

November 1, 12:48 PM

<Home



News:

- » Feature Story
- » Action Desk
- » Cop Blotter
- » Deadline
- » 50Plus

Commentary:

- » In Your Opinion
- » In Our Opinion
- » Q Confidential
- » Not 4 Publication

Entertainment:

- » Restaurant Review
- » Leisure

Q Guides:

- » Queens Culture
- » Best of Queens 2002
- » Dining Guide
- » 50plus Dining
- » Queens Today

Resources:

- » 2003 Anniversary
- » 2002 YearInReview
- » 32nd Anniversary
- » Shulman Legacy
- » Bridal Planner
- » Queens Business
- » Inside Queens 30yrs
- » Vintage Queens

Classifieds:

Contact:

- » Editorial
- » Sales
- » Webmaster

<Old Website

Queens Podiatrist

Professional Care - 16 Yrs. Exp. Free consultation 718-726-8880

Queens Attorneys

1877MMS-JUSTICE Experienced NYC & Queens Lawyers

Transplant Recipient Ready To Run

By JO-ANNE RASKIN

On Nov. 4, approximately 38,000 marathoners will gather on the Verrazano Bridge to begin their 26.2 mile journey through the five boroughs in the 37th ING New York City marathon. Around 350 of them will be from the Achilles Track Club.

Founded in 1983 by Dick Traum, Achilles Track Club is an international organization that enables athletes with disabilities to participate in "mainstream athletics." Traum was the first NYC amputee to run in the NYC marathon. Forest Hills resident Robert Skaretka, a member of the Achilles Track Club, will participate in his 20th marathon, his 15th since his heart transplant in 1991. Skaretka, 58, who has been active in athletics since the age of 5, feels compelled to stay active.

After his father died of a heart attack in 1976, and since he has a family history of heart problems, Skaretka went for regular checkups. After an abnormal EKG reading, his doctor suggested lite jogging and bike riding. In 1980, he completed his first five-mile race. In 1990, however, during the 16th mile in the marathon, he developed chest pains and a change in his running pattern. After consulting various doctors and heart specialists in 1991 he was told he had cardiomyopathy, a condition where the heart muscle deteriorates and becomes weaker.

On April 28, 1991, Skaretka received his new heart. Since his heart transplant, Skaretka has participated in all marathons with the exception of 2005 where he had developed sciatica. Through all his trials and tribulations he doesn't take his health for granted. He lives a healthy lifestyle and maintains a special low fat, low salt, low cholesterol diet.

"I feel great; getting out and exercising makes me feel better and feel younger," he said.

Over the years Skaretka and all the other members of the Achilles Track Club have inspired many people with and without disabilities that they, too, can live an active and wonderful life and achieve goals they never dreamed of.

To all the marathoners, best wishes for a beautiful day, have a great race, and may the wind be to your back.



Robert Skaretka will run in the marathon this weekend.

Green All C

Trans Reac

York Lect

Clos Looj

City As M

Reci Still

Com Sme

Que Kill

It's Neig

St. J Unfi

Ben View

Men Adv

St. J Spui

Wen Save

Hate On F

Citi To T

FEM Ext

Ope Mart

Borc Hilla

Qual Pimj