



**CHECKERS**

# CHATTER

**ATHLETIC CLUB**

*Nov/Dec 2007*

26TH CHECKERS HIGH SCHOOL XC INVITATIONAL



**On a sunny but chilly Sunday November 18th the Checkers XC Invitational was held at Elma Meadows Park with great success. Male overall winner, Zachary Ball and female overall winner, Amanda Solly took home Checker's \$100 gift certificates for Runner's Roost. Thanks go out to all the volunteers and a special thanks to Steve Seerey & Peter Szymanski who do so much to make this event possible.**





# 112th Turkey Trot

Rained all night and morning.  
 Rain stopped just prior to the start.  
 Temperature right around 40 degrees & cloudy.  
 Unusual but welcomed tailwind from the North.



Male overall winner : Kyle Pawlaczyk  
 Female overall winner : Aileen Hoak



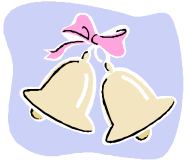
Female Master Winner  
 Becky Carroll

Husband/Wife Team Winners  
 Dave & Brenda Spillman





# ANNOUNCEMENTS



Wedding  
Congratulations  
To  
Clyde & Carol Ferguson

## NOTE FROM NEWSLETTER EDITOR

As the new editor of the newsletter I encourage any member to contact me with any running news, events or announcements for the newsletter.

Thanks!  
Jim Figler  
[jfigler@verizon.net](mailto:jfigler@verizon.net)

## DON'T LET THE END OF THE TRACK WORKOUTS GET YOU DOWN!

Again this year a varied group of runners will meet at the UB stadium parking lot every Tuesday @ 5:30pm to run the bike path and also at the Buffalo & Erie County Historical Society @ 6pm on Tuesday as well. Runners of all paces are welcome.

What: Checker's Holiday Party  
When: January 12, 2008, 7:00 PM - ?  
Where: Roger & Mary Roll's Home  
Address: 80 Cayuga Rd, Village of Williamsville (1 block S. of Main St)  
Cost: We ask for a \$5.00 donation or a dish to pass.  
Who: Members along with non-members are welcomed.



SEASON'S  
GREETINGS

Checkers provides wine and pop.  
This year Flying Bison will be providing a selection of beer for our enjoyment.

Please RSVP Roger at 716-912-9800 or e-mail at [rogerroll@roadrunner.com](mailto:rogerroll@roadrunner.com)



New Members  
**Jeanmarie Harrison**

## Schaffstall CHIROPRACTIC

777 Maple Road, Williamsville  
(corner of Maple & North Forest)  
698-4265

*Now accepting new patients*

# SOCIAL/EVENTS CALENDAR



Sat, Dec. 1	10:00 am	Reindeer Run 5k	Medaille College, Buffalo
Sat, Dec. 8	10:00 am	1 <sup>st</sup> Annual Snowball Run 5k	ECC City Campus, Buffalo
Sat, Dec. 15	10:00 am	Freezeroo series #1 – Mendon 5k	Mendon Ponds Park, Rochester
Sun, Dec. 9	10:00 am	Habitat for Humanity 4 mile run	Whirlpool State Park, Niagara Falls
Sun, Dec. 16	08:45 am	RIT Indoor Track Meet #1	Gordon Field House, Rochester
Sat, Dec. 29	10:00 am	Upstate Holiday Classic T&F Invitational	Gordon Field House, Rochester
Tue, Jan. 1	10:00 am	Freezeroo series #2 – Resolution 7.5 miles	Mendon Ponds Park, Rochester
Sat, Jan. 12	10:00 am	Freezeroo series #3 – Curran Memorial 5k	Camp Eastman Conf. Ctr., Rochester
Sat, Jan. 12	07:00 PM	Checkers Annual Holiday Party	Roger & Mary Roll's House
Sun, Jan. 13	08:45 am	RIT Indoor Track Meet #2	Gordon Field House, Rochester
Sat, Jan. 26	10:00 am	Freezeroo series #4 - Hearnish 10k	Camp Eastman Conf. Ctr., Rochester
Sun, Jan. 27	11:00 am	Penguin Run 5k	Classics V Restaurant, Amherst
Sat, Feb. 9	10:00 am	Freezeroo series #5 – Valentines 8 miles	Long Pond Road, Greece
Sat, Feb. 9	11:00 am	Lockport Y-10	Lockport, NY
Sun, Feb. 10	08:00 am	RIT Indoor Track Meet #3	Gordon Field House, Rochester
Sat, Feb. 23	10:00 am	Freezeroo series #6 – Finale 10k	Churchville American Legion Hall
Sun, Feb. 24	10:30 am	Polar Bear 5k	Olcott, NY
Sun, Feb. 24	12:00 PM	Canisius H.S. Chilly Challenge 5k	Buffalo, NY



PR's!

## YMCA Turkey Trot 8K

32:32	Anne Pyrak	Life
33:52	David Melohusky	Life
33:54	John Teuscher	Life
35:40	Melissa Melnik	Life
42:10	Nancy Campbell	Course
42:32	Nancy Sheehan	Life
43:41	Linda Gerbec	Life
44:16	Joe Hauser	Life
49:12	Joelle Ruettimann	Life
25:46	Linda Gerbec	Course
25:10	Nancy Campbell	Course
25:34	Robin Lally	Life
25:47	Linda Gerbec	Course
26:53	Rick Schoellkopf	Life
22:27	Jennifer Raby	Life
19:24	Dave Sada	Life
24:19	Cindy Bartkowiak	Life
25:08	Joe Hauser	Life
25:41	Linda Gerbec	Course
27:05	Brenda Bartkowiak	Life
27:59	Rick Schoellkopf	Age-Group
3:12:33	Matthew Phillips	Life
3:19:46	Kieran O'Loughlin	Life
4:00:27	Eva Basehart	Life
1:37:58	Tom Droz	Life
1:53:11	Cindy Demske	Life
3:26:47	John Teuscher	Life
3:42:47	Marcus Sikorski	Course
18:25	Jim Figler	Course
25:56	Linda Gerbec	Course
28:08	Rick Schoellkopf	Course
28:32	Rick Schoellkopf	Age-Group
5:10:38	Linda Gerbec	Life
3:26:00	Marcus Sikorski	Course

## Making Tracks For Families 5K Lindsay's Legacy 5K

## Lauren Castanza 5K Benefit Run Bob Ivory Run 5K

## Niagara Falls International Marathon

## Niagara Falls International Half Marathon

## Marine Corps Marathon

## Jack O'Lantern Fall Classic 5k Race

## ECMC Pumpkins in the Dark 5K

## Toronto Marathon

## Charlotte Thunder Road Marathon

## Getting to Know You by Paul Wandel Checkers Interview with Jim Schaffstall

Nov/Dec 2007

### BIO:

Age Group: 45-49  
Running: 25 years, Checkers Member 22 years  
Pace group: 21-22  
Residence: Buffalo, NY  
Professional: Doctor of Chiropractic-private practice in Williamsville, NY  
Personal: Married to Jennifer (Checkers member)  
Interests: Training for and participation in Triathlons (110 completions)  
Spinning instructor at Gold's Gym  
Enjoys Frank Lloyd Wright Architecture



In 1991, a very unusual thing happened to Jim Schaffstall while he competed in the Philadelphia Distance Classic Run. Due to a technical error, Jim found himself lining up at a separate start line with about 50 elite runners. He managed to run the first half of the 13.1 Mile course with Jennifer Colgrove-Martin (former WNY elite runner and competitor in 4 US Olympic Marathon Trials). To his amazement, he found that the media coverage on Jennifer had him in the picture, as well. **“I was on ESPN for about 15 minutes!”** Though his performance was high caliber, he adds **“I didn’t finish with the Kenyans.”**

A Checkers member since 1985, Jim has enjoyed many challenges and successes in his running and triathlon competitions. He has been involved in club organization, leadership and activities, over the years. Jim has been instrumental as a race organizer and director. He has been with our club in the lean years and helped to keep it functional. Jim was introduced to his wife Jennifer, through Checkers. There is little doubt that affiliation with this club has been and continues to be, an important and meaningful part of Jim’s life.

Just how did this runner/ tri-athlete get his start? **“I started in high school as a swimmer. My swim rival was also a runner. In my senior year (1980), I ran Track to see if I could compete against him.”** The interest in running however was preceded by triathlons. **“I was a member of the Depew Nautilus Fitness Center. The facility manager was Jim Kenney who persuaded me to do the Silver Lake Triathlon, which he sponsored.”** Jim’s interest and participation in triathlons continued. Since 1981, he has competed in over 110 triathlon events. **“Three were full Ironman distance races at Lake Placid. Jenny has also done the Lake Placid Ironman 3 times.”**

Attractions to this sport are clear and basic. **“I like to pit multiple skills together. Also, it keeps training from getting boring and the cross training reduces injury risk.”**

Favorite among his triathlon experiences is Escape from Alcatraz. Jim would characterize that experience as the most challenging and rewarding. **“The swim begins with a jump into the icy Pacific. In the four times I had competed there, the water temp ranged from 52 to 60 degrees. My first year, I did not wear a thermal swim cap which triggered an event long headache. It’s just very cold!”** Jim notes that sharks are typically not a problem for the swimmers.

In addition to the thermal challenge, other difficulties were noted. **“Due to the very strong Pacific currents, we needed to set our course at a 45 degree offset angle (to compensate). Once you hit the shoreline after a 2 mile swim, there is a 2 mile run to the bike transition location. This is to get your blood circulating properly. Though the bike course is relatively short (18 miles), it is very hilly with immediate turn arounds at the ascent and descent points. The run was tough also. We ran 1.5 miles in the California beach sand and had to climb the ‘sand ladder’, which is a giant sand dune!”**

How does one train and prepare for such a challenge? **“Consistent training and brick workouts helped prepare me for events like Alcatraz. I would usually team with a small group on Saturday mornings. We rode our bikes from the City of Buffalo south to Chestnut Ridge Park and then proceeded to run between 10-20 miles. Then we rode back home.”**

The depth and scope of his training prepared Jim well for events like Alcatraz. In 2003, he placed 8<sup>th</sup> overall (and 3<sup>rd</sup> in age group) in an event that has national distinction. **“I beat several pros. Some of the best in the country are there. It is a prestigious event!”**

Jim adds that, **“The number of tri races peaked in the 1990s but now have scaled back. However, the favorite races are growing in participation, such as the Lake Placid Ironman.”**

As is evident with his attraction to and forte with the triathlon event, Jim is a long distance athlete. **“My high school and college swimming consisted of distance events. In running, my favorite distance is the 15K and the half marathon.”** His performances at the Utica Boilermaker 15K (55:40 PR) and the Philly Distance half marathon exemplify his endurance ability.

Marathoning is also part of Jim’s running portfolio. His participation in 18 marathons was initiated with the 1985 Skylon Race (3:18) and was highlighted by two sub 3 hour performances. His effort in the 1995 Detroit International Marathon produced a 2:59:59 time, which was later eclipsed by one second in the 2001 Chicago Marathon (2:59:58 PR). **“Most of my marathon times were in the 3:00 to 3:10 range.”** One memory that is vivid with Jim is his recant of the 1993 Chicago Marathon. **“We were running on a cold day along Lakeshore Dr. The out and back course had us headed into and out of a lake effect snow squall. Runners were emerging completely covered in snow!”**

Affiliation with Checkers running club began in 1985. **“I was introduced to the club by Tom Tobias and Karen Keller. They invited me to the track at Crosby. The surface was cinder back then but was all weather covered in about 1987. Tom Courtney was our coach and we had weekly structured workouts. We typically had 25 runners on the track with just one group. There were fewer people, maybe 60 members.”** In those days, Checkers actively recruited local high school running talent. Among them was a track and CC runner from Frontier HS., namely Jennifer (McConvey) Schaffstall. Jim briefly met her in 1987, but the two were reacquainted 14 years later, at the Checkers 2001 Christmas party. **“Checkers has seen several marriages created over the years.”**



Eventually, Coach Tom Courtney retired from coaching. Member Mark Collesano assumed coaching responsibility for Checkers, but he too moved out of the area. However, Mark would fax the workouts to Jim for 2 years. Additionally, members Steve English and Jeff Abram would also relay the workouts to the club members.

The club was stressed in the late 1980s. A fairly high attrition was largely due to members leaving the area due to job changes. **“We had a high transition.”** During this time, Jim assumed leadership responsibility in different areas. **“For a period of 3 months (in 1989), I assumed the positions of vice president, president, secretary and treasurer simultaneously!”** Additionally, it was Jim who kept our newsletter (Checkers Chatter) going. He remains **“as the longest and most continuous active paid member of the club.”**

In addition to his Board responsibilities, Jim was instrumental in organizing and directing Checkers races in the late 1980s and early 90s. John Herman and Jim were co-race directors of the Downtown Dash 5K for 4 years. Jerry Bergman eventually took over the directorship and originated the Checkers Buffalo Mile at the Erie Basin Marina.

Jim’s professional career has seen both challenge and change. For 18 years, he worked for his family owned business. Schaffstall Manufacturing was a sheet metal supplier to a diverse customer base including medical, automotive, electronics and the food processing industries. His responsibilities included production and process engineering, and sales. Eventually, he became CEO of the 212 employee organization. Both increasing global competition and the stimulus of 911 impacted the operation to the point of closing the business. During the 5 consecutive years of 1997- 2001, Jim was the top achiever in the Corporate Challenge top CEO award.

Jim Schaffstall was now at a turning point in his professional life. After careful consideration and compelled by his love of athletics, he embarked in a whole new direction. **“I decided to take advantage of an opportunity to ‘recreate myself’. To do something that I would enjoy. I wanted my hobby to fit into a profession and fit into athletics.”** His choice was to enter the New York Chiropractic College. **“I thought about medical school or selling athletic related products. However, my amazement with how much my own chiropractor had helped my running and health influenced my decision.”**

It was a choice that had rigorous implications. **“It is a 5 year program condensed down into 3.5 years which includes a one year internship. Daytime was filled with class work, which left only nighttime for study and test preparation. I became used to the long hours.”** Jim states that chiropractic has **“more musculoskeletal training than medical school. It is total body anatomy.”** The effort paid off with graduation from the school in 2007, which had a 25% dropout rate. This was followed by successfully passing the 4 part National Board Exam.

Effective January 2008, Jim will be an active practicing independent Doctor of Chiropractic. His new location in Williamsville (Maple and N. Forest Roads) will allow him to live his dream of helping people and especially athletes. Jim’s specific goals are to help people with performance enhancement and also injury prevention. **“I want to work with people who want to get better. To feel, function and perform better. To have more energy.”** Education and awareness is vital for our own health and fitness. Jim’s plan is **“to target athletes, but anyone who is conscious of their human performance.”** For more extensive medical situations Jim states, **“I will be networking with neurosurgeons and other practitioners for the best patient care.”**

Interestingly, his wife Jennifer is a Doctor of Physical Therapy (DPT). She operates as a PT for Daemen College in a Sisters Hospital clinic location. **“We have similarities and overlap in our professions which allows for a complementary relationship.”** Jim’s approach is to always promote the conservative method first. He maintains that **“Chiropractic is preventative based and that promotes wellness.”**

Finally, Jim muses about Checkers running club and what it means to him personally. **“I like Checkers the way it is now. I like the camaraderie. I see a loyalty to the club and to other members. Often, the running is secondary. Foremost are the people. During our time away (3 years) we really missed the track workouts and the people.”** Jim summarizes, **“Many members have changed over time, but they are still friendly, hard working, health conscious and fit.”**



Certainly Jim Schaffstall exemplifies these attributes in his own life. We wish him the very best in his new profession, and that he will accomplish his goals of helping us all to achieve a higher level of fitness and wellness in our lives.

# NEARLY 100 CLUB MEMBERS RUN THE 29TH BOB IVORY 5K!

SUNNY & COOL SUNDAY MORNING MADE A GREAT DAY FOR THE RACE.  
TASTY DESSERTS WERE GIVEN TO AGE GROUP AWARD WINNERS.



"We must be willing to forget the life that we had planned, so as to have the life that is waiting for us", Joseph Campbell

Teresa C.	Metz-Zagkorn	3-Dec
James C.	Kavanagh	4-Dec
Alan	Wrobel	4-Dec
John	Teuscher	5-Dec
Brenda	Bartkowiak	6-Dec
Mary	Roll	6-Dec
Karen	Doner	7-Dec
Ray	Ernst	7-Dec
Mark	Kelly	7-Dec
Beth	Neary	7-Dec
John	Lintner	8-Dec
Andrew	Reardon	8-Dec
Lucy	Lorzak	9-Dec
Bill	Schimpf	9-Dec
Eric	Cornavaca	10-Dec
Kieran	O'Loughlin	10-Dec
Diane	McGuire	11-Dec
Jerry	Bergman	12-Dec
Eileen	D'Arcy-Smith	12-Dec
Fred	Kobler	14-Dec
Lydia	Samuelson	14-Dec
Tom	Droz	15-Dec
Richard	VanAlmkerk	15-Dec
John	Tamburlin	16-Dec
Kevin	Winkler	16-Dec
Wendy	Guyker	17-Dec
Anne	Lytwyne	17-Dec
Mike	Rogers	17-Dec
Allison	Bartkowiak	19-Dec

# H a p p y

Chloe	O'Loughlin	19-Dec
Carmen	Milioto	20-Dec
Nick	Magnini	21-Dec
Darell	McKenrick	23-Dec
Gary	Raby	23-Dec
Leanne	Skrabacz	23-Dec
Grant	Hennigar	25-Dec
Natalie	Luczkowiak	25-Dec
Thomas	Donnelly	26-Dec
Lindsay	Rodgers	26-Dec
Don	Bartlett	27-Dec
Rebecca	Donnelly	27-Dec
Jody	Snyder	27-Dec
Peter	Simon	29-Dec
Melissa	Kurzdorfer	30-Dec
Brenna	Symoniak	31-Dec
Paul	Wandel	31-Dec
Gloria	Santarpia	1-Jan
Diane	Sardes	1-Jan
Herman	Van Leeuwen	3-Jan
Mike	Cook	4-Jan
Chuck	Tokarz	8-Jan
Cindy	Bartkowiak	9-Jan
Hermann	Pohl	9-Jan
Tim	Zelasko	9-Jan
Carol	Heiligenthaler	11-Jan
Jerry	Mangan	12-Jan
Paul	Duttge II	13-Jan
Rosalie	Marino-Soehner	13-Jan

# B i r t h d a y

Jackie	Appenheimer	14-Jan
Kitty	Mahoney	14-Jan
Patrick	Occhino	14-Jan
Bill	White	14-Jan
Steven	Follum	16-Jan
Gerry	Buchholtz	17-Jan
Dave	Eckhardt	17-Jan
Kristin	Follum	17-Jan
Kathleen	Fretthold	18-Jan
Edye	Radice	18-Jan
Peggy	Towers	18-Jan
Catherine	Forrestel	19-Jan
Patricia	Judge	19-Jan
Tim	Sloan	19-Jan
Brandi	Boyle	21-Jan
Deb	Morrison	22-Jan
Mark	Ruettimann	23-Jan
Ashley	Bleich	24-Jan
Billy	Flynn	25-Jan
Margaret	Griffin	25-Jan
Ellen	Hamm	25-Jan
Patricia	Hilbert	25-Jan
Jeff	Mead	25-Jan
Paul	Donnelly	27-Jan
Warren	Hale	27-Jan
Maureen	Kemeny	27-Jan
Jennifer	Schaffstall	29-Jan
Larry	Ammon	31-Jan
Elizabeth	George	31-Jan

## The Best Massage in Town



Suffering from a Sports Injury that just won't go away? One Foot One Hand massage therapy can help on your aching back. David Ireland, licensed massage therapist, helps you regain your mobility by showing you Active Isolated Stretching. He can reduce painful IT bands, hamstrings, knee joints and ankles by applying Active Release techniques. This will develop better functioning muscles and joints, while relieving stiffness and pain, simply by using Ashiatsu Deep Tissue Massage. You will get a full refund if you do not receive any relief from the massage.

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LMT, CMT, ART AOBT  
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90 minutes .....	\$90

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998 Highland Ave Tonawanda NY 14223.



# Random Race Photos



# The 5th Annual Checkers T.N.T. Awards

TOM STEELE AWARD: Diane Sardes

ED RETZER/DAVE IRELAND AWARD: Sandy Hebler

CHECKERS CHUCKLE: Clyde Ferguson

THE DYNAMIC DUO / THREE MUSKETEERS AWARD: Bill & Patricia Hilbert

SANDBAGGER OF THE YEAR: \*Mike Kowalski

METRONOME AWARD: Tom Droz

TRAILBLAZER AWARD: Karen Radkowski

OUTSTANDING WEBSITE CONTRIBUTION: Sam Spritzer

HORIZON AWARD: Paul Hassall

MOST PERSONEL RECORDS: Men's – Jim Figler, Women's – Linda Gerbec

MOST LIFE TIME RECORDS: Men's – Jim Figler, Women's – Kim Chmeilewicz

MOST MISSED BY THEIR GROUP: Don Cyprys

BEST PREFORMANCE IN A TRIATHON: Men's – Pat Dalton Jr., Women's – Eva Basehart

MULTI EVENT AWARD: Men's – Peter Hogan

SELF-MOTIVATION AWARD: Jane Jontz, Margret Connelly, Bonnie Blatner

TOP HIGH SCHOOL PERFORMER: Men's – David Szmkowiak, Women's – Brenna Symoniak

ROOKIE OF YEAR: Men's – Matt Phillips, Women's – Linda Sacco

DEDICATION AWARD: Gina Brown

RUNNER IN LEADING ROLE: Men's – Jeff Czyz, Women's – Judy Arlington

MOST IMPROVED: Men's – Ed Harkey, Women's – Bonnie Blatner

LEADERSHIP AWARD: Gary & Judy Thompson

INSPIRATION AWARD: Peter Forrestel

COACHES AWARD: Men's – Ted Sullivan, Women's – Jane Wright

MENTOR AWARD: Dan D'Arcy & Eileen D'Arcy Smith

GROUP OF YEAR

“Lucy's Group“

38

Lucy Lorczak

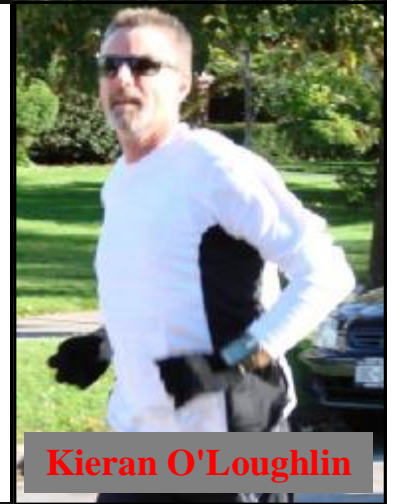
OUTSTANDING PERFORMANCE OF THE YEAR: Brenna Symoniak

# Niagara International Marathon

Dear Checkers,

My name is Tom Zajac and I belong too the Lancaster Striders. I would like the express my thanks to your club for helping me set a PR at the Fallsview Marathon. From mile 23, I think it was, I was running with a group of your runners. Tom Dessauer and Kieran O'Loughlin were running side by side struggling like I was to complete the race. Tom would walk, than I would walk. He said keep it up, if I walk a little you walk a little we can do this, take your breaks. Coming up to the finish all I could hear was "come on Kieran keep going come on, come on". Don Seitz and Amy Faktrowitz were running us in, and I believe it was Kieran's wife pushing us to finish. I wouldn't have pushed so hard if it wasn't for their help and support. I ended up running 3:19.27 which was my fastest time by over 13 minutes. Again thank you so much for the push.

Tom Zajac



Checker members and UB students volunteer to help refresh the runners by working the water stop.





# ATTENTION !!!



**DUE TO A COMPUTER PROBLEM BEYOND HIS CONTROL  
OUR PRESIDENT WILL BE UNABLE TO PROVIDE HIS  
NORMAL COLUMN IN THIS MONTHS NEWSLETTER.**



Checkers Athletic Club  
c/o 303 Norwalk Avenue  
Buffalo, New York 14216



See Checkers web page at:  
[www.checkersac.org](http://www.checkersac.org)