

Making Tracks



MY STORY AS IT RELATES TO ALS

By: William Motley



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At the age of 19, I served our country overseas in Vietnam. Little did I know at that time, my service may have been putting me at risk. Nearly forty years later, I was diagnosed with ALS and became just one of thousands of U.S. veterans who received that same death sentence. ALS, also known as Lou Gehrig's disease, progressively paralyzes its victims. The incurable illness attacks motor neurons in the brain and spinal cord, causing the muscles to waste away. Patients are robbed of their ability to eat, speak, and eventually breathe. Veterans are nearly two times more likely to be diagnosed with ALS than someone with no history of military service. The fatal disease is hitting America's Veterans the hardest, but the cause remains unknown. It's a mystery that's puzzling researchers and patients who now find themselves in the middle of the disease's devastating progression. For me, it all started with muscle twitches. Once an avid runner, I began to realize that I could not hold my head up. Then soon, I couldn't hold my right arm up either. I just knew something was wrong because things were just not right with my body. Despite my diagnosis, I continued to run races and work as a Code Enforcement Officer for the city of Tarpon Springs. Then the disease forced me to quit. I can no longer run or work, but unlike many ALS patients, I can still speak, eat, and walk since doctors have said my progression is slow. But still, everything is harder to do. Camille has to help me with bathing, and she has to help me with dressing. She buttons my shirts, fastens my pants, and buckles my belt. Everything that you take for granted, you need help doing. If someone were to hand me a cup of coffee, I would drop it. I'm just not strong enough to support its weight. Looking back on military memories - basic training in Fort Jackson, specialized training in Texas, and warfare in Vietnam, I strongly believe that some portion of that military experience could have brought on the disease. As researchers continue their quest for a link, I want lawmakers to do more in providing assistance in finding a cure. I think the military Veterans that served with me are bearing the brunt of the chemicals that were sprayed. Through each challenging day, I try to stay optimistic. I think I am very fortunate. I think that God has blessed me with a slow progression, and there is a reason that He is doing this. God is just not finished with me. He continues to bring me closer to himself. I spend my time getting involved in the community. I serve on the local ADA Committee and on an Environmental Quality Committee. Now, instead of focusing on the negative, Camille and I have vowed to use the strength we have left to fight the disease. We've already coped with ALS for four years, and I plan to long outlive the odds doctors gave me. Our strongest attack on ALS will come when we join with hundreds of people who have also been affected by the disease at the ALS Association's Walk to Defeat ALS. The Motley Crew will gather again on May 2 at George M. Steinbrenner Field in Tampa. I am asking you to help. Please consider joining my team and making a donation. If you cannot be with us on Walk day, you may still register as a Virtual Walker and help raise money on Motley Crew's behalf! Please see page 3 for the e-mail address to make a donation directly online! It's safe, secure, and convenient. Thank you for your support!

William K. Motley

Contacts

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Linda Schumacher two.shoes@knology.net

Web Master:

Jimmy Duncan webmaster@wfyrc.com

Upcoming Events:

MAY BAYNE 10-MILER

(Volunteers Needed)

March 29, 2009

ANNUAL DINNER — MAY 4, 2009

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

GROUP RUNS:

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 at kathleenxyz@hotmail.com

TUESDAY AM track 4:30AM

Clearwater High School

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

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 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

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

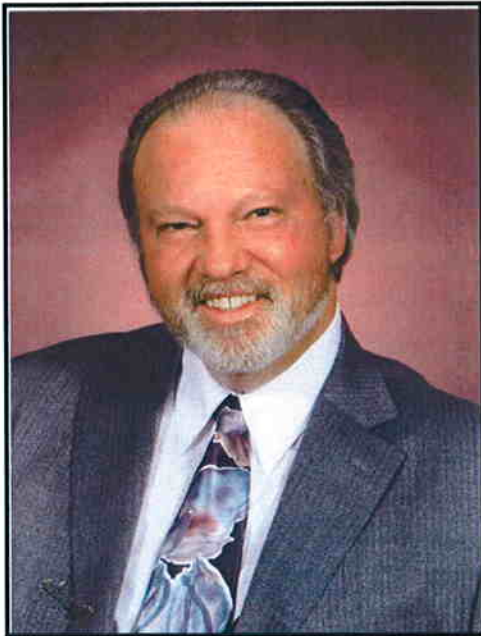
Ad-Rates:

Item	1 Month	
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

PLEASE COME TO OUR BOARD MEETING ON
WEDNESDAY, APRIL 1, 2009
6:30 P.M.
AT
CAPOGNA'S DUGOUT ON ROUTE 60
FREE GLASS OF BEVERAGE OF YOUR CHOICE TO FIRST 15 GUESTS



To Support Bill Motley in his Walk go to www.alsa.org

Click on "Click Here to Find A Walk Near You"

Select a State

Click on "Greater Tampa Bay Walk to Defeat ALS"

Click "Join a Team"

Search for the Motley Crew

Photos from Gasparilla



Christa Benton

1st Overall Female

Jerry Margolin Finishing the 15K

