

Making Tracks



Max Bayne 2008 Fort DeSoto Park
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Contacts

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Linda Schumacher two.shoes@knology.net

Web Master:

Paul Franklin webmaster@wfyrc.com

GROUP RUNS:

SUNDAY Morning "the loop" starts at Harborview Center

SATURDAY Morning John Chesnut group run 7AM starts at Shelter #2

SATURDAY Morning Long Run "the loop" starts at Harborview Center 6:00 AM . Contact Kathleen Roach kathleenxyz@hotmail.com

TUESDAY AM track 4:30AM

Clearwater High School

THURSDAY 6PM Run Safety Harbor Marina

Member Input Wanted:

Please send: 1) submissions for upcoming races or events, 2) requests for volunteers, 3) personal articles about your latest run (5K, 10K, 15K, half-marathon, marathon), or even your training, etc. 4) upcoming marathons, 5) opinions or comments on past or future newsletter content.

Monthly Board Meetings

Monthly Board Meeting are held the first Wednesday of each month at the Suncoast Family YCMA, 1005 South Highland Avenue, Clearwater, Florida at 6:30 p.m. Members are encouraged to attend.

NEWSLETTER INFORMATION

Submissions: Submit articles, "unusual" race result, photos, etc. via e-mail by the 15th of the month for inclusion in the next newsletter. Please keep articles to one page due to high printing costs.

Race Flyers: Deliver 200 copies of each approved and prepaid, 8.5" x 11" race flyer to Linda Schumacher by the 15th of the month for inclusion in the next newsletter.

Contacts: Becky Boyle: bboyle@knology.net or
Linda Schumacher: two.shoes@knology.net

Volunteers Needed

Want to Earn Those Valuable

Volunteer Points?

Please Call or E-Mail

Linda Schumacher @727-939-8038

Or two.shoes@knology.net

Or E-Mail

Michael Weiss @lwewfla@aol.com

Ad-Rates:

Item	1 Month	1 Year
Business Card	\$20	\$180
1/4 Page	\$50	\$450
1/2 Page	\$75	\$675
Full Page	\$125	\$1125
Race Flyer	\$100	—

Presidential Ponderings by Michael Weiss

I hope everyone else has been doing well this spring. I haven't seen most of you since I have been out with an injury. It seems I tweaked my hamstring and hip flexor during the Disney Marathon. I had been having trouble with my hamstring and hip flexor during training but like most runners just pushed through the discomfort to continue training. The downside to being injured is more than just not being able to run. It means not seeing your "running friends". It was therefore extra nice to see many of you at the Max Bayne 10 miler. We had a good turnout of WFYRC members both running and volunteering. We were also joined by the new St Pete Road Runners club who manned one of the water stops for us. For those of you who weren't at the race, I hope I get to see you Monday night May 5th at the annual banquet/scholarship dinner. Mary Grace has put together another fantastic event. We will be having our volunteer raffle where somebody will win a trip to the race destination of their choice along with other great prizes. As always we will be honoring four outstanding graduating high school seniors with scholarships. The club is paying for a good portion of the expenses in order to keep the price at \$15 for club members. Good food, good friends and the chance to win great prizes all for \$15. What more could you want? RSVP to Mary Grace. See you there.

*"See You at
Our Annual
Meeting
May 5, 2008"*

*Who Knew Arkansas
Was So Much Fun?*

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Run For The Fallen By Jon Bellona

My name is Jon Bellona Founder and Director of [Run for the Fallen](http://www.runforthefallen.org), a non-political cross country run dedicated to commemorating the American soldiers who have given their lives while serving our nation during Operation Iraqi Freedom.

Beginning June 14, 2008, a dedicated team of runners will run one mile for every soldier killed in Operation Iraqi Freedom. At the completion of every mile, an American flag and a personalized sign card will be placed in remembrance of each fallen soldier. The idea of this run grew from my love of running, our country, and my best friend 1st Lt. Michael J. Cleary, who was killed in Iraq over two years ago.

I wanted to reach out to you as we are a group of runners who are serious about running. Run for the Fallen, for all intensive purposes, is a grassroots operation. We hope to spread the word about this event and hopefully encourage runners throughout America to run with us, wherever they are, on our last day, Sunday August 24. While this run is non-competitive, we are serious about our mission and find that the spirit of running transcends any competitive nature.

We plan on covering over more than 4,000 miles and 13 states before finishing at Arlington National Cemetery on August 24, 2008. Even though our route does not take us through your state, we want to have Americans run, wherever they are on Sunday August 24, one mile for a soldier killed in either Operation Enduring Freedom or Operation Iraqi Freedom. We will run our final 10k and reach Arlington National Cemetery on Sunday, August 24.

Our mission is to raise awareness about those who gave all. We will tally all miles run and post them on our website (www.runforthefallen.org) as a reflection of honor and remembrance for our service members.

We also run in support of four organizations helping wounded soldiers and their families, as well as the families who have lost a service member: Wounded Warrior Project, Yellow Ribbon Fund, Gold Star Family Support Center, and the 1st Lt. Michael J. Cleary Memorial Fund.

We are not asking for a sponsorship or membership . You can count on that. All we want is the opportunity to talk about the run and encourage you to run with us in your area on Sunday August 24.

Please visit www.runforthefallen.org for more about this prodigious event.

Route:

<http://www.runforthefallen.org/map.html>

Video on YouTube:

<http://www.youtube.com/watch?v=1AYaXT6ZvgY>

Soldier sign cards on Flickr:

<http://www.flickr.com/photos/runforthefallen/>

Director

[Run for the Fallen](http://www.runforthefallen.org)

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