



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLV

Syracuse Chargers Track Club

March 2014

Thank You Volunteers; Congratulations Athletes



David Kennedy
Outstanding Vol. Service



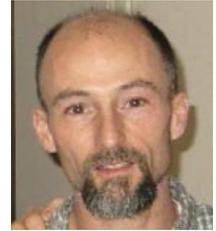
Dave Patruno
Nate & Evelyn White
Lifetime Service



Annika Avery (F/M)
Jerry Schulz Section 3



Bryce Millar (FM)
Section 3 Male Runner



Scott Weeks
Charlie Hackenheimer LDR



Jim Cox, Volunteer



The Stolicker Family, Volunteers
Thank you also to Volunteer, *Mike Biselli.*



Chuck Millazo, Volunteer



Pat Piscitelli, Volunteer



National Grid.
Corp. Friend of Running



Josh Guarino, Track



Nick Guarino, Track



Brittany Burns Track



Julie Quinn, LDR



Andrea Damad, LDR



Sue Gardinier, LDR



Pat Peterson, Track



Barb LoPiccolo, Field



Norm Deep, Field



Ed Cox, Track

The following directors were re-elected at our Annual Meeting for another two years: Mark Driscoll, Pat Leone, Dave Patruno, Bob Hiemenz, Mickey Piscitelli and new director Matt Oja. An enjoyable meal and program was held at Best Western Plus at Carrier Circle on February 1st. And thanks to Mickey Piscitelli for once again handling the arrangements.

Syracuse Chargers

Track Club, Inc.

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Board of Directors

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John View

Summer Runs

Oncida Shores

Onondaga Lake Park

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Send Merchandise orders to: **Evelyn White**
118 Foxcroft Ln., Fayetteville, NY 13066

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 \$15 per year.

Material should reach Evelyn White, 118 Foxcroft Lane, Fayetteville, NY 13066, or e-mail NandEWhite@aol.com by the 10th of the month.

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Gabe Yankowitz, Physical Therapist
Sam Graceffo, MD

Chargers Membership Forms should be sent to:

Julie Shafer, SCTC Membership Coordinator
8103 Lobos Lane
Liverpool, NY 13090

Changing your address? Let Julie know as soon as possible (399-8553) 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 www.USATF.org and click on membership. Membership entitles you to represent the Chargers in USATF road running, track & field, cross country, and race walking championship events at the district, regional and national levels. **The Charger Club number is "04-0092"**

Board Meetings generally held the 3rd Tuesday of the month at 7 pm. Call 637-6211 for information.

Club Web Site: www.syracusechargers.org

New Charger Members

Elizabeth Chase	Margaret Dalgety	Abby Morgan	Beth Savage
Maureen Chase	John DeSpirito	Victoria Morgan	Jack Savage
Megan Chase	Kevin Garvey	Matt Oja	Luke Savage
Wayne Chase	James Garvey	Jim Reale	Michael Savage
Kathleen Congel	Katheine Frontino	Kate Reale	Peter Savage
Jack Dalgety	Cailin Kowalewski	Lindsay Reale	Alyssa Smith
John Dalgety	Susan Mahar	Rebecca Reale	Matthew Tiss

Entry Forms in this Newsletter

February 23 All Comers Track Meets (running events only) Manley Field House

Indoor Practice for Charger Members Only at Manley Field House 6-8 pm
Sundays February 16 & 23; March 2, 9, 16, 23 & 30

Special Olympic Practice at SRC Tuesday, April 15, 22, 29; May 13 & 20
If you can volunteer to help, contact: Peter Rhodes per56@aol.com

J.P. Morgan Corporate Challenge® Syracuse Registration Set to Open March 12

The registration link for the largest Syracuse-area road race of the year, the J.P. Morgan Corporate Challenge®, will go live on Wednesday, March 12. This opens the 2014 entry window for the June 17th event that has attracted nearly 8,000 entrants in each of the past two years.

The 3.5-mile event is open to company teams comprised of fulltime employees age 18 or older in three team categories: men’s, women’s, and mixed. You can access the Syracuse homepage by clicking on “Syracuse” on the event schedule on the J.P. Morgan Corporate Challenge® homepage: www.jpmorgan.com/cc.

The Chargers have helped to conduct the Syracuse edition of the Corporate Challenge® since 1982, when its inaugural edition attracted approximately 600 participants. If you’re not eligible to participate, the Club would love to have your help as a volunteer at Onondaga Lake Park on race day. For more information, please call race coordinator, Dave Oja, at 446-6285.

I would like to volunteer to help at the following events:

_____ February 23 (Sun.)	Track Meet	Manley Field House
_____ March 15 (Sat.)	Track Meet	Manley Field House
_____ April 19 (Sat.)	Track Meet	Manley Field House

Name: _____ Tel. _____

Address: _____ E-Mail _____

Any preference regarding volunteer position? _____

Family or friends who'd also like to help? _____

Contact Event director or mail to Evelyn White, 118 Foxcroft Ln. Fayetteville NY 13066
Or e-mail to Evelyn at nandewhite@aol.com

Our Named Awards

The **Nate and Evelyn White Lifetime Service Award** is named in honor of Nate and Evelyn, both of whom provided outstanding leadership and made singular, long-term volunteer contributions to the Syracuse Chargers Track Club, Inc. This is not intended as an annual award, but is presented as often as we have a deserving candidate who has provided consistently outstanding service to the Chargers over a period of twenty years or longer.

The **Arnie Briggs Good Guy Award** is named in honor and memory of Arnie Briggs, an outstanding marathoner of his era, volunteer coach of Kathrine Switzer at the time of her famous 1967 running of the Boston Marathon, and a longtime member of the Syracuse Chargers Track Club, Inc. We present the Arnie Briggs Good Guy Award annually to an individual who has a record of outstanding volunteer service to the Chargers and the CNY running community, and who exemplifies the sincerity, humility, honesty, helpfulness, and generosity for which we so admired Arnie.

The **Charlie Hackenheimer Award** is presented annually to the Syracuse Chargers Track Club's most outstanding male masters long distance running athlete of the prior year. The award is named in honor and memory of Charlie Hackenheimer, of Central Square, whose numerous age-group national rankings, championships, and records amazed and inspired so many CNY masters long distance runners.

The **Jerry Schulz Award** is presented annually to the most outstanding female high school cross country runner in Section 3. The award is named in honor and memory of Jerry Schulz, the longtime coach of cross country and track & field at Central Square High School. Acting on behalf of Central Square's Katy Schilly's right to compete in interscholastic high school cross country, Jerry played a central role in expediting the adoption of girls' cross country as an interscholastic sport in New York State public high schools. Jerry was also an outstanding Chargers Board member and volunteer.

Awards Recipients

Overall Service Award	David Kennedy
Nate & Evelyn White Lifetime Service Award	Dave Patruno
Corporate Friend of Running	National Grid
Volunteer Service Awards	Pat Piscitelli Jim Cox Mike Buselli Chuck Milazzo The Stolicker Family

2013 Athletic Awards

Jerry Schulz Award Female Section III Runner	Annika Avery, Fayetteville Manlius HS
Section III Male Runner	Bryce Millar, Fayetteville Manlius HS
Open Female LDR	Julie Quinn
Open Female Track	Brittany Burns
Open Male LDR	Andrea Damad
Open Track	Josh & Nick Guarino
Masters Female LDR	Sue Gardinier
Masters Female Field	Barb LoPiccolo
Masters Female Track	Patricia Peterson
Masters Male LDR	Scott Weeks
Charlie Hackenheimer Award	Charlie Hackenheimer
Masters Male Field	Norm Deep
Masters Male Track	Ed Cox

2014 Syracuse Chargers All Comers Indoor Meets Manley Field House, Syracuse University

Note: These are running only meets, there are no field events.
Competitors may enter a maximum of three events per meet.

Registration: Sunday . Feb. 23, Saturday, Mar. 15, Saturday, April 19 – 6:45-7:30 am
Entry Fee: None

Order of Events (Tentative)

Sunday, Feb. 23 7-10 am 7:30 am 1st event	Saturday, Mar. 15 7-10 am 7:30 am 1st event	Saturday, April 19 7-10am 7:30 am 1st event
3000 meters	3000 meters	3000 meters
100 meters	55 meter dash	55 meter dash
800 meters	800 meters	800 meters
One lap (youth only)	One lap (youth only)	One lap (youth only)
400 meters	400 meters	400 meters
Mile R/RW	Mile R/RW	Mile R/RW

Questions or to volunteer contact Mark Driscoll at mdriscol@esf.edu

Syracuse Chargers All Comers Indoor Meet - Feb. 23; March 15; April 19, 2014 -- Syracuse Univ.

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.)

Recent Charger Age Group Records

Triathlon (8-9)	Jenna Deep	302 points	1/26/14	Felder
One Mile (90-94)	Don Hanlon	13:16.84	1/25/14	Cornell
One Mile (35-39)	Sascha Scott	5:05.52	1/25/14	Cornell
One Mile (35-39)	Sascha Scott	5:05.4	2/2/14	Felder



Alex Brimstein, Guarino Brothers, Alyssa Smith Have Excellent Performances At BU

Alex Brimstein, (pictured above) SUNY Geneseo alum and new Charger member, placed fifth out of nine starters and **Galen Rupp** broke the existing American record in the indoor two mile run at the Boston University John Thomas Terrier Invitational on January 25. Rupp's time of 8:07.41 broke **Bernard Legat's** American record of 8:09.49, and makes him sixth all time in the world for this event. Alex's time was 8:54.52, a fine showing in his inaugural Charger race.

At the same meet **Nick Guarino** placed second in the 1000 meter run with a time 2:22.73, and brother **Josh Guarino's** outstanding time of 4:03.41 in the mile was good for 6th place in this quality meet. **Alyssa Smith** turned in a 5km time of 17:15.35, good for 12th place among the 66 competitors. Josh's time is only .30 seconds off the Charger mile record of 4:03.11 by Nick Stenuf. Nick's time was 2.41 seconds short of his own Charger 1000 meter record.

Barbara LoPiccolo Attains All American Status

Congratulations to **Barbara LoPiccolo**, who was named in the February issue of National Masters News as an All American in track and field. Barbara, representing the 65-69 age group, earned this distinction with a hammer throw distance of 27.14 meters in 2013.

In the same issue, Charger subscriber **Tomlinson Rauscher** is also listed is also listed as an All American in the 65-69 age group with a pole vault height of 2.45 meters.

All American standards and application forms can be found in issues of National Masters News.

Scott Weeks Third Master Finisher At Hartshorne Mile; New Record For Sascha Scott

Scott Weeks placed third in the men's masters 40 elite division of the Hartshorne Mile at Cornell on January 25. Scott's time was 4:28.05. **Nick Berra** from Enola, PA won the masters race in a time of 4:25.09. Two Chargers set club age group records in the meet. **Don Hanlon's** time of 13:16.84 at the meet will be a Charger 90-94 record. **Sascha Scott** was clocked in 5:05.52, in the submasters division, good for a new Charger 35-39 age group record. Other known Charger finishers and their results are below. As always, we may have missed the names of some club members.

Sam Graceffo (75) 7:47.41 Mike DeFio (66) 7:04.76 Kevin Hanlon (55) 5:47.05

Nick And Josh Guarino Go 1-2 In 800 At Cornell

Nick Guarino placed first in the 800 meter run (1:51.15) at the Robert J. Kane Invitational at Cornell on February 1, narrowly edging his brother **Josh** (1:51:81). Nick and Josh also finished third (8:52.92) and fourth (8:52.96), respectively, in the 3000 meter run.

At the same meet, new Charger member **Sylvester Owasu** placed first in his heat (7.15) and seventh in the finals (7.14) of the 60 meter dash. Sylvester also placed fourth in his heat of the 200 meter dash (24.61).

A New Age Group Records For Jenna Deep And Sascha Scott At Felder Meets

Jenna Deep broke her own age 8-9 triathlon record when she scored 302 points at the Felder-SRC Indoor Pentathlon Meet on January 26. Her old record was 228 points, set last year. Jenna's specific event performances were not listed in the early results.

The triathlon for youth ages 10 and under is a USATF and AAU sanctioned event. For both boys and girls ages 8 and under, and for girls ages 9-10, the events are shot put, high jump and 200 meters. For boys ages 9-10, the events are shot put, high jump and 400 meters.

In the February 2 meet at Felder, **Sascha Scott** broke her own Charger 35-39 one mile record with a time of 5:05.4, and was clocked at 64.8 for the 400 meter dash.

Other results in the January 26 Felder meet included: **Georgia Deep** (7 & Under) in the biathlon (shot put and 55 meter dash) with 395 points; **Mark Hanlon** (12-13) in the 55 meter dash, 9.3, and in the 1500 meter run, 6:08.9; **Kevin Hanlon** (55-59), 1500 meters, 5:58.0; **Liz Besio** (55-59), 1500 meters, 6:45.5; **Tim Collins** (70-74) with a pending triathlon score of 857 points; and **Tom Daly** (55-59) with a pending triathlon scored of 944 points. In the February 2 meet **John View** (60-64) ran the 55 meter dash in 10.1. Apologies for any Charger scores we may have overlooked in the two meets.

Laura Leff Qualifies For Millrose Games

West Genesee High School senior **Laura Leff** qualified for the Millrose Games by winning the New Balance One Mile Invitational on January 25 with a time of 4:00.49. The Millrose Games will be held after this newsletter goes to publication. Good luck to Laura at Millrose.

SAVE THE DATE: Saturday, August 16 2014

The **Syracuse Chargers Track Club** will host the **21st Annual Willow Bay 5K Run & Fitness Walk for Women** on **Saturday, August 16 at 9am.**

This flat and fast certified course runs along the east shore trail of Onondaga Lake in Liverpool.

In addition to the usual award categories, there are awards for the top three teams in each of the following family categories: Mother-Daughter, Sister-Sister, Grandmother-Granddaughter, and Aunt-Niece

Other awards go 3 deep in each of the following 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,and 85+.

The early registration of \$25 includes an attractive long-sleeved technical T-shirt and post event refreshments. Day of Race registration is \$35.

* Special notice: There is NO ENTRY FEE for women aged 65 or better! Yes, that's correct – you will enjoy the same race amenities as the other athletes – all for free!

Please contact Mickey Piscitelli at (315) 638-9662 (home) (315) 345-3270 (cell) or mpiscitelli2@verizon.net or visit the website at www.syracusechargers.org/willow.

Chargers Age Group Records 55-59 Women

45m	Barbara Stewart	8.4	1/26/97	880y	Howard Rubin	2:34.8	1984
50m	Kate Clark	10.3	8/19/01	1000y	Ed Stabler	2:47.0	3/24/85
55m	Margaret Kelly	10.6	3/16/02	1000m	Bob Milner	3:06.5	1/23/93
100m	Kathleen Cirina	14.7	8/2/02	1500m	Howard Rubin	4:38.7	9/30/83
200m	Kathleen Cirina	31.2	8/2/02	1 mile	Bob Milner	5:00.6	1/12/91
300m	Bertie Argyris	58.4	3/22/87	2000m	Ed Stabler	6:38.4	1/19/86
400m	Kathleen Cirina	77.93	7/14/03	3000m	Bob Milner	9:28.7	3/9/91
600m	Muriel More	2:50.3	2/27/83	2 miles	Howard Rubin	10:42.2	7/25/84
800m	Yvonne Rothenberg	3:03.3	11/21/01	5km (r)	Bob Milner	17:04	10/13/91
1000m	Mary Ann Rusz	4:35.0	3/1/92	5km (t)	Howard Rubin	17:03.0	9/23/83
1500m	Yvonne Rothenberg	6:15.7	6/25/01	8km (r)	Howard Rubin	28:19	10/22/83
3000m	Yvonne Rothenberg	13:20.6	11/30/01	8km (t)	Sam Graceffo	29:58.0	1/8/93
1 mile	Nancy Frisillo	21:29	10/4/98	5 miles (r)	Sam Graceffo	29:00	9/15/91
5km (r)	Yvonne Rothenberg	24:11.9	12/8/00	5 miles (r)	Sam Graceffo	29:00	9/15/91
5km (t)	Yvonne Rothenberg	37:17	6/14/01	10km (r)	Howard Rubin	35:30	9/4/92
8km	Yvonne Rothenberg	38:05	6/24/01	10km (t)	Howard Rubin	35:50.9	4/21/84
5 miles	Virginia Verdoes	46:22	5/25/08	15km (r)	Howard Rubin	53:24	2/1/85
10km (r)	Karen Davies	44:26.0	7/29/01	15km (t)	Ed Stabler	56:46.8	4/11/86
10km (t)	Nancy Frisillo	67:25	11/8/98	10 miles(r)	Ed Stabler	58:34	9/9/84
15km (r)	Carol Rider	78:34	4/11/99	20km	Howard Rubin	1:13:59	12/17/83
20km	Mary Ann Rusz	1:43:00	8/1/92	1/2 marathon	Ed Stabler	1:19:44	6/23/84
1/2 marathon	Carol Rider	1:49:02	9/16/00	25km	Howard Rubin	1:32:56	10/7/84
25km	Lois Bell	2:17:40	8/25/88	30km	Howard Rubin	1:52:42	12/17/83
Marathon	Mary Ann Rusz	3:49:45	5/13/90	Marathon	Ed Stabler	2:36:42	6/3/84
50 miles (r)	Luana Koplowitz	10:44:07	10/23/12	50km (t)	Sam Graceffo	4:54:59	4/11/96
100km (trail)	Luana Koplowitz	14:04:17	8/24/13	1500m walk	Bill Wiecek	43:138 mi.	5/15/10
80m HH	Kathleen Cirina	19.9	6/6/03	1 mile walk	Bob Nicholson	8:32.0	6/5/97
Long Jump	Kathy Cirina	11-9	6/6/03	3km walk	Bill Wiecek	17:19.0	2/13/05
Triple Jump	Kathy Cirina	24-5 1/2	8.3-.02	5km walk (r)	Bill Wiecek	30:08	8/8/95
High Jump	Kathy Cirina	3-10	6/6/03	10km walk (r)	Jerry Smith	52:23	6/10/06
Shot Put	Kathleen Cirina	31-1 1/4	8/3/02	50y HH	Ed Lukens	8.5	3/29/80
Discus	Kathy Cirina	83-6	8/1/02	50m HH	Bill Townsend	9.1	12/22/85
Javelin	Barbara LoPiccolo	87-3 1/4	8/3/02	55m HH	Bill Townsend	10.2	1/5/86
Hammer, (3kg)	Barbara LoPiccolo	104-2	6/8/07	55m HH	Bill Townsend	10.2	3/23/86
Hammer (5kg)	Barbara LoPiccolo	100-9 1/4	6/9/06	60m HH	Bob Doran	11.54	3/3/13
Weight Throw, 20#	Barbara LoPiccolo	33-2 1/4	7/15/02	110m HH	Bill Townsend	20.98	8/25/85
Superweight	Barbara LoPiccolo	20-5 1/4	3/27/04	400m IH	Paul Stelmaszyk	71.97	7/24/98
				3km steeple	Bob Milner	11:45.3	6/23/90
				Long Jump	Ed Lukens	17-2 1/2	2/10/79
				Triple Jump	Ed Lukens	34-3 1/4	3/29/80
				High Jump	Kevin Donovan	5-0	7/31/07
45m	Howard MacMillan	6.6	2/17/85	Pole Vault	Peter McGinnis	11-5 1/2	3/13/10
45m	Gary Geiger	6.69	1/19/03	Shot Put, 12#	Chuck Yost	39-9 3/4	6/10/90
50m	Howard MacMillan	7.0	12/17/83	Shot Put, 6kg	Harry Schwarze	39-8 3/4	7/14/95
55m	Gary Geiger	7.2	1/5/03	Shot Put 16#	Fred Vero	24-7	7/20/88
60m	Sam Hall	8.14	4/23/01	Discus, 1.5kg	Harry Schwarze	125-0 1/4	7/14/95
100m	Andrew Branch	12.2	8/4/90	Discus, 1.6kg	Chuck Yost	108-3	8/4/90
100m	Sam Hall	12.33	6/24/01	Javelin	Chuck Yost	108-0	7/9/84
200m	Sam Hall	25.46	5/5/01	Hammer	Gary Crawford	132-4	6/12/00
300y	Howard MacMillan	41.0	3/26/83	Weight, 20lb	Gary Crawford	33-7	1/16/99
300m	Fred Schlereth	41.9	1/6/90	Weight, 25lb	Patrick Lynn	43-9 1/2	1/15/06
400m	Fred Schlereth	57.8	12/15/89	Weight, 56lb	Patrick Lynn	21-9 3/4	3/20/05
500m	Howard MacMillan	1:30.3	2/23/85	Indoor Pent.	Ken Moses	2531	3/11/00
600m	Howard MacMillan	1:44.3	1984	Outdoor Pent	Tim Collins	2849	8/2/97
800m	Howard Rubin	2:18.3	8/12/83	Indoor Hept	Bob Doran	3600	3/3/13

Chargers Age Group Records 55-59 Men

45m	Howard MacMillan	6.6	2/17/85
45m	Gary Geiger	6.69	1/19/03
50m	Howard MacMillan	7.0	12/17/83
55m	Gary Geiger	7.2	1/5/03
60m	Sam Hall	8.14	4/23/01
100m	Andrew Branch	12.2	8/4/90
100m	Sam Hall	12.33	6/24/01
200m	Sam Hall	25.46	5/5/01
300y	Howard MacMillan	41.0	3/26/83
300m	Fred Schlereth	41.9	1/6/90
400m	Fred Schlereth	57.8	12/15/89
500m	Howard MacMillan	1:30.3	2/23/85
600m	Howard MacMillan	1:44.3	1984
800m	Howard Rubin	2:18.3	8/12/83

Steve Suto's Challenge

Thanks for the Forum. I'll start my health update with a thank you to some unknown and selfless man who died requesting to be an organ donor. Today I am home recovering from a heart transplant operation I had on November 24th.

Competing for the Chargers I was fortunate enough to have awards that say national gold medalist but those moments of triumph do not compare to the exhilaration you feel every day when you realize how much of a gift you were just given.

Every death is a tragedy. To die in vain is an even greater tragedy. My friend who is a nurse told me that even worse is when they know some preventable tragedies will continue. My motivation to write this down is to inform and appeal to everyone to consider to be an organ donor or a tissue donor or even a blood donor.

The more I talk to people, the more I am told of a person's doubts and fear that being an organ donor may effect your treatment in a treating physician's life or death decision. I was told by a treating physician that they never know who the organ donors are. Ultimately, the family of a donor can still negate an individuals' request to be an organ donor.

There are by US Census estimates 317 million Americans as of 2014. There is an organization called UNOS or the United Network of Organ Sharing (Please look at their website) that matches the 120 thousand Americans registered that are waiting for organs. It is possible that one donor can save the lives of eight people if they match up on criteria that are pre screened. With these numbers given, in 2012 there were approximately 3500 Americans waiting for a heart and there were only 2000 heart transplants performed.

I spent over six months at Strong Memorial Hospital in Rochester waiting and ready for a match that the Strong transplant team was satisfied would be a successful transplant. During my wait time and out of necessity I was forced into an uneasy truce with a fellow transplant candidate who was a former marathon runner and now to be training partners. How many of you readers would choose a field events guy and thrower for this? Still ,while waiting we did our best to motivate each other to improve ourselves in body and spiritually wherever we could. During my wait I read over 40 novels and some of this marathoner's suggestions like Unbroken and The Book Thief were inspiring enough to get my treadmill mile time from 21 minutes to 18. In that hospital unit those were world class times.

When UNOS informs the hospital of a potential match, the Strong Memorial inspection team will go as far as a thousand miles to inspect and retrieve the organ. The hospital has its own jet for this. I was told that my heart was a two hour flight away. The transplant operation will not happen unless the Doctor performing the operation gives the heart a final inspection and approval. For me it took two separate attempts a month apart for this procedure to be completed.

Twelve days after the operation I was sent home. It is not uncommon to stay for a week in the ICU recovering from the operation. After a day and a half I was kicked out of ICU for asking for a nurses' call button. I think I'm their first patient over sixty who walked the 200 yards from the ICU back to the transplant unit. Because I never had any kind of previous open heart surgery I had it easier than someone whose rib cage was opened before.

Today's meds and procedures for post op follow up minimize rejection. I will be on these meds the rest of my life to prevent my body from rejecting this new organ and to keep my immunity to infections. These opposing forces of rejection and immunity are monitored and adjusted with these meds. For the time being I have to be in a more controlled environment and stay at home till my meds are right.

We describe traits like courage, persistence, love, dedication, belief with the word heart. I believe my new heart passed the screening tests for these traits because my heart was a selfless gift of someone I will never know.

Now I wish to thank all of you healthy runners for considering the donation of life. By just giving organ donation any serious thought you certainly have this trait in your heart of a champion. Don't stop till you run through the finish line.

Steve Suto

Steve, all your fellow Chargers are routing for you. We want you out there throwing again!



Calendar of Events

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

March

- 1 40th America's Greatest Heart Run & Walk www.uticaheartrunwalk.org
23 Syracuse Half Marathon www.syracusehalf.gmail.com

April

- 5 Fort to Fort Rome Free Academy www.romanrunners.com

May

- 4 Mt. Goat Run, 10 Miles www.mountaingoatrun.com
26 (Mon) 23rd Annual Veterans' Memorial Day 5K Run 9:28A.M. Village of Camillus
Contact: Camillus Parks and Recreation Department – (315)487-3600

June

- 7 Oswego County Hospice, 5K Walk / Run for Hope Landing Marina Kim McPherson
mmcphers@twcny.rr.com
14 **Hess Express Swamp Rat Races** Contact: rnastasi@twcny.rr.com,
17 (Tues.) **JP Morgan Corporate Challenge** www.jporganchasecc.com/events.php?city_id=13
Contact – Dave Oja 315-446-6285

July

- 4 (Fri.) **July 4th Foot Races** contact: nandewhite@aol.com **Caz4thRun.org**
No day of race entries. Online: GetEntered.com
13 **Boilermaker Road Race** - - www.boilermaker.com Registration opens March 22 noon

August

- 7 (Thurs.) Tromptown Run Half-Marathon and 5 KM www.tromptownrun.com
16 (Sat.) **Willow Bay 5K Run & Fitness Walk for Women**, Contact: mpiscite@twcny.rr.com.

September

- 6 The Dunkin Run – ARC Race www.arcrace.org

October

- 5 (Sunday) **Syracuse Festival of Races, 5K, USATF Masters Championships**
contact: Dave Oja 446-6285 www.festivalofraces.com

November

- 9 Burn Run, East Syracuse Contact: John Minnick, [johnjm 1@msn.com](mailto:johnjm1@msn.com)

Indoor Practice for Charger Members Only at Manley Field House 6-8 pm

Sunday February 16 & 23; March 2, 9, 16, 23 & 30

Track Meets

- February 23 (Sunday) Manley Field House 7-10 am** (Running Events only) Entry form in *Newsletter*
March 15 (Saturday) Manley Field House 7-10 am (Running events only)
March 14-16 USA Masters Indoor Championships, Reggie Lewis Track & Athletic Ctr., Boston
April 19 (Saturday) Manley Field House 7-10 am (Running Events only)

No fee for listing your race or meet on our calendar---email information to [NandEWhite @aol.com](mailto:NandEWhite@aol.com)
For a full-page non-commercial entry form the fee is \$75. Again please email Evelyn White

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____
 Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____
 Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____
 Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____
 Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____

Mailing Address - Street or P.O. Box Telephone Number _____

 City State Zip E-mail Address _____
I would like to receive Charger info. by e-mail Yes__ No__

Primary Fields of Interest: **Membership Status:** **I would like to help with:**
 Road Running Track Running New Track Meets Road Races
 Race Walking Field Events Renewal Coaching
 Physical Fitness Youth Development Special Olympics Program

Mail this form and check to: Julie Shafer, Membership Coordinator Register Online: RunSignUp.com
8103 Lobos Lane, Liverpool, NY 13090

Membership Fee (12 months) : Family and/or Individual \$15 Individual Student (HS or younger)\$10

Make checks payable to: **Syracuse Chargers Track Club, Inc.**

Club T-shirts: Syracuse Chargers Track Club T-Shirts are available for \$6 Sm.____ Med.____ Lg.____ XLg.____ Youth Lg.____

Additional Contributions: To insure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in track and field, cross country, and road running, we appreciate your additional financial support. Enclosed is my tax deductible contribution:

\$10 _____ \$20 _____ \$30 _____ \$40 _____ \$50 _____ \$100 _____ Other \$ _____

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 your 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 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.
118 Foxcroft Lane
Fayetteville, New York 13066 – 2570

Non-Profit Organization U.S. POSTAGE PAID Syracuse, NY Permit No.876
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Return Service Requested

SYRACUSE CHARGERS TRACK CLUB
 Merchandise Order Form
 View Merchandise on www.syracusechargers.org

Name: _____
 Address: _____
 Email: _____
 Phone: _____ For Info. contact: nandewhite@aol.com

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 20.00	
Women's Shimmels (s,m) Women's low cut Shorts (s,m) Men's Black Field Shorts (s-m-l) White Tech T-shirts w/Charger logo Women: (xs, s-m) Men: (s-m-l)			32.00 22.00 25.00 13.00	
T-Shirts, Short Sleeve – Ash Gray Adult (s-m-l-xl) Youth (lg/14-16) Adult (xxl-xxxl)			6.00 7.00	
T-Shirts, Long Sleeve - White Adult (s-m-l-xl)			8.00	
Sweatshirts w/hood (ash) (youth lg) Adults (s-m-l-xl-xxl)			25.00 30.00	
Make checks payable to:		Postage		+\$3.00
Syracuse Chargers Track Club, Inc.			Total	

and mail to Evelyn White at address on page 2 of the Newsletter