

# Making Tracks



## RUNNING CHESNUT PARK'S BEAUTIFUL TRAILS

By: Dan Boyle



### • Inside This Issue

Running Chesnut Park	1
Upcoming Events	2
Presidential Ponderings	3
Disney Marathon	4
Running Shorts	4
Runner's Profile	5
Pictures from Christmas Party	6
Carbo Load	7
Volunteers Needed	2

The "North County" contingent of the WFYRC has called John Chesnut Sr. Park home for their Saturday Morning Group Run for the past ten years. Originally the site was chosen as an additional venue for Turkey Trot Training classes, but the joy of running in a beautiful natural setting on a variety of comfortable surfaces made it a permanent favorite location. This picturesque site is also an ideal venue to run alongside an abundance of wildlife. The park covers approximately 255 acres situated immediately adjacent to Lake Tarpon. Since the parks inception runners have enjoyed this unique park and its trails for runs that inspire the soul.

Each Saturday at 7:00 AM a large group of runners meet at shelter #2 to start running a course that one never tires of running. The group takes a very casual and sociable approach to running, and actually has a seven-minute rule before taking off on the run. This means the group catches up with each other by talking for at least seven minutes before anyone starts running. The emphasis is not on speed. It is on finding a comfortable pace to run a sociable run with friends, although a few do like to gun the engines occasionally. Not all in the group runs, there are walkers who also take part in the weekly run.

Part of our running course is along three nature trails, each approximately 3,000 feet in length. The North Trail runs through a cypress swamp on an elevated boardwalk. The Peggy Park Trail also runs on an elevated boardwalk through a cypress swamp, and along a combination of shell and mulch trails lined with saw-palmetto, slash pines, and oak trees adjacent to Brooker Creek, which leads into Lake Tarpon. Another elevated boardwalk trail runs along the boat ramp, leading to an elevated lookout tower for a scenic overview of Lake Tarpon. The soft surfaces of the trails provide a welcome relief to runners accustomed to running hard concrete and asphalt roads on most of their daily runs. The variety of vegetation and trees in the park make it a remarkable place to run. The park changes it look each season of the year. Various wetland flowers add touches of color that invite awe from viewers at different times during the year.

Runners have numerous encounters with all types of wildlife that roam throughout the park. It is not uncommon to come upon a herd or two of white-tailed deer on a typical morning run, and alligator sightings are also commonplace, especially during the spring mating season. As many as fifteen deer were counted on one Saturday run, but seeing approximately six deer is more common. On rare occasions an otter family can be seen playing in Brooker Creek along the Peggy Park Trail. Spotting large owls is also a thrill, since they tend to be a little more elusive than other wildlife. Ducks, blue herons, egrets, cardinals, hawks, vultures, and tortoises/turtles are also found on various runs within in this park.

For an interesting change of scenery come run the trails with the group, you'll be pleased with the natural experience. Afterwards enjoy the group camaraderie at Einstein Bagels in Palm Harbor, where the runners meet weekly for breakfast.

## Contacts

### Officers:

President:: Michael Weiss lwewfla@aol.com  
 Vice President:: Position Open  
 Secretary: Jan Sheridan jansheri@verizon.net  
 Treasurer: Ann Courchane gacourchane@yahoo.com  
 Membership Chair: Ric Dorrie ricdoor@hotmail.com

### Board Members:

Becky Boyle bboyle@knology.net  
 Dan Boyle paintmandan@knology.net  
 Duncan Cameron Duncan.runsfast@knology.net  
 Skip Rogers trotskip1@verizon.net  
 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 start s at Shelter #2

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

TUESDAY AM track 4:30AM  
 Clearwater High School

THURSDAY 6PM Run Dunedin Causeway (meet behind Walgreen's)

## 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

## Upcoming Events:

MAX BAYNE 10-MILER

March 30, 2008

SHAMROCK 'N RUN

MARCH 14, 2008

ANNUAL MEETING

May 5, 2008

### 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. Please join us. Contact Michael Weiss for more information @lwefla@aol.com

## NEWSLETTER INFORMATION

**Submissions:** Submit articles, "unusual" race results, 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

### 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

Running season is in full swing and we have a lot of events coming up in the next few weeks. Aside from all the usual great local races we have three club events on the calendar. First, Friday night March 14<sup>th</sup> the Sham Rock 'N' Run 5K and kids run at Ulmer Park in Largo. Next we have the inaugural Max Bayne 10 Miler and 5K at Fort Desoto on Sunday March 30<sup>th</sup> 8:00AM. This will be the RRCA Florida 10 mile Championship. Then on May 5<sup>th</sup> we will have our Scholarship/Awards banquet. We will again be holding our volunteer appreciation raffles with lots of prizes including the grand prize trip to Maui (or an exciting destination of your choice). The more you volunteer the better your chances of winning. The dates for the Sunsets at pier 60 Summer 5K series are also set. This year we will be having 4 races instead of 5. The dates are June 20<sup>th</sup>, July 18<sup>th</sup>, August 1<sup>st</sup>, and August 15<sup>th</sup>. Just a reminder that all club members not only get discounts on race entry fees but if you are sick or can't race for any reason we will refund your entry fee.

I would also like to thank Linda Schumacher and Becky Boyle for taking over as Making Tracks editors. If you have any interesting stories or pictures (running or non-running) please submit them to Linda or Becky. I also want to thank Paul Franklin for fixing the website. It is up and running and contains all the club race/event info ([www.wfyrc.com](http://www.wfyrc.com)). I would also like to thank everyone who helped out at the water stop for Gasparilla marathon/half marathon. We are always given the responsibility for the busiest water stop in the race. We all know how important it is to have people (i.e. other runners) who know how to properly hand over the cups during a race.

*“Three exciting races coming up, plus our annual dinner and grand prize giveaway.”*

## RUNNING CHESNUT PARK

