



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

March 2016



The Charger 4x400 relay squad (60+ age group) struck gold at the Millrose Games at the New Balance Arena (old 168th street armory) in New York City on February 20th. The team of David Ortman, Horace Hudson, Anthony Baker, and Samuel Gray circled the 200 meter banked track to the tune of 4:18.70 to place 4th in their heat which included teams in the 50-59 age group as well.

Team member Horace Hudson relates: "David Ortman (62) lead off with a very impress split (62.30) giving us the lead at The first hand off. Horace Hudson (63) held the lead on the second leg with a competitive Split (65.39) to the second hand off. Anthony Baker (62) successfully held off all competitors On the third leg with a split (67.17). With the lead after three legs Samuel Gray (61) ran an Outstanding anchor leg bringing us to the Victory split (63.82) final time of (4:18.70)."

From Anthony Baker: "It was a great day for a race and was feeling very excited about the up and coming defense about four by four relay. There are five teams entered and we were expecting to run a relay just consisting of 60 year olds but they mixed us with the 50 year old teams. Dave Ortman led off what a great leg to put us in first in the 60 year old division 5th overall, Horace Hudson continued and cut some distance on the 4th place team to Anthony Baker who handed the stick to Sam Gray 3 meters behind Sam Passed him on The first and came home easy 4th overall and first in age group. The race was exciting and fun. The energy high."

Gary Crawford—a force of one. Gary traveled to Providence, RI on January 31st to compete in the Eastern Regional T&F Championships of USATF. Gary competed in three throws events and scored all of the points in the Chargers 17th place team finish. Competing in the 75-79 age group, Gary took second in the shot put throwing 8.10 meters. He took a third in the weight throw with a toss of 9.32 meters, and took another silver in the super weight throw heaving it 5.32 meters. Great Job Gary.

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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

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

Also, if you are going away for an extended period, let Bob 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 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

New Members:

Lashaun Benjamin Jr.	Naomi Benjamin	Kaidence Cronin	Chevelle Cronoin	Kyle Crouse
Adaybria Edwards	Hayden Elijah	Jaydah Elijah	Katlyn Elm	Olivia Elm
Anyas Goeman	Ava Goeman	Lukiyo Goeman	Keegan Hemlock	Sophia Hill
Cody Johnson	Holly Johnson	Lyle Johnson	Aubrie Jones	Brax Jones
Brycin Jones	Ty Jones	Asyah Lyons	Cusin Lyons	Haydin Lyons
Lela Lyons	Dycen Nanticoke	Ava Watts	Jerome Watts	Lisa Wtts
Peyton Watts	Debbie Zulberti-Robinson			

Renewing Members:

Kathy Ascioti	St. Paul Cassell	Gloira Colton	David Eamer	Jason & Conor Fahy
Roger & Estelle Hahn	Randy Hall	Solomon Lawrence	James Lawton	George Luke
Robin Paul & Maggie Malloy		James McCaul	Peter McGinnis	Don Nicholson
Bob Nugent	Yolanda Powell	Joe & Marilyn Ribyat	Simon Family	Jerry Smith
Nancy Smith	Stephen Suto	Wells Family	Mary White	Rene Wilett

Recent Charger Age Group Records

M10-11 60m HH	Augustine Panek	12.77	2/6/2016
M14-15 60m HH	Damian Panek	11.34	2/6/2016
M40-44 60m HH	Ray Panek, Jr.	9.69	2/6/2016

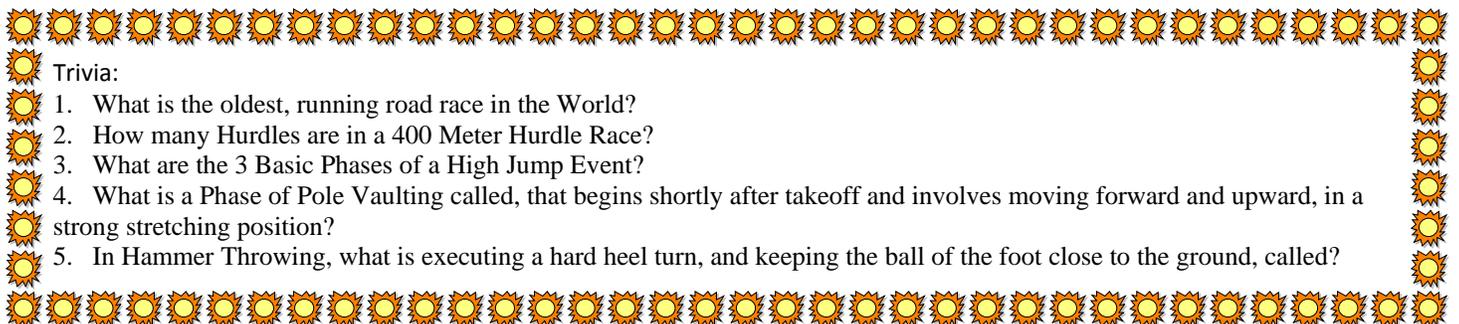
The brothers Panek set their records in the opening event of the Indoor Pentathlon at a Felder Stadium meet (OCC, SRC arena.) Hard luck brother Sebastian (12) turned in a 12.86 but that was insufficient to unseat the existing record: Shawn Wilson's 10.12 from 2005. As if that weren't enough, his brother Augustine took away his M10-11 record of 13.98, set one year ago. There was no existing record in either the M14-15 or M40-44 age groups. (The 60m HH uses the same hurdle placements as the more common 55m HH, but requires its runners to stagger an extra hurdle-free 5 meters to the finish line.)

It is worth pointing out that Ray Panek Jr.'s 9.69 was set en route to a fine 2561 point total in the full event, reportedly the highest world masters total recorded so far this year. It was, however, not enough to wrest the Chargers M40-44 record from Bob Doran, who recorded 2969 points back in 1996; further proof, if any were needed, of the high quality of Doran's record.

Third Wind Becalmed

The February 2016 edition of National Masters News (NMN) included the unwelcome news that Mike Tymn's column "Third Wind" would no longer appear in that publication. Tymn's column, which had appeared in NMN since 1980, invariably entertained us with cogent observations on the state of the sport, fascinating and little known bits of history, and unblinking discussion of the controversies that always arise when people compete against each other. Never one to shrink from speaking his mind, Tymn sometimes rubbed some people the wrong way; his opinions were sometimes "not PC". Perhaps for this very reason, his was always the first article I turned to when a new issue of NMN arrived in the mail. (Thanks, Mike!)

A decision to take a break after 35 years of the tyranny of bi-monthly deadlines is hardly surprising or unexpected, but perhaps it is no coincidence that Tymn's decision to depart (if it was his decision) came shortly after an article he wrote in the October-November issue that questioned the fairness of the awards structure at many modern races - in particular, *vis a vis* the two sexes. His article was entitled "Are Men Being Discriminated Against," and an idea of its content sufficient for the present purpose can be gleaned from the following direct quote of the opening paragraph:



Although the fight for equal pay and other equal rights for women continues in many areas of our society, the women involved in the sports of track & field and road racing should not have any complaints. In fact, it should be clear to anyone taking the time to examine certain standards in our sports that it is the men who are disadvantaged.

Regardless your opinion of the merits of Tymn's points, you can only admire the courage of the man who wrote them. In the year 2016, there are things one simply does not say; questions one simply does not ask; areas of discourse and inquiry where even angels fear to tread. The announcement of Tymn's departure was accompanied by a sample of the mail that had been received in response to his article. One suspects it was a small sample indeed.

Tymn faced a dilemma faced by anyone who writes in a public forum. Stake a position with any content at all and you will invariably tweak somebody's nose, twist somebody's knickers, ruffle somebody's feathers, or gore somebody's ox. Have the temerity and unmitigated gall to stake such a position that is also in the *minority*, and you will be flamed, excoriated, ridiculed, and shouted down. On the other hand, if you attempt to avoid this fate by being sufficiently circumspect in what you write, then you will only produce the kind of pap found in magazines from the seatbacks of airliners: uninspiring, boring drivel that nobody enjoys, and nobody even reads who isn't in a captive audience on a three hour flight.

Today, in the early stages of the next presidential campaign, many of us cringe daily at the crass pronouncements of candidate Donald Trump. I share very, very few of Trump's political views, and I deplore the hurtful nature of much of his speech, but I have to confess that a small part of me – the part that resents the growing necessity to walk on verbal eggshells in all public discourse – is actually pulling for him.

Statistics 4 the Rest of Us

One of the other hats I wear is that of Noontime Running League record keeper and score keeper. The league at SU was founded in 1973 by Nick Wetter and has continued ever since. By now it has amassed a substantial data set of running performances turned in by area runners from a broad range of age groups and abilities. Since I took over as scorer from Ed Stabler in 1994, all records have been retained in electronic form. A spreadsheet containing all 28,964 performances collected as of this writing, in events from 55m to the marathon, is available on the web at the URL:

<http://barnyard.syr.edu/all.csv>

For those who might want to play around with the data, a few comments are in order. First, the data file you would download from the web is in that most basic spreadsheet format called a csv file (for comma separated values.) The advantage of this format is that every spreadsheet program should be able to open it; the disadvantage is that it does not allow for any kind of special formatting. If you like your spreadsheets to use different colors and fonts, to have bolded column headings, pie charts, and so forth, you can always first save it in a richer format and re-open the resulting file. (If data in a column doesn't display properly you probably just need to widen that column with your pointer.) Each line lists the name of the runner (in an abbreviated form), an abbreviated team name, the runner's sex and age group, the date of the performance, the event name, the time recorded in seconds (even for a marathon), the number of points earned by the performance (on a 1-10 point age-graded scoring scale used to track league standings,) and a final number that has utterly no interest beyond the league.

Because all.csv is a spreadsheet and the time data in it are in seconds rather than some crazy time format, it is easy to do arithmetic and statistical analysis (the latest buzzword is "analytics".) Moreover the data have some unique and possibly quite valuable characteristics. The runners involved are ordinary (for the most part) but "serious" performers. Their performances generally represent their best efforts on a given day, more so than would, say, a sample of times from a weekend fun run. The same runner often appears in almost every age group, offering the opportunity to track changes in a given runner's performances from one age group to another. (This can be painful if the statistician is also the runner.)

To get a first feel for what kind of information can be gotten from all.csv, let's have a look at some summary statistics on performances in the 800m run across age/sex categories. (The 800m is a good choice for statistical purposes since numbers of participants involved are particularly large: it is a short enough event that everybody can run it, but it still provides a stern test of both speed and endurance.) There are a total of 2,277 800m performances in all.csv. In the following table some of the very old and youth age groups have been dropped because the numbers were too small to be significant.

AG	N	Mean	Sigma	Median	Fast	Slow	Range
f29	54	189.0	61.6	174.7	133.1	490.4	357.3
f34	46	182.6	30.0	186.6	131.1	302.3	171.2
f39	66	189.6	62.2	170.7	141.9	595.5	453.6
f44	68	191.7	65.7	171.1	142.7	569.7	427.0
f49	83	209.0	68.8	191.4	153.9	600.0	446.1
f54	51	191.9	35.0	179.7	154.9	317.6	162.7
f59	43	197.3	40.3	193.3	155.2	393.9	238.7
f64	26	230.9	101.3	199.1	162.4	697.4	535.0
f69	22	254.8	49.9	248.4	197.4	347.0	149.6

The column labeled N here gives the number of performances recorded in each age group. The column labelled "Mean" is just the usual arithmetic average of all the times recorded. For example, the average female runner aged 45-49 ran the 800m in 3:29.0. The Median time is the middle time when all times are sorted from slowest to fastest. Thus, for example, half of the f39 runners (or 33 runners) ran as fast as 2:50.7 or faster, while 33 ran as slow or slower. The fastest and slowest recorded times are listed in each group, as is the gap between them, or "Range". The hardest column to understand for those who are rusty on their statistics, but one of the most revealing, is the one entitled "Sigma". It gives the standard deviation of the times recorded in the age group. You can think of this as a measure of how "variable" the times are.

In subsequent months when there is space, we'll discuss what, if anything, can be learned from these numbers.

Men's 800 meters Open Record Progression

Fran Verdoliva	1:57.0	2/17/1979
Fran Verdoliva	1:56.9	12/12/1979
Mike Gaughran	1:55.3	4/24/1984
Mike Gaughran	1:51.51	8/18/1984
Jim Westman	1:51.26	4/26/1986
Lubert Lewis	1:48.50	6/19/1999
Lubert Lewis	1:47.41	7/16/1999
Lubert Lewis	1:46.72	6/24/2000

Fran Verdoliva worked as a graduate assistant to Nick Wetter at SU and later took a job with NYS Fish and Game. He has worked for many years as a fishing guide as well. Fran still holds a number of Chargers records including the open 1000y, the M25-29 2 mile (9:10.0) and the M25-29 880y and 5 mile records. Daughters Sarah and Suzanne also hold Chargers records, and his wife Noreen (nee White) ran competitively for the Chargers.

Nick reports that Mike Gaughran was from the southern tier of NYS. He was the winner of the Chargers open division outstanding male track athlete in 1984, the year he set his Chargers record at the Empire State Games. That year he also turned in a 3:56 1500m competing for the Chargers, and finished 3rd in the NCAA DIII indoor 800m.

Jim Westman seems to have been a Charger for only a brief time in the mid-80s. He is probably the same Jim Westman who ran for Rutgers and still holds the school indoor 1000m record of 2:23.03 from the same time period (How many Jim Westmans can there be who are capable of running those times?)

Lubert Lewis ran for Rome Free Academy and later MVCC. His Chargers record in the 800m, run in Dedham MA, remains his PR in the event. His preparation for the Sydney games Olympic trials is profiled in a March 13, 2000 Post-Standard article by Dr. Kamal Jabbour, whose articles can still be found on the Chargers website. Nick recalls that Lewis had a big kick and came from behind to win races.

Syracuse Chargers Records for Females 55-59 years

45m	Barbara Stewart	8.4	1/26/1997
50m	Kate Clark	10.3	8/19/2001
55m	Luana Pesco Koplowitz	9.9	3/15/2014
100m	Kathleen Cirina	14.7	8/2/2002
200m	Kathleen Cirina	31.2	8/2/2002
300m	Bertie Argyris	58.4	3/22/1987
400m	Kathleen Cirina	77.93	7/14/2003
600m	Muriel More	2:50.3	2/27/1983
800m	Yvonne Rothenberg	3:03.3	11/21/2001
1000m	Mary Ann Rusz	4:35.0	3/1/1992
1500m	Yvonne Rothenberg	6:15.7	6/25/2001
1 mile	Yvonne Rothenberg	6:40.9	3/15/2001
3000m	Yvonne Rothenberg	13:20.6	11/30/2001
5km track	Yvonne Rothenberg	24:11.9	12/8/2000
5km road	Nancy Frisillo	21:29	10/4/1998
8km	Yvonne Rothenberg	37:17.0	6/14/2001
5 miles road	Yvonne Rothenberg	38:05.0	6/24/2001
10km road	Virginia Verdoes	46:22.0	5/25/2008
10km track	Karen Davies	44:26.0	7/29/2001
15km road	Nancy Frisillo	7:25.0	11/8/1998
10 miles	Liz Besio	1:15:44	7/4/2014
20km	Mary Ann Rusz	1:43:00	8/1/1992
half marathon	Elizabeth Besio	1:41:20	5/3/2015
25km road	Lois Bell	2:17:40	8/25/1988
marathon	Mary Ann Rusz	3:49:45	5/13/1990
50km road	Luana Pesco Koplowitz	6:00:38	10/11/2014
50km trail	Luana Pesco Poplowitz	6:52:16	11/1/2014
50 miles road	Luana Pesco Koplowitz	10:44:07	10/23/2012
100km trail	Luana P-Koplowitz	14:04:17	8/24/2013
100 miles trail	Luana P-Koplowitz	25:43:04	5/23/2015
80m HH	Kathleen Cirina	19.9	6/6/2003
high jump	Kathy Cirina	5ft 10	6/6/2003
triple jump	Kathy Cirina	24-5	1/2002
long jump	Kathy Cirina	11ft 9in	6/6/2003
weight throw 20lb	Barbara LoPiccolo	33-2 1/4	7/15/2002
shot put	Kathleen Cirina	31-1 1/4	8/3/2002
superweight	Barbara LoPiccolo	20-5 1/4	3/27/2004
discus	Kathy Cirina	83-6	8/1/2002
hammer 3kg	Barbara LoPiccolo	104-2	6/8/2007
hammer 5kg	Barbara LoPiccolo	100-9 1/4	6/9/2006
javelin	Barbara LoPiccolo	87-3 1/4	8/3/2002

Syracuse Chargers Records for Males 55-59 years

45m	Howard MacMillan	6.6	2/17/1985
45m	Gary Geiger	6.69	1/19/2003
50m	Howard MacMillan	7.0	12/17/1983
55m	Gary Geiger	7.2	1/5/2003
60m	Sam Hall	8.14	4/23/2001
100m	Andrew Branch	12.2	8/4/1990
100m	Sam Hall	12.33	6/24/2001
200m	Sam Hall	25.46	5/5/2001
300y	Howard MacMillan	41.0	3/26/1983
300m	Fred Schlereth	41.9	1/6/1990
400m	Fred Schlereth	57.8	12/15/1989
500m	Howard MacMillan	1:30.3	2/23/1985
600m	Howard MacMillan	1:44.3	1984

800m	Howard Rubin	2:18.3	8/12/1983
880y	Howard Rubin	2:34.8	1984
1000y	Ed Stabler	2:47.0	3/24/1985
1000m	Bob Milner	3:06.5	1/23/1993
1500m	Howard Rubin	4:38.7	9/30/1983
1 mile	Bob Milner	5:00.6	1/12/1991
2000m	Ed Stabler	6:38.4	1/19/1986
3000m	Bob Milner	9:28.7	3/9/1991
3000m steeple	Bob Milner	11:45.3	6/23/1990
2 miles	Howard Rubin	10:42.2	7/25/1984
5km track	Howard Rubin	17:03.0	9/23/1983
5km road	Bob Milner	17:04	10/13/1991
8km track	Sam Graceffo	29:58.0	1/8/1993
8km road	Howard Rubin	28:19.0	10/22/1983
5 miles road	Sam Graceffo	29:00.0	9/15/1991
5 miles road	Sam Graceffo	29:00.0	9/4/1992
10km road	Howard Rubin	35:30.0	4/21/1984
10km track	Howard Rubin	35:50.9	8/18/1984
15km track	Ed Stabler	56:46.8	4/11/1986
15km road	Howard Rubin	53:24.0	2/1/1985
10 miles road	Ed Stabler	58:34.0	9/9/1984
20km	Howard Rubin	1:13:59	12/17/1983
half marathon	Ed Stabler	1:19:44	6/23/1984
25km road	Howard Rubin	1:32:56	10/7/1984
30km road	Howard Rubin	1:52:42	12/17/1983
marathon	Ed Stabler	2:36:42	6/3/1984
50km track	Sam Graceffo	4:54:59	4/11/1996
50y HH	Ed Lukens	8.5	3/29/1980
50m HH	Bill Townsend	9.1	12/22/1985
55m HH	Bill Townsend	10.2	1/5/1986
55m HH	Bill Townsend	10.2	3/23/1986
60m HH	Bob Doran	11.54	3/3/2013
110m HH	Bill Townsend	20.98	8/25/1985
400m IH	Paul Stelmaszyk	71.97	7/24/1998
high jump	Kevin Donovan	5ft	7/31/2007
pole vault	Peter McGinnis	11-5 1/2	3/13/2010
triple jump	Ed Lukens	34-3 1/4	3/29/1980
long jump	Ed Lukens	17-2 1/2	2/10/1979
weight throw 20lb	Gary Crawford	33-7	1/16/1999
weight throw 25lb	Patrick Lynn	43-9 1/2	1/15/2006
weight throw 56lb	Patrick Lynn	21-9 3/4	3/20/2005
shot put 6kg	Harry Schwarze	39-8 3/4	7/14/1995
shot put 12lb	Chuck Yost	39-9 3/4	6/10/1990
shot put 16lb	Fred Vero	24-7	7/20/1988
discus 1.5kg	Harry Schwarze	125-0 1/4	7/14/1995
discus 1.6kg	Chuck Yost	108-3	8/4/1990
hammer	Gary Crawford	132-4	6/12/2000
javelin	Chuck Yost	108-0	7/9/1984
indoor pentathlon	Ken Moses	2531	3/11/2000
indoor heptathlon	Bob Doran	3600	3/3/2013
outdoor pentathlon	Tim Collins	2849	8/2/1997
1 hour walk track	David Talcott	11196m	6/13/2015
2 hour walk track	David Talcott	22172m	6/13/2015
1500m walk	Bill Wiecek	8:32.0	6/5/1997
1 mile walk	Bob Nicholson	9:11.9	2/13/2005
3000m walk	Bill Wiecek	17:19.0	3/23/1997
5km walk	David Talcott	25:12	4/12/2015
10km walk	David Talcott	50:36	4/12/2015
15km walk	David Talcott	1:16:39	4/12/2015
20km walk	David Talcott	1:43:26	4/12/2015

THE THERAPY CORNER

Plain and Simple

Last time out we discussed some new thinking on the advisability of using of ice as the first line of treatment when faced with an acute injury. We saw that one of drivers behind this 180° turnabout is the belief that the *inflammatory response* to injury is, in fact, a natural reaction that has evolved over millions of years in human beings; this could imply that our attempts to reduce or eliminate this phenomenon may actually be impeding the healing process.

This somewhat newfound respect for the efficiency of evolutionary forces can be found in other examples as well. For instance, some medical authorities have, in recent years, questioned the wisdom in taking common medications (Tylenol, Ibuprofen, aspirin) to reduce a mild fever that one might experience with a cold or sore throat, theorizing that elevating the body's temperature is nature's way of killing the organisms (e.g., viruses) that are causing the illness. Accordingly, lowering the fever may in reality be prolonging the resolution of the infection. (Of course, these medications make the patient more comfortable, making it difficult to convince someone to forego the treatment.)

I have long found this line of reasoning fascinating, so I was very interested to read a recent paper that considered the topic of low back pain prevention. As you may have heard in the past (since it the most commonly cited statistic on the subject), 80% of us will suffer a disruptive episode of low back pain sometime in our lives. Perhaps even more disconcerting is the fact that of those who do, 75% will experience a recurrence of the pain within the following year.

Investigators looked at 23 high-quality studies (collectively including 30,000 patients) that examined which interventions were most effective in preventing repeat episodes of low back pain within one year. The techniques they compared were: patient education programs on back pain prevention; shoe orthotic inserts; back belts; exercise, and; exercise combined with patient education.

The results were quite clear: education alone, the inserts, and the back belts had very little, if any, success in preventing repeat episodes of back pain. It was exercise, with or without the education component, which was most effective in averting such recurrences. (Interestingly, there was no one specific type of exercise that was identified as most effective.)

So how does this information bring us back to the relationship between injuries and evolution? Well, I would argue that this is a good example of how a large proportion of the population of Western societies (though not necessarily you, the Charger member, reading this) has adopted a behavior – a sedentary lifestyle – that directly counters what we as a species have evolved to do: *move!* The great majority of people in “advanced” societies now spend upwards of 90% of our waking hours sitting. Compare this to our ancestors (and we only need go back a couple of centuries) who were on their feet, in many cases performing hard labor in fields or on farms, practically all day.

Contrary to what some might assume – that such physical labor makes one more likely to suffer low back pain – the fact is that even today people in rural, less developed societies have a lower incidence of such injuries. Clearly, there is a correlation between activity and back health. Perhaps modern society's “advances” – cars, industrialization, remote controls – that have made life easier for us in many ways, have in other ways made life more difficult. Anyone who has suffered a serious back injury, or who has chronic back pain, just might agree with that assessment.

Gabe Yankowitz, PT, DPT, OCS

Prevention of Low Back Pain: A Systematic Review and Meta-analysis. [JAMA Intern Med.](#) 2016 Feb 1;176(2)

Past Issues of the *Chargers Newsletter* are available electronically
Revisit them any time at:
<http://www.syracusechargers.org/newsletter/newsletter.html>

Chargers Awards Banquet & Annual Meeting

SCTC members are invited to help celebrate the achievements of our outstanding athletes of 2015 and to recognize the contributions of our dedicated volunteers. Please join us!



Sunday, March 20, 2016
3-6 p.m.



Pascale's Catering at Drumlins
University Room (upstairs)
800 Nottingham Road
Syracuse, NY

The buffet will include: seasonal fruit salad, garden salad, grilled Italian vegetables, roasted potatoes, vegetable lasagna, Chicken Florentine, baked haddock, dessert, and coffee/tea. A cash bar will be available.



Cost: Charger members age 12 and older: \$15
Non-members age 12 and older: \$20
Children ages 5-11: \$10
Children age 4 and under: No Charge

I am planning to attend the Chargers Awards Banquet and Annual Meeting on Sunday, March 20 beginning at 3 p.m. Reservations are requested for each of the individuals listed below, and enclosed is my check in the amount of \$ _____ made payable to Syracuse Chargers Track Club.

Name(s): _____

Phone: _____ Email: _____

Check Total: _____

Please mail your reservation form and payment by March 15 to:
Nancy Smith, 234 Roxbury Road, Syracuse New York 13206



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



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

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@juno.com



Charger Challenge News: Congratulations to John Mulhall and Anitra Schuon who took on the Charger Challenge, but are at different places. Anitra is a new Charger Challenge member. Good luck Anitra! John reached 2,500 miles. Congratulations again John!

Race Walk Corner:

The 2016 Olympic Team Trials were held for the Marathon on February 13th in Los Angeles, and a week later over in Santee, CA (near San Diego) the 50km Race Walk Trials were held. There were a mere 15 athletes that were allowed to compete in the "men" only race. The Women's National 50km Championships were held at the same time. The 50km Race Walk is the only event in Track and Field that does not have a corresponding event for women. Due to the efforts of Erin Taylor-Talcott this will be changing. She again showed that she is simply amazing as she finished 6th overall in the race in 4:44:26. At the USATF Adirondack championships at Utica College on February 27th, Erin would walk a seasonal best 14:13.92 to win, despite being one week from doing a 50km. Dave would follow along at 14:22.15 which is an age graded 87%.

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.

SCTC President's Award



This award will be presented for the first time at the SCTC Annual Meeting & Awards Banquet on Sunday, March 20, 2016. The purpose of this award is to allow the President to recognize a person, group, or organization that has made a significant contribution to the SCTC or proved especially helpful in the conduct of club business.



The President selects the recipient for the award without restriction and is not awarded annually, but at the President's discretion.

Julien Shafer Hernandez is the first recipient of this award. When Evelyn White passed, Julie assumed many of the duties that had been handled by our beloved and long-time Administrative Vice President. Now that Julie has added the role of mother to her resume, she is vacating the Membership Coordinator position which she has held for many years. I would like to show our appreciation to Julie for the many times she has taken on extra work on short notice to assist in the business side of keeping our club running smoothly by honoring her and her many contributions with this special award.

Mickey Piscitelli

Our Charger Named Awards



The **Nate and Evelyn White Lifetime Service Award** is named in honor of Nate and Evelyn White, 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 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, for numerous years, also an outstanding Chargers Board member and volunteer.

2015 SCTC Awards

At our Annual Meeting & Awards Banquet on Sunday, March 20th we will be presenting the following:

Volunteer Awards:

Nate and Evelyn White Award:	Rick Nastasi
Arnie Briggs Good Guy Award:	Bob Nicholson
Outstanding Volunteer:	Kurt Wheeler
Volunteer Award:	Paul Cianfrocca
Volunteer Award:	Jerry Smith
Volunteer Award:	Greg Broton
President's Award:	Julie Hernandez
Corporate Friend of Running :	Patruno Electric

Track

Masters Men:	Ed Cox
Masters Women:	Mary DaSilva
Open Men:	Phil Panebianco
Open Women:	_____

Field

Masters Men:	David Rider
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Long Distance Running

Charlie Hackenheimer Award:	Scott Weeks
Masters Women:	Liz Besio
Open Men:	Mike Dee
Open Women:	Julie Quinn

Mountain, Ultra , Trail (MUT)

Masters Women:	Luana Pesco Koplowitz
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Charger Challenge 10,000 mile

Michael Filipski

Cross Country

Jerry Schulz Award :	Kaitlyn Neal, Fayetteville-Manlius HS
Boys Section III:	Ben Petrella, Liverpool HS

2016 Olympic Trials Reflections:

The 2016 50km Race Walk Olympic Trials were held in Santee, CA on February 21st. Chargers Dave Talcott and Erin Taylor-Talcott competed with Erin placing 6th overall and Dave 11th. Here are some reflections from Dave: The Trials in 2016 were similar to 2012 with the race being held on the same course and with the same meet management. Tracy Sundlun, a VP with Competitor Group who runs the Rock-and-Roll Marathon Series has been a great supporter of the Race Walks and continued as they hosted this event. I met Tracy when I competed in the Pan American Games in 2011 and I have never found a non-walker who is so supportive of the Race Walks in America. His staff also did a fantastic job with the logistics of the event which was held on a 1.25km circuit in downtown Santee. The weather started very comfortable around 50 degrees under sunny skies which made the mercury climb to about 77 by the end. The race is kind of surreal and was a positive experience for me. There were high school cheerleaders on the course encouraging the competitors, music blaring, and Tracy announcing facts about the athletes competing. It was also a very humbling experience as I watched America's Elite Race Walkers lapping me time after time. John Nunn would eventually win the race to qualify for the US Olympic Team walking 4:03:21, and I would struggle with cramps for the last 7 miles finishing in 5:21:29. My qualifying time was 4:49:08 which was an all-time road best for me. I kept positive and continued to put one foot in front of the other to finish. It was also very special for me to be able to compete in the same race as my amazing wife Erin who walked the 8th fastest 50km every by an American Woman (Erin owns the top 3 and 5 of the top 8 performances) and who leads the world this year in 4:44:29.



Calendar of Events

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

March 2016

6	Sun	Charger indoor practice, Manley Field House	5:00-7:00pm
13	Sun	Charger indoor practice, Manley Field House	5:00-7:00pm
20	Sun	Charger indoor practice, Manley Field House	5:00-7:00pm
27	Sun	Charger indoor practice, Manley Field House	5:00-7:00pm

April 2016

3	Sun	World Race Walking Team Trials Junior 10k, Senior 20k, Earth City, MO
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May 2016

June 2016

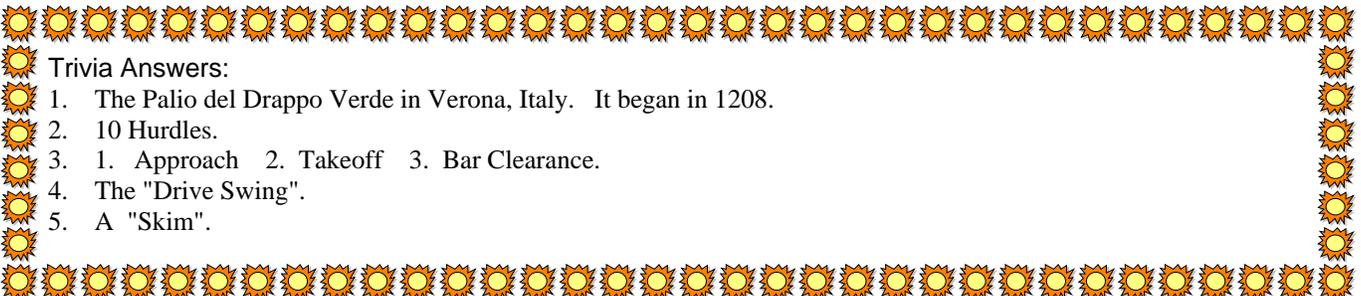
July 2016

4	Mon	Cazenovia 4th of July Races 8:00am 5k & 10 mile, Cazenovia, NY
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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 Application

_____ (M)(F) _____	_____	
Name	Birth Date	<u>I would like to help with:</u>
_____ (M)(F) _____	_____	<input type="checkbox"/> Track Meets
Name	Birth Date	<input type="checkbox"/> Road Races
_____ (M)(F) _____	_____	<input type="checkbox"/> Coaching
Name	Birth Date	<input type="checkbox"/> Special Olympics
_____ (M)(F) _____	_____	<input type="checkbox"/> Other: _____
Name	Birth Date	
_____ (M)(F) _____	_____	
Name	Birth Date	

Mailing Address – Street or P.O. Box			Telephone
_____	_____	_____	_____
City	State	Zip	E-mail Address
			I would like to receive Charger information by e-mail Yes___ No___

<u>Method of Receiving the Monthly Newsletter:</u>	<u>Membership Status:</u>	<u>Primary Fields of Interest:</u>
<input type="checkbox"/> printed and to arrive via US Mail	<input type="checkbox"/> New	<input type="checkbox"/> Road Running <input type="checkbox"/> Track Running
<input type="checkbox"/> sent to my e-mail inbox	<input type="checkbox"/> Renewal	<input type="checkbox"/> Race Walking <input type="checkbox"/> Field Events
		<input type="checkbox"/> Physical Fitness <input type="checkbox"/> Youth Development

Bob Hiemenz

Mail this form and check to: ~~Bob Hiemenz~~ Membership Coordinator Register Online: RunSignUp.com
P.O. Box 2354, Liverpool, NY 13089-2354

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___ Y Lg___

Additional Contributions: Purpose is to ensure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in Track and Field, Cross Country, and Road Racing. 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.
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

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
	Total			