

SYRATHON 2024

There may not have been a more perfect day for a Fall Race than on October 21, as runners toed the starting line in Sunnycrest Park ahead of the Eastwood Parks Run. And so, there may not have been a more perfect and fitting way to wrap up Syration 2024, with Eastwood representing the final 5 miles of our long running City Parks race series.

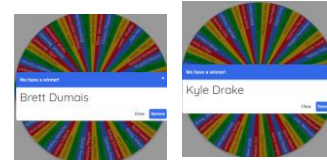


Many of Eastwoods' runners reached their Syration mileage goals with its downhill finish. The week prior, on October 6th, another beautiful day greeted participants

of the Inner Harbor 5K, where its 3-plus miles were earned toward Syration goals. The flat and fast course rewards runners with a cool finish at our city's waterfront, after taking in stretches of the Creekwalk and Park Ave neighborhoods.



As our series comes to an end we congratulate-- and are inspired by—the more than 75 individuals who achieved the Syration goal of accumulating 26.2 miles or more over the course of the series. Be Proud... you can now call yourselves **Syrationers!**



RACE DAY Raffle winners...

Inner Harbor 5K: Brett Dumais / **Eastwood Parks Run:** Kyle Drake

You each have a Fleet Feet gift card waiting for you at the Parks Office!

11/21: Syration Celebration: Medal and Shirt Pickup at Harveys Garden 5pm-6:30pm

Beginning on 11/22, Medals and Shirts will be available for pickup at the City Park Office during business hours (Mon-Fri 9am – 5pm). 412 Spencer Street, 13204

1/1/25: Syration 2025 Registration Opens! Set your goals for the new year!

The Syracuse Parks Conservancy and the Parks Department wish to thank Syrationers for their generosity throughout 2024. Not only do you support the Conservancy and its mission by registering for the Series and spreading the word about our parks, but also through additional contributions via Runsignup. And, we thank the Race Committees for their ongoing support of the series, and for their hard work in putting on incredible events that do so much to showcase our amazing parks. **Thank you!**
We hope to see everyone in 2025!

2024 Syration Mileage Chart

First Name	Last Name	T.H	SU4 K	M G	PBR	VN R	Str a	IH	EW D	Fun	Total
Brian	Abbott	4		10			4		5	9	32
Sean	Abbott	4	3.1	10					5	6	28.1
Kali	Adams	4	3.1	5		4.4				0	16.5
Brian	Andrews	4	3.1		3.1	4.4	4			0	18.6
Melanie	Armbrust			10		4.4				0	14.4
Rebecca	Backer	4		10		4.4			5	6	29.4
Tom	Barbato	4		10						0	14
Lou	Barbato	4								0	4
Brian	Bell	4	3.1	5		4.4	4			0	20.5
Samuel	Benedict	4	3.1	5	3.1		4	3.1	5	6	33.3
Julia	Bertrand	4	3.1	5	3.1	4.4	4	3.1	5	6	37.7
Chris	Bianchi	4		10		4.4				0	18.4
Amanda	Bischoff	4	3.1		3.1	4.4	4	3.1	5	6	32.7
Brandon	Boncella			10	3.1	4.4	4	3.1		3	27.6
Karlie	Brandofino	4	3.1	5	3.1	4.4	4			3	26.6
Colin	Brazell	4	3.1				4			0	11.1
Maggie	Bristol	4		5						0	9
Julianne	Broadwell									0	0
Kiernan	Burke	4		5	3.1					0	12.1
Melissa	Bynon	4	3.1							0	7.1
Tori	Caporuscio	4	3.1	5		4.4				0	16.5
Rebecca	Carroll	4	3.1	10	3.1			3.1	5	0	28.3
Christopher	Carter	4								0	4
Patrick	Case	4	3.1	5	3.1	4.4				0	19.6
Tom	Cheevers	4		10	3.1					3	20.1
Michael	Close	4								0	4
Charles	Crary	4		5					5	0	14
David	Crider		3.1		3.1				5	0	11.2
Ashley	Crumb	4	3.1	10	3.1	4.4	4		5	3	36.6
Thomas	Culhane	4								0	4
Kathleen	Curtis	4	3.1		3.1		4			0	14.2
Jessica	Cushman	4		10	3.1	4.4	4			6	31.5
Kevin	DeLong		3.1	10		4.4	4	3.1		3	27.6
John	DeMott	4	3.1	5	3.1		4	3.1		9	31.3
Tiffany	Dennett		3.1							0	3.1
Arvinder	Dhamoon	4								3	7
Madison	Dickter	4	3.1		3.1	4.4	4	3.1	5	0	26.7
Ann	Dievendorf	4	3.1		3.1	4.4	4	3.1	5	0	26.7

Sheriah	Dixon	4								0	4
Kyle	Drake		3.1	10	3.1				5	6	27.2
Brett	Dumais	4		10			4	3.1		0	21.1
Carly	Edick	4								0	4
Danielle	Edwards	4	3.1							0	7.1
Dylan	Eldred	4	3.1	10		4.4	4		5	0	30.5
Maria	Erdman	4		5	3.1	4.4	4	3.1	5	3	31.6
Erin	Ewain-Cruikshank	4	3.1	5	3.1	4.4	4	3.1	5	0	31.7
Melissa	Faley	4	3.1	5	3.1	4.4	4		5	0	28.6
Bryant	Farley	4		10						0	14
Tammy	Farr	4		5						0	9
Tammy	Fioramonti	4	3.1	10	3.1		4			0	24.2
Natalie	Fisher	4	3.1	10	3.1			3.1	5	0	28.3
Alex	Fisher	4	3.1	10	3.1	4.4	4			0	28.6
Howie	Flett	4	3.1		3.1			3.1		0	13.3
Kim	Fuller	4	3.1	10	3.1	4.4	4	3.1	5	0	36.7
Elisa	Gamage	4		5	3.1	4.4			5	9	30.5
Andrew	Genung	4	3.1	10						0	17.1
Emma	Grigg	4		10						0	14
Ryan	Guerdon									0	0
Kristine	Guptill				3.1					0	3.1
Cassandra	Guzman	4	3.1	10	3.1	4.4				9	33.6
Malissa	Hale	4	3.1	10	3.1	4.4	4	3.1		0	31.7
Megan	Hannahan	4		10					5	0	19
Matthew	Harris	4	3.1	10		4.4		3.1	5	0	29.6
Shannon	Hefti	4	3.1	5						0	12.1
Andrea	Hotaling	4	3.1	5	3.1		4			4	23.2
John	Jeha	4		10	3.1					0	17.1
Lynn	Jones			10						0	10
Caroline	Jordan	4	3.1	10	3.1	4.4	4			0	28.6
Lindsay	Justian	4	3.1			4.4				0	11.5
Marcia	Kelley	4	3.1		3.1	4.4	4		5	6	29.6
David	Kent	4	3.1	10	3.1	4.4	4		5	0	33.6
Adam	King	4	3.1	10		4.4		3.1	5	0	29.6
Marie	Kramer	4		10		4.4				0	18.4
Emily	Kulkus			5	3.1					0	8.1
Paul	Kulpa	4	3.1	5	3.1	4.4	4		5	0	28.6
Nicole	LaRoche	4	3.1	5	3.1	4.4	4	3.1	5	0	31.7
Heather	LaVancher	4	3.1	5	3.1	4.4	4	3.1		0	26.7
Rebecca	Lazarek	4		10						0	14
Maria	Lore			10		4.4				0	14.4

Jason	Lorenc	4		5						0	9
Heather	Maddox	4								0	4
Kyle	Maiorana	4	3.1	5	3.1	4.4		3.1	5	0	27.7
Elaina	Mann	4	3.1		3.1	4.4	4		5	3	26.6
Jamie	Martin		3.1	10	3.1					0	16.2
Susan	Masters	4		10						0	14
Krystal	Mastro	4	3.1	5		4.4		3.1		0	19.6
Brandon	Mathis			10						0	10
James	Maxwell	4	3.1	10	3.1					3	23.2
Lisa	McCarthy	4	3.1	10	3.1					3	23.2
Scott	McGraw	4		10	3.1		4	3.1	5	0	29.2
Tim	McIntyre		3.1	10	3.1	4.4	4		5	9	38.6
Georgi	McNease	4	3.1	10		4.4	4	3.1		0	28.6
Mike	Messersmith	4	3.1	10		4.4			5	0	26.5
Janet	Metcalfe	4	3.1	5	3.1	4.4	4	3.1		0	26.7
Gayle	Milham	4	3.1	5	3.1		4	3.1		6	28.3
Alex	Mix	4	3.1	10	3.1	4.4	4	3.1		3	34.7
Jennifer	Morgan	4	3.1	5			4		5	6	27.1
Nick	Mozzetti	4		10		4.4	4		5	3	30.4
Justin	Mueller	4	3.1	5	3.1		4	3.1		0	22.3
Erin	Napoli	4	3.1		3.1	4.4	4	3.1	5	0	26.7
Nicholas	Napoli	4	3.1		3.1	4.4	4	3.1	5	0	26.7
Kelly	Neish			10						0	10
Anders	Nelson	4		10		4.4	4	3.1	5	0	30.5
Allison	Niver	4	3.1	5	3.1	4.4	4	3.1	5	0	31.7
Matthew	Noeller	4	3.1	10	3.1	4.4	4		5	9	42.6
Logan	Otero	4						3.1		0	7.1
Laurie	Panto	4		10						0	14
Raymond	Partolan	4	3.1		3.1	4.4				3	17.6
Errol	Pascall	4		10		4.4			5	0	23.4
John	Patrick	4	3.1	10	3.1	4.4	4	3.1	5	0	36.7
Douglas	Peterson	4	3.1	10	3.1					0	20.2
Chris	Pirozzi	4	3.1	5	3.1	4	4			9	32.2
Sarah	Pirrello	4	3.1	10	3.1	4.4		3.1	5	0	32.7
Jason	Pistilli	4	3.1	10		4.4	4		5	0	30.5
Sunshine	Pobutkiewicz	4		10						0	14
Shellie	Poullott	4	3.1	5	3.1	4.4				0	19.6
Jennifer	Powell-Varsik	4	3.1	5	3.1	4.4	4	3.1		0	26.7
Connor	Preston	4	3.1	5				3.1		0	15.2
Jeffrey	Pritchard	4	3.1	10	3.1		4	3.1	5	0	32.3
Erik	Quilty	4		10			4		5	0	23

Damian	Rakowsky	4	3.1		3.1					0	10.2
Elizabeth	Randall	4	3.1							0	7.1
Holly	Redman	4	3.1	5		4.4	4	3.1	5	0	28.6
Christy	Rivenburg	4	3.1	10	3.1	4.4	4	3.1	5	0	36.7
Nicole	Roche	4	3.1	5	3.1	4.4	4			0	23.6
Sheri	Rodriguez	4	3.1			4.4				0	11.5
Tashina	Rose	4	3.1		3.1	4.4	4	3.1	5	0	26.7
michele	Rose	4		10						0	14
Nick	Ross	4		10						0	14
Joe	Rozak	4		10	3.1	4.4			5	6	32.5
Eliza	Samchisen		3.1	10	3.1	4.4		3.1		0	23.7
Richard	Sargent	4	3.1			4.4				9	20.5
Sanja	Schneider	4	3.1		3.1	4.4	4	3.1	5	0	26.7
Art	Schoen	4	3.1		3.1	4.4	4	3.1	5	3	29.7
Kim	Schulz									0	0
Kelsey	Shannon	4		10						0	14
Karen	Shaup	4		10			4		5	0	23
John	Sherbondy	4			3.1	4.4	4	3.1		9	27.6
Victoria	Silliman	4		10		4.4			5	6	29.4
Jeremy	Smothers	4	3.1							0	7.1
Krysta	Sobierajski	4	3.1		3.1	4.4	4		5	0	23.6
Zoe	Souliotis-Foley	4		5	3.1	4.4	4	3.1		0	23.6
Brianna	Sprole				3.1	4.4		3.1		0	10.6
Stephen	Stehman	4			3.1	4.4	4	3.1		9	27.6
Katie	Steins				3.1					0	3.1
Robert	Sterbank	4								0	4
John	Teixeira	4	3.1	10						9	26.1
Christopher	Tovern	4								0	4
Alexander	Travis	4	3.1	10	3.1	4.4	4	3.1	5	0	36.7
Noelle	VanHee	4	3.1	5	3.1	4.4	4	3.1		3	29.7
Katherine	Walch	4	3.1	5		4.4		3.1		3	22.6
Kristy	Ward	4	3.1	5	3.1	4.4	4	3.1	5	0	31.7
Barb	Wells	4						3.1	5	0	12.1
Eric	Whiting	4	3.1	10	3.1	4.4	4	3.1	5	0	36.7
Brian	Wiedeman	4								0	4
Nolan	Wilson	4		10	3.1	4.4			5	3	29.5
Daniel C	Wnorowski	4	3.1	10		4.4	4	3.1	5	0	33.6
Aaron	Wright	4	3.1	5	3.1	4.4	4	3.1	5	3	34.7
Amy	Wright	4		10						0	14
Sarah	Zaremba	4	3.1	10	3.1	4.4	4	3.1		0	31.7