11:51	36:28	11:45	Oneida	NY
246	Jonathan St. Don	46	M#147	14/16	M45-49	36:49	11:51	36:29	11:45	Oneida	NY
247	Nicole Chase	30	F#100	10/16	F30-34	36:55	11:53	36:32	11:46	Canastota	NY
248	Joy Brown	50	F#101	7/11	F50-54	37:19	12:01	36:51	11:52	Pittsford	NY
249	Eilis Byrnes	37	F#102	15/22	F35-39	37:32	12:05	37:09	11:58	Chittenango	NY
250	Cathy Pearse	49	F#103	7/11	F45-49	37:39	12:07	37:15	12:00	Central Square	NY
251	Becky Tarbell	38	F#104	16/22	F35-39	37:40	12:08	37:18	12:01	Fairport	NY
252	Jill Crosby	37	F#105	17/22	F35-39	37:44	12:09	37:23	12:02	Canastota	NY
253	Mya Cordell	13	F#106	17/24	F11-14	37:50	12:11	37:44	12:09	Canastota	NY
254	Sydney Maxwell	11	F#107	18/24	F11-14	37:51	12:11	37:44	12:09	Canastota	NY
255	Brooke Roberts	8	F#108	9/19	F01-10	37:54	12:12	37:48	12:10	Canastota	NY
256	Angelina Coon	9	F#109	10/19	F01-10	37:58	12:14	37:52	12:12	Canastota	NY
257	Gary Ketchum	64	M#148	3/3	M60-64	38:15	12:19	37:49	12:11	Baldwinsville	NY
258	Janice Ketchum	63	F#110	2/3	F60-64	38:16	12:19	37:50	12:11	Baldwinsville	NY
259	Marcelino Castillo	28	M#149	6/7	M25-29	38:21	12:21	38:17	12:20	Panama	PA
260	Nathan Enslow	16	M#150	13/14	M15-19	38:24	12:22	37:54	12:12	Canastota	NY
261	Breauna Otts	20	F#111	10/11	F20-24	38:30	12:24	38:18	12:20	Canastota	NY
262	Gretchen Conrad	9	F#112	11/19	F01-10	38:45	12:29	38:26	12:23	Canastota	NY
263	Rich Curri	34	M#151	14/17	M30-34	38:49	12:30	38:29	12:23	Guiderland	NY
264	Alexia Conrad	43	F#113	9/13	F40-44	38:49	12:30	38:29	12:24	Canastota	NY
265	Marieelle Emmanuel	9	F#114	12/19	F01-10	38:51	12:30	38:19	12:20	Liverpool	NY
266	Lesia Roback	52	F#115	8/11	F50-54	39:00	12:34	38:41	12:27	Frankfort	NY
267	Julie Acquaviva	35	F#116	18/22	F35-39	39:08	12:36	38:51	12:31	Ilion	NY
268	Kole Otts	8	M#152	14/24	M01-10	39:19	12:40	39:05	12:35	Canastota	NY

269	Leanne Hannan	15	F#117	5/8	F15-19	39:19	12:40	39:07	12:36	Canastota	NY
270	William Stewart	32	M#153	15/17	M30-34	39:29	12:43	38:51	12:31	Frankfort	NY
271	Stephen White	35	M#154	14/16	M35-39	39:31	12:44	39:23	12:41	Canastota	NY
272	Tabitha White	31	F#118	11/16	F30-34	39:32	12:44	39:24	12:41	Canastota	NY
273	Kein Trease	32	M#155	16/17	M30-34	39:36	12:45	39:20	12:40	Syracuse	NY
274	Olena Conrad	9	F#119	13/19	F01-10	39:37	12:45	39:20	12:40	Canastota	NY
275	Kalli Congden	7	F#120	14/19	F01-10	39:38	12:46	39:20	12:40	Canastota	NY
276	Wilfred Miller	67	M#156	4/4	M65-69	39:38	12:46	39:11	12:37	Nicholville	NY
277	Danielle Congden	40	F#121	10/13	F40-44	39:53	12:51	39:36	12:45	Canastota	NY
278	Keira Vrabel	8	F#122	15/19	F01-10	39:58	12:52	39:18	12:39	Syracuse	NY
279	Mike Vrabel	48	M#157	15/16	M45-49	39:58	12:52	39:19	12:40	Syracuse	NY
280	Selina Lazarus	46	F#123	8/11	F45-49	40:01	12:53	39:29	12:43	Liverpool	NY
281	Caleb Stanton	7	M#158	15/24	M01-10	40:22	13:00	40:04	12:54	Canastota	NY
282	Shaun Stanton	36	M#159	15/16	M35-39	40:23	13:00	40:05	12:55	Canastota	NY
283	Marissa Hall	26	F#124	10/11	F25-29	40:39	13:05	40:16	12:58	Auburn	NY
284	Cy Moore	8	M#160	16/24	M01-10	40:44	13:07	40:24	13:00	Canastota	NY
285	Amy Revette	38	F#125	19/22	F35-39	40:45	13:07	40:10	12:56	Chittenango	NY
286	Grace Campbell	19	F#126	6/8	F15-19	40:59	13:12	40:40	13:06	Canastota	NY
287	Anna Campbell	11	F#127	19/24	F11-14	41:00	13:12	40:40	13:06	Canastota	NY
288	Stephanie Pooler	41	F#128	11/13	F40-44	41:06	13:14	40:43	13:07	Liverpool	NY
289	Ella Ward	8	F#129	16/19	F01-10	41:07	13:14	40:48	13:08	Canastota	NY
290	Adelyn Ward	11	F#130	20/24	F11-14	41:10	13:15	40:51	13:09	Canastota	NY
291	Julio Thyme	39	M#161	16/16	M35-39	41:15	13:17	41:12	13:16	Panama	PA
292	Rylan Skinner	8	M#162	17/24	M01-10	41:16	13:17	40:56	13:11	Canastota	NY
293	Terry Coogan	48	M#163	16/16	M45-49	41:16	13:17	40:53	13:10	Clay	NY
294	Issac Shortell	9	M#164	18/24	M01-10	41:21	13:19	40:43	13:07	Canastota	NY
295	Chuck Choi	55	M#165	7/10	M55-59	41:38	13:24	41:14	13:17	Canastota	NY
296	Rachel Elder	61	F#131	3/3	F60-64	41:39	13:25	41:03	13:13	Canastota	NY
297	Ella Diveronica	11	F#132	21/24	F11-14	41:39	13:25	41:33	13:23	Canastota	NY
298	Brooke Congden	11	F#133	22/24	F11-14	41:46	13:27	41:39	13:25	Canastota	NY
299	Alfredo Mendoza	21	M#166	5/5	M20-24	42:15	13:36	42:12	13:35	Canastota	NY
300	Brenda Egelston	41	F#134	12/13	F40-44	42:27	13:40	42:06	13:33	Oneida	NY
301	Ron Jackson	58	M#167	8/10	M55-59	42:47	13:47	42:16	13:36	New Castle	DE
302	Jay Jackson	55	M#168	9/10	M55-59	42:49	13:47	42:17	13:37	New Castle	DE
303	Megan Muggle	34	F#135	12/16	F30-34	42:59	13:50	42:36	13:43	Canastota	NY
304	Katherine Sancomb	31	F#136	13/16	F30-34	43:22	13:58	43:10	13:54	Canastota	NY
305	Bruce Sancomb	9	M#169	19/24	M01-10	43:23	13:58	43:10	13:54	Canastota	NY
306	Jeffrey Jowett	73	M#170	3/4	M70+	43:28	14:00	42:54	13:49	Collegeville	PA
307	Morgan Fusillo	7	F#137	17/19	F01-10	43:36	14:02	43:20	13:57	Canastota	NY
308	Jordan Mercer	20	F#138	11/11	F20-24	43:36	14:02	43:23	13:58	Oneida	NY
309	Luken Gaiser	8	M#171	20/24	M01-10	43:37	14:03	43:22	13:58	Canastota	NY
310	Marci Otts	35	F#139	20/22	F35-39	43:47	14:06	43:37	14:03	Canastota	NY
311	Miles Kimball	9	M#172	21/24	M01-10	43:54	14:08	43:16	13:56	Canastota	NY
312	Hank Reed	76	M#173	4/4	M70+	43:57	14:09	43:30	14:00	Barnevelt	NY
313	Lilly Ward	11	F#140	23/24	F11-14	44:40	14:23	44:34	14:21	Canastota	NY
314	Sara Schucht	26	F#141	11/11	F25-29	45:16	14:34	45:00	14:29	Canastota	NY
315	Serena Milan	43	F#142	13/13	F40-44	45:16	14:35	44:45	14:25	Oneida	NY



316	Candace Schucht	56	F#143	8/10	F55-59	45:17	14:35	45:01	14:30	Canastota	NY
317	Caitlyn Pooler	15	F#144	7/8	F15-19	45:27	14:38	45:04	14:31	Liverpool	NY
318	Maureen Siman	53	F#145	9/11	F50-54	45:34	14:40	45:06	14:31	Galloway	NJ
319	Karin Buck	47	F#146	9/11	F45-49	45:35	14:41	45:08	14:32	Ambler	PA
320	Ronald Tallman	29	M#174	7/7	M25-29	47:11	15:12	46:31	14:59	Canastota	NY
321	Kyleigh Tallman	10	F#147	18/19	F01-10	47:12	15:12	46:31	14:59	Canastota	NY
322	Ethan Shoop	9	M#175	22/24	M01-10	47:34	15:19	47:23	15:15	Canastota	NY
323	Tori Snyder	17	F#148	8/8	F15-19	47:39	15:21	47:27	15:17	Canastota	NY
324	Ed Bland	18	M#176	14/14	M15-19	47:39	15:21	47:28	15:17	Canastota	NY
325	Laura Suppa	12	F#149	24/24	F11-14	49:39	15:59	49:11	15:50	Canastota	NY
326	Michael Kolodzie	59	M#177	10/10	M55-59	50:11	16:09	49:30	15:56	Canastota	NY
327	Meg Kolodzie	59	F#150	9/10	F55-59	50:11	16:09	49:30	15:56	Canastota	NY
328	Cooper Bumbolo	10	M#178	23/24	M01-10	50:58	16:24	50:20	16:13	Canastota	NY
329	Jessica Watkins	34	F#151	14/16	F30-34	51:40	16:38	51:05	16:27	Canastota	NY
330	Trish Leonard	34	F#152	15/16	F30-34	51:42	16:39	51:07	16:28	Canastota	NY
331	Sheila Kelley	59	F#153	10/10	F55-59	51:45	16:40	51:27	16:34	Canastota	NY
332	Shelly Tripp	50	F#154	10/11	F50-54	51:45	16:40	51:27	16:34	Canastota	NY
333	Jackson Bumbolo	9	M#179	24/24	M01-10	52:20	16:51	51:41	16:39	Canastota	NY
334	Shannon Mason	37	F#155	21/22	F35-39	52:20	16:51	51:42	16:39	Canastota	NY
335	Laura Starrs	46	F#156	10/11	F45-49	52:56	17:03	52:25	16:52	Orlando	FL
336	Maureen Starrs	32	F#157	16/16	F30-34	53:09	17:07	52:38	16:57	Greene	NY
337	Bob Starrs	43	M#180	16/16	M40-44	53:10	17:07	52:37	16:56	Canastota	NY
338	Zachary Miller	13	M#181	33/33	M11-14	53:28	17:13	53:22	17:11	Canastota	NY
339	Michellina Bolton	47	F#158	11/11	F45-49	55:37	17:54	55:01	17:43	Canastota	NY
340	Lisa Klenotiz	35	F#159	22/22	F35-39	55:37	17:54	55:01	17:43	Wampsville	NY
341	Bridgit Peck-Pino	8	F#160	19/19	F01-10	57:25	18:29	57:08	18:24	Canastota	NY
342	Katrina Mercer	52	F#161	11/11	F50-54	57:25	18:29	57:08	18:24	Oneida	NY
343	Tom Crippen	34	M#182	17/17	M30-34	58:28	18:49	58:00	18:40	Liverpool	NY

Welcome to the "High Five" section. This section is a new addition to the Syracuse Chargers' Newsletter. Members of the Chargers are invited to send in their "happy" news...whether it is a setting a new PR, or placing in your age group at a race, or completing a marathon...whatever you are pumped up about and want to share.

This section will enable you to get a virtual "high five" via the newsletter for a job well done.

Please send your happy news via e-mail to [dwtalcott@gmail.com](mailto:dwtalcott@gmail.com)



Dave & Erin Talcott after competing in the Runway 5k at the Ithaca Airport in June. Dave walked 23:36 with Erin at 24:36 for the short 5k course.



Brittany Burns during warm-ups and during the Frei-hofers Run for Women. Brittany was 20th in the race that had some 4,000 women runners.

### Ernie Briggs Good Guy Award Given at Swamp Rat Runs



Left, Roger Hahn announces why Bob Nicholson was selected as the 2015 Ernie Briggs Good Guy Award Recipient



Bob is congratulated by Roger Hahn



Bob Nicholson, wife Kathy and son Marty



Charger President Mickey Piscitelli congratulates Bob.



Bob & Tim Collins



# THE CHARGER CHALLENGE

A program 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 Charger Programs 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, AWARDS AND ENTRY FEES:

All Challenge Programs require an application and are free for Syracuse Chargers members. Non-Chargers members will pay the appropriate entry fees listed below. Upon receipt, applicants are sent a log sheet for recording dates and miles run/walked, along with procedural instructions and GUIDELINES FOR NEW RUNNERS. When mileage reaches award levels, log sheets need to be submitted to receive award. Participants' achievements are also recognized in the Syracuse Chargers Track Club Newsletter.

### THE CHARGER CHALLENGE

A program designed for higher mileage walkers/runners, or those seeking a longer term goal.

**Entry Fee:** \$5/person Non-Chargers, FREE for Chargers members

**Awards:** 500 miles T-Shirt  
1000 miles Patch or Ribbon  
2500 miles Long-Sleeve T-Shirt  
5000 miles Trophy  
10000 miles A plaque (to be presented at the annual awards banquet)

**Mileage:** All actual mileage covered can be recorded

### THE CHARGER 500 MILE CHALLENGE

Aimed towards junior or senior participants, those new to a running/walking program, or those with physical limitations

**Entry Fee:** \$5/person for Non-Chargers  
FREE for Chargers members

**Awards:** 100 miles Ribbon  
250 miles Patch  
500 miles T-shirt

Actual mileage up to 3 miles per day can be recorded

### THE FAMILY CHALLENGE

Family members combine their mileage towards a common goal!

**Entry Fee:** \$20 total for Non-Chargers members, includes up to 4 immediate family members residing at the same address. FREE for Chargers Members.

**Awards:** 5000 miles 1 plaque and up to 4 T-shirts

### 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 \$ \_\_\_\_\_

(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 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).

\_\_\_\_\_ Date: \_\_\_\_\_

Parents' or Guardian's Signature if under 18 years

# Tromptown Entry Form

Please only ONE person per entry form.

To register online, please visit [www.tromptownrun.com](http://www.tromptownrun.com) Release:

I know that running a road race is a potentially hazardous activity, I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release the Tioughnioga Fire Department, Town of DeRuyter, Village of DeRuyter, DeRuyter Central School, Town of Cuyler, Cortland County, Madison County, Onondaga County, Town of Cazenovia, Town of Fabius, race organizers, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participating in this event. I also understand that in the event these races cannot be held as scheduled because of an act of God or circumstances beyond control, the race is not liable to refund entry fees.

Signature of runner \_\_\_\_\_ Age on run day \_\_\_\_\_

Date of Birth \_\_\_\_\_ Signature of parents if under 18 \_\_\_\_\_

Print Full Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone(\_\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

Entry fees for 5K/Half-M: Individual \$20, Family \$30 (Received by Aug. 8th)

Late fees: Individual \$25, Family \$40. Maximum late/race day Entry fee for Fun Run \$1

I will be running in the (CIRCLE 1, 2, or 3):

(1) FUN RUN (5:15pm Start)

(2) 5K Run (6:00pm Start)

(3) Half-Marathon (5:45pm Start)

If T-Shirt is desired Add \$17 - CIRCLE SIZE: small medium large extra large If Patch is desired- Add \$5 - CIRCLE: yes

Family combinations: <http://www.tromptownrun.com/Registration/>

State which combination \_\_\_\_\_ and name of team member. \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_

Please make checks payable to: **TIOUGHNIOGA FIRE DEPARTMENT.**

Mail this form with a check or money order to:

**Win Skeelee, Box 351, DeRuyter, NY 13052**

Official use only:

Entry \_\_\_\_\_ Shirt \_\_\_\_\_ Patch \_\_\_\_\_ Team \_\_\_\_\_

FELDER Summer 2016 All-Comers Track Meets  
 Nottingham HS, Syracuse, NY 13224  
 USATF Sanction 16-04-140  
 Registration, 5 - 5:45-- Start Time, 6:00  
 Entry fee, None. Participation ribbons.



Age Groups (AGE RECORDS, one-year increments through 7<sup>th</sup> birthday) USATF Age Groups, 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29 Open, 30-34 sub-Master, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-PLUS (AGE RECORDS, one-year increments following 100<sup>th</sup> birthday)

**\*\* POLE VAULT, limit 15. MUST reserve spot, first come, first serve. e-mail, [lennieruns@aol.com](mailto:lennieruns@aol.com) week of meet**

June 14	June 28	July 5	July 19
3000m includes racewalk	1500 m 200m	800	Yvonne's Relay Carnival
100/110 hh	Children's Triathlon	W and YW Pentath- lon HH, shot, lj, hj, 800	4 x 800
400m	SP--HJ--200g/400b SP--age 7/8, 2k, age 9/10 6 lb.	age 11 upward	SMR (400-200-200-800)
long jump	high jump	hurdle height/shot weight on seed card, please 55m dash	2 x one-mile (1600m)
pole vault **	Open shot put please put weight of implement on seed card	triple jump	pole vault**
Mini-jav (thru age 12)	400 m hurdles	discus	long jump
discus			mini-jav (thru age 12)
4 x 100 relay	4 x 100 relay	4 x 100 relay	4 x 100 relay

\*Please bring your own implements/throws. Four attempts, jumps, throws. TRIPLE JUMP and POLE VAULT, must be 13+. QUESTIONS 315-491-8328 [lennieruns@aol.com](mailto:lennieruns@aol.com)

**WAIVER--participants**

Name \_\_\_\_\_ M\_\_\_\_ F\_\_\_\_ Age\_\_\_\_ Birthdate\_\_\_\_\_ USATF INDIV. # \_\_\_\_\_  
 (if you have one)

Address \_\_\_\_\_

City \_\_\_\_\_ State\_\_\_\_\_ Zipcode \_\_\_\_\_ telephone \_\_\_\_\_

Please **print** name here \_\_\_\_\_ e-mail \_\_\_\_\_

Persons age 17and under, list parent/guardian name and address, if different from above.

**Acknowledgement, Waiver, and Release from Liability.** I acknowledge that participation in this developmental track meet is potentially hazardous and includes the possibility of death, serious injury, and property loss. I attest or verify that I am, and/or the above-named child is, medically able to safely complete these events. I assume all the risks associated with my participation and/or that of my child in this series of meets, including, but not limited to falls, actions, or contacts with other participants, volunteers, USATF, Games Makers, and spectators. I am aware that the medical support for this event will be personnel who will be prepared to administer first aid assistance. I agree to abide by any decision of a meet volunteer relative to my ability and/or that of my child to safely complete any of these events. I also grant full permission to any and all of the foregoing to use any photographs of this event for any purpose whatsoever. **Having read** this waiver and knowing these facts, and on conditions of your accepting my participation and/or that of my child, I, myself, and anyone entitled to act on my behalf, waive, release, and discharge Felder Track and Field Club, the games makers and volunteers, Syracuse City School District, and all assigns and sponsors from all claims and liabilities of every kind or nature arising out of my participation and/or that of my child's participation in this track and field meet. **I hereby certify** that I have read all of the terms/conditions of this release and intend to be legally bound thereby.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (participant)

Signature of Parent or Participant \_\_\_\_\_ Date \_\_\_\_\_  
 (Please circle date, thank you.)

June 14

June 28

July 5

July 19

**Our meets are accessible to all.**

[www.felderstadium.org](http://www.felderstadium.org) [facebook.com/felderstadium](https://www.facebook.com/felderstadium) [lennieruns@aol.com](mailto:lennieruns@aol.com) 315-491-8328

## Calendar of Events

Always check with contact to be certain of date, time, ,etc.

### July 2016

- 4 Mon Cazenovia 4th of July Races 8:00am 5k & 10 mile, Cazenovia, NY  
7 Thur Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.  
10 Sun Utica Boilermaker 15k, 8:00am. Utica, NY. Visit: <http://www.boilermaker.com/>  
11 Wed Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.  
14 Thur Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.  
18 Wed Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.  
21 Thur Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.  
25 Wed Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.  
28 Thur Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.  
29 Fri Newport Field Days 5k, Newport, NY. Visit: <http://kuyahoorakickers.com/#/home>

### August 2016

- 1 Wed Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.  
4 Thur Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.  
8 Wed Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm.  
11 Thur Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.  
11 Thu Tromptown Runs 5k/1/2 Marathon 6:00/5:45pm, DeRuyter, NY. Visit: <http://www.tromptownrun.com/>  
18 Thur Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.  
19 Fri Woodman's 10k Run, 6:00pm. Boonville, NY. Visit: <http://www.starinfo.com/woodsmen/>  
20 Sat Willow Bay 5k Run and Fitness Walk, Onondaga Lake Park, Liverpool, NY. To sign up, visit:  
<https://runsignup.com/Race/NY/Liverpool/WillowBay5k>  
  
25 Thur Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool.

### September 2016

- 25 Sun Falling Leaves 14 km, 9:00am. Utica, NY. Visit: <http://uticaroadrunners.org/races/falling-leaves/>

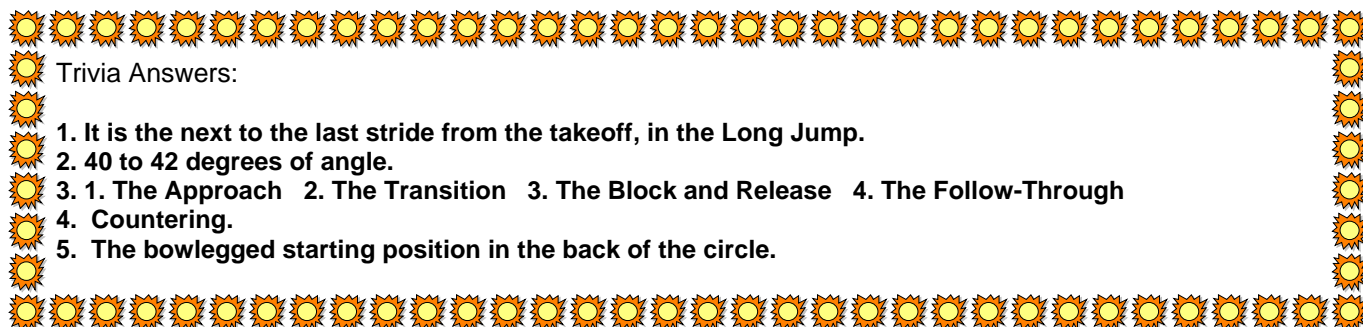
### October 2016

- 2 Sun Syracuse Festival of Races 5k, Syracuse, NY.

#### **Bold Print—SCTC Event**

**The Syracuse Chargers' Newsletter calendar will include:**

- \*SCTC owned or hosted fun runs, races, or track meets.
- \*USATF Association, Regional, or National Championships for Running, Track & Field, and Race Walking.
- \*Races which are part of the current year's CNY Running Club Cup Series.
- \*Races which have paid to have their paper entry form incorporated into our newsletter (\$75 per issue).



**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: \_\_\_\_\_

(Please select and circle one)

Membership Type	1 Year	2 Years	4 Years
Individual Membership	\$20	\$36	\$70
<b>Family Membership (1 newsletter, 2+ people)</b>	<b>\$25</b>	<b>\$45</b>	<b>\$85</b>
Individual Senior Citizen (65 years or older)	\$15	\$27	\$50
Individual Student (High School or younger)	\$15	\$27	

REV 5/22/16

**Club T-shirts:** Club T-shirts are available for: \$10: SM \_\_\_\_\_ MED \_\_\_\_\_ LG \_\_\_\_\_ XL \_\_\_\_\_ [ \$12: XXL \_\_\_\_\_ XXXL \_\_\_\_\_ ]  
 [ \$6: Youth SM \_\_\_\_\_ MED \_\_\_\_\_ LG \_\_\_\_\_ ]

**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 \$ \_\_\_\_\_

<b><u>Membership Status:</u></b>	<b><u>Receive Email Blasts?</u></b>	<b><u>Newsletter Delivery Method:</u></b>
<input type="checkbox"/> New	<input type="checkbox"/> Yes	<input type="checkbox"/> US Mail (printed)
<input type="checkbox"/> Renewal	<input type="checkbox"/> No	<input type="checkbox"/> Email (electronic)

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](http://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*

Syracuse Chargers Track Club, Inc.  
P.O. Box 2354  
Liverpool, New York 13089-2354

Non-Profit  
Organization  
U.S. POSTAGE  
**PAID**  
Syracuse, NY  
Permit No. 876

**SYRACUSE CHARGERS TRACK CLUB**  
**Merchandise order Form**  
View merchandise at: [www.syracusechargers.org](http://www.syracusechargers.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	<b>Total</b>			