



MAKING TRACKS

Volume 10 Issue 4

April 2003

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ST LOUIS MARATHON

By Jim Patton

Well the marathon is over and we have returned to the warmth of Florida.

Kathi was trying to decide if she would do the half marathon but was waiting to see what the weather would be on race day. Early in the week the forecast was for 50s and thunder showers. Needless to say she was not enthused. When we arrived in St Louis, the forecast had changed to temps in the 50s but no rain till late in the day. So on Saturday at the expo she registered, after shopping and buying some new tights, we were off to do some sightseeing, visited and to tour the arch and museums. Then to church and dinner, on the way back to the hotel the radio announcer was giving an updated weather forecast. The temperature was to be in the 30s in the morning with rain, possibly mixed with snow.

Race morning came and after having something to eat I ventured outside to check on the weather. It was not raining but very windy. We were right next door to Busch Stadium and the sign out front had the temperature at 34. We walked to the start it was cold and windy but I had run in that temperature before so I was not concerned. I turned in my running suit at the baggage check and went through the gyrations of trying to put on my long garbage bag in the strong wind. We then proceeded to the start line where shortly before the start it started to rain and was mixed with sleet. When we passed the stadium at the two mile mark it still said 34 degrees and the rain was really coming down hard. When I got to the 18 mile mark it was not raining it had turned completely to sleet. Kathi completed her half in 3:34 and went back to change then came out to meet me. I continued on and finished in 5:28:08 and then returned to the hotel at which point I took off the garbage bag! Yes I ran the entire marathon in a long garbage bag and it kept me dry and warm not counting my shoes which were soaked but it was so cold I did not feel them. In the lobby of the hotel was a Starbucks and the runners were lined up.

The rain and sleet continued for the rest of the day with the temperature only getting up to 37.

IN ORDER TO KEEP THE COST OF BEING A MEMBER OF OUR CLUB AT A REASONABLE FEE, STARTING MAY 1, 2003, WE ARE ASKING ALL CLUB MEMBERS THAT HAVE ACCESS TO A COMPUTER TO PLEASE DOWNLOAD YOUR NEWSLETTER FROM OUR INTERNET SITE WWW.RUNWESTFLORIDA.COM. IF YOU DO NOT HAVE ACCESS TO A COMPUTER AND STILL WISH TO RECEIVE A NEWSLETTER, PLEASE SEND US YOUR NAME AND ADDRESS AND WE WILL KEEP YOU ON OUR MAILING LIST. PLEASE REALIZE THAT IF YOU DO NOT SEND US YOUR ADDRESS, WE WILL NOT MAIL A NEWSLETTER TO YOU.

Name: _____
 Address: _____

Mail To: Membership Chairperson
 1005 Highland Avenue
 Clearwater, FL 33756

MEMBERSHIP INFORMATION

NAME	OFFICE/RACE	E-MAIL	HOME
Linda Schumacher	PRESIDENT	two.shoes@verizon.net	939-8038
Karen Farnham	VICE PRESIDENT	iran262@tampabay.rr.com	781-8128
Colleen Scott	TREASURER	CScott4@metlife.com	733-5063
Duncan Cameron	SECRETARY	duncan.runsfast@verizon.net	789-5368
Arnaud Glaucet	Membership Chair	aglacet@tampabay.rr.com	725-4491
Anna Babyak		yooohoo@fla.suncoast	733-1135
Becky Boyle Dan Boyle		beckyboyle@verizonmail.com paintman.dan@verizon.net	736-3562
John Holmes	Social Chair	croomtrailrunners@juno.com	546-9399
Lance Lipham	High School Liaison	LLiprun26@cs.com	391-6032
Everett McDowell, Jr.		Emcd77@aol.com	736-4551
Leviticus McKinnon	Youth Coach		524-0802
Mel Mella	Track Coach	imella@tampabay.rr.com	517-3677
Skip Rogers	Turkey Trot RD	trotskip@gte.net	442-5838
Jim Setaro	Max Bayne Co-RD	jsamy123@cs.com	934-8268
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Marc Skinner	Making Tracks Editor	Marcwine@comcast.net	941-359-4875
Bonnie Stein	Racewalk Chair	Bonnie@AceWalker.com	394-9255

GROUP RUNS

Saturday Morning

Saturday morning runs at John Chesnut Sr. Park in Palm Harbor start at 7am. Call Linda @ 939-8038 for info!

Saturday Morning

Racewalkers get together on Saturday morning at Taylor Park. If you'd like to meet other racewalkers of varying ability levels, join the group at Shelter #1 at 9 AM. Contact Thom or Patty at racewalk@mindspring.com or (727) 593-0781.

Sunday Morning

6 am. Group Leaves from southwest corner of the Harborview center parking lot. Distances vary according to schedule. Call Jim Sheridan at 535-9658 or Skip Rogers at 442-5838 if you need directions or detail!

TUESDAY EVENING

Track workouts – Are held on Tuesday evenings 5:45 pm. At Clearwater high school under the supervision of Coach Mel. Call Mel at 399-0566 or work at 302-2037 with questions!

WEDNESDAY EVENING

Track workouts Are held on WEDNESDAY evenings at 5:15 PM have been shifted to Osceola Middle School. under the supervision of Coach Mel. Call Mel at 399-0566 or work at 302-2037 with questions!

Youth Team Workouts

The youth team trains under Coach Elliott Reshard at the Clearwater High School. All inquiries should be made to Coach Reshard at 727-582-9967.

Attention Trail Runners

There will be WFYRC scheduled training runs on the Croom Trail. We plan to start around 7am at the trail head. To get on the list just e-mail anytrail@tampabay.rr.com and ask to be added to the WFYRC/Croom information list.

MONTHLY BOARD MEETINGS

Our monthly Board Meetings are held on the first Wednesday of each month at the Suncoast Family YMCA, located at 1005 South Highland Ave., Clearwater, at 6:30 pm. Members are encouraged to attend !!!



NEWSLETTER

Making Tracks is a publication of the West Florida Y Runners Club and is produced as a service to the running community. The WFYRC is a registered non-profit volunteer organization whose purpose is to promote running, walking and overall fitness.

We host & help sponsor the West Florida Y Youth Running Team. Our Club sponsors, manages and puts on the following paid club races: Times Turkey Trot, The Unicorn Classic, Sunsets at Pier 60 5K Series, Warhoop Sprint, Croom Trail 50K, Max Bayne Half Marathon and the Say No to Drugs.

These races provide funding for our activities which include: giving \$6000 in scholarships to Pinellas County high school students in 2002, providing awards for Pinellas County high school cross country Invitational meets, support of our youth running team, maintenance, placement, repair and insurance on our equipment and truck. The WYRC is a member of RRCA # 854 & USATF/FLORIDA ASSOCIATION # 332.



AS I SEE IT
By Linda B. Schumacher

I recently have had several communications about what our Club does with all that money we make from the races we put on. As you know, our Club promotes fitness in the community by sponsoring Turkey Trot training clinics, racewalking clinics, track workouts and we sponsor a youth team to promote racing among the junior age group. Many of our younger racers on our youth team have gone to various national races and have placed among the top in the country. We also provide high school cross country awards and we loan our equipment to various high school races in the area. All of these things cost money. The people on our board, as well as every member of the Club, are volunteers. We have no paid positions. During this past year, our Club has had some unexpected expenses. The national organization, the Road Runners Club of America, who we get our insurance through for our races, has increased our dues and a couple of our races have even lost money due to lower registrations than usual.

We love to put on races, however, our primary goal is the scholarships that are given to high school seniors every year. As many of you know, scholarships for running cross country or track are not very plentiful. We are very proud of the fact that we have given away scholarships to many seniors who continue their running in college. If you are a high school senior and planning on continuing your running career in college, please contact me, or your high school coach, to see about qualifying for a scholarship. Our scholarships will be awarded at our annual meeting in May. Please come see for yourself what your running is doing for our youth.

“Arriving at one goal is the starting point to another.” --*John Dewey*

BOARD BITS
By Duncan Cameron

The Board of the West Florida Y Runners Club encourages members to attend the monthly meetings held on the first Wednesday of the month. Due to construction, the meeting has been switched until at least year end to the YMCA Child Care Center on Highland Avenue just north of the main YMCA building and just south of Druid. Some of the highlights of the meeting held in April follow.

Our new membership chairperson is Arnaud Glacet. The Scholarship dinner will be held on May 18. The prior day will be the club's 25 year anniversary run to be held in Ozona at Pop Stansell Park. It will be a fun run with a special t-shirt. The entrance fee is \$2.50 for WFYRC members.

The Pier 60 beach races will start on June 13th. They are a great way to start the weekend along with a couple of hundred of your closest friends.

The next Board meeting will be held on May 7th at 6:30 PM. All Y members are invited.

TRAIN IN YOUR OWN HOME!!

Train more effectively in a cool controlled environment.

The Stairmaster Elliptical were acquired at an unprecedented price and are being offered to WFYRC members at an unbelievably low price!



The normal stride range for men is 30 inches and women is 23 inches. Other ellipticals offer a one size fits all.

INTRODUCING STAIRMASTER VSL®

'Elliptical Variable Stride Length Technology'

Two machines-in-one for upper and lower body conditioning. \$1200

Also Treadmills, Step mills, Climbers, Crossrobics, Recumbent & Upright Exercise Bikes, Kayak Trainers plus Cybex International strength equipment 'defining fitness' ... Bandit, and criss-cross cable machines.

SPORTS FITNESS EQUIPMENT OF FLORIDA

813-854-4321

Ron Hadley

WFYRC MEMBER INFORMATION

May Birthdays - David Bilyeu 5/2, Madalyn Stills 5/2, Moriah Wong 5/2, Kathryn Worischek 5/2, Dick Buckley 5/6, Cindy Miller 5/6, Mary Ann Protz 5/7, Marti Clayton 5/8, Lauren Doloresco 5/9, Darry Jackson 5/9, Kristin Campbell 5/10, Sonia Shirley Krampitz 5/10, Tami Tarin 5/11, Debra Donald 5/12, Jack Parr 5/12, Caroline Nicole Sondermann, Douglas Brown 5/14, Kyle Franklin 5/14, Dottie Rutigliano 5/15, Shirley Taylor 5/16, Suzanne Cortina 5/17, Sue Minkoff 5/19, Charlie Worischek 5/19, Jennifer Jones 5/21, Heather Sweeney 5/21, Tom White 5/21, Robert Young 5/21, Roger J. Burke 5/22, Casey Calhoun 5/22, Lisa Feldt 5/22, Kim Skinner 5/22, Z. M. Zajac 5/22, L. C. Hoffman 5/23, Priscilla Miville 5/24, Paige Steele 5/27, Wendy Burgasser 5/28, Dianne Cayll-Skiles 5/29, Ann Reidelberger 5/31,

Jeannie Martin, 28:28; Chuck McCann, 20:09, 1M50-54; Ginger McLain, 40:30; Gary Miller, 22:20; Colman Mooney, 19:36, 1MGM; Tom Murtaugh, 24:55; Jim Neely, 28:38; Andy Scavelli, 18:36, 1MMaster; Wolf Scholl, 21:21; Jim Setaro, 30:30; Walt Sieg, 33:02; Diane Spicer, 26:08, 1F50-54; Larry Strehl, 21:11; Dusti Woodbury, 35:45; Z. Zajac, 22:57.

3/22/03 - Armadillo Run XXI (10 K) Downtown, Oldsmar

Brian Beda, 44:14; Dave Bremm, 56:00; Jim Burgasser, 41:14, 3M30-34; Jim Callan, 47:09, 2M60-64; Duncan Cameron, 40:33, 3MGM; Dianne Cayll-Skiles, 40:30, 2FOverall; Linda Crismond, 59:04, 2F60-64; Kevin Cronin, 43:44, 3M50-54; Walt Davin, 49:28; Shawn Dietrich, 45:20; Janet Evans, 53:43, 1F55-59; Debby Farias, 44:59, 1F35-39; Jon Feltham, 44:52; Arnaud Glacet, 40:08, 1M25-29; Laurence Glacet, 52:21, 3F30-34; Ray Goetz, 51:46; Liz Graham, 53:55, 1F50-54; Don Herring, 56:06; Ginger Herring, 56:19, 1F60-64; Mark Humphrey, 41:27; Jim Keppeler, 40:24, 2MGM; Cindy Krager, 54:13, 2F55-59; Randi Latzke, 59:41; Cindy Miller, 49:02; Bob Moorehead, 55:45; Mary Ann Protz, 41:33, 3FOverall; Jim Schoeneberg, 47:02, 3M55-59; Christina Simpson, 42:21, 3FMaster; Mary Stewart-Wong, 46:15, 2F45-49; Silky Sullivan, 46:33, 2M55-59; Terri Sullivan, 1:08:56, 3F60-64; Lisa Valentine, 40:16, 1FOverall; Frank Van Aken, 50:31, 1M70-74; Wally Woodbury, 43:35; Victor Yeager, 37:30, 3MMaster; Dave Zeedyk, 1:04:42.

3/22/03 - Spring Around the Palms (5 K) Cypress Palms, Largo

Bev Eggert, 28:40, 1F65-69; Lisa Feldt, 20:11, 1F30-34; Peggy Goodale, 34:20, 3F50-54; Steve Harwig, 27:04; Steph Miller, 22:37, 1F40-44; Pat Scott, 23:34, 2F40-44.

3/29/03 - Chasco Fiesta 5K Road Race Green Key Beach, New Port Richey

Marge Coffey, 32:23, 1F60-69; Colman Mooney, 19:57, 1M60-69; Jack Parr, 55:18, 1M80+.

3/29/03 - Chasco Fiesta 8K Road Race Green Key Beach, New Port Richey

Pat Hoffman, 46:22, 1F50-59; Terri Sullivan, 54:54, 1F60-69.

West Florida Y Runners Club Race Results

3/2/03 - Run for the Pies 5K

Dianne Cayll Skiles, 19:01, 1F40

3/15/03 - Lucky Leprechaun (#1) (5 K)

Highlands Preserve, Tampa

Steve Doloresco, 27:50; Diane Spicer, 25:24, 1F50-54; Silky Sullivan, 22:18, 1M55-59.

3/16/03 - Shamrock (5 K)

Sabal Park

Chuck McCann, 21:23, 2M50

3/16/03 - Shamrock (10K)

Sabal Park

Pamela McCann, 48:12, 4F35; Chuck McCann, 42:48, 2M50

3/22/03 - Armadillo Run XXI (5 K)

Downtown, Oldsmar

Sharon Andrews, 37:24; Ned Bennett, 30:32, 1M75+; Brian Calder, 18:40, 1M15-19; David Colpitts, 19:58, 2MGM; Joe Costas, 18:57, 3MMaster; Florence Delaney, 29:45; Roland DeRussy, 32:04, 3M70-74; Steve Doloresco, 27:24; Debra Donald, 23:07, 2F40-44; Joan Evans, 43:54, 1F70-74; Elizabeth Florko, 25:30; Karen Gately, 21:45, 1FMaster; John Geigle, 23:20; Kim Griner, 28:58; George Haley, 22:07, 2M50-54; Nancy Haley, 27:50, 3F50-54; Meli Hamilton, 25:31, 1F55-59; Neil Harvey, 31:36, 3M65-69; Pat Hoffman, 26:35, 2F50-54; Dick Keiber, 55:29; Carolyn Kiper, 24:20, 3F40-44; Lisa Kothe, 20:11, 1FOverall; Brian Latzke, 27:50;

Race results are posted courtesy of the finish line work of member Ric Dorrie. You may send race results to any board member for posting. Be sure to include: name of the race, date and distance.

(Continued from page 4)

3/29/03 - Run for Your Life 5K
Forest Hills, Tampa

Debra Donald, 25:11, 1F40-44; Neil Harvey, 30:33, 2M65-69; Mary Ann Protz, 22:06, Foverall.

3/29/03 - Run for Children 5K
Philippe Park, Safety Harbor

Jim Callan, 22:11, 2M60-64; Joe Costas, 18:36, 1M50-54; Steve Deeb, 25:29; Jon Feltham, 20:11, 3M50-54; Elizabeth Florko, 24:18; Karen Gately, 20:18, FOverall; John Geigle, 22:42; Peggy Goodale, 32:53; Liz Graham, 24:08, 3F50-54; Kim Griner, 27:48, 3F45-49; Steve Harwig, 26:05; Don Herring, 26:02; Ethel Lehmann, 30:48, 1F70+; Dorothy McClellan, 35:28, 2F65-69; Eric Moore, 22:21, 2M25-29; Tom Murtaugh, 24:13; Jim Schoeneberg, 21:03, 1M55-59; Jim Setaro, 29:08; Mary Stewart-Wong, 21:27, 1F45-49.

3/29/03 - Croom Trail 50 Mi Run
Withlacoochee State Forest, Brooksville

Noora Alidina, 8:04:00, FOverall; Jim Bodoh, 10:05:50, 3M50-54; John Holmes, 9:24:27, 2M60-64; Warren Nelson, 10:15:01.

3/29/03 - Croom Trail 50K Run
Withlacoochee State Forest, Brooksville

Ron Balow, 5:49:00, 2M55-59; Dori Iten, 5:21:24, 1F45-49.

3/29/03 - Bolt Race 5K Road Race
Tampa

Chuck McCann, 21:35, 1M50

3/29/03 - Bolt Race 5 Mile Road Race
Tampa

Chuck McCann, 34:43, 1M50; Dianne Cayll Skiles, 31:52, 1FOA

4/5/03 - Temple Terrace Road Race (#24) (5 K)
Recreation Center, Temple Terrace

Neil Harvey, 32:22, 3M65-69; Gordy Hawkins, 21:38, 2M50-54; Erin McClenathan, 33:57; Shannon McClenathan, 27:35; Larry Strehl, 21:14, 3M35-39; Silky Sullivan, 23:02, 1M55-59; Dusti Woodbury, 36:08, 3F55-59.

4/5/03 - Temple Terrace Road Race (#24) (10 K)
Recreation Center, Temple Terrace

Debra Donald, 48:35, 2F40-44; Dan McClenathan, 43:22, 2M50-54; Albert Wieringa, 46:26; Wally Woodbury, 43:35,

3M45-49.

4/5/03 - Beach To Bayou 2002 (#24) (5 K)
Sponge Docks, Tarpon Springs

Ned Bennett, 29:47, 3M70+; Charles Butterworth, 33:56; Jim Callan, 22:41; Duncan Cameron, 19:25, 1M60-64; Hunter Christian, 23:58; Ron Cote', 19:25, 2M45-49; Linda Crismond, 27:39, 1F60-64; Kevin Cronin, 20:54; Florence Delaney, 28:14; Steve Doloresco, 28:57; Debby Farias, 21:15, 2F35-39; Jon Feltham, 20:54; John Geigle, 23:03; Arnaud Glacet, 19:26, 1M25-29; Laurence Glacet, 24:15, 3F30-34; Peggy Goodale, 34:34; Kim Griner, 29:18; Eneida Hepburn, 41:28; Mark Humphrey, 19:20, 3M35-39; Lisa Kothe, 20:31, FMaster; Ethel Lehmann, 32:13, 1F70+; Jerry Margolin, 36:42; Chuck McCann, 20:46, 3M50-54; Cindy Miller, 24:13, 3F45-49; Gary Miller, 22:30; Colman Mooney, 20:38, 2M60-64; Bill Motley, 26:14; Tom Murtaugh, 25:20; Ann Reidelberger, 40:16; Mike Rossi, 20:11, 2M50-54; Steph Schlager, 28:51; Don Scholl, 25:12; Jim Setaro, 29:45; Nancy Sigmon, 45:01; Terri Sullivan, 32:27, 3F60-64; Bonnie Theall, 24:14, 1F55-59; Frank Van Aken, 24:02, 2M70+; Z. Zajac, 23:34.

4/5/03 - Kids For Kids Community Run (Long 5K)
Fort Desoto Park, St. Petersburg

Scott Ingram, 26:01, 2M35-39; Mollie-Rae Jerman, 33:46, 3F60-64; Bob Moorehead, 27:38, 1M60-64; George Richardson, 33:46.

4/8/03 - Harvey's Festival Run (5 K)
North Straub Park, St. Petersburg

Ned Bennett, 29:58, 1M80+; Nanette Bishop, 26:56; Daryl Blume, 19:41, 1M45-49; Jim Burgasser, 18:10; Wendy Burgasser, 25:36; Jim Callan, 22:20, 2M60-64; Marge Coffey, 34:00; Joe Costas, 18:53, 1M50-54; Cathy deHaan, 26:44, 1F60-64; Debra Donald, 23:24; John Geigle, 22:52; Rick Hagan, 22:57; Meli Hamilton, 25:47, 2F55-59; Walter Hamilton, 43:35; Eneida Hepburn, 41:52; Don Herring, 27:03; Ginger Herring, 27:05, 2F60-64; Pat Hoffman, 27:34, 3F50-54; Patty Holloway, 39:03; Thom Holloway, 35:54; Jim Keppeler, 19:24, 2M50-54; Cindy Krager, 25:02, 1F55-59; Jim Larson, 22:45, 3M65-69; Ethel Lehmann, 31:51, 1F70-74; Chuck McCann, 20:24, 3M50-54; Pamela McCann, 23:57; Dorothy McClellan, 35:16, 3F65-69; Lizzie McLain, 22:05, 1F13-Under; Mark McLain, 20:21; Mary Pat McLain, 31:16; Donna Nessler, 19:22, 1F40-44; Jack Parr, 56:10, 3M80+; Mary Ann Protz, 19:05, 1F45-49; Michael Roberts, 24:20; Jim Schoeneberg, 22:31; Brian Scott, 17:24, 2M30-34; Walt Sieg, 20:50, 3M40-44; King Smith, 38:36, 3M70-74; Dean Sweetapple, 20:18, 3M45-49; Diane Sweetapple, 23:03, 3F45-49; Shirley Taylor, 31:30, 1F65-69; Lisa Valentine, 18:58, 3FOverall; Jon Wilson, 20:51, 2M55-59.

RACEWALK TIDBITS
BY: BONNIE STEIN

Thank you Racewalk Judges in the Good Life Games ! We couldn't do it without you!
5K Racewalk Judges - Judy Ormsby, Mary Putnam, Sharon Summerall, Anna Babyak, and Bonnie Stein.
1500 Meter Racewalk Judges- Anna Babyak, Hal Cook, Mary Putnam, Kris Petika, Judy Ormsby, and Bonnie Stein.

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**FASTER WALKERS HAVE LESS HIP FRACTURES**

We've always known that exercise was good for preventing osteoporosis and hence hip fractures. But, now there's research which says that faster walkers cut their risk even more than average pace walkers.  
In a study of more than 61,000 women aged 40-77, those who walked for at least four hours a week- but did no other exercise - had a 41 percent lower risk of hip fracture than those who walked for less than one hour a week.  
Interestingly, fast walkers had a lower risk. Women who walked at an average pace (2 to 2.9 mph) had a 49 percent lower risk than women who walked at an easy pace (less than 2 mph). Women who walked at a brisk pace (3 to 3.9 mph) or very brisk pace (at least 4 mph) cut their risk by 65 percent.

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KEEPING UP WITH RACEWALKING MOM

From: Dorothy Sobiski
I just got back from a trip to Bend, Oregon where I had the great opportunity to learn cross country skiing. What a surprise I got when my instructor told me to keep my step in line with my hip rather than way out in front of me (just like racewalking!). When my daughter (she's 28) and I finished, she kept saying, "OOOHHH, my hip flexors hurt. My shoulders hurt!" I laughed . . . NOTHING hurt on me and I attribute it to racewalking! I also got the rare opportunity to tease my daughter and mention something like . . . her not being able to keep up with her mother!!!!

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**REACTION FROM NEW RACEWALKER**

Peter McKenna (Winter Beginning Racewalking class)  
After 60 years of the good life (red meat, old wine, good cigars and little exercise) racewalking seemed the perfect way back to health. I noticed after 4 racewalking classes some amazing results. These results were more than I expected to find after many months: a fourteen pound weight loss; the ability to climb not one but several flights of stairs without heavy panting; a reduction of lower back pain; a feeling of greater vitality. Thank you racewalking!

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DON'T WAIT TO REPLACE YOUR WALKING OR RUNNING SHOES

By: Nancy Sigmon
Last December I noticed a pain in the heel of my right foot. I especially noticed it when I got out of bed in the morning and took my first few steps. The pain didn't go away, nor did I stop my racewalk training. I remember talking to Dale Schmidt at the La ke-land Senior Games and she had a similar experience.
She mentioned a few things that could have contributed to this: wearing shoes with little to no support too long, wearing worn out training shoes, or not stretching properly after workouts. Then Bonnie's article came out in the monthly newsletter regarding 'plantar fasciitis'.
That confirmed the problem that I was having. For many months I had been wearing my racing flats for my training shoes and had not been stretching properly. I have learned a valuable lesson from this and vow to wear shoes with the proper support for training. Racing flats are for racing and that's it! Remember: Feet first!
Bonnie's note: Plantar Fasciitis is an inflammation of the plantar fascia (the supporting structure on the bottom of your foot) It manifests with heel pain especially upon taking the first few steps in the morning when getting out of bed. It may go away as you warm up the band of tissue that supports your arch, but it will come back during the day after sitting for a long time.
This is a condition you want to avoid since it takes a very long time (6 months or more) to recover. How to avoid it? As Nancy found out - don't wear non-supportive racing flats for your everyday racewalking, replace your shoes before they get worn out, stretch your calves every single day . . . even more than once a day . Lastly increase your mileage very gradually, no more than 5-10% at a time. NEVER go from 2 miles to 4 miles. Even though that seems like a small difference of only 2 miles, it's still 100% increase. That's a good way to bring on plantar faxciitis.

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**NEW SPRING BEGINNING RACEWALKING CLASSES STARTING IN APRIL**

Beginning Racewalking - once a week for 6 weeks, starts Wed., April 23  
Wed., 5:30-7 PM, Largo, (4/23, 4/30, 5/14, 5/21/ 5/28, 6/4)  
Beginning Racewalking - once a week for 6 weeks, starts Sun., April 27  
Sun., 9 AM-10:30 AM, Largo, (4/27, 5/11, 5/18, 5/25, 6/1, 6/15)  
For a registration form please e-mail Bonnie@AceWalker.com or call 727-394-WALK.

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NEW SPRING INTERMEDIATE RACEWALKING CLASSES STARTING IN APRIL

Intermediate Racewalking - once a week for 5 weeks, starts Tues., Apr. 22

Tues., 9:00-10:45 AM, Largo, (4/22, 4/29, 5/13, 5/20, 5/27)

Intermediate Racewalking - once a week for 5 weeks, starts Sun., April 27

Sun., 4:30-6:15 PM, Largo, (4/27, 5/11, 5/18, 5/25, 6/1)

For a registration form please e-mail Bonnie@AceWalker.com or call 727-394-WALK.

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### ARE YOU AT RISK FOR OSTEOPOROSIS?

Osteoporosis affects 28 million Americans. 80% of them are women. You can find out at Morton Plant if you're one of them.

Here's a quick, simple way to check your risk.

Fracture Risk Package \$99

Self-Health Center at Countryside Mall (2nd floor, right next to Sears) 727-734-6009

Includes: DEXA Scan - the most accurate way to assess your risk of osteoporosis, Blood Pressure, Total Cholesterol/Triglyceride

Screening, Personal Nurse Consultation

Health Risk Appraisal

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BLISTER PROBLEMS SOLVED

If you ever find yourself with a blister, don't let that prevent you from getting in your racewalking workout. There's a product called "Band-Aid Brand Cushions for Feet" Blister Block. It's made with "Compeed" a surgical skin product that was originally used for burn victims. It works better than anything else I've ever used including moleskin, Second Skin, and especially regular bandaids.

You can find Band-Aid Brand Cushions for Feet with Compeed in any drug store. Don't look for it in the Bandaid section - instead you'll find it where the Dr. Scholl's products are. Look for a teal colored small plastic package. They're fairly expensive, but worth every penny. One Blister Block will last for about 4 days, and you can even shower with it.

I've racewalked a Half Marathon with this product and didn't have a single blister problem. I recommend you buy a package now just to have handy for some "just in case" insurance.

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### FLORIDA SENIOR GAMES

DEC. 2 - DEC. 7 THE VILLAGES, FL

The Good Life Games is a spring qualifying site for the Florida State Senior Games. The fall qualifying series is in October/November in other areas of Florida. Participants in the state games must qualify at an official regional site. For more information, contact the Florida Sports Foundation at 850-488-8347 or [www.flasports.com](http://www.flasports.com).

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JOIN THE SATURDAY MORNING RACEWALKING GROUP AT 9 AM

Come out to Taylor Park every Saturday at 9 AM - Shelter #1. It's a great way to enjoy the camaraderie of other racewalkers (all levels) as you get in an extra workout during the week. You can do as many miles as is comfortable for you. Some do two and some do up to eight. Most of us do four to six.

No matter what your pace, if you know how to racewalk - you're welcome to join us. We are happy to have brand new racewalkers. You're not too slow! We want racewalkers of all paces to come out.

After the walk, we stretch together and then we go out for brunch at a nearby, casual restaurant. Please bring dry clothes if you'd like to join us. We welcome all racewalkers. Although there is no instruction on Sat. morning, this is a great way to stay motivated and meet with other racewalkers once a week.

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### YOUNG AT HEART SENIOR FUN FEST AND ONE MILE SENIOR FUN WALK FOR ANYONE OVER 50

Wednesday, April 16 (9:15 AM) Largo Central Park (next to the Largo Library - West Bay & Seminole Blvd.)

Join us for the annual Senior Fun Walk on Wed., Apr. 16 at Largo Central Park. The walk starts at 9:15 AM, but the Senior Fun Fest is all day and it's all FREE - live entertainment, health screenings, Easter Egg Hunt for adults, exhibitors, bingo, food, fun, and more. We'll enjoy live shows with American Bandstand recording artists Mary Swan (Crying in the Chapel), Jim Brown (of Chubby Checker fame), Marti Carroll (Nashville Recording), and Lenny Summa (Gary US Bonds). There's also arts and crafts Make It and Take It projects, magic shows, and balloon art. All geared to adults over 50!

The one mile walk will be around Largo Central Park. Walkers will receive a certificate, continental breakfast, a goodie bag, and grand prizes to the Winners (top 3 male and female finishers). The cost is only \$3 and includes all this plus a free T-shirt to the first 100 entries. (The Fun Fest and all the entertainment is free, but if you wish to enter the Walk and get the T-shirt, breakfast, etc. - that costs \$3). For an application, e-mail me at [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com), see me on Sat. morning, call 1-888-670-0040 or look for an entry form in this month's Senior Connection (Tampa Bay's Award Winning Senior Magazine).

We'll meet at 8:15 AM for a warm-up walk and stretching. If you're over 50 - there are Awards for the one mile walk - top 3 male and female finishers. Last year our racewalking winners were Linda Smock and Trudy McNulty!



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Pete Pfannerstill, PhD, LMT  
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**BOULDER BACKROADS MARATHON**  
 BOULDER COLORADO  
 Sunday, September 28, 2003

Event: Marathon and Half Marathon

Where: Boulder Colorado

Date: Sunday, September 28, 2003

Leave TPA to Denver: Early Saturday 27, 2003  
 Return from Dever to TPA Late Monday 29, 2003

Costs: All prices are aprox we will be trying to coordinate this through a travel agent.

Rooms: Race HQ \$99.00 per night double occupancy  
 Air Fair: Aprox \$ 320.00 round trip at this time may vary depending when we book fares.

Entry fees: \$55.00 marathon \$50.00 half marathon

Transportation to hotel and race still has not been verified.

Marathon web site is: <http://www.boulderbackroads.com>

At present we are looking for people interested in going, we would like to get as many as we can.

Contact: John Holmes [jholmesruns@juno.com](mailto:jholmesruns@juno.com) or phone 727 546 9399

**WFYRC ANNUAL HIGH SCHOOL SENIOR  
 SCHOLARSHIP AWARD DINNER**

**When:** Sunday, May 18, 2003

**Where:** Countryside Recreation Center, 2640 Sabel  
 Springs Dr.  
 Clearwater, FL

**Time:** 5PM to 8PM

**DINNER CATERED BY "SHELL'S" RESTAURANT**  
 MENU:

- Seafood Pasta
- Mahi Mahi
- Chicken Pasta
- Grilled Chicken Breast
- Dessert - Key Lime Pie

Cost: \$13.50 per person includes gratuity

RSVP to: John Holmes by Thursday, May 15, 2003  
 At [jholmesruns@juno.com](mailto:jholmesruns@juno.com) Or call 727 546 9399

**TRACK WORKOUTS**

By Coach Mel

Tuesday at Clearwater High School and Wednesday at  
 Osceola Middle School at 5:15PM

|                    |                                                                 |
|--------------------|-----------------------------------------------------------------|
| <b>April 22nd:</b> | <b>5 x 1000m</b>                                                |
| <b>April 29th:</b> | <b>1x1200m, 1x 800m, 1 x 1200m</b>                              |
| <b>May 5th</b>     | <b>2 x 400 meters, 2 x 400 meters, 2 x 1200 meters</b>          |
| <b>May 12th</b>    | <b>5 x 600 meters</b>                                           |
| <b>May 19th</b>    | <b>Ladder (400 meters, 600 meters, 800 meters, 1000 meters)</b> |
| <b>May 26th</b>    | <b>1 x 800 meters, 1 x 400 meters (3 sets)</b>                  |
| <b>June 3rd</b>    | <b>4 x 1200 meters</b>                                          |
| <b>June 10th</b>   | <b>12 x 400 meters</b>                                          |
| <b>June 17th</b>   | <b>6 x 800 meters</b>                                           |
| <b>June 24th</b>   | <b>5 x 1000 meters</b>                                          |
| <b>July 1st</b>    | <b>1 x 1200 meters, 1 x 800 meters, 1 x 1200 meters</b>         |

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Your running realtor! Specialize in selling homes for runners, close to parks, trails, beaches etc. Do you have drive to where you can run?

# Chesnut Hackers/WFYRC Golf Tournament

Once again, planning is underway for this annual fun event. This year's tournament will be held at Countryway Golf Club on Saturday, May 31st, at 1 PM. This is the weekend following Memorial Day.

This year's tournament promises to be equally enjoyable as those in the past. Golfers of all abilities play and many who have never struck a ball are encouraged to play also. This tournament gives us all the opportunity to enjoy the fellowship of all participants while having a "whale" of a good time. Dan Boyle has already started practice for the event in earnest. He is trying desperately not to win the prize for the most balls in the water on hole # 14. I suspect Frank and Diane Spicer might be considering "sharpening" up their game also.

As in the past, the afternoon's events include a barbecue and prizes after golf. The menu is hot dogs, hamburgers, garden burgers, baked beans, macaroni salad, potato salad and coleslaw. I hear Bill Motley is doing a marathon in San Diego that weekend so we may need to recruit a new drink dispenser on the golf cart.

The cost for golf, cart, prizes and barbecue is only \$24.00 per person. An outstanding value for such a fun afternoon. Kindly book as early as possible. Below is an entry form that you can fill out and send along with your remittance.

Thank you,

Dick Buckley



Please remit the completed form to :

Julia M. Buckley  
3150 Harvest Moon Drive  
Palm Harbor, FL 34683

## GOLF TOURNAMENT REGISTRATION

Please enter each participant's capability. Status categories are active golfer, somewhat experienced, little experienced and novice.

Golfer #1 \_\_\_\_\_ Status \_\_\_\_\_

Golfer #2 \_\_\_\_\_ Status \_\_\_\_\_

Golfer #3 \_\_\_\_\_ Status \_\_\_\_\_

Golfer #4 \_\_\_\_\_ Status \_\_\_\_\_

Enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ participants at \$24.00 each



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**The Croom Trail 50 Mile Fools Run  
RRCA Southern Region Championship  
Individual 50K and 4 person 50K Relay**

On March 29<sup>th</sup> 2003, 87 runners set out on the Croom Trail. The 50 Mile had 37 entrants and 32 finishers. The 50K had 35 entrants and 26 finishers. The 50K 4-person relay had 4 teams.

Dan Miller, Warren Nelson, Lisa Hoehne, and John Wood spent many hours marking the course the weekend before. There was no chance of any one getting lost. Thanks Guys!!!

All the runners did an awesome job despite the grueling 82-degree heat.

The overall winners of the 50 Mile Race were Noora Alinda, of Palm Harbor FL, with a time of 8:04.00 and Jon Docs, of Tampa FL, with a time of 7:28.15. In addition to their awards, Noora and Jon won a pair of Montrail Shoes.

A new record was set for the oldest runner to complete the 50 Mile course. Johnny Price of Ft. Meyers FL, at the age of 77 finished at 11:19.27.

The overall winners in the 50K were Fred Johnson, of Tallahassee FL, with a time of 4:05.03 and Jessica Koelsch of St Petersburg FL with a time of 5:08.04.

All of the teams entered in the 50K relay were co-ed. The winning team was Loco-Motion, from Oviedo FL. The team comprised of Mary Ambrose, Tom Ambrose, John Grant, and Dennis Lystlund finished in 4:08.03.

Thanks to our hard working volunteers. Without Trudi Wood, Hazel Miller, Pete Pphannerstill, Rick Smith, Gordy Hawkins, Kathleen Wheeler and crew, Becky Reinecke, Andy Mathews, Candi Ashley, Dave and Lisa Wilsey, Kip and Jessica Koelsch, Amy and Dave Carte, Jim Bodoh, John Holmes, Leah Dietrich, Jessica Thorton, Ric Dorrie and Ray Taylor we would not have been able to pull it all together.

And we certainly appreciate our many sponsors that enabled us to make the race fun for all. Many runners remarked that the race packets were the best they had ever gotten. And we gave out over 70 door prizes to runners as well as volunteers. Shells Seafood even brought out their brass to cook a pasta dinner in the middle of the woods!!

The proceeds from the event will be donated to the Eckerd Youth Alternative.

Next year, we will be eliminating the relay, and adding an individual 15 mile race. Join us on April 3<sup>rd</sup> in 2004 for the 10<sup>th</sup> anniversary of the event!

### **Croom Trail 50 Mile Fools Run Results**

#### **Brooksville, FL**

March 29, 2003

#### 50 Mile Trail Run

|   |        |         |    |    |         |
|---|--------|---------|----|----|---------|
| 1 | Jon    | Docs    | 39 | FL | 7:28:15 |
| 2 | Rick   | Schultz | 41 | FL | 7:39:59 |
| 3 | Noora  | Aldina  | 46 | FL | 8:04:00 |
| 4 | Robert | Pope    | 62 | FL | 8:26:09 |

#### **ST ANTHONY'S TRIATHALON**

Please join your fellow athletes on Sunday, April 27 at our annual Three Mile Water Stop on the run course of the St. Anthony's Triathlon. We need approximately forty[40] volunteers to distribute water, Gatorade and cheers at this important part of the event. If you can help, please contact Denise Skinner at 727-580-8464 or 533-4329 or email me at dskinner@psta.net. You will receive a shirt and have a great time.

|    |                          |          |    |             |
|----|--------------------------|----------|----|-------------|
| 6  | Dan Miller               | 55       | FL | 8:35:11     |
| 5  | <u>Kathleen Daumer</u>   | 27       | FL | 8:53:57     |
| 7  | Mike Gleman              | 55       | FL | 8:55:02     |
| 8  | Claude Winter            | 41       | FL | 9:00:51     |
| 9  | <u>Jennifer Nanney</u>   | 39       | FL | 9:04:37     |
| 10 | <u>Marla Buechner</u>    | 50       | FL | 9:14:49     |
| 11 | Jim Spencer              | 49       | FL | 9:17:19     |
| 12 | William Harmon           | 54       | GA | 9:24:12     |
| 13 | John Holmes              | 60       | FL | 9:24:27     |
| 14 | Jim Malone               | 55       | FL | 9:51:44     |
| 15 | Steven Shwer             | 45       | FL | 9:51:45     |
| 16 | Steven Brindle           | 43       | FL | 10:01:14    |
| 18 | John Butterick           | 52       | FL | 10:05:30    |
| 17 | Jim Bodoh                | 50       | FL | 10:05:50    |
| 19 | John Wood                | 53       | FL | 10:14:12    |
| 20 | Warren Nelson            | 51       | FL | 10:15:01    |
| 22 | Michael                  | Callanan | 45 | MD 10:32:42 |
| 23 | Will Robinson            | 27       | FL | 10:32:42    |
| 21 | James Sullivan           | 51       | FL | 10:32:42    |
| 24 | Donald J                 | Fialka   | 61 | FL 10:36:12 |
| 25 | Chris Rodatz             | 57       | FL | 10:54:34    |
| 26 | William Boynton          | 43       | FL | 10:54:35    |
| 27 | Timothy                  | Cusack   | 27 | FL 11:09:42 |
| 28 | Jonny Price              | 75       | FL | 11:19:27    |
| 29 | <u>Lisa Hoehne</u>       | 22       | FL | 11:32:57    |
| 30 | <u>Marilyn Schupbach</u> | 49       | FL | 11:39:28    |
| 31 | Ojars Stikis             | 67       | NJ | 11:43:31    |
| 32 | Robert Abate             | 37       | FL | 11:46:28    |

### SCHOLARSHIPS AVAILABLE

Every year the WFYRC makes scholarships available to Pinellas County high school seniors. Boys and girls...public and private schools...who wish to continue their participation in cross country running or track and field at the college of their choice.

Student athletes are nominated by their coach or principle.

If you know a deserving senior and have questions,,,  
Call Karen Farnham at 727-781-8128 or e-mail her iran262@tampabay.rr.com

### GOLF GOLF GOLF WFYRC STYLE

WFYRC is presently looking for golfers of all abilities to play golf on the first Saturday of each month.



The courses will be par three's in the Clearwater area. The price is usually under \$25.00 per person.

If interested please call: John Holmes at 727 546 9399 or e-mail at Jholmesruns@juno.com

### 50 K Trail Run

|    |                        |    |    |         |    |                       |    |    |         |
|----|------------------------|----|----|---------|----|-----------------------|----|----|---------|
| 1  | Fred Johnson           | 41 | FL | 04:05.3 | 14 | David Hatten          | 51 | FL | 05:45.3 |
| 2  | Bill Marshall          | 46 | FL | 0:04:14 | 15 | Peyton Godwin         | 37 | FL | 05:47.0 |
| 3  | Raymond Bell           | 55 | FL | 04:53.5 | 16 | Ron Balow             | 58 | FL | 05:49.0 |
| 4  | <u>Jessica Koelsch</u> | 33 | FL | 05:08.4 | 17 | Jakson Badenhoop      | 56 | FL | 05:50.2 |
| 5  | <u>Jane Julian</u>     | 44 | FL | 05:09.3 | 18 | Larry Neider          | 65 | FL | 06:22.1 |
| 6  | Craig Herzog           | 28 | FL | 05:18.5 | 19 | James L. Garrett      | 54 | FL | 06:32.3 |
| 8  | Jimmy Clawson          | 48 | FL | 05:20.4 | 20 | <u>Melinda Falk</u>   | 28 | FL | 06:33.0 |
| 7  | <u>Dori Iten</u>       | 49 | FL | 05:21.4 | 21 | <u>Melissa Cusack</u> | 28 | FL | 06:34.1 |
| 9  | Brian O'Donnell        | 38 | FL | 05:23.3 | 22 | Mark Hiers            | 45 | FL | 06:59.5 |
| 10 | <u>Theresa Coomes</u>  | 57 | FL | 05:30.3 | 23 | Jerry Sullivan        | 41 | LA | 07:11.4 |
| 11 | Ricky Howe             | 49 | FL | 05:32.6 | 24 | Harry Hoffman         | 62 | FL | 07:27.1 |
| 12 | Eddie Weeks            | 47 | FL | 05:41.2 | 24 | Steve Strait          | 62 | FL | 07:27.1 |
| 13 | <u>Susan Briers</u>    | 47 | FL | 05:42.4 | 26 | Wally Herman          | 77 | FL | 08:25.0 |

### 50 K Trail Relay

|   |                                                                                     |      |    |         |
|---|-------------------------------------------------------------------------------------|------|----|---------|
| 1 | Loco-Motion - Mary Ambrose, Tom Ambrose, John Grant, Dennis Lystlund                | Coed | FL | 4:08:03 |
| 2 | Relay # 3 - Chelsea Moore, Lewis Bennet, Craig Phillips, David Geldbart             | Coed | FL | 4:22:27 |
| 3 | DAR-LES - Leslie Stalling, Darry Jackson, Toufic Moumne                             | Coed | FL | 4:43:58 |
| 4 | Root Runners - Sandra Bedorit, Frank Fitzpatrick, Andres Pasantes, Colette Pasantes | Coed | FL | 4:56:09 |

PROUDLY PRESENTS...



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## WEST FLORIDA Y RUNNERS CLUB MEMBERSHIP FORM

\* Please fill out form, detach and mail with your remittance \* Make checks payable to: West Florida Y Runners Club

\* Annual Dues: \$15 single membership; \$25 family membership \* Mail to 1005 Highland Ave. Clearwater, Fl. 33756

Name \_\_\_\_\_ Date of Birth \_\_\_\_-\_\_\_\_-\_\_\_\_ Sex M F  
 Street Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_  
 E-Mail \_\_\_\_\_ @ \_\_\_\_\_ Profession \_\_\_\_\_

May we include the above information in a Club Directory? Yes No I would be interested in:

| * Family Membership Names | Sex   | Birth dates    |
|---------------------------|-------|----------------|
| _____                     | _____ | ____-____-____ |
| _____                     | _____ | ____-____-____ |
| _____                     | _____ | ____-____-____ |
| _____                     | _____ | ____-____-____ |
| _____                     | _____ | ____-____-____ |

- |                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Helping at a club race<br><input type="checkbox"/> Writing articles for the newsletter<br><input type="checkbox"/> Attract race sponsors<br><input type="checkbox"/> Hosting a breakfast run |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

*Membership Waiver:* I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run and/or volunteer unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run and/or volunteer. I also agree that I may be examined and treated if necessary during the course of a race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life threatening condition. I assume all risks associated with running in and volunteering for races including, but not limited to, falls contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road 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 WFYRC membership, participating in races, and/or my volunteering, I, for myself and anyone entitled to act on my behalf, waive and release the West Florida Y Runners Club and its officers and agents, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that \$1.25 of my membership dues goes for the subscription to the RRCA publication "Footnotes."

Signature \_\_\_\_\_ Date \_\_\_\_\_ If Family Membership, all adults sign Parent or Guardian if under 18 \_\_\_\_\_