

Volume # *Not Important*
Issue # *Pick your favorite*

Club established 1978

Issue Date:
January, 2011

Making Tracks



Points of interest (or not) -

- Website : www.wfyrc.com
- Weather: nicer than all points north
- Work: so that you can go on great vacations
- Training: is like going to the movies, you can do it by yourself, but it's more fun with someone else.

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What is a Newsletter anyway, and why should we read it?

According to Microsoft Publisher, which is the platform this newsletter is written on, *"The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also create credibility and build your organization's identity among peers, members, employees, or vendors."*

To those of us who have lives in the human race as well as the running races of the world, this newsletter gives members a chance to have a voice and to share.

Membership, as they say, has its privileges. If membership

meant that we were all in an office setting right now, there would be an open door to the editor's office. You could walk in and sit down in a chair for a face to face discussion, or lay on the couch for a quick respite.

In this ideal membership office setting, there would be a suggestion box outside the president's door, free refreshments for everyone, lots of love and appreciation, and a healthy dose of competition among your peers. We'd celebrate life, big and small and we'd support one another when any of us can't find the lemonade for the lemons.



YOU MIGHT BE A RUNNER IF:

You see this picture and wonder what race this is.

Making Tracks is yours.

Send in your reactions, ideas, news, tips and stories to your editor at:

PatsyStillsDJS@msn.com

Hate writing but still have something to say? Call 727-455-9384

A Date for December 2042

by Duncan Cameron

On December 6, 2010, I completed 5 years of running at least 3 miles every day and started the 6th year at day 1827, if you are counting. Over the past five years, I ran 11,817 miles. In my life as a runner, I found that on days I did not run, I was grumpy-grumpier than usual, most of my fellow runners would say.

One day recently, as I was returning from a morning run, I saw a dark shape in the road ahead. I slowed down and went around the alligator. I yelled back, "See you later, alligator." I swear I heard a response, "In a while, crocodile." Was that the gator or Bill Haley and

the Comets? I'm showing my age here. A few feet further, a herd of deer ran across the road. That gator might have saved me from being road-kill.

I like to race, and over the past five years I have run 152 races, (cont. on p.2)

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Annual WFYR Club Events

Max Bayne 10 Miler January

Pier 60 Beach Series Summer

St. Petersburg Times

Turkey Trot Thanksgiving

Other: scholarship awards, celebrations, holiday party. *Race results and additional information available on the website.*

Next Board Meeting: - February 2, 2011 at Gallery Pizza & Seafood, 1600 Virginia St. Dunedin **Please feel free to join us!**

GROUP RUNS:

SATURDAY Mornings:

- Group run at John Chestnut, 7AM, starts at Shelter #2
- Long run (8, 12, 13 typically) around the beach and bridges. The "loop" starts at Clearwater City Hall at 6:00 AM. Contact: Kathleen Roach at kathleenxyz@hotmail.com

SUNDAY Mornings: Same Clearwater Beach loop as Saturday—6:00AM

TUESDAY Mornings: Track workout, 5 AM Clearwater High School stadium

2042...Continued from page 1

Which include everything from a few track events to a few half marathons. My record is pretty good—144 first in age, 7 second in age and 1 third in age (that was a run-kike-run race and I think I was the slowest cyclist). At the 2010 Publix Gasparilla Distance Classic, I had my first in-age streak broken, by finishing second in my age group. Thus, that streak stops at 69 straight. I'm back on track and my current first in-age streak stands at 20 races.

What's next? I still want to run a marathon when I'm 100. Come join me in early December, 2042 or cheer me on. I'll wave if I still have any hearing left (and I probably won't). Thanks for listening. *Duncan*

Advertise in Making Tracks!

Item	1 Month	12 months
Business Card	\$20	\$180
1/4 Page	\$50	\$450
1/2 Page	\$75	\$675
Full Page	\$125	\$1125
Race Flyer	\$100	NA

Club Volunteers Needed

To find out more, please contact

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two.shoes@knology.net

Skip Rogers trotskip1@verizon.net



President's Message by Skip Rogers

Thank you to the vendors, City of Clearwater, Parks and Recreation, adoring fans and neighbors, and all the fabulous volunteers who helped make the 32nd Annual Times Turkey Trot a success.

It just keeps getting bigger and better every year! 2010 was hugely successful. Officially, more than 2,973 1 Milers, 10,614 5K, and 2,436 10K, men, women and children participated on a beautiful Thanksgiving morning. Many more were there to cheer on their loved ones. Neighbors held signs and picnicked on their laws to watch in wide-wonder and give thanks for a wonderful event. Many locals think it's fair to say that in Clearwater, this is one Thanksgiving tradition that just must take place, no matter what else is accomplished that day. Many families confess that they would never dream of missing THE Turkey Trot.

Proceeds from the St. Petersburg Times Turkey Trot are donated annually to many local charities, including the West Florida Runners Club Scholarship Programs, Hope Children's Home and the Children's Heart Foundation. Additionally, canned goods and non-perishable food items that are collected on race day are given to the Food Pantry Program at Religious Community Services, Inc.



WANTED!

Your Photos

Send race photos for the WFYRC website or the Making Tracks newsletter to webmaster@wfyrc.com or PatsyStillsDJS@msn.com

(or perhaps you like seeing this same photo month after month—I'm OK with that)

Heels, Sneakers or Bare Feet? By Patsy Stills

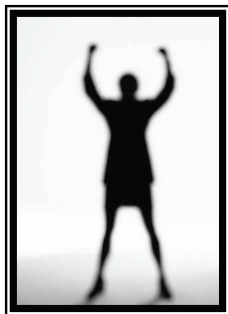


You've heard of charity races where people run in heels to raise money, and you've seen a thousand kinds of running shoes. By now you have probably heard of barefoot running. I can say that I have NOT run in heels, and I don't think I will try it, of course I have run in all kinds of sneakers, and I am definitely interested in exploring the technique and benefit of running bare foot or as close to bare footed as my tender tootsies will allow. Recently I found myself at the turnaround point of an 8 mile run with a huge heel blister. Unplanned and unwilling to walk (too impatient) I found myself running barefoot, holding my sneakers, all running easily all the way back to the car. Much to my surprise, I LOVED it! My legs felt strong and unstoppable and I survived with no boo boos (although I did feel sorry for my pedicurist the next time I visited). My commitment for 2011 is to learn and write about it in *Making Tracks*, buy some barefoot shoes and start a beginner's barefoot on the beach group. Who's in?

West Florida Y Runners Club, Inc.

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Clearwater, FL 33756

FEI # 59-2999736



Making Tracks

Because “runners run” and every runner has a story to tell.

January Birthdays

2 Jim Doran

3 Denise Skinner

5 Greg Colgan, Bob Young

7 Lawrence Glacet, Elisa Underhill

10 Sue Porter

12 Cang Le

16 Daniel Underhill

21 Bonnie Theall

27 Diana Calhoun and Justin Le

28 Matt Abbey

30 Barb McMahon

Can you buy a broken rib? By Albert Wieringa

San Antonio (FL) - It looked like another gorgeous day in runner's paradise. We had been running close to an hour and were almost back at the St. Leo University campus for a short break. My plan was to run 20 miles that day; it was supposed to be my last long run before the Parksburg Half Marathon, which was still 2 weeks away. The weather was fine; temperature at 77, no wind and in 10 minutes the sun would come up.

With only one big hill to go we picked up the pace and that's when it happened. BOOOM. In the dark, my left foot bumped into something. I lost my balance and 1 second later (or was it a half second?) I was lying chest down on the asphalt. I got back on my feet but had to quit running; breathing was too painful, so I walked back to the car.

The next day—after examining the X-rays of my chest—my doctor sent me to the emergency room. Not much privacy there. Behind the curtain on my right side was a young woman who had been bitten by a pit-bull. She made an awful lot of noise when they put some stitches in her butt. On the left was an elderly and soft-spoken man who seemed to have psychological problems as well as some social misfortune. After they found out he had no money and no insurance there was 'not much' they could do for him...He got the run-a-round, right back to the street...

Meanwhile they took more X-rays of my chest. Especially after they found out I was fully insured. "You have 2 fractured ribs (nr 5 & 6) and partial pneumothorax (collapsed lung)," said the trauma doctor. "We will put you on oxygen and keep you here for the night." The next day they let me go. The lung had improved, no reason to stay any longer.

Once home I checked the internet to find out more about broken ribs. The World Wide Web is a great place to find out what to do or not to do when you are injured. So I typed in "rib fracture" and this is what my Google search engine came up with: "CHEAP RIB FRACTURE? Looking for Rib Fracture on sale?" I could not believe my eyes. I know you buy almost anything in this beautiful country as long as you have money, but a broken rib? Suddenly I realized I was lucky after all. I did not have to buy my broken rib; I got mine for free!!!

Unfortunately the folks at the hospital were not aware of this. Maybe they used a different web-site, I don't know, but they sent me a bill for over six thousand dollars, which after correction of my insurance, was later reduced to two thousand, - and 8 days later, after the okay from the doctor, I started running again. Back to paradise.

New to Florida? Three Tips for Running in the Florida Heat

1. Hydrate, hydrate, hydrate. Enough said.
2. Wear a hat, it will shield not only the sun, but also the tiny little no-see-ums (culicoides) that you will meet.
3. Snotty nose? Don't bother with tissues, move on to paper towels or cloth hankies.