

Making Tracks



Max Bayne 2008 Fort DeSoto Park
See Results Page 5



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Contacts

Officers:

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Vice President: Open

Secretary: Jan Sheridan jansheri@verizon.net

Treasurer: Ann Courchane gacourchane@yahoo.com

Membership Chair: Ric Dorrie ricdoor@hotmail.com

Board Members:

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Dan Boyle paintmandan@knology.net

Duncan Cameron Duncan.runsfat@knology.net

Skip Rogers trotskip1@verizon.net

Linda Schumacher two.shoes@knology.net

Web Master:

Paul Franklin webmaster@wfyrc.com

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.

GROUP RUNS:

SUNDAY Morning "the loop" starts at Harborview Center

SATURDAY Morning John Chesnut group run 7AM start s 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

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.runforthe fallen.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.runforthe fallen.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.runforthe fallen.org for more about this prodigious event.

Route:

<http://www.runforthe fallen.org/map.html>

Video on YouTube:

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

Soldier sign cards on Flickr:

<http://www.flickr.com/photos/runforthe fallen/>

Director

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

315-404-2239

jon@runforthe fallen.org



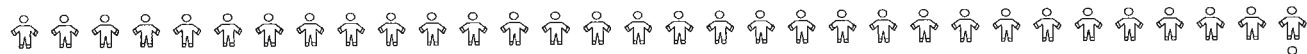












CARBO LOAD

Carrot Bread

Submitted by Becky Boyle

- 2 t cinnamon
- 1 t allspice
- 1 t nutmeg
- 1 1/2 cups whole wheat flour
- 1/3 cup wheat bran
- 1 1/2 t baking powder
- 1 t baking soda
- 1 cup grated carrots
- 1 cup raisins
- 3/4 cup honey
- 1 1/2 cups water

Preheat oven to 350 degrees. Combine the dry ingredients. Combine the liquid ingredients. Fold the dry ingredients into the liquid ingredients and stir just until blended. Pour into an oiled 9 x 5 x 3 inch loaf pan and bake for one hour and 15 minutes.

						
 Max Bayne 2008 10 Miler						
 Male Age Group: Overall						
	Place	Time	Runner's Name	Age	City	Place Pace
	1	1:01:35	Michael Coyne	57	St. Stephen, NB	1 6:09
	2	1:02:06	Mickey Hooke	47	Bradenton	2 6:13
	3	1:02:33	Tommy Brown	33	Land O'Lakes	3 6:15
=====						
 Female Age Group: Overall						
	Place	Time	Runner's Name	Age	City	Place Pace
	1	1:05:44	Leslie Sanderson	40	Ottawa, ON	9 6:34
	2	1:06:36	Rachel Winter	36	St. Pete Beach	13 6:40
	3	1:11:09	Sharon Vos	53	Riverside, CT	17 7:07
						

Little Rock Marathon By Kathleen Roach

Early in March, five West Florida Y Runners Club members went to personally check up on a former member who has now officially joined the ranks of the Arkansas Cabot Cruisers. The five West Coast runners were Mindy Solomon, Debby Farias, Stephanie Miller, Sandy Rogers and me, Kathleen Roach. We all went on an excursion to see Lisa Feldt. While we were there, it seemed fitting that we should also run one of the local races. We ran the Little Rock Marathon / Half Marathon, which this year was appropriately themed "Six in the City". It seemed like a race that was tailor made for the occasion.

Mindy, Lisa and Stephanie ran the marathon, and the rest of us, thankfully, did the half. I say this because it was a pretty challenging course for us flatlanders. The first half of the course was the same for both events, and we saw very little level ground, but when the course diverged at about mile 12 and I was heading toward the finish line, the marathon course started a dramatic incline which lasted for about 3 miles. Although Stephanie and Mindy had trained for weeks on the Clearwater Bridge, we knew that was going to hurt. When the three of us regrouped at the finish of the Half, we decided the least we could do for our friends was to run them in the last few miles of the marathon course. The original plan was to start at the finish line and run the course backward for several miles until we saw them. The executed plan was more of a slow walk, and when we started down a pretty steep hill at around mile 24, we quickly realized that if we continued on down, we would actually have to run back up it. After some discussion, we decided the view was pretty good at the top; we could see them coming at some distance, and it would be best to just wait for them there (another good decision on our part!) Needless to say, everyone did well considering the challenges the course presented. Debby won first place in her age division, and better yet, she won money for placing third in the master division. She's now officially a Pro!

As far as Lisa's move to Arkansas, she was quick to find a relatively large, well organized running club that also had numerous tri-athletes among its ranks. If we had not known better, we would have thought she had lived there for years, based upon the number of runners who acknowledged her while we were waiting for the race to begin. Arkansas seems to be a good fit for her and her family. They have a beautiful home on a 3 acre lot, and their kids, Robby and Casey, were quick to make new friends. Lisa's hospitality was wonderful, as we all acknowledged that it's not easy transporting and providing food & lodging for a group of FIVE women. The only hiccup in the trip was within minutes after watching Lisa and her husband Bob drive away from the airport; that's when we found our return flight cancelled due to bad weather. Fortunately, we easily found lodging near by and if you are going to be stranded at an airport hotel for 24 hours, you couldn't ask for better companionship, or entertainment, than being with a group of friends. Those 24 hours are another story all unto itself.



QUESTION AND ANSWER



Shin splints

Definition: Inflammation of the muscle attachments and interosseous membranes to the tibia (shin bone) on the inside of the front of the lower leg. Note: "shin splints" is a very widely used phrase and can refer to several lower leg injuries. The focus of this description is specifically on the inflammation described above.

Symptoms:

Pain or tenderness along the inside of the shin, usually about halfway down the shin. Pain and tenderness may extend to the knee. Pain on palpation of the shin. Pain is most severe at the start of a run, but may disappear during a run, as the muscles loosen up. This is different to a stress fracture, where there is pain during weight bearing activities (walking, stair-climbing).

Causes:

Inflexible calf muscles and tight Achilles tendons - place more stress on to the muscle attachments. Overpronation (feet rotate too far inward on impact) excessive running on hard surfaces, such as concrete pavements, Incorrect or worn shoes, overtraining, or a rapid increase in training load or intensity.

Beginner runners are more susceptible to this problem for a variety of reasons, but most commonly due to the fact that the leg muscles have not been stressed in such a way before they started running.

Self-treatment:

Stop running, especially in the case of severe pain, if pain is mild, then reduce training load and intensity, and avoid downhill running and running on cambered surfaces. Take a course (5 - 7 days) of non-steroidal anti-inflammatory drugs (ibuprofen/voltaren/cataflam/mobic) available from your general practitioner or pharmacist. Apply ice to the shin area - for 10 minutes every 2 hours, in order to reduce the inflammation. Self-massage, using arnica oil or an anti-inflammatory gel, to the muscle only (along the inside of the shin). Stretching of the gastrocnemius and soleus muscles. Hold for 30 secs. Relax slowly. Repeat to opposite side. Repeat stretch 2 - 3 times per day.

Remember to stretch well before running

Return to running gradually, full recovery is usually between two to four weeks.

Medical treatment:

Physiotherapy, if injury doesn't respond to self-treatment in 2 to 3 weeks. Orthotist or podiatrist for custom-made orthotics to control overpronation. Orthopaedic surgeon - if injury does not respond to physiotherapy treatment, a bone scan, diagnostic ultrasound or X-ray may be necessary to check for a stress fracture.

Alternative exercises:

swimming, pool running, cycling (in low gear) "spinning"

avoid any weight-bearing exercises

Preventative measures:

Stretching of the gastrocnemius and soleus muscles. Hold each stretch for 30 seconds, relax slowly.

Repeat stretches 2 - 3 times per day. Remember to stretch well before running.

Strengthening of foot and calf muscles.

1) Place a weight around the foot, and move your foot up and down from the ankle, with no movement in the rest of the leg. Or use a partner to grasp the foot and provide manual resistance.

2) Band exercises. Anchor one end of an exercise band (e.g; inner tubing of bicycle) to a heavy object, such as the leg of a couch. Loop the other end around the foot. Move the foot up, down, and from side to side against the band's resistance to exercise different muscle groups.

Correct shoes, specifically motion-control shoes and orthotics to correct overpronation

Always apply ice after running

Run on soft surfaces

Avoid overstriding, which places more stress onto the shins

Gradual progression of training program

Incorporate rest into training program

West Florida Y Runners Club

1005 Highland Avenue
Clearwater, FL 33756

E-mail: WEBMASTER@WFYRC.COM

(address box)

**The position of Treasurer is
vacant due to Ann
Courchane moving to Texas.**

**If you are interested in
being our Treasurer, please
contact Michael Weiss at
lwewfla@aol.com**

ABOUT THE WEST FLORIDA Y RUNNERS CLUB

The West Florida Y' Runners Club - started 27 years ago - is a registered non-profit, volunteer organization, whose purpose is to promote running, walking and overall fitness.

With more than 500 members, we host and 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 Shamrock n Run, Sunsets at Pier 60 5K series and Max Bayne 10-Miler. These races provide funding for our activities which include: giving \$6000 in scholarships to Pinellas County high school students, providing awards for Pinellas County high school cross country invitational meets, maintenance, repair and insurance on our equipment.

We are a member of the Road Runner's Club of America #854 and the Florida Association of USA Track and Field #332.

UPCOMING EVENTS

ANNUAL MEETING

MAY 5, 2008

CLEARWATER COUNTRY CLUB

SUNSETS AT PIER 60

5K BEACH SERIES

JUNE 20, JULY 18, AUGUST 1, AUGUST 15

1 Mile Fun Run for Kids starts at 6:45 p.m.

5K Starts at 7:00 p.m.