

Syrathon : 2013

FOOT RACE TOUR OF SYRACUSE PARKS



A crisp but dry autumn morning served as the backdrop for the 7th annual Eastwood Park to Park Run, held on October 27th. As it has since 2009, Eastwood's five challenging miles along colorful, tree-lined streets and into Sunnycrest Park, served as the final leg of SYRATHON... the annual Foot Race tour of Syracuse neighborhoods and City Parks. Among the 373 finishers of the Eastwood Run were dozens that crossed the finish line with a heightened sense of accomplishment, as they achieved, with

these five miles, the status of 2013 Syrathoner or UltraSyrathoner!

Syrathon 2013 saw a total of 176 people set and meet the program goal of running their own, personal marathon over the course of eight series races and spanning all of Central New York's seasons. Of that group of 175, 55 raced all of the possible 42.5 miles to join the ranks of UltraSyrathoner. Beginning with the Tipperary Hill Shamrock Run back in March, and continuing on with the Mountain Goat, Paige's Butterfly Run, Valley Run, Inner Harbor Run, Strathmore Run, Run For their Life, and concluding in Eastwood, all Syrathoners committed to a year of fitness, while taking in the sights and sounds of life in the City of Syracuse.

With generous support provided by Fleet Feet Syracuse, Saucony, the Syracuse New Times, and new medal sponsor The C&S Companies, and through the hard work and dedication of 8 terrific race committees, the Syrathon Challenge continues to encourage healthful physical activity year-round through road racing, while shining the spotlight on a host of Syracuse city parks and neighborhoods. New in 2013 was the Business Syrathon Challenge, where local workplaces promoted participation among its employees. "National Grid is proud to participate in Syrathon and to promote health and wellness in the workplace," said Melanie Littlejohn, Nation Grid regional executive of Central New York. "There is no better way to give back to the community and experience the City of Syracuse and its parks system than by foot! "

Special thanks go out to the staff at Fleet Feet for being present at each of the Syrathon races to promote the challenge, provide loads of encouragement, and coordinate the cool prize giveaways!



ULTRA SYRATHONERS! Congratulations to the following individuals for completing ALL EIGHT Syrathon Races in 2013, and covering every inch of the possible 42.5 series miles... This includes, of course, tackling both the 15K Run For Their Life Course and the legendary 10 Mile Mountain Goat! Well Done! Oh yea... you CRUSHED it!

First Name	Last Name	City	T.H.	MG	PB	VNC	IH	Stra	RFTL	EWD	Total
Renee	Affinati	W.Monroe	4	10	3.1	4	3.1	4	9.3	5	42.5
Susan	Allington	N.Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Thomas	Beeman	fulton	4	10	3.1	4	3.1	4	9.3	5	42.5
Lauren	Berkun	Liverpool	4	10	3.1	4	3.1	4	9.3	5	42.5
Michelle	Blair	Clay	4	10	3.1	4	3.1	4	9.3	5	42.5
Melissa	Bova	Pheonix	4	10	3.1	4	3.1	4	9.3	5	42.5
Tina	Bowman	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Dan	Capeling	Bridgeport	4	10	3.1	4	3.1	4	9.3	5	42.5
Megan	Connors	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
John	Crowley	Cicero	4	10	3.1	4	3.1	4	9.3	5	42.5
Shannon	David	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
SCOTT	DAVISON	SYRACUSE	4	10	3.1	4	3.1	4	9.3	5	42.5
Dylan	Desimone	Cicero	4	10	3.1	4	3.1	4	9.3	5	42.5
Anita	Everts	Liverpool	4	10	3.1	4	3.1	4	9.3	5	42.5
Brandi	Ferrini	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5
John	Ferrini	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5
Jason	Fingerman	Liverpool	4	10	3.1	4	3.1	4	9.3	5	42.5
Karen	Gentile	E. Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Lisa	Gordon	Brockport	4	10	3.1	4	3.1	4	9.3	5	42.5
Stephen	Gordon	Bergen	4	10	3.1	4	3.1	4	9.3	5	42.5
Tim	Gordon	Brockport	4	10	3.1	4	3.1	4	9.3	5	42.5
Justin	Halsey	Pulaski	4	10	3.1	4	3.1	4	9.3	5	42.5
Elaine	Henning	Liverpool	4	10	3.1	4	3.1	4	9.3	5	42.5
Stephanie	Johnson	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Kevin	Karoglanian	syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Karen	Keller	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5
Todd	Keller	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5
Zack	Kelley	Manlius	4	10	3.1	4	3.1	4	9.3	5	42.5
Jerry	Kessler	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5
Michelle	Kinsman	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5
Anne	Lenox	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Jane	Magari	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Michael	Malloy	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
James	Maxwell	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Brad	Merle	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5

Beth	Montague	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Heather	Nelson	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Wendy	Newman	DeWitt	4	10	3.1	4	3.1	4	9.3	5	42.5
Derek	Ostrowski	Weedsport	4	10	3.1	4	3.1	4	9.3	5	42.5
Jennifer	Ostrowski	Weedsport	4	10	3.1	4	3.1	4	9.3	5	42.5
Mark	Person	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Todd	Robertson	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Arthur	Schoen	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
William	Scott	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5
Amy	Smithee	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Robyn	Taft-Smith	N.Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Adison	Tennant	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Lisa	Walden	Liverpool	4	10	3.1	4	3.1	4	9.3	5	42.5
Jamie	Wallace	B'ville	4	10	3.1	4	3.1	4	9.3	5	42.5
Rachel	Watkins	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
dan	whitman	weedsport	4	10	3.1	4	3.1	4	9.3	5	42.5
tammy	whitman	weedsport	4	10	3.1	4	3.1	4	9.3	5	42.5
Stephen	Younis	Syracuse	4	10	3.1	4	3.1	4	9.3	5	42.5
Eric	Zimmerman	Liverpool	4	10	3.1	4	3.1	4	9.3	5	42.5
Heather	Zimmerman	Cicero	4	10	3.1	4	3.1	4	9.3	5	42.5

Syrathon

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FLEET FEET

Sports



SYRACUSE
New Times



SYRATHONERS... You've done it! 176 of you completed the challenge of running your own personal marathon in 2013! As the shirt says... you CRUSHED Syrathon and logged at least 26.2 miles over the course of the series! Awesome! (complete list available at www.syr.gov.net/parks)

First Name	Last Name	City	T.H.	MG	PB	VNC	IH	Stra	RFTL	EWD	Total
Chris	Abbott	Syracuse		10	3.1	4	3.1	4		5	29.2
Martha	Andocs	Cicero	4	1.86	3.1	4	3.1	4	9.3	5	34.36
Kathy	Arsenault	N.Syracuse	4	10		4	3.1	4		5	30.1
Kristin	Baker	Syracuse	4	10				4	9.3		27.3
Ellie	Barvinchak	Syracuse	4	10		4		4	9.3		31.3
Patti	Bennett	N.Syracuse	4	10		4	3.1	4		5	30.1
Maureen	Brennan	Syracuse	4		3.1	4	3.1	4	9.3	5	32.5
Julia	Brokhoff	Manlius		10		4	3.1	4	9.3	5	35.4
MaryAlice	Brunell	Phoenix	4	10	3.1	4			9.3		30.4
Ellen	Brunet	Parish	4	10	3.1				9.3		26.4
Clarissa	Buda	Constantia	4	10	3.1	4	3.1	4		5	33.2
Chris	Byrnes	DeWitt	4	10	3.1	4	3.1	4		5	33.2
Darrin	Capriotti	Syracuse	4	10	3.1				9.3		26.4
Connie	Cicccone	Skaneateles	4	10	3.1	4	3.1	4	3.1	5	36.3
Nancy	Coye	Syracuse	4	10	3.1	4	3.1	4		5	33.2
Lisa	Crockford	Sterling	4	10			3.1	4	3.1	5	29.2
Judy	Crowley	Cicero	4	10	3.1	4	3.1	4		5	33.2
Scott	Cunningham	clay	4	10	3.1			4	9.3		30.4
Michelle	DeMauro	Syracuse	4		3.1	4	3.1	4	9.3	5	32.5
John	DeMott	Syracuse	4	10	3.1		3.1	4		5	29.2
James	DeSantis	Cicero	4	10	3.1			4	9.3	5	35.4
Adam	Duerr	Manlius	4	10	3.1				9.3		26.4
Tisha	Flack	Bridgeport	4	10					9.3	5	28.3
Lisa	Flynn	Brewerton	4	10	3.1	4		4	9.3	5	39.4
Joe	Gentile	Syracuse	4		3.1	4	3.1	4	3.1	5	26.3
Julia	Giardina	Syracuse	4	1.86	3.1			4	9.3	5	27.26
Nancy	Giardina	Syracuse	4	1.86	3.1			4	9.3	5	27.26
Adam	Golden	Syracuse	4	10	3.1	4		4	3.1		28.2
Jamie	Golden	Syracuse	4	10	3.1	4		4	3.1		28.2
Kristin	Gordon	Bergen	4	1.86	3.1	4	3.1	4	3.1	5	28.16
Maryclair	grace	Liverpool	4	10	3.1	4	3.1		3.1		27.3
Mary	Green	Port Byron	4	1.86	3.1	4	3.1	4	3.1	5	28.16
Kelly	Greene	Auburn	4	10		4			9.3		27.3
Melanie	Greene	Syracuse	4	10				4	9.3		27.3
Gary	Greer	Weedsport	4		3.1	4	3.1	4	3.1	5	26.3

Lisa	Greer	Weedsport	4	10	3.1			4	9.3		30.4
Todd	Greer	Clay	4	10	3.1	4		4	3.1		28.2
Kristen	Guarente	Liverpool	4	10	3.1		3.1	4	9.3	5	38.5
Karen	Gwilt	Liverpool	4	10	3.1	4		4		5	30.1
Marion	Hamilton	N.Syracuse	4	1.86	3.1	4	3.1	4	9.3		29.36
Kevin	Helinger	Pulaski	4	10	3.1				9.3		26.4
Jake	Herrick	Syracuse	4	10		4		4		5	27
Brian	Hotchkin	E. Syracuse	4	10		4	3.1	4	9.3	5	39.4
Michael	Jacob	N.Syracuse	4	10		4		4		5	27
Christopher	Johnston	syracuse	4	10	3.1				9.3		26.4
Robin	Jones	Chitt'go	4	10	3.1	4	3.1		3.1	5	32.3
Shannon	Jordal	Fulton	4	1.86	3.1	4	3.1	4	3.1	5	28.16
David	Kent	Cicero	4	1.86	3.1	4	3.1	4	3.1	5	28.16
Mary Jo	Kiggins	Auburn	4	10	3.1		3.1	4		5	29.2
Sherri	Kimber	syracuse	4	10	3.1				9.3		26.4
Toni	Kleist	Phoenix	4	10	3.1	4	3.1			5	29.2
Wendy	Kolceski	Syracuse	4	10	3.1			4	9.3		30.4
Chris	Komar	Syracuse	4	10	3.1	4		4	9.3	5	39.4
Debbie	Kudla	Auburn	4	1.86	3.1	4	3.1	4	3.1	5	28.16
Rosemary	Laquidari	Liverpool	4	10	3.1	4	3.1		3.1	5	32.3
Terri	Lawless		4	1.86	3.1	4	3.1	4	9.3		29.36
Selina	Lazarus	Liverpool		10	3.1				9.3	5	27.4
Erwin	Learned	Oswego	4	10	3.1	4			9.3		30.4
Cathy	Leetz	Cicero	4	10	3.1	4	3.1			5	29.2
Jessica	Leifer	Manlius	4	10				4	9.3	5	32.3
Jon	Leifer	Manlius	4	10				4	9.3	5	32.3
Dawn	Leone	Mexico	4	10	3.1	4	3.1	4	9.3		37.5
Sarah	Lewis	Fay'ville		10	3.1			4	9.3	5	31.4
sue	Little	Liverpool	4	10		4		4	3.1	5	30.1
Janet	Loch	Syracuse	4	10	3.1	4		4		5	30.1
Andrew	Lodge	Liverpool	4	10	3.1	4	3.1	4	3.1	5	36.3
Paul	Lynch	Syracuse	4	10	3.1			4	3.1	5	29.2
Karen	Mace	B'ville	4	10	3.1	4	3.1			5	29.2
Daniel	Malay	Jamesville	4	10	3.1		3.1	4	3.1		27.3
Patrick	Maloney	Syracuse	4	10	3.1				9.3		26.4
Cindy	Marsh	Syracuse	4	10	3.1		3.1	4	3.1		27.3
Kerry	McPhillips	syracuse	4		3.1	4	3.1		9.3	5	28.5
cynthia	mead	liverpool	4	10		4	3.1	4	3.1		28.2
Gavin	Meyer	Syracuse		10	3.1			4	9.3	5	31.4
Sarah	Midgley	Syracuse		10		4	3.1	4		5	26.1
Jean	Miller	Nicholville	4	10	3.1	4		4	9.3	5	39.4

Kristin	Mullally	Liverpool	4	10	3.1				9.3	5	31.4
Shaun	Nagraj	Syracuse	4	10	3.1	4	3.1			5	29.2
Michael	O'Connor	E. Syracuse	4	10			3.1		9.3		26.4
Aditya	Pathak	Syracuse		10	3.1		3.1		9.3	5	30.5
Lucy	Person				3.1	4	3.1	4	9.3	5	28.5
Deb	Peterson-Smith	Bridgeport	4	10	3.1	4	3.1		3.1		27.3
Gretchen	Pierson	Constantia	4	10				4	9.3	5	32.3
Heidi	Ratliff	N Syracuse	4	10					9.3	5	28.3
Margie	Rivers	Liverpool	4	10		4		4	3.1	5	30.1
Greg	Ryder	N.Syracuse		10	3.1	4		4		5	26.2
Linda	Salmons	Camillus	4	1.86	3.1	4	3.1	4	9.3		29.36
Julie	Sawdey	Liverpool	4	10	3.1	4				5	26.2
Matthew	Schader	Syracuse	4	10	3.1		3.1	4	9.3	5	38.5
Mark	Schaeber	Liverpool	4		3.1	4	3.1	4	3.1	5	26.3
Amanda	Schulz	CentralSq	4	10				4	9.3		27.3
Kim	Schulz	Syracuse	4	10		4	3.1	4	3.1	5	33.2
Mary	Scouten	Syracuse	4	10		4		4	9.3		31.3
Casey	Simons	Syracuse	4	10		4	3.1	4	9.3	5	39.4
Kinyorda	Sliwiak	Cicero		10	3.1	4		4	9.3	5	35.4
Theron	Sliwiak	Cicero		10	3.1	4		4	9.3	5	35.4
Marcus	Smith	Syracuse	4	10		4			9.3		27.3
Linda	Sollars	Cicero	4	10			3.1	4		5	26.2
Steve	Stehman	Syracuse	4	10	3.1	4	3.1	4		5	33.2
Ken	Steiger	Tully		10	3.1				9.3	5	27.4
Alexandra	Street	Syracuse	4	10	3.1		3.1	4		5	29.2
Bill	Street	Syracuse	4	10	3.1		3.1	4		5	29.2
Eileen	Stempel	Syracuse		10	3.1			4	9.3	5	31.4
Kathryn	Szklany	Fay'ville	4	10	3.1				9.3		26.4
Gary	Tarolli	E. Syracuse	4	10					9.3	5	28.3
Richard	Tausend	Cato	4	10	3.1	4	3.1		9.3		33.5
cara	thompson	B'ville	4	10		4	3.1			5	26.2
Tracy	Tillapaugh	Syracuse	4		3.1	4	3.1	4	3.1	5	26.3
Matt	Tobia	Syracuse	4	10		4	3.1	4		5	30.1
Maria	Vigliotti	N.Syracuse	4	10					9.3	5	28.3
Nicole	Wagner	Syracuse		10	3.1		3.1	4	9.3		29.5
Jim	Wallace	B'ville	4	10	3.1			4	3.1	5	29.2
Helen	Walsh	Camillus	4	10	3.1		3.1	4		5	29.2
April	Wertheim	Liverpool	4	10					9.3	5	28.3
Alisha	Westerlund	N.Syracuse	4	10	3.1	4				5	26.2
Deborah	Williams	Syracuse	4	10	3.1		3.1	4	9.3	5	38.5
Christopher	Wojnarek	E. Syracuse	4	10	3.1		3.1	4	3.1		27.3

Aaron	Wood	E. Syracuse	4	10	3.1	4	3.1			5	29.2
Russell	Wood	Syracuse			3.1	4	3.1	4	9.3	5	28.5
Jennifer	Woods	Fulton	4	10	3.1	4		4	9.3	5	39.4
Jeremy	Zhe-Heimerman	Syracuse			3.1	4	3.1	4	9.3	5	28.5

“MEGA” ULTRA SYRATHONERS...Crossing the finish line in Eastwood were 4 folks

that stand out from the crowd...as each one has logged every single race mile of SYRATHON since its inception five years ago...**169.5 total miles** over 33 races:

Congratulations to

John and Brandi Ferrini,

Todd Keller, and

Beth Montague,

for their continued commitment to road racing in the City of Syracuse!



Business SYRATHONERS... Organizers wish to congratulate National Grid for “running away with” the first Business Syrathon Award. Said Littlejohn, “Congratulations to the National Grid team and some 50 employees that participated and logged over 500 miles to win the tour's first ever business category.” We look forward to an another exciting Business Syrathon competition in 2013! Talk it up at the water cooler!