



Serving the Central New York
Running Community since 1969

CHARGERS NEWSLETTER

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Newsletters

<https://syracusechargers.org/newsletters/>



On the web

<https://syracusechargers.org/>

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. **The Charger Club member # is 04-0092.**



Board of Directors**President:**

John McEachen

Vice President:

Mark Driscoll

Treasurer:

Jim Cox

Secretary:

Jackie Wiegand

At Large Charger Board Members

Mike Bauer

Mickey Piscitelli

Norm Deep

Nancy Smith

Chary Griffin

Kurt Stanton

Mark Hill

Greg Tuttle

Pat Leone

Newsletter Staff & Contributing Writers**Subscriptions**

Bob Hiemenz

Dr. J on Running

Kamal Jabbour, PhD

Results & Records

Terry McConnell, PhD

NutritionMelanie Schreiner, MS, RDN,
CDN**Trivia**

Greg Tuttle, USATF

Physical Therapy

OPEN

Level 1 Certified Coach

Stabler Collection**Librarian**

Anita Kuiken

**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:

OPEN

Stabler Collection**Librarian**

Anita Kuiken

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

2022-2023 Events Calendar

Dec 2023		
16	Sat	Last Chance Trail Run & Pancake Breakfast – 8:00 – 9:15 AM Start - See the flyer in this newsletter for details..
Feb 2024		
7	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse.
14	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse.
21	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse.
28	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse.
Mar 2024		
6	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse.
13	Wed	EVERYONE CAN RUN BEGINNERS PROGRAM – from 5:30pm to-6:30pm Free six week program to take you from walking to running. See flyer in this newsletter @ Jewish Community Center of Syracuse.

New and Renewing Members

New Members	
Kamram Jishi Reem Jishi Katy O'Keefe Molly O'Keefe	
Renewing Members	
Cindy Daly Tom Daly	John Hosp Rose Hosp Srihari Mohan Mark C. Peters Jackie Wiegand

Donations

The Chargers wish to give extra thanks to those members that contributed an extra amount along with their yearly membership dues, to help support SCTC programs. To do this, moving forward, we will be listing their

Names (or “anonymous” if so desired) each month, and honor someone as they choose. Of course, we appreciate those who give their time to club activities as well.

- Tom Daly
- John Hosp
- Molly O'Keefe
- Jackie Wiegand

Nutrition – Vitamin D

Melanie Schreiner, MS, RDN, CDN

With the holidays approaching, I won't lay on the studies about how eating like a Mediterranean will protect your aging brain...

I'll save that for the spring. However, I will provide you with tips on how to live healthier: This winter, you may want to consider a Vitamin D supplement to make up for the seasonal drop in your body's natural levels of the “sunshine vitamin.” Vitamin D is a fat-soluble vitamin that is critical for strengthening muscles, teeth, as well as bones. Vitamin D is both a nutrient we eat and a hormone our bodies make. Few foods naturally contain vitamin D; the few good sources are salmon, sardines, tuna, and egg yolk. Many foods are fortified with Vitamin D like dairy products and cereals. You likely saw sardines and weren't tempted; very few of us were given sardines as an after-school snack. It's all about the presentation...I introduced the small “fancy tin”; to my kids and told them it would make them better students and athletes. To my amazement, they tried a bite and asked for more (we'll see if the novelty flounders). Fish is brain food because it's rich in omega 3 fatty acids, which many of us are lacking (the fatty acid topic will be a column all of its own). The bottom line is: we may want to have our vitamin D levels checked at our next check-ups.

Another thing we can embrace this winter is comfort foods; we can power up with potatoes which are whole foods, meaning they contain a balance of all the essential amino acids, despite being low in whole protein. Potatoes are nutritious vegetables packed with vitamin C and fiber which can help lower blood pressure and bad cholesterol. Also, fiber helps satiate hunger and supports gut health. Potatoes are rich in vitamin B6, which is critical to protein metabolism.

Potatoes also contain the right mix of sodium and potassium to maintain an electrolyte balance in the body. Cheers to America's favorite vegetable. History Fact: “Potatohead” was one of the first-ever toys advertised on television (1952).

You can find all of Melanie Schreiner's articles at <https://www.syracusechargers.org/author/mschreiner/>

JUST ONE MORE BOILERMAKER

Sam Graceffo, MD

He sat there in a folding lawn chair off to the side of the start line. I recognized him immediately. He was an elite local runner and one of my idols. I was warming up for the 10K *Swamp Rat* and didn't have much time left, but I had to go over to him. I greeted him and said I was so glad to see him. He indicated he was not able to run today but hoped that within a few weeks, he would be running again. "All I want is just one more boilermaker, just one more."

I knew that he had run everything from 100 meters to 100 miles and set a dozen or more local records. I was never able to match his times except in the marathon and ultras. I wished him well and hoped he could have his wish granted, though I doubted it would happen. When I finished the race, I looked for him and was surprised he was gone. I wondered why after coming to see the race he would leave before the finish.

A few days later I learned he left early because he was experiencing slight chest pain and was worried about it. He managed to drive home but almost immediately had to call 911. He lived alone and had no local relatives. He had lived with his mother all his life and helped care for her in her last years till she died two years ago. He was a perpetual student, working on a PhD for what seemed like decades.

At the hospital, they determined he had suffered a massive coronary. I knew he had a mitral valve replaced years earlier but did not know he had any coronary artery problems. At the hospital, I saw an old, feeble man on oxygen who did not look anything like the strong elite runner I had so often seen at races. His eyes were closed, but they opened when I stroked the back of his hand. "Oh, It's you." I didn't think he really knew who I was, so I said, "It's Sam, and I came to see how you are doing." "Thank you for coming. You know, I've crossed many finish lines in my time. I know I'm close to crossing one more, the big one." He was always a big talker, and still was despite being short of breath and having a very weak voice. "You know when I said I just wanted one more Boilermaker, that was silly. I was just being greedy. That's the way I've always been, you know, always wanting more. Never satisfied. But I've had enough. Enough races and enough of everything, maybe more than enough. In fact, all in all, I think I've had a good life, a good life." "Yes indeed, you have, I replied." He closed his eyes and seemed to relax. I looked up at the heart rate monitor on the screen and realized he had flat-lined. An alarm sounded and I knew the medical team would be rushing in within seconds. I looked at him one last time and walked out into the hall. I heard them asking for the paddles to shock his heart. I did not want to see his body jerked so unceremoniously.

And that is how it ended. His last words still echo in my mind: "All in all, I've had a good life, a good life."

You can find all of Sam Graceffo's articles at <https://www.syracusechargers.org/author/samgraceffo/>

Looking for a Youth Coach.

Become a Coach! The Syracuse Chargers are looking for a member to run our youth program. The program typically lasts about eight weeks (depending on coach and participant availability), with meeting once or twice a week.

Responsibilities include organizing and scheduling the indoor/winter and outdoor sessions, with associated administrative duties, plus attending and managing the kids at our indoor and outdoor meets.

We are looking for a candidate with at least a USATF Level 1 certification. If a candidate is currently uncertified, the Chargers are willing to reimburse the cost of the course, along with the cost of the SafeSport certification and background check, upon successful completion of both, in exchange for at least a one-year commitment to managing the program. Please send any inquiries to president@syracusechargers.org.

<https://www.usatf.org/programs/coaches/level-1-and-recertification-information>

Looking for Competition?

Chargers; are you looking for more options for competition? We now have updated Syracuse Charger team accounts for [milesplit](https://milesplit.com) and athletic.net.

Simply create an account on either site and you can search their race calendars for local events. To join the Chargers team on Athletic.net, please email president@syracusechargers.org for the appropriate season's team code

CROSS COUNTRY / INDOOR & OUTDOOR TRACK& FIELD OFFICIALS

CLASSES WILL START SOON

If you have an interest in becoming an official and you live in the Utica or Syracuse area classes will be held this fall and winter. Any interested person should contact Bruce Sherwood at brucesherwood55@gmail.com

Dates and times for the classes, along with further information, will be sent to interested parties several weeks prior to the fall & winter classes. They will most likely be held at the Morrisville-Eaton track and the first Baptist church in Manlius

Organization: Syracuse and Utica Track Board
Recognition: Section III & New York State

US ATF NIAGARA SCHEDULE



SEPTEMBER 24 - DECEMBER 31, 2023
2023 USATF Niagara Runner of the Year Series
NY

[VIEW DETAILS](#)
[RESULTS](#)



SEPTEMBER 24 - DECEMBER 30, 2023
2023 USATF Niagara LDR Club Grand Prix

[VIEW DETAILS](#)



OCTOBER 12 - DECEMBER 07, 2023
High Performance Clinic Series ON ZOOM
monthly clinics held virtually (on Zoom)

[VIEW DETAILS](#)



DECEMBER 09, 2023
2023 USATF National Junior Olympic Cross Country Championships
LOUISVILLE, KY

[VIEW DETAILS](#)



JANUARY 20, 2024
2024 USATF Cross Country Championships
MECHANICSVILLE, VIRGINIA

[VIEW DETAILS](#)



FEBRUARY 03, 2024
2024 U.S. Olympic Team Trials – Marathon
ORLANDO , FL

[VIEW DETAILS](#)



JULY 22 - 28, 2024
2024 USATF National Junior Olympic Track & Field Championships
COLLEGE STATION, TX

[VIEW DETAILS](#)
[RESULTS](#)



Last Chance Trail Run & Pancake Breakfast

Skyline Lodge, Highland Forest, Fabius, NY
Saturday, December 16, 2023 8:00 – 9:15 AM Start

Run on beautiful snowy, icy trails. Fall and get up. Step in ice water streams that have no safe crossing. Climb over, under and around fallen trees. Then return to the warmth of Skyline Lodge for aroma therapy. The smell of butter, pancakes, maple syrup, coffee and sausages fills the air. It is noisy with the chatter and laughter of your friends. An all-you-can-eat breakfast awaits you. This run is not for everyone. It is cold and the footing can be perilous. It is the kind of run that appeals to people who enjoy the wilderness. You are allowed to run, walk, skid, slide, wade, struggle and climb the trail. You may freeze. The trail is 9 miles but there are shortcuts allowing runs of various lengths. The full trail takes 80 to 120 minutes to complete. The trail is well-marked so you should not get lost.

Time: Start any time between 8:00 and 9:15am. You can start when you please and quit when you are tired and hungry. Run with a partner so that someone will hear you when you admire something interesting. It is safer and partners are plentiful. **The first pancake is served at 9:15 and the last pancake is served at 10:45.** If the road to Fabius is open we will run. If the snow is deep, we run on Park Roads.

Directions: Highland Forest is in the SE corner of Onondaga County off Route 80, 4M East of Fabius.

Entry: The cost is **\$15.00 per person (12 and older)**, **\$10.00 for ages 6-11 yrs.**, and **5yrs old and younger are FREE.** **The maximum for a family is \$40.00.**

Send check, payable to "Syracuse Chargers Track Club," postmarked by **December 8, 2023.** Make check payable to: Syracuse Chargers Track Club P.O. Box 2354 Liverpool, NY 13089-2354

Questions? Contact mpiscitelli2@verizon.net

Online at <https://runsignup.com/Race/NY/Fabius/LastChanceTrailRunPancakeBreakfast>

There will be day of event registration as well, but your pre-registration helps us with grocery shopping!

Last Chance Trail Run & Pancake Breakfast – Saturday, December 16, 2023

Name _____ Street _____

City, State, ZIP _____

Cell _____ License. Plate # _____

Release: I know that running on rough woodland trails in December is potentially dangerous. I agree that I should not enter and run unless I am physically able and trained. I will run sensibly, and I assume all risks associated with the event including but not limited to injuries caused by slips, contact with other runners, getting lost, eating too much, effects of weather and/or condition of trail, hypothermia, all such risks being known and appreciated, even welcomed, by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the Syracuse Chargers Track Club, Inc. all the race organizers and volunteers, Onondaga County Parks, Road Runners Club of America, and other sponsors, or successors from all claims or liabilities arising from my participation in this event.

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____

Everyone Can Run Beginners Program



EVERYONE CAN RUN BEGINNERS' PROGRAM

FREE six-week training program
at the Jewish Community Center
of Syracuse

Presented by the Syracuse Chargers Track Club and hosted by the Jewish Community Center (JCC) of Syracuse, the Everyone Can Run Beginners' Program is a **FREE**, six-week program designed to take you from walking to running. Greg Tuttle, a USATF certified coach, will lead the Wednesday evening sessions and facilitate presentations from other running-related professionals. All participants will receive a Syracuse Chargers pedometer and a trial pass to the JCC. All fitness levels welcome. If you can walk, you can run!

Dates: Wednesdays: Feb. 7, 14, 21, 28 and
March 6, 13

Time: 5:30 to 6:30 p.m.

Place: Jewish Community Center of Syracuse,
5655 Thompson Road, DeWitt, NY 13214



Join our club! Go to syracusechargers.org

REGISTRATION AND WAIVER: This program is open to Chargers, JCC members and prospective members, at least 14 years and older; applicants under 18 years old require a parent's or guardian's permission. Important: Participants should consult their healthcare provider before beginning any new type of exercise or fitness program.

Name _____ Date of Birth _____

Address _____ Phone _____

Email address: _____

I am a currently a member (please circle): Syracuse Chargers Track Club Jewish Community Center

Participant Waiver for Program: I know that running is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able, and by my signature, I certify that I am medically able to perform this event and am in good health. I assume all risks associated with running, including but not limited to: falls or contact with other participants, with all such risks being known and appreciated by me. I understand that personal music players are not allowed during my training and I will abide by this rule. I have read this waiver and, knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club and the Jewish Community Center and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these training sessions, 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 all of the foregoing to use my photographs or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18: _____ Date: _____

Please turn in this completed form at JCC or mail it to: Greg Tuttle, 3604 State Rt. 49, Central Square, NY 13036.
Any questions? Please call 315-430-9409 or email tuttlegreg@hotmail.com

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 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 to 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, 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 the negligence or carelessness on the part of other 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 the 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
Family Membership (1 newsletter, 2+ people)	\$25
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 ____ Yes
 ____ Renewal ____ 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)
 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)

Date

Parent's or Guardian's Signature if under 18 years of age
 REV 1/25/19

Date