

Making Tracks



100 Miler

By: Noora Alidina



Noora Alidina, WFYRC member since 1992, ran and won the Boulder Colorado 100 on October 17, 2009. Temperatures in the forties during the day and thirties at night with a brisk cold wind. I finished in 23 hours and 2 minutes. Fortunately when I returned to Tampa the weather was great!



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Upcoming Events: BEACH SERIES

June 4
 June 11
 July 9
 July 23

Next Board Meeting: - April 3. Check web site for location

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: bboyle133@gmail.com or Linda Schumacher: two.shoes@knology.net

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

SUNDAY Morning 6:00AM Contact: Mac Jacobs @macjacobs@hotmail.com

TUESDAY AM track 4:30AM
 Clearwater High School

THURSDAY 6PM Run Dunedin Causeway Contact:
 Dan Boyle paintmandan@gmail.com

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	_____

Volunteers Needed

E-Mail

Linda Schumacher
 (two.shoes@knology.net)

Or Skip Rogers @trotskip1@verizon.net

President's Message by Skip Rogers

DUE TO THE UNAVAILABILITY OF THE PARK, MAX BAYNE 10 MILER WILL BE CANCELLED THIS YEAR. PLEASE CHECK WEB SITE FOR FURTHER UPDATES.

MY COMPUTER IS BROKEN, WILL SEND NEW MESSAGE IN NEXT NEWSLETTER.



National Scenic Trails

By Jim Smith

I did it again I went on another thru hike this time completing the Continental Divide Trail this September. This was a 3,100 mile hike from the US/Mexican border to the US/Canadian border. I have now completed all three of the national scenic trails. The Appalachian Trail, Pacific Crest Trail and now the Continental Divide Trail to become a Triple Crown hiker and only one of 106 that have ever completed all three trails. This was also the hardest hike of all three. The three hikes have been a really great experience. I would recommend to anyone that wants to see some great scenery to give one of the trails a try. For those that would like to see some pictures I have them posted on www.Trailjournals.com. In the journal search box they can type my trail name Dad's Grin and click on photos on the menu bar on the left. Oh yes, I have started running again and hope to be at Turkey Trot this year. Here is a picture from the hike if you would like to include it.

