



Scott Weeks-- Perpetually Fit

by Matt LoPiccolo

As anyone who has run after a dream on the track knows, it can be a long, lonely, and unforgiving pursuit. Chasing a qualifying time or winning races year in and year out requires both the desire to compete and the motivation to train. This in turn requires one to be free of injury, or as close as possible. Finally, one must have the support of family and friends in order to make the time to chase the dream. All too often, we as runners go it alone because average people simply cannot comprehend why we do what we do. Though thirty-six year old Scott Weeks has endured every aspect in chasing the running dream, I always seem to be saying this: "Weeksie is always fit!"

My great friend and long time Syracuse Charger has had some big milestones throughout his remarkable running career. Possibly the biggest thus far was the birth of his son, Tristin, on tax day in 2008. Little did the wee Weeks know, but he put another landmark of his father's in jeopardy. Fortunately, the elder Weeks is in a perpetual state of elevated fitness. It took until the three hundred and sixty-second day of the year to prove it once again, but for the twentieth consecutive year, Scott ran sub 2:00 in the 800 meters.

The streak began in the spring of 1988 when Scott ran 1:59.7 as a seventeen year old junior at tiny Groton High School in Upstate New York. He followed with a 1:57.1 in his senior year, narrowly missing qualifying for the New York State Meet. This was prior to the separation of divisions based on school enrollment; otherwise, he may have been the small school state champion. Scott did, however, set the school record at Groton, one he held until he coached his star pupil, Sam Mackenzie, to the state meet in 2001 with a time of 1:55.51.

After high school, Weeks headed to SUNY Cortland where he won (among a plethora of other races) the 800 meters at 1995 SUNYAC Outdoor Championships. A week later he added the NYSCTC 800 title, as well as the 4x800 relay. Incidentally, this is when I first met Scott, as he soundly beat me in all three races! In all, Scott was a seven-time SUNYAC Champion and qualified for the 1995 NCAA Division III Outdoor Championships in the 1500 meters. After college, Scott earned the high school coaching and teaching job at his alma mater. He also joined the Syracuse Chargers Track Club and has been the foundation of the club ever since. Scott's involvement with the Chargers attracted me to join the Club in 1999, and we have been teammates ever since.

As a Charger, Weeks has the rare distinction of running on victorious relay teams at the Millrose Games, the Penn Relays, and the USATF Indoor Championships. In 2002, I teamed with Scott, Brian Lombardo, and Lubert Lewis to win the College/Olympic Development 4x800 relay at Millrose and the OD 4x800 at the Penn Relays. Three years later, Scott and I once again teamed together, this time along with Kris Enwright and Dereck Treadwell to win the DMR at the 2005 USATF Indoor Championships at the Reggie Lewis Center. Those battles will forever remain as favorites in my memory.

Weeks' personal best in the 800 came in the summer of 2003 at the USATF New England Outdoor Championships where he ran 1:53.38 at the age of thirty-one. Other notable PR's include: 1000 meters (2:25.21); 1500 meters (3:52.87); 3000 meters (8:28.8); 3000 meter steeplechase (9:10.76); road 5K (14:53); and cross country 8K (25:01). Scott also won the steeplechase at the Empire State Games for five straight years from 1996-2000. He added the 1500 meters in 1998 and 1999 for double ESG gold. In addition to his club records in the 1000 and steeplechase, Weeks holds the records in the 4x800 (7:29.84), DMR (9:52.15), and 4x1500 (15:55.42).

Now twenty years since first breaking 2:00, the rare individual with the support of his family, the durable body, and the will to compete and train, stepped on the line at the USATF Niagara Indoor Championships at RIT on Saturday, December 27th. With new Charger blood Nick Stenuf leading the way, Scott Weeks rolled through the first 400 meters in 57 seconds. Stenuf maintained velocity and went on to take the win, running 1:54.33 to set a meet record. Weeks followed with a 60 second final quarter to place fourth in 1:57.47, breaking 2:00 for the twentieth straight year. With his wife Jessica there as witness and support, Scott once again proved that he is a pillar of fitness consistency and determination. It will be a life lesson their son Tristin will surely learn. I know he will have the support in his life to chase any dream he chooses to pursue!