

Making Tracks



Greetings from Barbara and Victor

Greetings from Southern California!



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I hope you are well and enjoying the Florida weather.

Best of luck to Vinny, Chuck, Dee Anna and everyone running in the Boston Marathon on Monday. Barbara and I will miss sharing the excitement of this event with you. We plan to register early for 2011.

We did run the LA Marathon last month. It is a marathon worth considering. There was tremendous support all along the route. Our names were printed on our bibs so everyone was giving us personal messages. I felt like a celebrity running in my home town. The route was really scenic. We started in Dodgers Stadium and traveled through downtown Los Angeles, Hollywood, and Beverly Hills to finish at the Pier in Santa Monica. Barbara was 7th in her age group with a time of 3:40. I was 20th out of 396 with a time of 3:53. The temperature was a perfect 60-65 degrees. No wind, rain or direct sun. It was a rolling course with total drop of 450 ft. from start to finish. There was an exhilarating downhill in the last 2.5 miles. See our post race photo attached.

I took some pictures with my cell phone camera to give you some idea of how different the running is here from Florida. The photos were taken in nearby Irvine Regional Park. This Saturday we will run in the Santa Barbara Chardonnay 10 miler. The course is a bit hilly but we are looking forward to the lavish wine tasting event after the race. (see page 3)

Barbara and I are gradually getting settled in our new home. Barbara loves her job as an Optician and I am not complaining about "working from home."

We were excited to connect with Frank and Diane Spicer at the LA Marathon. If you plan to be out this way, please give us a call so we can get together.

We miss you all.

Sincerely,

Victor & Barbara

Victor Gambone, Jr. & Barbara Eckes

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Upcoming Events:
BEACH SERIES

June 4
 June 11
 July 9
 July 23

Next Board Meeting: - June 12. 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

Volunteers Needed

E-Mail

Linda Schumacher
 (two.shoes@knology.net)

Or Skip Rogers @trotskip1@verizon.net

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	_____

President's Message by Skip Rogers

Congratulations to Albert Wieringa he has completed the certification requirements and is now an RRCA certified coach.

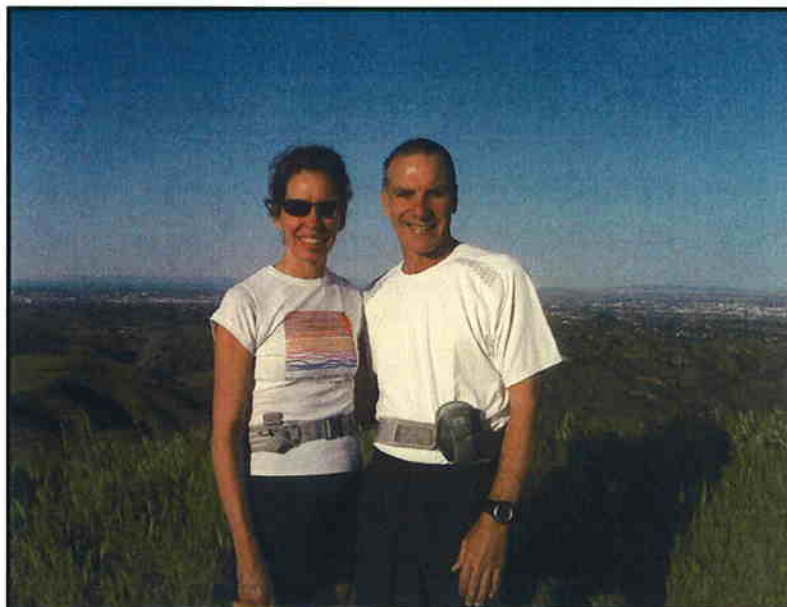
Congratulations to our 6 scholarship winners (go to WFYRC.COM web stite for more information). Don't miss this year's Sunsets at Pier 60 it's the best shirt yet.

Chuck Keating is looking for Club members to join him at this years USA TF Master's 2010 outdoor championship at Sacramento.

For more information go to the USA TA web site or e mail me trotskip1@verizon.net

See you at the Beach

Pictures from Barbara and Victor



OPTIMIST?

By Albert Wieringa

There are optimists and there are pessimists; you all know what I'm talking about; the glass half full versus the glass half empty folks; same outcome, different perspective.

Anyway, I was lucky to sit next to a 100% optimist at the RRCA coach class in Bradenton recently. Usually it's not always that easy to find out right away and without hearing one word whether someone is more negative than positive, but this time it was a piece of cake because she was wearing her designer sunglasses on top of her head. Not for just a few minutes or so but for 2 whole day's, inside the class room, with pouring rain outside on the first day.....

We had met before 2 months ago at the Naples half marathon, where she passed me in the second mile. We ran side by side for a few moments, wearing the same Nike racing shoes. The ones with the yellow-green soles; ugly but fast. Hers were faster than mine anyway, and she finished some 20 seconds ahead of me.

I took the coaching class to learn more about running, training and hoping to learn a few things that could make my running life easier. Since I have no coach myself I had the idea that this could be an excellent opportunity to become my own coach... and maybe help a few other runners.

It looked like most of my fellow coaches-to-be had different motives, looking primarily for the much desired AARP certification in order to make a living as a running coach. Some of them considered each other more like competitors, and did not say much.

That did not go for this woman somewhere behind me, who took the opportunity and the liberty to ask questions. A lot of questions. And more questions. Sometimes she asked a question and answered it at the same time herself. Pain in the butt type. She had some kind of cracking voice, coming from deep down her throat. I felt sorry for the instructors, who were interrupted numerous times but managed to stay friendly and professional all the time. Not an easy job.

"Any big races coming up?" I asked my optimistic neighbor at the end of the class on Saturday. "Not really, she said. However, I think I'm running the First Watch 5K here in Sarasota, tomorrow." Next day, she finished in 17:27 as second overall, even before the first male. Not bad for a 40-year old optimist. Could have been the sunglasses....