



CHARGERS NEWSLETTER

Serving the Central New York
Running Community since 1969

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Newsletters

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



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

Program Coordinators

Membership Coordinator:
Bob Hiemenz

Chargers Records:
Terry McConnell

The Charger Challenge:
Ed Polly

Youth Program:
Mark Driscoll

At Large Charger Board Members

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

Scholastic Coach:
Norm Deep

Every One Can Run Program:
Greg Tuttle

Volunteers:
Kurt Stanton

Masters (Men):
Greg Tuttle

Newsletter Staff & Contributing Writers

Subscriptions Bob Hiemenz	Dr. J on Running Kamal Jabbour, PhD
Results & Records Terry McConnell, PhD	Nutrition Jenny Ives MS, RD, CDN, CD

Indoor Meets/Practices:
Mark Driscoll

Special Friends Athletics Program:
Peter Rhodes

Masters (Women):
Mickey Piscitelli

Scholarships:
John View

Trivia
Greg Tuttle, USATF
Level 1 Certified Coach

Physical Therapy
Gabe Yankowitz, PT,

Summer Runs:
OPEN

Awards Dinner:
Marie Christopher

Stabler Collection Librarian
Anita Kuiken

DPT, OCS Medicine & Health
Sam Graceffo, MD

Open Coordinator (Women)
OPEN

Open Coordinator (Men):
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.

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!

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.
Sun	9	- All Comers Winter Tack And Field Meet – from 9:00am to 11:30am - opportunities for athletes of all ages to compete in track and field events. See the flyer in this newsletter for more details. @ SRC Arena.
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.
Sun	23	- All Comers Winter Tack And Field Meet – from 9:00am to 11:30am - opportunities for athletes of all ages to compete in track and field events. See the flyer in this newsletter for more details. @ SRC Arena.
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.

Renewing Members

James Clancy
Kelly Dworak
Alan Hambrecht
Suzanne Leone
Sue Shopiro
Jackie Wiegand
Gabe Yankowitz

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.

- Jackie Wiegand
- Kelly Dworak
- Jim Clancy

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.

DOES RUNNING INCREASE LONGEVITY?

Sam Graceffo, MD

A google search of “running and longevity” produces dozens of interesting and encouraging articles. There were a few that I found most notable. One study, for example, from Australia followed 230,000 people for up to 35 years to see how many survived. During the study, 26,000 individuals died, and it was determined that the runners in the original group had a 27% lower death rate. The runners also had a 30% lower risk of death from heart disease and 23% lower risk of cancer death. Any amount of running, even five miles a week, provided these results.

Another study lasted 15 years and had 55,000 individuals, 14,000 of which were runners. This study concluded that runners had a 90% less chance of dying of cardiovascular disease than the non-runners during the study period. It also found the benefits plateaued at 20 miles per week.

A third study was reported in the New York Times, and it received much attention when it concluded that one hour of running increased longevity by seven hours. That 700% return sound incredible. My 40 years of running at 40 miles per week would, according to this, give me 405 extra days to live. A study at the Cleveland Clinic compared elite runners to non-elite runners and followed the 122,007 individuals 22 years. A big part of this study was testing on the treadmill for aerobic fitness. The elite group, of course, had the highest aerobic fitness, and they had an 80% reduction in mortality. The conclusion was that the higher the aerobic fitness, the better the longevity. This is especially true for older individuals.

These studies and all similar ones suffer from one major difficulty. Simply because running, or any other aerobic exercise, is associated with longevity does not prove that it actually causes it. Association is not the same as causality. It has been shown that individuals who are already in fairly good health to begin with are more likely to be drawn to running than those who are in poor or marginal health. It is also true that dedicated runners often have lifestyle habits that are conducive to health and longevity. They tend to eat well, maintain a low weight, get adequate sleep and avoid overindulgence in drugs, alcohol, and smoking.

Running certainly increases aerobic fitness, and this is one of the best indicators of an individual’s long-term health. Aerobic fitness is something an individual has control over and can choose to improve it or let it decline. Heart disease is the number one cause of death around the world and improved aerobic fitness would certainly have an impact on reducing the risk. Running tends to speed up movement through the digestive tract. This is beneficial since we take in trace amounts of toxic substances with our food, and the shorter amount of time they spend in the colon, the less likely they are to be absorbed and possibly lead to cancer.

The bottom line is that it is difficult or impossible to prove that running directly increases longevity, but it is clearly associated with longevity, as long as all the other factors are present as well.

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



Syracuse Chargers

All Comers Winter Indoor Track & Field Meets 2022



All meets @ SRC Arena on OCC Campus

Free of Charge and Open to All!

Pre-registration available (preferred) through runsignup:

<https://runsignup.com/WinterIndoorTFMeets>

Meet #1 (SUNDAY. 1/9/22) 9am-11:30am

Registration: 8:15–8:55am 1st Running Event starts at 9am

- | | |
|----------|------------------------|
| One Mile | Triple Jump (14+ only) |
| 55m | Long Jump (after TJ) |
| 200m | High Jump |
| 800m | Shot Put |
| 4 x 200m | Weight Throw |

Meet #2 : SUNDAY 1/23/22 9am-11:30am

Registration: 8:15–8:55am 1st Running Event starts at 9am

- | | |
|----------|------------------------|
| 1500m | Triple Jump (14+ only) |
| 55m | Long Jump (after TJ) |
| 400m | High Jump |
| 1000m | Shot Put |
| 4 x 200m | Weight Throw |

Throwers must bring their own age-appropriate indoor implements.



Name _____ M _____ F _____ Age _____

Club affiliation (or "independent") _____ Date of Birth _____

Home Address (Street) _____

City, State, Zip _____

Phone # _____ Guardian's address (if different from above): _____

Emergency contact _____ Emergency contact phone # _____

Waiver: In consideration of this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club Inc., Onondaga Enterprises, the Road Runners Club of America and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that medical support for these meets will be volunteers who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in these meets.

I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant:

_____ Date: _____

_____ Date: _____

(Signature of parent or guardian for all participants age 17 or younger.)





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, including 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 in consideration 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).

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 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