

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.



Heart Rate Monitors Can Change Your Training

Heart monitors are devices that are designed for wear during strenuous exercise, and serve the purpose of measuring and recording your heart rate, while giving you instant feedback about the work level of your heart. The fitness of the heart is the key to one's aerobic endurance - sometimes called 'cardiovascular respiratory endurance'. Both for health and racing reasons, aerobic endurance is a point of focus for almost any runner. Heart monitors are one of the most effective aids for tracking and developing your progress on the path to increased aerobic endurance.

1) Accuracy And Ease: Heart monitors are the only effective way to track and record your heart rate over the course of an entire workout. Not only do heart monitors provide you with a complete record of your heart rate for the duration of your workout, but they are also more accurate than manual methods. Stopping during a run to count your pulse disrupts both your workout and your heart rate, and even the application of pressure to the carotid artery - perhaps the most common point for manual pulse detection - slows down the pulse.

2) Monitor Your Fitness: Cardiovascular fitness is the single most significant factor in your speed as a runner. Consequently, being able to track your cardiovascular fitness - not to mention tailoring your workouts to meet cardiovascular goals - is an extremely useful training tool. Measuring the work-rate of the heart is the most accurate method of determining how much benefit you are deriving from your workout (a discussion on how to gauge results can be seen in section III). Other methods, such as how hard one is breathing, or how tired one feels, can reflect other factors and give imprecise impressions of the effectiveness of your workout.

3) Prevent Over-Training: For many competitive runners, every week's workout regimen is essentially a seven-day dance along the fine line between optimal training and over-training. Using a heart monitor to avoid stressing your body too much means that you will maximize the efficiency of your training, while minimizing the opportunity for injury. Injuries are much less likely to occur when you are not over-taxing your body, and avoiding injuries is tantamount to avoiding setbacks in your training. While opinions differ on how much running is too much (we will discuss this more later), once you determine the desired intensity of your weekly workouts, you can use the monitor as a gauge. Are your recovery days really allowing your body to recover? The surprising answer, in many cases, is that runners' easy days are simply not easy enough. Use your monitor to stay below a certain ceiling, and you will avoid depleting your body's glycogen stores, ensuring that you will have the energy to perform your intense workouts with vigor and that you will not have to take unexpected days off from fatigue.

4) Prevent Under-Training: Though perhaps less common than over-training, some runners simply do not run hard enough, often enough. In this case, the monitor can function as a sort of coach, telling you when your body can handle more, and consequently, when you should pick up the pace. Set a minimum heart-rate goal for your run, and the monitor will sound an alarm when you have dropped below your target, telling you to work harder.

5) Pacing During Training: Perhaps the most obvious use for a heart monitor is to pace your training runs. Sometimes your time is not the best measure of how hard you are working. Different terrain, different energy levels, inconsistent distance measurements, and any number of factors can mislead you into thinking that you have performed well or poorly when the opposite may be true. Your cardiovascular performance is best measured by the work-rate of your heart, so pacing your training runs according to your heart rate is the best method of targeting your cardiovascular fitness as you do your workout.

6) Pacing During A Race: Some runners not only train with a heart monitor, but race with one as well. The monitor is a better tool for gauging effort during a race than mile markers, as the appropriate speed of each mile during a race can vary. Also, the monitor is indifferent to the wind, the paces of the other runners, the cheering of the crowds, the silence of lonely stretches that occur towards the end of some races, and any hills and curves; it is an objective observer than can help you maintain a consistent work rate, both over varied terrain and in areas where external factors affect your motivation and speed. Within a racing context, a monitor is perhaps most useful in preventing you from going out too fast or working too hard early in the race.

7) Enjoyment: While many runners enjoy their long runs, using a heart monitor adds a twist to running, whether it is being worn for a race or for training, for one mile or for twenty. Monitors can give you an accurate and fun way to quantify your progress, and if for no other reason, contribute some variety to the activity.

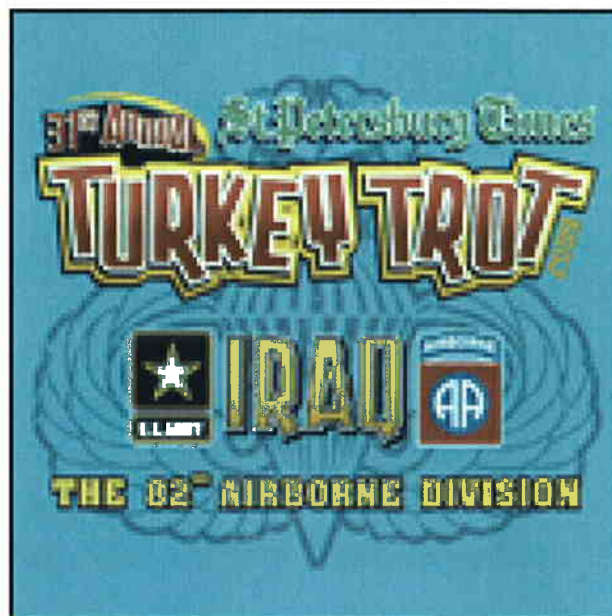
Turkey Trot Pictures

Turkey Trot, Clearwater, FL



TURKEY TROT IRAQ

On Thanksgiving Day in Clearwater, 15, 415 people lined up to participate in the annual St. Petersburg Times Turkey Trot race. On the same day in Iraq, 23 members of the 82nd Airborne Division ran in their own Turkey Trot race. SPC Adam Graetz of Largo, who had run the Turkey Trot in the past, contacted the race director to see about putting on a race. Race Director Skip Rogers provided custom Turkey Trot tee shirts, with their unit listed on the back, race medals and also sent additional goodies.



West Florida Y Runners Club

1005 Highland Avenue
Clearwater, FL 33756

(address box)

Run With Donna to Finish Breast Cancer

Linda, Renee, Cynthia, Brooke and Karen
Jacksonville, Florida - February 21, 2010

