



Serving the Central New York  
Running Community since 1969

# CHARGERS NEWSLETTER

Volume XCIX

Syracuse Chargers Track Club

April 2021

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## Follow Us On



Facebook

<http://facebook.com/syracusechargerstrackclub>



Instagram

<http://instagram.com/syracuse.chargers>



Newsletters

<http://syracusechargers.org/latest-newsletter/>



On the web

<http://syracusechargers.org/>

# Syracuse Chargers Track Club



The Syracuse Chargers Track Club (SCTC) 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 walking events. The club is a non-profit, tax-exempt 501©(3) organization; a member of **USA Track & Field** and the **Road Runners Club of America**. Membership in the SCTC is open to all who share the goals of the organization.



To become an individual member and Charger representative of USATF, go to [www.USATF.org](http://www.USATF.org). The Charger Club member # is 04-0092.

## Board of Directors

**President:**  
OPEN

**Vice President:**  
Mark Driscoll

**Treasurer:**  
Jim Cox

**Secretary:**  
Jackie Wiegand

## At Large Charger Board Members

Marie Christopher  
Norm Deep  
Mark Hill  
Pat Leone

Mickey Piscitelli  
Kurt Stanton  
Greg Tuttle  
John McEachen

## Newsletter Staff & Contributing Writers

**Compiler**  
OPEN

**Dr. J on Running**  
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**Subscriptions**  
Bob Hiemenz

**Nutrition**  
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**Results & Records**  
Terry McConnell, PhD

**Physical Therapy**  
Gabe Yankowitz, PT,

**Trivia**  
Greg Tuttle, USATF  
Level 1 Certified  
Coach

**DPT, OCS Medicine & Health**  
Sam Graceffo, MD

## Program Coordinators

**Membership Coordinator:**  
Bob Hiemenz

**Chargers Records:**  
Terry McConnell

**Scholastic Coach:**  
Norm Deep

**Every One Can Run Program:**  
Greg Tuttle

**Indoor Meets/Practices:**  
Mark Driscoll

**Special Friends Athletics Program:**  
Peter Rhodes

**Summer Runs:**  
OPEN

**Open Coordinator (Women)**  
OPEN

**Open Coordinator (Men):**  
OPEN

**The Charger Challenge:**  
Ed Polly

**Youth Program:**  
Mark Driscoll

**Volunteers:**  
Kurt Stanton

**Masters (Men):**  
Greg Tuttle

**Masters (Women):**  
Mickey Piscitelli

**Scholarships:**  
John View

**Awards Dinner:**  
Nancy Smith  
Marie Christopher

The Chargers Newsletter is published monthly. It's available via email and it is posted on the club website: [www.syracusechargers.org](http://www.syracusechargers.org). Members and subscribers must inform the membership coordinator (contact Bob Hiemenz) of any address changes (temporary or permanent) by email.

The Club is in need of a volunteer who would be *interested* in assuming the newsletter responsibilities for this monthly publication. Please contact Nancy Smith at [nsmith123@twcnny.rr.com](mailto:nsmith123@twcnny.rr.com) if you are interested in this volunteer opportunity or if you have any questions about it. Thank you very much!

## Coronavirus Update

As we all know the situation with the coronavirus is rapidly changing. We are developing a tentative schedule of events and dates and will keep members posted on the specifics over time.

The Chargers will continually review updates from the CDC and follow recommendations and timelines of health and government officials with race and event final scheduling. Updates will be communicated on our web page, in our newsletter, and on Facebook. Race registration information for each race will be on the [website](#) and in the newsletter closer to each race. A late cancellation could be necessary, and we will manage each situation as best we can as it arises. Your patience, understanding, and support are greatly appreciated. Enjoy your running and other outdoor activities- fingers crossed for continued wonderful weather this season'! Thank you.

## 2021 Events Calendar

May 2021		
Mon	10	- Special Friends walk from the Salt Museum. See the flyer in this newsletter for more details.
Mon	17	- Special Friends walk from the Salt Museum. See the flyer in this newsletter for more details.
Sat	22	- Connecticut masters games - T&F Meet is a qualifier for the 2022 National Senior Games in Fort Lauderdale, FL. Information at <a href="#">Track &amp; Field   Connecticut Masters Games (ctmastersgames.org)</a>
Mon	24	- Special Friends walk from the Salt Museum. See the flyer in this newsletter for more details.
June 2021		
Mon	7	- Special Friends walk from the Salt Museum. See the flyer in this newsletter for more details.

\*\*\*\*\*The newsletter deadline is the 20<sup>th</sup> of every month.

- All event titles are hyperlinks to the individual event.
- Bold events are Syracuse Charger sponsored events.
- All Charger events are available on our website at <http://syracusechargers.org/events/>. Pictures of individual events will be posted under the event on the website.

## Charger Member New / Renewing Members

Renewing Members	Renewing Members	Renewing Members
Lawrence Abrahamson	Charles Hendricks	James McCaul
Kate Bartleson Dee	Mark Hill	Allen Rhines
Marie E. Christopher	Horace Hudson	
Loren Davies	Hannah Ielfield	<b>New Members</b>
Michael Dee	Julia Ielfield	Alexa Doe
William DeeMichael Filipski	Patrick Lynn	

# Addicted

By Sam Graceffo, MD

Several years ago, I said to a friend, “If I run every day, I feel great. But, if I miss a day, I feel terrible. It’s almost like an addiction.” His response was surprising, but it rang true. “It isn’t LIKE an addiction; it IS an addiction.” I had to face the fact that my running had become more than a sometime thing or just a habit. It was a daily necessity. Yes, as much as I hated to admit it, that terrible word “addiction” did apply.

My mind immediately recalled Positive Addiction, a book by psychiatrist William Glasser that I read years ago. My running was nothing like those nasty, negative addictions involving drugs, alcohol, cigarettes, food, sex, gambling, shopping, or work. All those activities were bad for you in many different ways. Running, on the other hand, was a good and positive thing. Yes, it was an addiction, but it was a positive, not a negative addiction.

Glasser listed several activities which qualified as positives, but there are many more. His list included: running, walking, meditating, yoga, weight training, painting, sculpting, writing, cooking, volunteer work, and advanced study. He wrote that positive addictions strengthen us and make our lives more satisfying. They also enable us to “live with more confidence, more creativity, and more happiness and usually in much better health.” So, they enhance life instead of diminishing it.

One of the hallmarks of negative addictions is that the required dose gradually increases over time. This is clearly the case with drugs and alcohol. Stronger or larger doses are required to achieve the same results. Is the same true with positive addictions? I have not seen anything written about this but from personal experience, I know it can be true.

When I started running it was mostly 5K’s. Over the years it progressed to 10K, 10miles, marathons and then ultras. Weekly mileage went from 20 to 40 to 80 and then for a short time 120. The journey ended a few years ago with a knee replacement. No more running and therefore no more running addiction. Now I limit myself to one hour of exercise involving weights, calisthenics and walking. It still feels like a daily necessity, but it is much more contained, manageable and enjoyable.

Some have written that we humans seem to be very prone to developing addictions of one kind or another. Almost any substance or activity can become the subject of an addiction and almost everyone engages in something which can be called an addiction. Today, it often involves the computer, cellphone, internet, social media, binge streaming, etc. Assuming this to be true, then it behooves us to make sure it is positive and that it enhances our life and does not diminish it in any way.

*All of Sam’s articles are available at <https://www.syracusechargers.org/author/samgraceffo/>*

# New York Wraps Up Its Most Unconventional Indoor Season Ever

Mar 20, 2021



The Syracuse Charger's Norm Deep has been featured in an article on MileSplit NY. The article delves into the adaptations that needed to take place during the 2020-2021 track and field season.

From the article:

*"Deep wears many hats in the Track and Field community. He also serves as the High School coordinator for the Syracuse Chargers Track Club. With the support of the organization, he created the Chargers Club Indoor Series, which included four meets throughout January and February. All told, the series served 12 local High Schools, alongside athletes from both the Albany and Binghamton areas. At one point, both State Leaders in the High Jump originated from his meets, despite the takeoff platform being a turf field."*

*Those sort of adaptations were par for the course. With the turf fields being suited more to Indoor Soccer than Indoor Track, distances were measured out in cones rather than lanes. Deep hosted both the 45m dash as well as the 40yd dash, allowing Football players in the off-season train for their own unorthodox upcoming Fall II Season. Back at the Palisades, we saw the first ever 4x300m relay, one lap around the 300m oval coned out between the pillars and parking spaces."*

Read the rest of the article at

<https://ny.milesplit.com/articles/293599/new-york-wraps-up-its-most-unconventional-indoor-season-ever>



## Syracuse Chargers Track Club - Roger C. Hahn 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 (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 (80%) throughout high school. Anyone who wishes to be considered for one of these awards should 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. A copy of your high school transcript.
3. A letter of recommendation from a teacher or your guidance counselor that focuses on your academic achievement and merits.
4. A **typed** essay of 300-400 words in which you describe 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 received by June 1, 2021.

Please mail this completed form and your other application materials to:

John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078

Name \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ E-mail: \_\_\_\_\_  
\_\_\_\_\_ Date of birth \_\_\_\_\_

Your High School(s): \_\_\_\_\_

High School Average: \_\_\_\_\_ Class Ranking: \_\_\_\_\_ SAT/ACT Scores: \_\_\_\_\_

College/University that you are most likely to attend: \_\_\_\_\_

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



**FREE**



**FREE**

# SPRING FITNESS 2021

## SPRING MEET

The Syracuse Chargers Track Club Special Friends program invites you to join them at the:



**Salt Museum Parking Lot**

*at*

**Onondaga Lake to Walk The Park on:**



*Monday, May 10th • 5:30 - 6:00 p.m.*

*Monday, May 17th • 5:30 - 6:00 p.m.*

*Monday, May 24th • 5:30 - 6:00 p.m.*

*Monday, June 07th • 5:30 - 6:00 p.m.*



**possible  
picnic on  
June 14th  
site TBD**

**COVID-19 Protocols  
will be followed.**

- **Wear a mask**
- **Social Distance**

*Remember: All participants should wear running shoes or sneakers and appropriate clothing. Running in street clothing can be very uncomfortable. You are encouraged to bring a water bottle.*

For more information,  
Contact Peter Rhodes at 315-427-2379 Or Julia Maslin at 607-756-5637 ext. 128  
per56@aol.com julia.maslin@opwdd.ny.gov



# The Charger Challenge

The Charger Challenge is 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 challenges 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 AND AWARDS:

All Challenge Programs participants are required to fill out the application below and upon receipt, they are sent a log sheet for recording miles run/walked along with instructions and guidelines for new runners. The participant submits completed log sheets for each award level. Participants' achievements are also recognized in the Syracuse Chargers Track Club Newsletter.

### THE CHARGER CHALLENGE

This program is designed for higher mileage walkers/runners or those seeking a longer term goal.

### THE CHARGER 500 MILE CHALLENGE

The 500 Mile Challenge is aimed towards junior or senior participants, those new to a walking/running program, or those with physical limitations.

**Entry Fee:** - - - - \$5/person Non-Chargers, **\*\*FREE\*\*** for Chargers Club members - - - -

**Awards:** 500 miles T-Shirt  
1000 miles Patch or Ribbon  
2500 miles Long-Sleeve T-Shirt  
5000 miles Trophy  
10,000 miles Awards Banquet Plaque

**Awards:** 100 miles Ribbon  
250 miles Patch  
500 miles T-Shirt

**Mileage:** All actual mileage covered can be recorded

### THE FAMILY CHALLENGE

The Family Challenge allows family members combine their mileage toward a common goal!

**Entry Fee:** \$20 total for Non-Chargers members, includes immediate family members residing at the same address, **\*\*FREE\*\*** for Chargers Members. **Awards:** 5000 miles Family plaque and a T-shirt for each family member

## 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 \$ \_\_\_\_\_ 1/21/17

(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, and 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 or 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).

\_\_\_\_\_  
Parent's or Guardian's Signature if under 18 years **Date** \_\_\_\_\_

**Return To: Ed Polly, 102 Rosewell Meadow Dr., DeWitt, NY 13214 email: golfnrun@pollywood.org 315-256-6398**



# Syracuse Chargers Membership Form

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Name Sex Birth Date Occupation / Club Interest

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Name Sex Birth Date Telephone Number

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Name Sex Birth Date Email Address

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Name Sex Birth Date

\_\_\_\_\_  
 Address

\_\_\_\_\_  
 City State ZIP

## **We need your help!**

### **Please volunteer for:**

\_\_\_ Track Meets \_\_\_ Coaching

\_\_\_ Road Races \_\_\_ Trail Runs

\_\_\_ Special Olympics

Other: \_\_\_\_\_

**(Please select and circle one)**

Membership Type	1 Year
Individual Membership	\$20
<b>Family Membership (1 newsletter, 2+ people)</b>	<b>\$25</b>
Individual Senior Citizen (65 years or older)	\$15
Individual Student (High School or younger)	\$15

**Additional Contribution:** Help to ensure the Syracuse Chargers Track Club continues to deliver quality educational and developmental programs in Track & Field, Cross Country, Youth Development, Ultra & Trail Running and Road Running/Racing that is open to all. We appreciate your additional financial support!

Enclosed is my tax deductible contribution: \$10 \_\_\_ \$20 \_\_\_ \$30 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ Other \$ \_\_\_\_\_

### **Membership Status:**

\_\_\_ New  
 \_\_\_ Renewal

### **Receive Email Blasts?**

\_\_\_ Yes  
 \_\_\_ No

Mail this form and check to: **Bob Hiemenz, Membership Coordinator**  
**Syracuse Chargers Track Club**  
**P.O. Box 2354**  
**Liverpool, NY 13089-2354**

Please make check payable to:  
**Syracuse Chargers Track Club, Inc.**

OR: Register online at: **RunSignUp.com**

**MEMBERSHIP WAIVER:** I know that participating and volunteering to work in club events 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, including but not limited to: falls, contact with other participants, dangerous or negligent behavior of other participants, the effects of 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, 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

REV 1/25/19

\_\_\_\_\_  
 Date