CHARGERS NEWSLETTER

Serving the Central New York Running Community since 1969

Volume XCXVI **Syracuse Chargers Track Club** **Dec 2021**

Follow Us On 1
Syracuse Chargers Track Club 2
2021-2022 Events Calendar 3
Charger Member New / Renewing Members 3
Donations 4
Coronavirus Update 4
Recent Chargers Records 4
Which is Faster? Track, or Road? 4
SISYPHUS HAPPY? 6
EVERYONE CAN RUN BEGINNERS PROGRAM 2022 8
The Charger Challenge 9
Syracuse Chargers Membership Form 10

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. **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

Marie Christopher
Norm Deep
Mark Hill
Pat Leone
Mickey Piscitelli
Nancy Smith
Kurt Stanton
Greg Tuttle

Newsletter Staff & Contributing Writers

Subscriptions
Bob Hiemenz

Results & Records
Terry McConnell, PhD

Trivia
Greg Tuttle, USATF Level 1 Certified Coach

Stabler Collection Librarian
Anita Kuiken

Dr. J on Running
Kamal Jabbour, PhD

Nutrition
Jenny Ives MS, RD, CDN, CD

Physical Therapy
Gabe Yankowitz, PT,

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:
Marie Christopher

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.

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@twcny.rr.com if you are interested in this volunteer opportunity or if you have any questions about it. Thank you very much!

2021-2022 Events Calendar

Jan 2022		
Wed	**5**	- **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.
Wed	**12**	- **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.
Wed	**19**	- **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.
Wed	**26**	- **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.
Feb 2022		
Wed	**2**	- **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.
Wed	**9**	- **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.

***********The newsletter deadline is the 20th 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

New Members	Renewing members	
Bill Hastings	Kristin Bateman	Nicole Nguyen
Joseph Latella	Arthur Chappell-Bauer	Eric Nguyen
	George Chappell-Bauer	Tomlinson Rauscher
	Michael Bauer	Nancy Rhodes
	Lara Chappell	Peter Rhodes
	Joseph Conrad	Ruth Ripley

Donations

The Chargers wish to give an 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 to honor someone as they choose. Of course we appreciate those who give of their time to club activities as well.

- Ruth Ripley
- Nguyen/Bateman Family – Donation on Behalf of Howard and Marie MacMillan

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.

Recent Chargers Records

Terry McConnell

F8084	8k Track	Estelle Hahn	1:21:09	11/10/2021
M8589	8k Track	Sam Graceffo	1:08:54	10/10/2021

Both Sam and Estelle added track records to the road records they set over the same distance this summer.

Which is Faster? Track, or Road?

Terry McConnell

Author Bob Glover once noted that, after a race, runners inevitably gather to discuss what went wrong. I've sometimes heard the excuse "I run better on the track" offered after a poor road race performance, and the opposite after a bad day at the track. Is either claim justified by the facts?

For the average runner, the question is hard to answer since most amateurs run on the roads and seldom offer track results suitable for comparison, but we can get some idea by comparing road and track records over the same distance. The table below lists current world, national, and club records for distances run on both track and the roads, together with a column that shows their proportional difference.

	5K Road	5K Track		10K Road	10K Track	

World Male	12:51	12:35.6	-2.1%	26:24	26:11	-0.8%
World Female	14:41	14:06.12	-4.1%	29:38	29:01.3	-2.1%
National Male	13:20	12:56.6	-3.0%	27:23	26:44.36	-2.4%
National Female	14:50	14:23.92	-3.0%	31:21	30:13.7	-3.7%
SCTC Male	14:21	14:11.2	-1.2%	29:29	29:20.6	-0.5%
SCTC Female	16:43	15:52.7	-5.3%	34:44	34:07.9	-1.8%

Based on these data we can hazard a tentative conclusion: for moderate distance races, times run on the roads are 2-3 percent slower than times for the same distance run on a standard outdoor track. Moreover, this difference is reasonably consistent at the world, national, and club levels.

The immediate question, or course, is why? There are undoubtedly many factors that come into play. Track world records are often recorded at prestigious European meets held during the summer. Top athletes plan their training schedules so that they will be in top form during the big meet season. If they compete in road races at all, it is most likely in the off-season when they are in training and not yet in peak shape. The "prestige factor" of world track records may carry over to the national and club level, as amateurs are inspired to save their best efforts for the rare occasions when they venture onto a track.

Road race records set in the early days of the running boom were often greeted with skepticism. Was the course short? Was the timing accurate? Did competitors receive aid or even cut the course a la Rosie Ruiz while not under the watchful eye of race officials? Attempting to legitimize road records, governing bodies like the RRCA greatly tightened record standards during the 1970s and 1980s. Record quality courses, for example, are subject to strict limits on elevation drop, separation between start and finish, and are even measured slightly long on purpose to make sure runners cover at least the stated distance. That 5k you just ran, for example, was probably closer to 5005 meters than to 5000 meters.

As you line up for your next record attempt on the roads, bear in mind that you will face several handicaps that would be absent were you standing at the waterfall start on a track: Since records are based on gun times rather than chip times, the extra distance to the starting line – not to mention the short course prevention factor – gets added to the advertised race distance. You will need to be skilled at selecting the shortest possible route ("running the tangents"), since the course will have been measured that way. In addition, you will face hills, broken pavement, stray dogs, unpredictable weather and unpleasant smells, all factors that are mostly absent in the sanitized environment of a track race. Perhaps most importantly, you will not receive accurate split times every quarter mile that make it easier to run an even pace, as you would on a track.

We should note that both Estelle and Sam ran slightly slower times on the track than they did on the road. Did they underperform on the track, or overperform on the roads? I won't go near that one but will note that most record performances are statistical in that they are gleaned from the efforts of a large sample of runners. Statistical results, while interesting, generally do not apply to individual performances, and Sam and Estelle both set records that have not been attempted before by Chargers in their category.

All of Terry McConnell's articles are at https://www.syracusechargers.org/author/terrymcconnell/

SISYPHUS HAPPY?

Sam Graceffo, MD

I had a dream that I am running along a trail and see a man up ahead. He is coming down this big hill, and when he reaches the bottom, he starts to push a large boulder up the steep incline. I immediately realize this must be Sisyphus. I approach him and say, "Excuse me, but I wonder if I might have a few words with you."

He looks up and says "Sure, but you know I can't stop."

"Yes, I know you have been condemned to pushing it all the way up only to have it roll down. And you must keep repeating it. You've been doing this, I guess, since the beginning of time. I would like to do one trip up with you while we talk. Is that alright?"

"Ok, what do you want to know?"

"I watched you coming down the mountain before I started speaking to you and I was surprised, shocked actually, that you were smiling. I thought your face would look like you were in utter agony. Then I figured that perhaps the downhill section gave you a little breather and that was why you were smiling. But low and behold, you are smiling even more broadly now as you are pushing that giant boulder straight up this steep incline. I don't understand."

He glanced at me and said, "When I first started doing this, I hated it. I felt angry that I had to keep doing the same damn thing for all eternity. It wasn't fair. It was hard, boring, and unfulfilling. The damn thing just kept rolling down, so what was I accomplishing. Nothing. Then one day, it was like I woke up and the scales fell off my eyes. I realized that the hatred had gradually gone away and was replaced with a genuine liking of what I was doing. I was astonished at the transformation. I know pushing this boulder up the hill doesn't really amount to anything in the end, but then what does. It's my life now and I like it. I hope this corrects the misconception everyone had about me."

I was speechless for a while, then I replied, "All this time we thought you were miserable. We felt sorry for you. None of us wanted to ever get stuck in your predicament. Now it turns out you are not miserable at all; in fact, you somehow turned things around in your mind and found a way to be happy. Wow! It's so hard thinking of you this way."

Trying to help me understand, he added, "Remember when you were preparing for that marathon, and you started doing hill repeats?"

"Yes sure. I ran up hard for one minute and jogged down for a total of an hour."

"You hated it at first, but as the weeks went by you started to like it and even looked forward to it. Same with me. I know I am getting stronger with each trip. I'll bet I am getting faster too, but I don't have a stopwatch since they haven't been invented yet. And my body is probably making lots of nice chemicals."

"Yes, you make beta-endorphins to kill pain and dopamine to make you feel happy."

"Well, I don't know about those fancy chemical names. But I just know I feel good doing what I am doing. If they told me I served my sentence and could stop, I would keep doing it anyway because I love it so much."

“You really don’t want to ever quit, even if you could?”

“No, I don’t. Let’s face it. I’m what you call an exercise addict. I’m sure you know plenty of runners in the same boat. Remember that famous runner who said all he ever wanted to do was to run and drink beer. He had a double addiction. The beer part isn’t so great, but the running part is terrific. But it isn’t just with running. There are plenty of things in folk’s lives that feel like my situation. They can either hate it or turn it around and find a way to feel good about it.”

I nodded in agreement.

“Well, here we are at the top. This boulder is like a friend, but now it is about to leave me for a while and start rolling down, so you better watch out.”

“I will. Thanks for the conversation and for opening my mind to a new way of thinking about so many things in my life. I will do my best to remember all of this. Thanks again.”

The last thing he said before I woke up was “Remember, it’s just what you make of it, so enjoy the journey.”

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

EVERYONE CAN RUN BEGINNERS PROGRAM 2022

Presented by the Syracuse Chargers Track Club and hosted by the **Jewish Community Center of Syracuse**, the Everyone Can Run Beginners Program is a **FREE six-week program** designed to take you from walking to running and will start **Wednesday January 5, 2022** and continue through **Wednesday February 9, 2022**.

Greg Tuttle, a USATF Certified Coach, of the **Syracuse Chargers Track Club**, will lead the **Wednesday** sessions. **Information Presentations** from **Running Related Professionals** , will be held at most of the training sessions.

Time: Wednesdays from 5:30 p.m. – 6:30 p.m.

Place: Indoor track at the Jewish Community Center (JCC), which is located at 5655 Thompson Road in Dewitt (13214). Participants should park at the JCC main parking lot. You will start with mostly walking, increasing running intervals each week on a set schedule.

This program is open to Chargers, JCC members and prospective members, at least 14 years and older; applicants under 18 years require a parent's or guardian's permission.

Important Notes – Participants should consult their health care provider before beginning any new type of exercise or fitness program. *All participants will be asked to sign waivers and registration forms before the first night of the program.

Participants must comply with Syracuse Chargers and JCC COVID protocols at the time of the program.

Everyone Can Run Beginners Program Registration Form

Name_____Date of Birth _____

Address_____Phone _____

E-mail address: _____

Chargers Member: _____ JCC member: _____ Prospective member: _____

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, includi
ng but not limited to: falls or contact with other participants, the 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 session, 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 years:_____Date: _____

Please turn in this completed form at JCC or mail it to: Greg Tuttle, 3604State Rt. 49, Central Square, NY 13036. Any Questions, 315-430-9409 or 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 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 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** _____
Parent's or Guardian's Signature if under 18 years

Return To: **Ed Polly, 102 Rosewell Meadow Dr., DeWitt, NY l3214 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
____ 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 *Date*

REV 1/25/19