

# Making Tracks



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### Naturalization of Local Runners

On the morning of May 31, 2007 in the Tampa Bay Convention Center, Arnaud and Laurence Glacet became naturalized United States citizens. They were among the 139 from over 60 countries to take their oath that morning and be welcomed as new citizens.

They have been active members of our club since arriving in the United States in 1999. Although they started as runners and participating with the north county running group on Saturday morning runs, they have expanded their activities to include Triathlons, having just completed the Half Ironman at Walt Disney World. When you see them around don't forget to congratulate them on becoming US citizens.



Laurence and Arnaud with their Citizenship Papers.

### New Newsletter

This will be the format for our new newsletter and hopefully we will be getting out on a regular basis. We hope you will like it. Becky Boyle and Linda Schumacher will be co-editors and welcome any articles you may have to contribute. We especially want articles for our Carbo Load Column, any recipes you use before your race, or restaurant you just have visit while in a certain city; interesting tidbits about your marathon; any items you might have for sale, (i.e., jogging stroller, bicycle, etc.); and any items you might wish all other club members to know about (which marathon you are going to, if you need a training partner, etc.). You can forward your information to either Becky Boyle: [bboyle@knology.net](mailto:bboyle@knology.net) or Linda Schumacher: [two.shoes@knology.net](mailto:two.shoes@knology.net).

## Contacts

### Officers:

President: Michael Weiss lwewfla@aol.com  
 Vice President: Mary Delie Jeff.Delie@nameplanet.com  
 Secretary: Jan Sheridan jansheri@verizon.net  
 Treasurer: Ann Courchane gacourchane@yahoo.com  
 Membership Chair: Ric Dorrie ricdor@hotmail.com

### Board Members:

Becky Boyle bboyle@knology.net  
 Dan Boyle paintmandan@knology.net  
 Duncan Cameron Duncan.runsfast@knology.net  
 Skip Rogers trotskip@gte.net  
 Linda Schumacher two.shoes@knology.net

### Web Master:

Paul Franklin webmaster@wfyc.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 starts at Shelter #2

SATURDAY Morning Long Run "the loop" starts at Harborview Center

TUESDAY AM track 5:30AM  
 Clearwater High School

THURSDAY 6PM Run Safety Harbor Marina



Scholarship winners, See Page 4 for Article

## 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 300 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 |        |
|---------------|---------|--------|
| Business Card | \$20    | 1 Year |
| 1/4 Page      | \$50    | \$180  |
| 1/2 Page      | \$75    | \$450  |
| Full Page     | \$125   | \$675  |
| Race Flyer    | \$100   | \$1125 |

## Presidential Ponderings by Michael Weiss

As summer approaches, we close the books on another school year (and running "season"). The past year has been another successful year for the West Florida Y Runners club. We had a successful summer beach series without any hurricane cancellations or rain delays. WFYRC runners won both the men's and women's overall series. The women's series was dominated by Christa Benton who won all 5 races. The resounding theme on the men's side was that perseverance pays off as the top 3 male runners showed up for all 5 races and won their respective age groups. They never won a single race but still walked away with overall honors. We set a record for the oldest and youngest top finishers. Duncan Cameron was the overall winner, John Felton finished second and was our youngest winner.

We then started a busy November. Clearwater played host to the some of the worlds best triathletes who came to compete in the Ironman 70.3 World Championships. WFYRC were out in force managing the run portion of the race. Some of our club members including myself were lucky enough to be able to compete in the race. We then revved it up again for Turkey Trot. We set a new record of close to 16,000 participants. We were also well represented in the winners circle as WFYRC member Kevin Lyons won both the 5K and 10K men's races and Christa Benton won the women's 10K. Both Kevin and Christa are also former WFYRC scholarship winners.

Our successful season continued at our Max Bayne Half Marathon. Despite changing the date we had an increase of close to 200% over last year. This race also had some "records". According to the WFYRC historian it was the first time a current WFYRC president (that would be ME) won the race. I was then also told by this supposed historian that it was also the slowest winning time ever. Did I mention that the race was run uphill and into hurricane force head winds in both directions?

We then capped the year off with our 19<sup>th</sup> annual scholarship dinner and volunteer raffle. We awarded four \$2000 college scholarships (See page 4 for article). We then rewarded all of our volunteers with our second annual volunteer raffle. Colman Mooney and Andy Scavelli were recognized as co-volunteers of the year for their significant increase in volunteerism. For the second year in a row we gave away a trip to the Maui Marathon. This year's winner was Ann Courchane. Other prizes included a coveted entry into next years St. Anthony's triathlon, entries for Gasparilla and Bank of America Marathon, theater tickets and gift certificates to multiple restaurants.

While the year was a success we realize we still have room to improve in a number of areas. Firstly, we have new editors for Making Tracks. Linda Schumacher and Becky Boyle have taken over that duty. As always we still need YOU to send in articles, pictures, or just a short blurb about what you're up to. And yes, we want to hear about your summer vacation! Paul Franklin has again taken over as our Web master. He is trying to keep web page up to date. We are also planning more social events. Bob Reeves has agreed to be our social director. We are going to try and schedule both running and non-running trips/events. If you have any suggestions please contact Bob at [floridabeach@prodigy.net](mailto:floridabeach@prodigy.net). I also would like to invite everyone to attend our board meetings. We have a few openings on the board and could use some "new blood". Meetings generally last less than an hour. We meet on the first Wednesday of the month at 6:30 PM at the YMCA on Highland avenue. It's a great way to keep up with what's happening with the club and running community.

*Mary Grace Ritter and  
Michael Weiss*



*New Record:*

*Max Bayne  
Marathon won by  
Club President!*



Scholarship Winners:



## 2007 Annual Awards and Banquet by Mary Grace Ritter

A huge thank you to everyone who made the effort to attend our annual awards dinner on May 5. I'm sure you'll agree it was a bang-up event. For those of you who could not attend there's always next year..The awards dinner was held at Jorge's Seafood Grill in Clearwater where owner and chef Jorge outdid himself in the culinary department. I heard nothing but great things about the food and drink. The highlights of the evening were the \$2000 scholarships we awarded to four very deserving high school seniors who, along with their parents and coaches were our guests for the evening. The winning scholar-athletes were: Russell Wynne Snyder, Northeast High School, Coach - Larry Rudisill; Allison Jacqueline Salas, Heather Kathleen Nicolosi and Aaron Makin Thomas, all of Seminole High School, Coach - Bruce Calhoun.

We also held a raffle where the grand prize was a trip to the winner's choice of the Maui, Big Sur or Jamaica marathon. Anne Courchane, our competent and dedicated treasurer, won the trip and is still considering where she'll go. **Congratulations Anne!**

For those of you who missed it, another hit of the evening was the brilliant and entertaining speech given by our modest hostess, who thankfully kept her promise to keep it brief.

Again, thank you for supporting our annual dinner. No party can be a success without great guests and you all qualified in that regard. I look forward to seeing all of you -- and many of you who did not make it in 2007 -- at next year's event.

## ANYTHING BUT RUNNING By Becky Boyle

*We were talking about the things we "must do before we check out" and Janet said, "I'd like to go mushing, to drive a dogsled like in the Iditarod."*

My friend Janet Evans and I were walking down a country road in North Carolina where Janet and husband Tony have a mountain cabin. We were talking about the things we "must do before we check out" and Janet said, "I'd like to go mushing, to drive a dogsled like in the Iditarod." I had always admired the late Susan Butcher, one of a few women to repeatedly win the Alaskan, Iditarod Race, I said, "I'd like to do that too!" Jackson Hole, Wyoming, here we come!

After a long day of flying, we arrived at the Best Western, Jackson Hole on a Friday evening. We were greeted by large resin figures in the likeness of bears at the entry and in the hotel foyer. The bears, beautiful wood staircase and elk-antler chandelier were a sample of the decor we would see in this casual, rustic village.

Jackson Hole is surrounded by National parks and wilderness preserve. Saturday morning we headed to Teton Village to have a go a snowshoeing. The weather was unseasonably warm in the high 20's-low 30's and the snow-covered mountains were stunning. We laced up our shoes and followed our guide into the forest while he informed us on various facts about the climate, wildlife and pointed out moose tracks. After a few slip-and-falls, which Janet gleefully recorded with her camera, we made it back to the rental cabin, and our next stop was the Elk Refuge. During the winter months, the Elk migrate from the forests to the 25,000-acre refuge where they are fed and monitored. We took a horse drawn wagon into the refuge and traveled surprisingly close to the large herd of Elk who were not bothered by us at all.



Our dog sledding adventure started at 8:00 AM. We were picked up at 8AM and driven 30 minutes outside of town to Frank Teasley Iditarod Sled Dog tour headquarters. Frank has been a professional dog musher for thirteen years and finished sixth in the Iditarod in 1991. As we approached his compound, we could hear the 191 Alaskan Huskies barking their request to pull our sleds. Inside the headquarters we learned about how the dogs are trained and fed and met the rest of Frank's crew. Outside, our musher-guide, Dan gathered us around one of the sleds and gave us a brief orientation on the basic commands, handling the sled and introduced us to our teams. Our guide, Dan and Janet drove the front sled of eight dogs with Tony in the sled. I rode in the back sled, which was pulled by six dogs and driven by my husband Dan.

(Continued on Page 6)