

Making Tracks



• Inside This Issue

Naturalization	1
New Newsletter	1
President's Message	3
2007 Annual Awards and Banquet	4
Anything But Running	4
Carbo Load	5
Track Workout	6
Disney's Minnie	6
Question and Answer	7
Upcoming Events	8

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 or Linda Schumacher: 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 some of the world's 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 19th 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 year's 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. 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)

CARBO LOAD

Kathrine Switzer's Smoked Salmon Pasta

1 pound pasta, such as fettuccine
2 cups fresh or frozen peas
4 ounces New Zealand smoked salmon or New York lox
2 to 4 Tablespoons fresh pesto sauce
½ cup fat-free sour cream

1. Cook the pasta according to the package directions.
2. Steam the frozen peas until just thawed and hot.
3. Cut the smoked salmon into 1/3-inch cubes and set it aside.
4. Drain the pasta and return it to the pan. Add the pesto and stir gently until the pasta is well-coated. Add the sour cream, peas, and salmon pieces, and toss well. If the pasta is too sticky, add a little very hot water or milk.

Serve immediately.

Yield: 5 main-dish servings

Total Calories: 2,300

Calories per serving: 460

CARB 80 grams, PROTEIN 15 grams, FAT 9 grams

By replacing the heavy cream in the original recipe with fat-free or low-fat sour cream, you will be able to enjoy in good health this tasty dish. Some would sprinkle fresh Parmesan on this, but Kathrine says she personally would not as this changes the flavor too much for her. But a fresh grind of pepper is delicious. This is a variable recipe, you can add more or less things as you like.

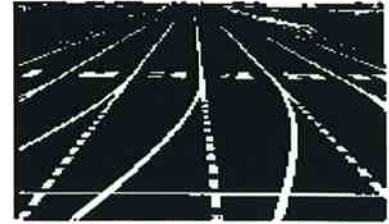
(This recipe is from The New York City Marathon Cookbook)

This column will hopefully be a regular for us. Please send us your favorite pre-race recipe or your favorite place to eat and why.



TRACK WORKOUTS

June 3 12 x 400 meters
 June 10 6 x 800 meters
 June 17 5 x 1000 meters
 June 24 1 x 1200, 1 x 800, 1 x 1200 meters



Minnie Medal

DISNEY'S MINNIE "WOMEN RUN THE WORLD" 15K By Cynthia Sweeney

Have you ever run a race just for the t-shirt, or the medal? I just finished Disney's Minnie "Women Run the World" 15K, May 6th, and that's exactly the reason I ran the race..... for medal.

The morning started off beautifully, not so much like the Disney marathon this past January, high 70's and climbing at 6:00 A.M. Minnie's start began outside Animal Kingdom right around 68 degrees. The gun went off about 6:35; I was with my friends Karen and Brittany. This was Brittany's first 15K race, Karen was her support. (As a matter of fact, Karen was my support for the marathon, thanks Karen) The Minnie 15K is a women's race, it's a race where you see lots of costumes and princess headdresses, some even with lights, but all out to have a good time. That's our purpose for doing these races, to have fun.....and the medals.

Cont'd. on Page 7

Anything But Running Cont'd.

With a command of "hike" we were off on the trail, destination the Granite Hot Springs. Immediately, we realized we were going to experience something unique and spectacular. Surrounding us was a winter wonderland of snow-frosted trees and mountain peaks. A light snow fell adding to the serene environment, the only sounds were the shushing of the sled runners and the panting of the dogs. Halfway to the springs, we switched drivers. Tony shared the driving with our guide and I was thrilled to be driving our team on my own. It gave me a new appreciation for what is required of the mushers who travel across Alaska for days in the attempt to complete the Iditarod. Learning about this thrilling method of winter travel was the experience of a lifetime; one we will never forget.

After traveling around ten miles, we arrived at the Granite Hot Springs. We changed into our swimming suits in the changing rooms and made a mad dash to the 108-degree pool. It was a painful thirty seconds until we hit the steamy water, but then the experience of swimming in the hot springs surrounded by snow-covered boulders was heavenly.

The next day we decided to try cross-country skiing. After skiing, we went to the famous Jackson Hole Cowboy Bar. A charming, rustic watering hole where the barstools are actually saddles. Sitting on saddles after cross-country skiing is not recommended. Dan and Tony tackled a pool table while Janet and I relaxed at a table and enjoyed some local Snake River Pale Ale, which quickly became our favorite beverage.

Our final day provided another magnificent experience. We rented a snowcoach and took a winter tour of Yellowstone National Park. Our tour operator picked us up at 6:30AM and we were off, destination, Old Faithful Geyser. Yellowstone is a land of bubbling mud, steaming acidic pools and spouting geysers. It was sobering to realize that under our feet was such powerful volcanic activity. Old Faithful did not disappoint as it erupted on schedule, creating a vast steam cloud. It was a marvelous outing and the fact that only a few tours were present added a peaceful, serene quality to the experience.

The contrast with our daily life in Florida, the crisp frosty winter weather and the variety of activities provided a truly wonderful trip. The highlight? Of course, it was the time spent flying across the snow-covered trail with our canine buddies. I'm sure we will go dog sledding again!



Dan, or is it Tony, Has a Hard Time Staying on His Feet

QUESTION AND ANSWER

What is the iliotibial band?

Iliotibial band syndrome is due to inflammation of the iliotibial band, a thick band of fibrous tissue that runs down the outside of the leg. The iliotibial band begins at the hip and extends to the outer side of the shin bone (tibia) just below the knee joint. The band functions in coordination with several of the thigh muscles to provide stability to the outside of the knee joint.

What is iliotibial band syndrome?

Iliotibial band syndrome (ITBS) occurs when there is irritation to this band of fibrous tissue. The irritation usually occurs over the outside of the knee joint, at the lateral epicondyle--the end of the femur (thigh) bone. The iliotibial band crosses bone and muscle at this point; between these structures is a bursa which should facilitate a smooth gliding motion. However, when inflamed, the iliotibial band does not glide easily, and pain associated with movement is the result.

What are the symptoms of iliotibial band syndrome?

As stated previously, the function of the iliotibial band is both to provide stability to the knee and to assist in flexion of the knee joint. When irritated, movement of the knee joint becomes painful. Usually the pain worsens with continued movement, and resolves with rest.

Why did I get iliotibial band syndrome?

People who suddenly increase their level of activity, such as runners who increase their mileage, often develop iliotibial band syndrome. Others who are prone to ITBS include individuals with mechanical problems of their gait such as people who over-pronate, have leg length discrepancies, or are bow-legged.

What is the treatment for iliotibial band syndrome?

Treatment of ITBS begins with [proper footwear](#), [icing the area](#) of pain, and a [stretching routine](#). Limiting excessive training, resting for a period of time, and incorporating low-impact cross-training activities may also help. [Anti-inflammatory medications](#) may be prescribed by your doctor to help decrease the inflammatory response around the area of irritation. If these treatments do not solve the problem, [working with a physical therapist](#) to develop a more focused stretching and strengthening routine may help. [Cortisone injection](#) into the area of inflammation may also be attempted, usually after these other treat-

Reprinted from the Internet, Jonathan Cluett, M.D.

Cont'd. from Page 6

I walked over the chip mat at the start fairly quickly, which surprised me. Considering some starts where it takes almost 9 minutes to step over the mat, only to become frustrated because there are so many walkers intermingled with the runners. Disney did a nice job of placing huge colored flags by race pace. Go figure, the gals actually followed the suggestions this time.....well, some did.

The race begins at the parking lot of Animal Kingdom, goes to the road and follows that along to MGM Studios. As I'm running, the road starts to look familiar, then I get to the hair pin turn, I realize that this was the long stretch where I felt like I was boiling because of the sun in the marathon. (86 degrees at the finish) I was happy because I made it to MGM right on my time schedule. We ran through the park, and out again onto the road. I look down and see the 22 mile marker for the marathon, and can remember the pain I was in at mile 22, not a good memory. This time I was doing much better knowing that I only had 4 miles to go and was in much better shape.

Up ahead I see the Epcot globe. You run through the streets and see the beautiful flowers and scenery, this is what lifts you up to continue on. I know I'm close to the finish now, I round the corner and there they are, my number one fan club, my family, Patrick and Brooke. Brooke ran the Minnie with me last year, but due to an injury had to stand on the side lines and cheer us on. I know she'll be there next year, probably running another PR, go youth.

There it is, the finish and Mickey and Minnie are waiting for me. With a double high five, another good race under my belt and the Minnie medal around my neck. I have a Donald, a Mickey and now a Minnie, and I wanted that Minnie. There is no way, in you know what, that I'll ever get a Goofy. I'll leave that up to my friend Jim Patton. His 50th marathon will be coming soon, so stay tuned for the next installment of the WFYRC newsletter to see where Jim is on his journey.

West Florida Y Runners Club

1005 Highland Avenue
Clearwater, FL 33756
E-mail: WEBMASTER@WFYRC.COM

(address box)

We're on the web!
www.wfyrc.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 Half Marathon. 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

SUNSETS AT PIER 60

5K BEACH SERIES

June 29, 2007

July 13, 2007

July 27, 2007

August 10, 2007

August 24, 2007

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

5K Starts at 7:00 p.m.