



# NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVI

Syracuse Chargers Track Club

February 2015

## Last Chance Trail Run and Pancake Breakfast

Photo Story—Thanks to Mickey Piscitelli



Evan Kurtz



Race Volunteers



Andy and Karen Trapasso



Don Hughes (beside bear)



Luanne enjoys her post-run pancakes with friends



Banana - Chocolate Chip Christmas Tree pancake created by griddle master Sam Sampere

Marla Jabbour keeps her sense of humor back in the kitchen .



Sue Gardinier at the serving herself, with Patty Bennett, Toni Kleist, and Karen Kelly following behind .

Continued on page 5

## Syracuse Chargers Track Club, Inc.

### **Board of Directors**

#### **President**

Dave Oja 446-6285  
daveoja@a-znet.com

#### **Vice President**

Mark Driscoll 449-9615  
mdriscol@syr.edu

#### **Administrative VP**

TBD

#### **Secretary**

Roger Hahn  
rchahn@syr.edu

#### **Treasurer**

David Kennedy  
dkenn15@twc.com

#### **Scholastic Coach**

Jim McCaul 342-1123  
jmccaul6@twcny.rr.com

#### **Open (Men) Coordinator**

David Patruno 423-7246  
Patruno@aol.com

#### **Open (women) Coord.**

TBD

#### **Masters (Men)**

Greg Tuttle 430-9409  
tuttlegreg@hotmail.com

#### **Masters (Women)**

Mickey Piscitelli  
638-9662  
mpiscitelli2@verizon.net

#### **Road Races Coord.**

Dave Oja 446-6285  
daveoja@a-znet.com

#### **Membership Coord.**

Julie Shafer 399-8553  
Julie.shafer.js@gmail.com

#### **At Large**

James Alexander  
vorlonsrule@verizon.net  
Pat Leone  
pat@leonetiming.com  
Bob Hiemanz  
bobhiem@twcny.rr.com  
Matt Oja  
matt.oja@gmail.com  
Terry McConnell  
trmcconn@syr.edu

### **Program Coordinators**

#### **Charger Records**

Terry McConnell  
trmcconn@syr.edu

#### **Charger Challenge**

Ed Polly 256-6398  
102 Rosewell  
Meadow Drive  
DeWitt, NY 13214  
Golfnrun@pollywood.org

#### **Special Olympics**

Peter Rhodes 422-1037  
per56@aol.com

#### **Youth Programs**

Mark Driscoll 449-9615  
mdriscol@syr.edu  
Jasper Royal 416-3811

#### **Merchandise**

TBD

#### **Awards Banquet**

Linda Oja  
LindaOja@a-znet.com  
446-6285

#### **Volunteers**

TBD

#### **Scholarship Award**

John View

#### **Summer Runs**

TBD

#### **Oneida shores**

Greg Broton  
GBroton@nscsd.org

#### **Onondaga Lake Park**

Greg Tuttle 430-9409  
tuttlegreg@hotmail.com

#### **Indoor Meets/Practices**

Mark Driscoll 449-9615

**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.

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

Published monthly by the SCTC.  
Subscriptions are \$15.00 per year.

#### **Staff:**

**Dave Talcott**, Compiler (race results, entry forms, calendar of events) (dwtalcott@juno.com); Marie Christopher  
**Nick Wetter** (Track & Field Results & Charger Records) (wetternick@yahoo.com)

**Contributing Writers:** Nick Wetter (track & field)  
Gabe Yankowitz, Physical Therapist  
Sam Graceffo, MD

Material should reach Dave Talcott, 566 McLean Road,  
Owego, NY 13827 or e-mail dwtalcott@juno.com  
by the 8th of the month.

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

Julie Shafer, SCTC Membership Coordinator  
P.O. Box 2354  
Liverpool, NY 13089-2354

Changing your address? Let Julie know as soon as possible  
(339-8553) or julie.shafer.js@gmail.com.

Also, if you are going away for an extended period, let Julie know or the Newsletter will be returned to us and we are charged the first class fee for "return to sender" service.

It will **NOT** be forwarded.



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:

Dave Oja  
213 Scott Avenue  
Syracuse, NY 13224

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

## Welcome New Charger Members

Abram Bergh	Caleb Bergh	Ken Black	Larisa Colantonio
Michael Colantonio	Noah Colantonio	Sophia Colantonio	Vera Colantonio
Cami Cortez	Don Cortez	Karen Cortez	Moira Fayle
Donald Frost	Priscilla Garrett	Caeley Gwilt	Collin Gwilt
Karen Gwilt	Natalie Kurz	Alonzo Markland	Armando Markland
Marcus Markland	Kayla Morgan	Hejal Patel	Amanda Philips
Jackson Phillips	Madie Phillips	Matthew Phillips	Kameron Shaw
Karen Black-Shaw	Kyle Shaw	Oscar Shaw	Natalie Tauro

## Recent Charger Age Group Records

High Jump      Kevin Donovan 4-9  $\frac{3}{4}$     1/23/2015

## Scott Weeks Wins 48<sup>th</sup> Annual Hartshorne Master's Mile

Scott Weeks, 42, won the elite section of the Hartshorne Master's Mile in 4:34.02 over Mark Williams, 42, of Columbia N.J. Weeks also won the event in 2013, the first year he was eligible to compete officially as a master, although he had often served as the official "rabbit" for the event before he turned 40. Weeks currently holds the M40-44 Chargers record in the mile with a time of 4:17.99.



(Photo by Terry Perrone)

## Thank you, Nick Wetter

Nick Wetter, who since 1975 has kept careful track of Charger records, and who has tirelessly published a monthly report on records and other notable Charger performances in this newsletter, officially hands over the reins this month to me, Terry McConnell. I promise to do my very best, but this is a really tough act to follow!

Nick's involvement with the Chargers dates back to the early 1970s – the earliest days of the club's existence – when the running club coexisted with several other sports clubs under an umbrella organization called the Syracuse Chargers, Inc. In those early days Nick coordinated a youth track program with the Syracuse City Parks and Recreation Department. He also served as President of Chargers, Inc. Later on, Nick became "coordinator" of the Syracuse Chargers Track Club. He followed Anton Ninno as coordinator, and was succeeded by Nancy Murphy, and then by Nate White. Beginning with Nate White, the position name was changed to President.

Sometime around 1978 Nick became the coach of the Chargers competitive teams, and served in this capacity until 1987. (For much of this time he shared the job with current Chargers president Dave Oja, who coached the women's competitive team.) Many of us aging baby boomers remember heading to Manley in the winter and to Sunnycrest in the summer with a mingled sense of dread and anticipation to see what workout Nick had in mind for us that evening. A week later the mimeographed results sheets would arrive in the mail showing the extent to which we had met or fallen short of his expectations.

Nick says he "invented" the position of record keeper sometime around 1975, and has continued in that position until this month. I know I speak for many other CNY athletes when I say "Good on 'ya, Nick Wetter!"

## New Correspondence Address for Potential Charger Records

If you think you may have set a new Chargers open or age group record in any event, please contact Terry McConnell. Email is most convenient ([trmconn@syr.edu](mailto:trmconn@syr.edu)), but U.S. mail will also reach me at

Terry McConnell  
2458 Swift Rd.  
Lafayette, NY 13084

New competitive event categories can be added when the Records Keeper decides they are of interest to the club and such that meaningful records can be kept.

Please include at least the following information: The date and location of the event, a precise identification of the event (1 mile run, weight pentathlon, etc.), the actual mark recorded, and contact information for the event organizer so that the mark can be verified. Please note that current Chargers records are always available on the club website at the URL <http://www.syracusechargers.org>. (Click on Club Records.)

Records lose their meaning unless there is a clear and enforceable definition of which marks are eligible. Above all, marks must be certifiably accurate (properly timed and on a certified course in the case of a road run, for example.) Moreover, the athlete involved must have competed as a member of the Chargers, if possible. Questions are welcome in person, or at either of the addresses given.

### **Syracuse Chargers Age Group Records: 7 and Under Boys**

40y	Jim Scott	6.8	1/28/78
40y	Keith Gissendanen	6.8	7/25/79
50m	Charles Askew	8.2	1/29/78
55m	Da 'Vine Bennett	9.4	2/16/13
100m	Teshale Kelly	17.3	7/26/13
200m	Keith Gissendanen	32.0	7/25/78
200m	Keith Gissendanen	32.0	7/18/79
220y	Erik Pederson	39.9	4/5/78
300m	Eric Phillips	54.6	1/9/83
400m	Teshale Kelly	1:22.3	6/11/13
440y	James Scott	1:33.2	3/19/79
500m	Eric Snook	2:02.5	2/23/85
600m	Eric Snook	2:32.0	2/2/85
800m	Teshale Kelly	3:03.3	7/26/13
880y	Dan Wright	3:25.4	2/15/75
1000m	Zachary Meno	4:50.5	1/13/80
1500m	Zachary Meno	6:45.0	2/8/81
1 mile	Teshale Kelly	6:48.7	7/23/13
3000m (t)	Teshale Kelly	3:13.3	6/11/13
3000m (r)	Teshale Kelly	13:32	5/15/13
5km, road	Teshale Kelly	23:06	10/6/13
Long Jump	Teshale Kelly	11-8	12/15/13
High Jump	Zachary Meno	3-11	1/12/80
Discus	James Muhammad	28-0	7/19/81

### **Syracuse Chargers Age Group Records: 7 and Under Girls**

40y	Tiffany Collins	6.4	7/25/79
50m	Jenna Lester	8.1	4/13/96
55m	Avasa Campbell	8.2	2/7/93
100m	Jenna Lester	15.9	6/18/96
200m	Rene Stackhouse	35.0	7/18/79
220y	Amy Broton	41.0	2/12/78
300m	Sarah Verdoliva	64.8	7/19/95
400m	Avasa Campbell	1:26.0	2/7/93
440y	Amy Broton	1:39.0	
500m	Stacy Hanmer	2:14.7	2/23/85
600m	Lilly Hanlon	2:34.7	12/8/02
800m	Lilly Hanlon	3:23.6	12/27/02
880y	Jenny Matson	3:37.0	2/12/78
1000m	Lilly Hanlon	4:50.1	2/7/03
1500m	Lilly Hanlon	7:08.5	12/8/02
1 mile	Lilly Hanlon	7:42.6	1/10/03
5km (r)	Nicole Boisey	25:24	9/16/84
8km	Stacy Hanmer	51:42.0	6/1/85
10km (r)	Samantha Paris	69:04	5/4/85
Long Jump	Jenna Lester	11-0	1/13/96
High Jump	Georgia Deep	2-10 1/2	7/9/14
Shot Put, 2kg	Georgia Deep	11-1	7/12/14
Turbo Javelin	Georgia Deep	25-5	7/12/14
Triathlon	Jenna Deep	138 pts.	7/20/12



Lynn Cunningham waves while waiting her turn



Volunteers Greg Tuttle with Terri Clark



Batter up! Matt Oja, Katie Frontino, Dave Oja and Sam Sampere at work.



Volunteers Jim McCaul and Greg Tuttle

Robert Haas



Connie and James Ciccone

Gwen Morgan helps herself



More on Page 6



Patty Barrett





## THE THERAPY CORNER

### **On Facts and Fads**

A recent [column](#) by NY Times science writer Gretchen Reynolds examined a new study and other recent research on a training aid that has become very popular among runners over the past few years: **compression garments**. As Reynolds explains, the purported benefits of compression socks, leggings, shirts, etc., include:

- Improved exercise performance
- Improved balance
- accelerated recovery time
- reduced fatigue and post-exercise soreness

The thinking behind these claims seems intuitive enough; the supposition being that the elastic, compressive material acts as a massaging-agent, helping to boost circulation to the muscles, which would affect all of the above parameters.

You can read the full column yourself if you are interested in the details, but I will briefly summarize it for you here by reporting that the research indicates that any benefits obtained from wearing these garments appears to be purely perceptual; i.e., due to the placebo effect. Controlled studies that looked at purely objective, measurable physical effects showed no significant improvements.

Seeing this – as well as a current TV commercial showing NFL quarterback Peyton Manning sitting in a whirlpool tub filled with ice water (“*Losing feeling in my toes...*”) – reminded me of another research article I came across recently on the subject of **post-exercise cold water immersion** (CWI).

As I noted several years ago in an [earlier column](#), the practice of using so-called ice baths immediately after prolonged or strenuous exercise for the purpose of reducing delayed-onset muscle soreness (DOMS) and promoting recovery is one that has been around for many years, and not without a fair amount of research to support it. Many studies in the past have found that CWI does have such benefits, at least as measured by subjective reports.

A current study, however, raises a good point in noting that no previous investigation looked at the placebo effect as a factor in leading to these positive outcomes. This study’s research design, therefore, attempted to evaluate this potential factor.

The study compared three groups of 10 individuals after high-intensity training (HIT). One group sat in a tub of water at a temperature of approximately 50° F. A second (control) group was in a tub set to 94°F. The third group – and the one that differed from previous studies – was also in 94°F water, but they were told that the water contained a special solution of “recovery oil” that was as effective as cold water in promoting recovery. This group, then, was classified as the “placebo” group.

Various physical and subjective outcomes (intramuscular temperature, quadriceps muscle strength recovery, pain, psychological measures of readiness for repeated exercise) were compared after the exercise and immersion sessions. Muscle temperature in the CWI group clearly decreased an average of 10% compared to the control and placebo groups; that physical change alone would lead us to expect that there would be similar differences found when looking at the other outcomes.

The actual findings, though, did not follow this script. Overall, the cold water immersion group scored better than the control group on those measures, as we would expect, but in fact there was **no significant difference between the cold water group and the placebo group** with respect to the other measures! It seems that simply setting up an expectation that warm water infused with a special solution was as effective as cold water in improving recovery time, strength, and pain levels, despite there being no change in muscle temperature, which is the theoretical reasoning behind taking an ice bath. This evidence indicates there may be no actual physical change causing these improvements.

Compression clothing and ice baths are just two of the many measures I have seen runners use over the past 40 years to try to gain an edge in athletic performance, muscle soreness, and recovery time. The question can legitimately be asked, are these simply fads or are they supported by scientific evidence? In these two examples, it would appear the answer is the former, but if so, is it necessary to advise people to avoid them?

The answer to that rests on the question of whether or not there is any harm in using them. If done properly, there probably is no harm in taking an ice bath (George Costanza’s concerns notwithstanding), and the singular downside to compression clothing appears to solely be the cost. Based on that, it really is an individual decision – if you feel better, who cares what the reason for it really is?

Gabe Yankowitz, PT, DPT, OCS

*Gabe is a long-time runner and physical therapist currently practicing in the outpatient physical therapy clinic at St. Camillus Health and Rehabilitation Center in Syracuse.*

[http://well.blogs.nytimes.com/2015/01/14/can-compression-clothing-enhance-your-workout/?\\_r=0](http://well.blogs.nytimes.com/2015/01/14/can-compression-clothing-enhance-your-workout/?_r=0) [New York Times, January 14, 2015]

<http://www.syracusechargers.org/therapy/chapt87.htm> [Therapy Corner #87] Med. Sci. Sports Exerc., Vol. 46, No. 11, pp. 2139–2147, 2014

Syracuse Chargers All-Comers Meet #2 – January 18, 2014, Manley Field House, Syracuse University

800m					400m Cont.			
Nick Ashton	M17	Whitesboro	02:13.4	Emmanuel Fischer	M18			63.1
Mike Dee	M23		02:18.3	Charles Hendricks	M29	Syr. Chargers		69.6
Sascha Scott	F39		02:24.2	Joe Mora	M53	GVH		1:10.8
Katie Nolan	F17	Bainbridge-Guilford	02:29.1	Mark Hanlon	M13	Syr. Chargers		1:24.0
John McEachen	M44	Syr. Chargers	02:30.4					
Charles Hendricks	M22	Syr. Chargers	02:36.5	One Mile				
Alex Villalba	F15	FM	02:42.5	Mike Dee	M23			05:03.3
Mark Hanlon	M13	Syr. Chargers	03:04.5	Joe Mora	M53	GVH		05:12.4
Kyle Potrzeba	M13	Syr. Chargers	03:11.4	Eli Barbour	M13	Syr. Chargers		05:53.5
Savannah Kuhr	F12	Gillette Road Middle	03:12.7	Alex Villalba	F15	FM		05:58.3
Morgan Ashton	F14	Whitesboro	03:25.3	Nick Ashton	M17	Whitesboro		06:27.8
Amanda Aitken	F8	JD Elementary	03:53.5	Ruth Yanai	F56			06:50.7
Tyler Aitken	M11	JD Middle	04:00.0	Mark Hanlon	M13	Syr. Chargers		07:05.7
				Kyle Potrzeba	M13	Syr. Chargers		07:25.9
55 m				Morgan Ashton	F14	Whitesboro		07:56.5
Levar Sealey	M18	Bronx Tigers	6.2	Ken landolo	F64			09:09.0
Emmanuel Fischer	M18		7.0					
Antonio Owens	M15	Syr. Chargers	7.4	3000m				
John McEachen	M44	Syr. Chargers	7.5	Jason Mintz	M35	Strong Hearts		09:50.1
Rebecca Brown	F20	Bryant & Stratton	7.8	George Young	M33			10:14.7
Katie Nolan	F17	Bainbridge-Guilford	7.9	Sascha Scott	F39			10:36.1
Eli Barbour	M13	Syr. Chargers	8.3	Jack Bernard	M43	Syr. Track Club		10:40.1
Savannah Kuhr	F12	Gillette Road Middle	8.7	Loren Davies	M47	Syr. Chargers		11:27.2
Mark Hanlon	M13	Syr. Chargers	9.2	Charles Hendricks	M29	Syr. Chargers		11:27.3
Rich Carpenter	M58		9.3	Mark Hanlon	M13	Syr. Chargers		13:15.5
Bob Nicholson	M67	Syr. Chargers	10.0	Moir Fayle	F16	Lowville Academy		15:04.2
Elijah Bailey	M3	Syr. Chargers	13.0	Samantha Aitken	F13	JD Middle		16:20.4
MaKayla Grobsmith	F3	Syr. Chargers	18.2	Amanda Aitken	F8	Syr. Chargers		16:43.8
				Lauri Francis	F57			17:31.5
400m				Ken landolo	M64			18:08.6
Levar Sealey	M18	Bronx Tigers	54.3					
Nick Ashton	M17	Whitesboro	57.2	One Lap (youth)				
John McEachen	M44	Syr. Chargers	58.9	MaKayla Grobsmith	F3	Syr. Chargers		02:53.3
								took a
Travis Russel	M18		60.1	Elijah Bailey	M3	Syr. Chargers		short cut
George Young	M33		60.2					



**Don't Overlook Our Sunday Evening Training and Exercise Sessions!**

Don't forget that Chargers practice sessions in the friendly confines of Manley Field House are available from now through the end of March for all of our members on most Sunday evenings from 6:00 to 8:00. You can walk, run, or do a little speedwork with others, always in shorts and T-shirts regardless of the weather outside. Please remember to bring your current Chargers membership card. We hope to see you there!

**Are You a People Person? We're Seeking a Chairperson for Our Volunteer Committee!**

If interested, please contact SCTC President, Dave Oja (446-6285, or [daveoja@a-znet.com](mailto:daveoja@a-znet.com)).

**Anyone Interested in Directing the Cazenovia July 4<sup>th</sup> Foot Races?**

As a result of the passing of Evelyn White last June, we are seeking a volunteer with significant volunteer experience in road race operations to serve as the race director of the Cazenovia July 4<sup>th</sup> Foot Races. If interested, please contact SCTC Road Race Coordinator, Dave Oja (446-6285, or [daveoja@a-znet.com](mailto:daveoja@a-znet.com)).

**Is There a Volunteer Webmaster in the House?**

Terry McConnell has graciously volunteered to handle content updates on the Chargers website on an interim basis as we seek a volunteer to handle the webmaster position. We invite any of our members who has experience in website development and management to let us know if you'd be interested in assisting the Club in that capacity. Please contact Dave Oja ([daveoja@a-znet.com](mailto:daveoja@a-znet.com)) if you're interested or would like additional information.



A Sincere Thank you to all of the participants, and especially to all of the volunteers who made this event a success!





**Manley Field House, Syracuse University  
Indoor Track Meets**

**Note:** These are **running only** meets, there are no field events.

**Registration: 7:00 - 7:30 am**

**Entry Fee: None**

**Order of Events (Tentative)**

<del>Sunday, 12/14/14 7-10 am 7:30 am 1st event</del>	<del>Sunday, 1/18/15 7-10 am 7:30 am 1st event</del>	Sunday, 2/15/15 7-10 am 7:30 am 1st event	Saturday, 3/14/15 7-10 am 7:30 am 1st event
<del>3000 meters</del>	<del>3000 meters</del>	3000 meters	3000 meters
<del>55 meter dash</del>	<del>55 meter dash</del>	55 meter dash	55 meter dash
<del>800 meters</del>	<del>800 meters</del>	800 meters	800 meters
<del>One lap (youth)</del>	<del>One lap (youth)</del>	One lap (youth)	One lap (youth)
<del>400 meters</del>	<del>400 meters</del>	400 meters	400 meters
<del>Mile R/RW</del>	<del>Mile R/RW</del>	Mile R/RW	Mile R/RW

**Questions or to volunteer contact Mark Driscoll, 449-9615**

**Syracuse Chargers All Comers Indoor Meets – 2014 and 2015 -- Syracuse University.**

Name: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address (Street): \_\_\_\_\_ Club/School \_\_\_\_\_

City, State \_\_\_\_\_ Phone # \_\_\_\_\_

Guardian's address if different from above: \_\_\_\_\_

**Waiver:** In consideration of this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club Inc., Syracuse University, the Road Runners Club of America and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that medical support for these meets will be volunteers who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in these meets.

I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant : \_\_\_\_\_ Date: \_\_\_\_\_

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

(Signature of parent or guardian for all participants age 17 or younger.)

## THE PRICE OF RUNNING FAST

Once at a race, a volunteer asked how many days a week I ran. I proudly said every day. Now that statement is coming back to haunt me. According to an article in the prestigious Journal of the American College of Cardiology, I was doing a very unhealthy thing.

The study was conducted in Denmark and followed 5,048 individuals for 12 years. There were 1,098 runners and the rest were sedentary non-runners. Among the runners, their frequency, duration and speed were carefully monitored. The goal was to correlate death rates with activity levels.

The findings are shocking and disappointing to all dedicated and serious runners. The lowest death rate was among those who ran 1 to 2.4 hours per week at a very moderate pace. This amounts to no more than three runs per week at about 5 mph (12 min pace).

Those running more often or at a rate of 7 mph (8:30) were not doing themselves anything good in terms of health or longevity. In fact, they had the same mortality rate as the sedentary non-runners! Those who ran the fastest were nine times more likely to die prematurely than those who ran at a slow pace. The authors conclude that fast running is as deadly as sitting on the couch. Anything more than the recommended three runs per week at a 12 minute pace is not only unnecessary, it is harmful to the cardiovascular system, especially if done for years or decades.

As someone who has trained and raced very hard for over three decades, I was more than a little shook up by this study. I wondered what those 51 marathons and 5 ultras and those 800 shorter races did to my heart. My anxiety was relieved after my internist performed an EKG and an echocardiogram and pronounced my heart normal. So for now I seem to have dodged the bullet.

Cardiovascular exercises such as running, walking, biking, swimming and rowing are definitely good for your overall health in many ways. This study shows that the health benefits occur at a fairly low level of intensity and frequently and beyond that level, the exercise is no longer beneficial and is in fact detrimental.

If you want to win races you need to run more than three times per week and much faster than a relaxed 12 minute pace. But, this new information indicates you may be doing yourself a disservice in terms of health and longevity. The price seems high. Remember what happened to Pheidippides after he ran from Marathon to Athens.

In looking for what is likely to be healthy and "normal" for human beings, we can sometimes get the answers by going back to our origins. Our ancient ancestors did not run races against the clock or each other. They walked long distances hunting and gathering. If they ran at all, it was short sprints to get away from a dangerous animal. Seen from that viewpoint, avid running seems quite a departure from the norm.

Sam Graceffo, MD

# Syracuse Chargers Indoor Track Activities

## Community Fitness Events Welcoming the General Public

### January 15, 2014 – March 31, 2015

There are three indoor all-comers meets left this year - January 18th, February 15th, and March 14th at Manley Field House on the Syracuse University Campus. Entry into the meets is FREE!

To prepare for those meets, there are a series of Open and Youth practice sessions at Manley. The dates and times are listed below. The sessions are free for Syracuse Charger members - but remember to bring your membership card to get in.

For additional information, please visit [www.syracusechargers.org](http://www.syracusechargers.org) or call Mark Driscoll at 449-9615.

#### FEBRUARY:

- Sun., Feb 15 All-Comer Indoor Track Meet, Manley Field House, 7:00 – 10:00 a.m.**
- Sun., Feb. 15 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sun., Feb. 22 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.

#### MARCH:

- Sun., Mar. 1 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sun., Mar. 8 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sat., Mar. 14 All-Comer Indoor Track Meet, Manley Field House, 7:00 - 10:00 a.m.**
- Sun., Mar. 15 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sun., Mar. 22 Youth (12 & under) Meet, Manley Field House, 8:00 – 10:00 a.m.
- Sun., Mar. 22 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.
- Sun., Mar.29 Open and Youth Practice, Manley Field House, 6:00 – 8:00 p.m.

# Syracuse Chargers Track Club Scholarship Application



The Syracuse Chargers Track Club, Inc. will award as many as three \$1,000 scholarship grants to SCTC members who have distinguished themselves through their: volunteer activities within our community (including but not limited to Chargers events); academic achievement; and commitment to personal fitness. All applicants should have a record of volunteer service to the athletic community. In order to qualify for consideration for one of these awards, an applicant must be a graduating high school senior, an SCTC member at the time the application is submitted, and the holder of at least a B average throughout high school. Anyone who wishes to be considered for one of these awards must provide the information requested below and submit this form along with the following:

1. A letter of recommendation written by an adult who has supervised, coordinated, or is otherwise familiar with your volunteer activities, particularly those that promote health and fitness.
2. **Either** a copy of your high school transcript **or** a teacher's or guidance counselor's letter of recommendation that focuses on your **academic** achievement and merits.
3. A **typed** essay of 300 to 400 words describing how your participation in athletics and the volunteer activities that support athletics demonstrates your commitment to lifetime fitness.

**This form and all supporting materials should be mailed together and must be received by May 15.**

Please mail this form and your other application materials to:  
John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078.

Applicant's name: \_\_\_\_\_ Home phone: \_\_\_\_\_

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

\_\_\_\_\_  
Your date of birth: \_\_\_\_\_

\_\_\_\_\_

Your high school(s): \_\_\_\_\_

High school average: \_\_\_\_\_ Class ranking: \_\_\_\_\_ SAT/ACT score(s): \_\_\_\_\_

College or university that you're most likely to attend: \_\_\_\_\_

Volunteer activities on behalf of athletics in our community (including but not limited to Chargers volunteering)

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## Calendar of Events

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

### February

- 22 Lake Effect 1/2 Marathon, 9:30am, Onondaga Lake Park. Visit [www.lakeeffecthalfmarathon.com](http://www.lakeeffecthalfmarathon.com).
- 28 Freeze Out to End Homelessness 5k, Broome CC Campus, Binghamton, NY, 10:00am. Contact: Vikke Collazo, 607-624-7431, [victoria.collazo@rmsyr.org](mailto:victoria.collazo@rmsyr.org)

### March

- 8 The 12th Annual Celebrate Life Half-Marathon, Rock Hill, NY. Contact: [myriamloor@hvc.rr.com](mailto:myriamloor@hvc.rr.com)
- 8 School House to White House 5k, Pulaski, NY. 1:00pm. Visit [www.pulaskischoolhouse5krun@webnode.com](http://www.pulaskischoolhouse5krun@webnode.com)
- 14 SCTC All Comers Meet, Manley Field House-SU 7:00-10:00am, visit [www.syracusechargers.org](http://www.syracusechargers.org)
- 14 14th Annual St. Patrick's 4 Miler, St. Patrick's Church, Binghamton, NY. 10:00am. Contact Vince Kelley at 607-729-3340 (evenings) or [runnerkelley@yahoo.com](mailto:runnerkelley@yahoo.com).
- 21 John McKenna Memorial 5K, Recreation Park, Binghamton, NY 10:00am. Contact: [mckenna5k@binghamtoncrew.org](mailto:mckenna5k@binghamtoncrew.org)
- 21 Running of the Bears 5K, Vestal High School, NY 9:00am. Contact Sue Darpino at [sjdarmino@vestal.k12.ny.us](mailto:sjdarmino@vestal.k12.ny.us).
- 22 Syracuse Half Marathon, OnCenter, Syracuse, NY. Visit [www.syracusehalf.com](http://www.syracusehalf.com)
- 28 2nd March Madness Four Miler, Vestal Rail Trail Coal House, Vestal, NY Noon. Visit [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org)
- 29 42nd Annual Forks XV (15) Km Run, Chenango Forks HS, NY 2:00pm. Contact Sue Cain at [suestevepat@yahoo.com](mailto:suestevepat@yahoo.com) or visit [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org)

### April

- 2 Fort to Fort Races, 5k/10k, Rome, PA 9:00am Visit [www.romanrunners.com](http://www.romanrunners.com)
- 3 Run for Your Heart 5k, Vestal Rail Trail Coal House, Vestal, NY 1:00pm. Visit [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org).
- 11 Good Samaritan 5k, Longbranch Park, Liverpool, NY. 10:00am. Visit [www.goodsamaritanrun.org](http://www.goodsamaritanrun.org)
- 11 DAR 5k, Green Lakes State Park, Fayetteville, NY 9:30am. Visit [www.daraces.org](http://www.daraces.org)
- 12 6 Legged 5k, Onondaga Lake Park, Syracuse, NY. 9:30am. Visit [www.fleetfeetsyracuse.com/events/six-legged-5k](http://www.fleetfeetsyracuse.com/events/six-legged-5k)
- 12 Skunk Cabbage Classic 10k/Half Marathon, Ithaca, NY. 10:00am. Visit [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)
- 12 USA Pan American Race Walking Cup Trials Open 20k/Junior 10k and Masters National 20k RW champs/ Harry Wright Lake Park, Whiting, NJ. Contact Ron Salvio at [Ron@Salvio.com](mailto:Ron@Salvio.com)
- 19 Pink Elk 5K Run/Walk, Vestal Elks Lodge, Vestal, NY 11:00am. Contact Jake Brown at [wmjbrown@gmail.com](mailto:wmjbrown@gmail.com).
- 26 The Color Run 5K, Broome CC Campus, Binghamton, NY 9:00am. Contact Joanne Weir at 607-771-8888 x399 or [joanne.weir@yourmha.com](mailto:joanne.weir@yourmha.com)

May

- 3 Greater Binghamton Bridge Run Half-Marathon and 5K, NYSEG Stadium, Binghamton, NY. Visit [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org)
- 3 Mountain Goat 10 Mile, Syracuse, NY 9:15am. Visit [www.mountaingoatrun.com](http://www.mountaingoatrun.com)
- 9 Girl Up 5K Run/Walk, Otsiningo Park, Binghamton. 10:00am. Visit [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org).
- 10 Thomas B Trail Runs, 13k/26k/52k Ithaca, NY. 7:00am. Visit [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)
- 23 Run Wild for the Binghamton Zoo, Vestal Rail Trail Coal House, Vestal, NY. 10:00am. Visit [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org)
- 30 A Room to heal Pajama 5k, Otsiningo Park, Binghamton. Visit [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org)
- 30 Freihofers Run for Women 5k, Albany, NY. Visit [www.freihofersrun.com](http://www.freihofersrun.com)
- 31 USA 5km Race Walk Championships, Albany, NY. Contact Don Lawence at [walk2agoal@gmail.com](mailto:walk2agoal@gmail.com)

June

- 6 Tortoise & hare 10k and Trail Run, Ithaca, NY 9:00am. Visit [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)
- 6 USATF Niagara 20,000m race walk championships, Owego HS, Owego, NY. Contact: Dave Talcott at [dwtalcott@juno.com](mailto:dwtalcott@juno.com)
- 17 Ithaca Twilight 5k, Stewart’s Park, Ithaca. 7:00pm. Visit [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)
- 20 Vestal XX 20 K Road Race, Vestal Senior Center, Vestal, NY. 8:00am. Visit [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org).

July

- 4 Cazenovia 4th of July Races, 5k/10 Miles, Cazenovia, NY. Visit [www.SyracuseChargers.org](http://www.SyracuseChargers.org)

**Bold Print—SCTC Event**

If you have events you would like listed in the Syracuse Chargers Newsletter, please e-mail information and entry blank to: [dwtalcott@juno.com](mailto:dwtalcott@juno.com). Events will be listed as space is available.

**CORTLAND YMCA 2015 RACE SERIES**

22 Tompkins Street, Cortland NY 13045 607-756-2893 [www.cortlandymca.org](http://www.cortlandymca.org)

- \_\_\_\_\_ Spring Run 5K Sunday, April 19, 2015 9 AM Reg by 4/5 to receive shirt
- \_\_\_\_\_ Mother’s Day Run 5K Sunday, May 10, 2015 9 AM Reg by 4/26 to receive shirt
- \_\_\_\_\_ Father’s Day Run 5K Sunday, June 21, 2015 9 AM Reg by 6/7 to receive shirt
- \_\_\_\_\_ Pumpkin Run 5K Saturday, Sept. 26, 2015 9 AM Reg by 9/12 to receive shirt
- \_\_\_\_\_ Turkey Trot 5K Thursday, November 26, 2015 9 AM Reg by 11/9 to receive shirt

**Are You Interested in “Walking” For Fitness??**

The Chargers Recreation And Fitness Committee is looking for:  
1 to 2 new committee members.

We will be looking at starting a Chargers Program For Walkers in the spring of 2015.

If interested, contact Greg Tuttle at 315-430-9409 or at [tuttlegreg@hotmail.com](mailto:tuttlegreg@hotmail.com) .



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

Return Service Requested

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-Shorts 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: 213 Scott Avenue, Syracuse, NY 13224	Postage		3.00	+ 3.00
	<b>Total</b>			