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Making Tracks



Points of interest (or not) -

- Website : www.wfyrc.com

Making Tracks is yours. Send in your reactions, ideas, news, tips and stories to your editor at:

PatsyStillsDJS@msn.com

- Hate writing but still have something to say? Call 727-455-9384 and Patsy will do the writing.

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Hat Trick

By Albert Wieringa

Usually I do not buy much at marathon expo's, but last year at Boston I made an exception and purchased a hat. After the marathon the hat and me (plus my wife) went to Panama and that's where I met a local long distance runner who was also in the 2010 Boston Marathon.

Early in the morning I was running at the "Cinta Costera" (the winding road along the Pacific in downtown Panama City) and was stopped by a man who looked at my hat and said: "Boston?" We talked a bit and he told me he was one of the 3 Panamanians who had been to Boston. His time was 3:33:33 Not a bad time and also easy to remember! "If you ever want to do a long run in Panama, knock on my door. Just call Microsoft and tell you talked to Luis, that will work," he said.

So I called Microsoft, Panama and on the last Sunday morning of my vacation Luis picked me up for a 21-miler through a rain for-

est between Panama City and Colon. Luis did not drive himself. Hardly necessary, since he was the CEO of Microsoft..... Behind the wheel was his private chauffeur Carlos who was also his body guard.

Our workout was one that I will not easy forget. It was still pitch dark while we started running. The car was right behind us with the lights on so darkness was not a problem. Same with the drinks. Every 2 miles Carlos stopped and offered fresh Gatorade out of a large cool-box. This was cool !! The only moment that we had to leave Carlos behind was when

we got into a narrow and slippery nature trail, where we saw a deer and two ant eaters, huge animals! Our run took us just a bit over 3 hours, during which time I found out that my new buddy was a great ultra runner. Luis was the first guy who had ever been running through Panama all the way from East (Colombia) to West (Costa Rica) a distance of 400 miles.!

Later , back at my hotel, I realized that I would have missed the fun, the run, the company and this unique experience if I would not have bought this hat. I also remembered the old saying: "A hat will never be worn without a head."



Summer 5K Beach Series at Pier 60, Clearwater Beach

Friday nights, [June 3](#), [June 17](#), [July 15](#), [August 12](#)

High Tec Shirt; Race starts at 7 pm on sand—out and back

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GROUP RUNS: bring your friends and encourage them to join WFYRC!

SATURDAY Mornings:

- Group run at John Chestnut, 7AM, start s at Shelter #2
- Long run (8, 12, 13 typically) around the beach and bridges. The "loop" starts at Clearwater City Hall at 6:00 AM. Contact: [Kathleen Roach at kathleenxyz@hotmail.com](mailto:kathleenxyz@hotmail.com)

SUNDAY Mornings: Same Clearwater Beach loop as Saturday—6:00AM

TUESDAY Mornings: Track workout, 5 AM Clearwater High School stadium

Club Volunteers Needed

To find out more, please contact

Linda Schumacher
two.shoes@knology.net

Skip Rogers trotskip1@verizon.net

Annual WFYR Club Events

Max Bayne 10 Miler	January
Pier 60 Beach Series	Summer
St. Petersburg Times Turkey Trot	Thanksgiving
Other: scholarship awards, celebrations, holiday party. <i>Race results and additional information available on the website.</i>	

Next Board Meeting: - First Wednesday of the month, usually at Gallery Pizza & Seafood, 1600 Virginia St. Dune-

Boston 2011, Gone with the wind.....by Albert Wieringa

Kenya's Geoffrey Mutai ran the fastest 26.2 miles in history ever, finishing the 115th Boston Marathon in a fabulous time of 2:03:02. However, it is not a world record. Why? The explanation is pretty logical, actually, and it turns out "have the wind" at your back isn't the best advice in such matters.

Because Boston features more downhill's than uphill's and is a point-to-point Marathon course rather than a loop, it is not eligible for marathon records. Further, a course that is point to point can have its times significantly affected by tailwinds, which is exactly what happened in Boston. Mutai was flabbergasted but quickly got that big smile on his face again, when he got the check of 150,000-dollars for 1st place plus a 75,000-dollar bonus for the course record.

Six of our local West Florida Y Running Club members also got their share of the strong wind. Christa Stephens (26) ran a swift 2:53:55 and a marathon PR was there for 53-year old Dennis Byron (3:03:32). First time Boston runner Allison Kallevig (37) ran 3:35:59, also a PR, and only 59 seconds slower than her goal. Excellent performance for Sissi Hethershaw(42) who had some cramps but passed the finish line after 3:52:38 just before Dee Anna Farnell (57), who cranked out a strong 3:53:47. Oldest WFYRC runner was Millie Hamilton (67) who had trained hard to run a 4:25:00 marathon. Unfortunately Millie got the flu a week before the race. At the start she was feeling okay and the first 20 kilometers went pretty good, but after that, her energy was gone. "Even on the downhill's I had no power left. Sort of general weakness," said Millie who finished her race in 4:34:10 as the number 15 in her age group of 45 females. Still amazing and nothing to be ashamed of.

Advertise in Making Tracks!

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Also available for Race Flyers

President's Message *by Skip Rogers*

The 2010 Scholarship dinner was held at the Clearwater Country Club on May 3rd. Below is a photo of the 2010 Scholarship recipients. Proceeds of the St. Petersburg Times Turkey Trot funded the scholarship.

DANIELLE FRAIN SEMINOLE HIGH SCHOOL; ZACHARY HOGE BOCA CIEGA HIGH SCHOOL; ELYSE SNYDER NORTHEAST HIGH SCHOOL; JOSHUA PHILLIPPI NORTHEAST HIGH SCHOOL; BRIANNA FORDE LAKEWOOD HIGH SCHOOL; REAGAN BEAL SEMINOLE HIGH SCHOOL

Thank you for your continued support of the club—our kids need you!





WANTED!

Your Photos

Send race photos for the
WFYRC website or the
Making Tracks newsletter
to
webmaster@wfyrc.com



More details on the Summer 5K Beach Series... FREE Kids Fun Run – 6:45 PM: Bring the family along. All kids will receive finisher ribbons. Series \$35 •Single Race w/ Shirt \$15 •Single Race w/o Shirt \$10 Check date

WFYRC Members •Series\$30 •Single Race w/ Shirt\$13 •Single Race w/o Shirt \$8 Check date Please note: You can only sign up for the “series price” if you pre-register or sign up at the first race on June 3rd.

Checks payable to: WFYRC Sunsets at Pier 60. Mail to: 1658 Windsor Drive, Clearwater, FL 33755

NO REFUNDS

West Florida Y Runners Club, Inc.

1005 S. Highland Ave.
Clearwater, FL 33756

FEI # 59-2999736



HOT FUN IN THE SUMMER
TIME!

June 3

June 17

July 15

August 12

7 PM start

Bring the kids!



Making Tracks

*Because “runners run” and every runner has a
story to tell.*

The Art of Sportsmanship...Coaching 101

By H.S. Coach Kyle Buck

As a generally patient and non-vocal individual, I have been quiet on the issue of sportsmanship for most of my life. I would be remiss, however, if I did not at least bring to light some of the events recently witnessed. Unsportsmanlike conduct has, and will always be present to some degree and I have witnessed my share. I accept that some young athletes are still learning to display integrity despite internal devastation. Where my concern lies is with the coaches. Apparently coaches are no longer requiring their athletes to display the all important quality of sportsmanship anymore. In fact, many seem to be encouraging the exact opposite. There were three incidents I personally witnessed in a recent district track meet, a total span of about 3 hours. Athletes' and coaches' schools are not mentioned to protect the guilty.

The first incident involved a group of disgruntled young ladies who walked off the track without shaking anyone's hand or collecting their ribbons. To my dismay, these ladies placed 5th, 6th and 7th in the entire district. The shame. Their disappointment was evident as they brushed by other athletes and coaches, ignoring efforts at handshakes and attempts to get them back on the track to receive their awards. They even ignored their own coach, who apparently accepted this as normal and tolerable behavior for his athletes.

The second incident happened during a race and involved the insertion of a runner to pull off the running version of a pick. Arguably one of the most gifted athletes in the county was told by a coach to run only well enough for 5th place and to “help” the other athlete on the team get in to the regional meet. Unfortunately for runners just behind this individual, his “help” effectively prevented them from contending fairly in the final leg of the race. The fault for these shenanigans lies solely on the shoulders of the coach. Shame on them.

The third and final straw came during the field events and involved use of language fitting of a drunken sailor. A frustrated athlete let loose with a torrent of obscenities easily heard in the crowd, maybe even surrounding neighborhoods. The event coaches (coincidentally on the same team) gave him a disapproving look. Apparently he was not done with a single outburst, so he continued. A coach from the other side of the stadium overheard the commotion, came over and asked him to stop. The athlete simply turned to this coach and proceeded to cuss them out until escorted away from the field. The athlete was not removed from the competition and, I am sad to say, will be taking his winning ways on to the regional competition. I believe there are rules against this sort of behavior which should be enacted. Apparently listening to an iPod prior to competition or wearing and undershirt not matching your team mates are far more egregious offence than cussing out a coach. Athletes are ejected from competition regularly for having the gall to break these important rules.

I have been around track meets for most of my life, and I am aware that athletes in the heat of battle can get physical and will do everything in their power to win. I am also aware that tempers can flare and feelings can get hurt. It is the coaches' responsibility in these moments to instruct the young athletes on how to handle themselves properly. Coaches should have a set of expectations that are clear, simple, and that apply to everyone despite their talents. Just because the kid (or the team) is the best does not entitle them to a free pass from sportsmanship.

There is something dreadfully wrong when an athlete is being asked to not do his/her best in race; to simply impede other runner's progress. There is also something horribly wrong with not requiring an athlete to display dignity before, during and after a competition. Allowing offenses to go unanswered is telling the athletes that this is acceptable behavior. As coaches, a big part of our job is to teach the value of sport. These values should include, “always do your best” and “be respectful of your fellow athletes”. School sports instill moral values that will follow the athletes through life. This is more important than a PR or a big win. There are many ways to be a winner. Be careful which one you choose.

How To Become A Princess!

By Karen Farnham

It's every girl's dream to become a princess at some point in her life. Unfortunately, that dream is lost for many as they grow up or dismiss it as unachievable. But dare to dream: the possibility may be closer than you think... read on to discover various methods for achieving princess hood...

- Scout out the inheritance laws of various localities. In some countries, you can become a princess by act of a country's legislature which can vote to grant you the title.
- Marry a prince. We all know a woman's dream is to marry Prince Charming.
- Encourage your parents to buy a country.
- Start your own country. While its traditional to give yourself the title of Queen or Empress, there's no reason you couldn't become a princess instead.
- Win a competition. The winner of the Minnesota Dairy Princess Program is awarded the title "Princess Kay of the Milky Way" and gets her statue carved out of butter!
- Run the Disney World Princess Half Marathon... cross the finish line, claim your princess medal, princess crown, have fairy dust sprinkled on and garner cheers from thousands of adoring fans!

On February 27th I claimed princess hood along with my best friend (and running partner), daughter, and my son's fiancée! Linda Schumacher, Andrea Farnham, Brittany McClain and I ran many miles over the preceding three months and were ready (we were adequately trained)... except for a bout of bronchitis the week before, aches and pains of older joints and a nurses over-night schedule (that was not so co-operating)!



Regardless, we started on our way to Epcot on a rather chilly Sunday morning (50) at 4AM for the 6:15AM start. The start was very congested and we were glad to get there a little early. As novice princesses we were all slated to the back corral except Miss Linda who was in the C corral (she is the most experienced runner but she quickly changed her mind to start with us!) The G corral

Each mile was marked with different Disney signs and a time clock. The course was filled with Disney characters (lots of princes for pictures!) We glided through the miles ... the hills were all at the end disguised as overpasses. The finish was crowded and even though we discussed a meeting place, becoming a princess is very exciting and we quickly forgot our plan! The bib's named us as princesses, the medal completed the ceremony – it is awesome.. a crown with beautiful jewels...

A couple of tips if you plan on trying to become a princess next year... Regardless, we started on our way to Epcot on a rather chilly Sunday morning (50) at 4AM for the 6:15AM start. The start was very congested and we were glad to get there a little early. As novice princesses we were all slated to the back corral except Miss Linda who was in the C corral (she is the most experienced runner but she quickly changed her mind to start with us!) The G corral started 30 minutes after the first (A)... there was a countdown and fireworks as every corral started. Each mile was marked with different Disney signs and a time clock. The course was filled with Disney characters (lots of princes for pictures!) We glided through the miles ... the hills were all at the end disguised as overpasses.

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Plan ahead! Register early, the race sells out! We made hotel reservations across from Downtown Disney – which turned out to be a great location for access to the run and the restaurants. We also made reservations at the Macaroni Grill for dinner the night before (and were really happy that we did!) Our fan's (who are now princes by default) had "pinkies" so we could easily see them as we were running!