

Inside This Issue

Membership Info	2
As I See It	3
Race Results	4
Injury Free	5
Racewalking	6
The Things we Do	12

Warhoop Sprints – 2003
By Jim Sheridan

The 25th running of Warhoop Sprints was originally scheduled for Sept 20. You might remember that on Friday, the day before, there were pretty gloomy and dire predictions of tropical storm Henri coming through the Tampa Bay area. We had been pounded with lots of rain all week and as we sat in the park on Friday evening in the rain, we decided that the course was way too wet to mark or run on the following Saturday. So, we made an executive decision to postpone the race until Sept 27.

September 27 finally came and the weather had cleared. The new course had been marked. This



Ken Bendy
 North Florida State
 Representative RRCA
 65 Winterbourne North
 Orange Park, Fl. 32073-5672
 904-278-2926
 KBENDY@aol.com

year's course was a combination of last year's and previous years. Last year we were forced off the paved trail and did 5k around the park. As a number of people enjoyed the cross country aspect of it, this year, we kept a lot of the park perimeter in the course. I think it was the best course yet.

Another course improvement was the finish for both the 5k and 1 mile ended on top of Spirit Mountain. Our famous warhoop Indian chief, Mack Grier, in full headdress, was on top of the mountain handing out ribbons and finish cards.

The race attendance was modest, probably due to the postponement and conflicting races on the same day. The spirit of those who were there was good and we managed to put on a first rate cross country race. We had a few teams there: Northeast High, Seminole High and Dianetics running teams were all there.

The course consisted of about 1 mile of the paved bike trail, followed by the shell trail, 2 miles of various trails, fields woods and short roads. At about 2.5 miles, the course crossed the stream, as in the past, only this time, runners only had to run the last .6 miles in wet shoes. There was also a

MEMBERSHIP INFORMATION

NAME	OFFICE/RACE	E-MAIL	HOME
Linda Schumacher	PRESIDENT	two.shoes@verizon.net	939-8038
John Holmes	VICE PRESIDENT	croomtrailrunners@juno.com	546-9399
Karen Farnham	TREASURER	iran262@tampabay.rr.com	781-8128
Duncan Cameron	SECRETARY	duncan.runsfast@verizon.net	789-5368
Arnaud Glacet	Membership Chair	aglacet@tampabay.rr.com	725-4491
Anna Babyak		yoohoo2828@hotmail.com	733-1135
Becky Boyle Dan Boyle		beckyboyle@verizonmail.com paintman.dan@verizon.net	736-3562
Lance Lipham	High School Liaison	LLiprun26@cs.com	391-6032
Everett McDowell, Jr.		Emcd77@aol.com	736-4551
Leviticus McKinnon	Youth Coach		524-0802
Mel Mella	Track Coach	imella@tampabay.rr.com	517-3677
Doug Peterson	Web Master	petenu4@yahoo.com	518-7168
Skip Rogers	Turkey Trot RD	trotskip@gte.net	442-5838
Jim Setaro	Max Bayne Co-RD	jsamy123@cs.com	934-8268
Dale Schmidt			588-4379
Brian Scott		BGotarun@cs.com	399-2253
Jim Sheridan	Warhoop RD	JSheridan@EssilorUSA.com	535-9658
Marc Skinner	Making Tracks Editor	Marcwine@comcast.net	941-359-4875
Bonnie Stein	Racewalk Chair	Bonnie@AceWalker.com	394-9255

GROUP RUNS

SATURDAY MORNING

SATURDAY MORNING RUNS AT JOHN CHESNUT SR. PARK IN PALM HARBOR START AT 7AM. CALL LINDA @ 939-8038 FOR INFO!

SATURDAY MORNINGS

RACEWALKERS GET TOGETHER ON SATURDAY MORNING AT TAYLOR PARK. IF YOU'D LIKE TO MEET OTHER RACEWALKERS OF VARYING ABILITY LEVELS, JOIN THE GROUP AT SHELTER #1 AT 9 AM. CONTACT THOM OR PATTY AT RACEWALK@MINDSPRING.COM OR (727) 593-0781.

SUNDAY MORNINGS

6 AM. GROUP LEAVES FROM SOUTH-WEST CORNER OF THE HARBORVIEW CENTER PARKING LOT. DISTANCES VARY ACCORDING TO SCHEDULE. CALL JIM SHERIDAN AT 535-9658 OR SKIP ROGERS AT 442-5838 IF YOU NEED DIRECTIONS OR DETAILS!

TUESDAY MORNINGS

TRACK WORKOUTS — ARE HELD ON TUESDAY MORNINGS 5PM. TO 6:30 AM AT CLEARWATER HIGH SCHOOL UNDER THE SUPERVISION OF SKIP ROGERS. CALL SKIP AT 399-0566 OR WORK AT 442-5838 WITH QUESTIONS!

TUESDAY EVENINGS

TRACK WORKOUTS — ARE HELD ON TUESDAY EVENINGS 5:45 PM. AT CLEARWATER HIGH SCHOOL UNDER THE SUPERVISION OF COACH MEL. CALL MEL AT 399-0566 OR WORK AT 302-2037 WITH QUESTIONS!

WEDNESDAY EVENING

TRACK WORKOUTS ARE HELD ON WEDNESDAY EVENINGS AT 5:15 PM HAVE BEEN SHIFTED TO OSCEOLA MIDDLE SCHOOL. UNDER THE SUPERVISION OF COACH MEL. CALL MEL AT 399-0566 OR WORK AT 302-2037 WITH QUESTIONS!

YOUTH TEAM WORKOUTS

THE YOUTH TEAM TRAINS UNDER COACH LEVITICUS MCKINNON AT THE CLEARWATER HIGH SCHOOL. ALL INQUIRIES SHOULD BE MADE TO COACH LEVITICUS MCKINNON AT 727-524-0802.

TRAIL RUNNERS

THERE WILL BE WFYRC SCHEDULED TRAINING RUNS ON THE CROOM TRAIL. WE PLAN TO START AROUND 7AM AT THE TRAIL HEAD. TO GET ON THE LIST JUST E-MAIL ANYTRAIL@TAMPABAY.RR.COM AND ASK TO BE ADDED TO THE WFYRC/ CROOM INFORMATION LIST.



MONTHLY BOARD MEETINGS

Our monthly Board Meetings are held on the first Wednesday of each month at the Suncoast Family YMCA, located at 1005 South Highland Ave., Clearwater, at 6:30 pm. Members are encouraged to attend !!!



NEWSLETTER

Making Tracks is a publication of the West Florida Y Runners Club and is produced as a service to the running community. The WFYRC is a registered non-profit volunteer organization whose purpose is to promote running, walking and overall fitness.

We host & help sponsor the West Florida Y Youth Running Team. Our Club sponsors, manages and puts on the following paid club races: Times Turkey Trot, The Unicorn Classic, Sunsets at Pier 60 5K Series, Warhoop Sprint, Croom Trail 50K, Max Bayne Half Marathon and the Say No to Drugs.

These races provide funding for our activities which include: giving \$6000 in scholarships to Pinellas County high school students in 2002, providing awards for Pinellas County high school cross country Invitational meets, support of our youth running team, maintenance, placement, repair and insurance on our equipment and truck. The WYRC is a member of RRCA # 854 & USATF/FLORIDA ASSOCIATION # 332.



<u>CLUB UNIFORMS</u>	
COOLMAX SHORT SLEEVE	\$ 18.00
COOLMAX LONG SLEEVE	\$ 20.00
COOLMAX SINGLET*	\$ 18.00
SWEATSHIRTS	\$15.00
LD V-NOTCH w/Mesh Pockets*	\$ 21.00
V-NOTCH w/Pocket*	\$ 18.00
LD SPLIT w/Mesh Pockets*	\$ 21.00
SPLIT w/Pocket*	\$ 18.00
POLO SHIRT*	\$ 35.00
ASICS JOG BRAS	\$ 20.00
WFYRC RUNNING HAT	\$ 12.00
CLIF & LUNA BAR'S	\$ 1.00
CLIF SHOTS (24)	\$ 18.00
GLOVES	\$ 7.00
* MEN & WOMEN SIZES	

TRAIN IN YOUR OWN HOME!!

Train more effectively in a cool controlled environment.

The Stairmaster Elliptical were acquired at an unprecedented price and are being offered to WFYRC members at an unbelievably low price!



The normal stride range for men is 30 inches and women is 23 inches. Other ellipticals offer a one size fits all.

INTRODUCING STAIRMASTER VSL®

'Elliptical Variable Stride Length Technology'

Two machines-in-one for upper and lower body conditioning. \$1200

Also Treadmills, Step mills, Climbers, Crossrobics, Recumbent & Upright Exercise Bikes, Kayak Trainers plus Cybex International strength equipment 'defining fitness' ... Bandit, and criss-cross cable machines.

SPORTS FITNESS EQUIPMENT OF FLORIDA
813-854-4321
Ron Hadley

WFYRC MEMBER INFORMATION

West Florida Y Runners Club Membership

New Members-Peter Collins, Christopher J. Ford, Mary Ellen Smith **Renewing Members-** Steve Berg, Joe Chiefari, Jo Churchill, Linda Counts, Peter Crawford, Cathy deHaan, Elizabeth Florko, Ilene Fortin, Bill Galloway, Arthur Gregory, Ray Hoover, Mac Jacobs, Ron Kelley, Judy Maguire, Dan Miller, Donna Nessler, Gary Nessler, Jennifer Nessler, Kristin Nessler, Sue Porter, Dr. Michael Roberts, Janice Scott, Patricia G. Scott, Richard Smith, Charlotte Tobias, Wayne Tobias, Bill White, Bart Wolf

October Birthdays- Gina Scaggs 10/1, Jim Graham 10/2, Mark Humphrey 10/2, Michael Harkins 10/3, Mollie-Rae Jerman 10/3, Steve Deeb 10/4, Steve Strange 10/4, Ted Wendt 10/6, David Colpitts 10/7, Erika Everhart 10/7, Ginger Herring 10/7, Bob Moore 10/7, Erik T. Moore 10/7, Lori Wardell 10/11, Peter Crawford 10/12, Elizabeth Florko 10/12, Bill Zulas 10/12, William Motley 10/13, Donna McKenna 10/14, Marc Skinner 10/14, Amanda Baker 10/15, Craig D. Skiles 10/16, John L. Gilman 10/17, Thomas Holloway 10/17, Michele Philipp 10/18, Ned Bennett 10/19, Bill Galloway 10/19, Joe Steinman 10/19, Gary Cantrell 10/21, Annette Frisch 10/21, Tom Ross 10/22, Cindy Krager 10/23, Dan Miller 10/24, Frank Mullen 10/24, Laure Blume 10/25, Alexandria Lechner 10/25, Paula Cronin 10/26, Rosemary Farrow 10/27, Janice Campbell 10/28, Missy McMullen 10/28, John Geigle 10/29, Robert McQuilkin 10/29, Terri Sullivan 10/29, John Hanlon 10/31, Barbara Lutz 10/31, Jason Sweetapple 10/31. **November Birthdays-** Montie Ray Bailey Jr. 11/1, Shannon McClenathan 11/4, Scott Ingram 11/5, Steve Berg 11/6, Frank Spicer 11/6, Nora Everlove 11/7, Paige Weiss 11/7, Nicholas Morisco 11/8, Kristine Petika 11/9, Hal Cook 11/10, Nancy Sigmon 11/10, Bonnie Stein 11/10, Colman Mooney 11/11, Bob Van Dyke 11/11, Arnaud Glacet 11/12, L. Michael Weiss 11/13, Priscilla Bowling 11/14, Christina Simpson 11/14, Larry Strehl 11/14, Tim Boryk 11/15, Linda Counts 11/16, Martha E. Loyd 11/16, Amy McClenathan 11/16, Martha Pembroke 11/17, Ara Vogt 11/17, Frank Ingram 11/18, Marta Bailey 11/19, Nanette Bishop 11/20, Miles Frye-Krier 11/21, John Reilly 11/22, Dean Sweetapple 11/22, Stephen E. Harwig 11/24, Ethel Lehmann 11/24, Judy Maguire 11/24, Rick Buschart 11/25, Bruce Calhoun 11/25, Mac Jacobs 11/25, Danielle Weiss 11/25, Betty Peterson 11/26, Joe Leonard 11/27, Jim Sheridan 11/27, Florence Delaney 11/28, Tom Coyne 11/29, Terri Tankel 11/29, Dianna Voss 11/29,

West Florida Y Runners Club Race Results

9/11/03, 5 K Run for Freedom

Sarasota, Siesta Key Beach

Albert Wieringa, 1M55 20:08

9/13/03 - Tarpon Springs Triathlon

Howard Park, Tarpon Springs

James Armstrong Jr, 1:07:29; David Bilyeu, 1:07:51; Mark Blitz, 1:04:28; Barrie Coates, 1:02:45; Hal Cook, 1:37:23, 2M75-79; Janet Evans, 1:21:30, 2F55-59; Fran Gaberino, 1:29:20, 1F60-64; Arnaud Glacet, 1:02:35; Laurence Glacet, 1:09:54; Pat Hoffman, 1:08:28, 3F50-54; Alex Lechner, 1:00:47, 2F15-19; Michael Lydon, 1:03:40; Vikki Moore, 1:17:45; Jerry Napp, 58:37, 3M45-49; Wolf Scholl, 1:02:06; Linda Simpson, 1:52:59, 1F65-69; Joe Steinman, 1:05:02; Steve Strange, 1:04:37; Bonnie Theall, 1:13:01, 1F55-59; Michael Weiss, 57:55; Bill Willoughby, 1:16:04.

9/13/03 - Run For The Gold (5 K)

Al Lopez Park, Tampa

Race results are posted courtesy of the finish line work of member Ric Dorrie. You may send race results to any board member for posting. Be sure to include: name of the race, date and distance.

Sharon Andrews, 33:05; David Colpitts, 20:22, 3M55-59; Kevin Cronin, 20:48, 2M50-54; Lauren Doloresco, 27:22; Steve Doloresco, 31:17; Debra Donald, 22:19, 2F45-49; Tim Griffiths, 21:53; Steve Harwig, 24:43; Dorothy McClellan, 33:13, 1F65-69; Gary Miller, 21:06, 3M50-54; Michael Roberts, 25:20; Diane Spicer, 25:50, 2F50-54; Terri Sullivan, 32:45, 1F60-64; Frank Van Aken, 24:36, 1M70-74; Albert Wieringa, 19:57, 2M55-59; Victor Yeager, 17:52, 1M40-44; Z. Zajac, 23:09.

9/20/03 - Race For The Cure 2003 (5 K)

North Straub Park, St. Petersburg

Noora Alidina, 23:08; David Colpitts, 21:11, 1M55-59; Debra Donald, 22:21, 2F45-49; Debby Farias, 20:37, 2F35-39; Christine Herrington, 24:44; Tim Hudson, 22:05; Mark Humphrey, 20:26; Michael Lydon, 20:04, 2M45-49; Amy McClenathan, 19:13, FMaster; Dan McClenathan, 21:12; Cindy Miller, 23:55, 3F50-54; Steph Miller, 22:51; Donna Nessler, 20:01, 2F40-44; Christina Simpson, 20:55; Lenny Stacey, 20:54; Vicki Stum, 19:06, 3FOverall; Roger Sweeney, 21:55, 2M55-59; Terry Wyman, 19:16.

(Continued on page 5)

(Continued from page 4)

9/27/03 - Zoo Run Run (5 K)

Lowry Park Zoo, Tampa

Tim Griffiths, 22:39, 1M55-59.

9/27/03 - St. Timothy Fall Festival 5K Run

Tampa

Laureen Doloresco, 27:32, 1F50-54; Steve Doloresco, 28:57; Neil Harvey, 32:09, 1M70+; Donna McKenna, 40:31, 1F60-64.

9/27/03 – 25th Annual Warhoop Sprint (#5 K)

Lake Seminole Park, Seminole

Jim Baker, 23:05, 1M45-49; Nanette Bishop, 36:33, 2F45-49; David Colpitts, 22:18, 1M55-59; Kevin Cronin, 22:20, 1M50-54; Walt Davin, 26:28, 1M60-64; Lisa Farrell, 35:15, 1F35-39; Jon Feltham, 22:28, 2M50-54; Aaron Herrington, 23:47, 1M13-14; Christine Herrington, 26:32, 1F45-49; Jerry Margolin, 37:19, 1M65-69; Dan McClenathan, 23:19, 3M50-54; Eric Milholland, 20:30, 1M30-34; Michael Roberts, 26:14, 1M40-44; King Smith, 36:35, 1M70+; Terri Sullivan, 38:57, 1F60-64; Terry Wyman, 20:18, 2M35-39.

10/04/03- Boo Run at Lakewood Ranch 10K

Bradenton

Albert Wieringa, 41:53, 1M55

A 7-Step Plan for Running Injury-Free by Joe Ellis, D.P.M

Here, taken from Joe Ellis' book Running Injury-Free, are seven ways to avoid injuries from the start

Too many runners repeatedly make the same mistakes in their training, following the same pattern of training, injury, and recovery, secure in the fact that they can always "fix it" afterwards. Here, taken from Joe Ellis' book Running Injury-Free, are seven ways to avoid injuries from the start.

1. Find a Friendly Surface

The best surfaces for running are firm (not mushy or slippery), relatively flat (without camber), smooth (without ruts or holes), and provide some degree of shock absorption. The more angled the surface, the steeper the incline, the harder the surface, the greater are the chances of an injury.

Grassy areas such as golf courses make relatively poor running surfaces. This may surprise some people who choose grass because it's soft. But grassy surfaces are also uneven. And many of us--more than half the population--have some biomechanical abnormality. So running on grass makes the muscles and tendons in your feet and legs work harder and leaves you more susceptible to injury.

Roads are also notoriously poor surfaces, not only because of traffic hazards but because they are canted so that water will run off the center of the road. This slant causes the "upward" foot to pronate more and the "downward" foot to supinate more.

Provided you wear good shock-absorbing shoes, sidewalks tend to make better training surfaces than roads because they are flat. The problem, of course, is that cement surfaces are significantly harder than asphalt or other man-made surfaces.

Here, ranked in order from most desirable to least desirable, are various running surfaces:

1. Soft, smooth cinder track, unbanked
2. Artificially surfaced track, unbanked
3. Soft, smooth dirt trail

(Continued on page 10)

Racewalk Tidbits
By: Bonnie Stein, M.Ed.

PAY NOW OR PAY LATER

According to a new study, the price of physical inactivity in the U.S. is \$24.3 billion per year. Data were collected on people in 1995 and published in the November 1999 issue of Medicine and Science in Sports and Exercise.

The group with the highest medical bills are those who reported no exercise. Estimates are that lack of exercise contributes to heart disease, colon cancer and osteoporosis, as well as diabetes. If the 48% of people who do little exercise are included, the health bill jumps to \$37.2 billion per year.

While we make it easy as a society to take in too much energy and expend too little. A sedentary lifestyle is taking its toll on too many of us, children included. Most people will feel better and control their weight better when physically active. Have you had your walk or run today?

~~~~~  
"One cigarette smoked (actively or passively) constricts coronary arteries for 90 minutes."

From Dr. Vera Reinstein (pharmacist and racewalker)

~~~~~  
WHAT WOULD YOU DO IF IT RAINED ON YOUR RACE DAY?

FROM COACH TANYA - Coach of the Tampa Bay Fit Marathon Training Program

What would you do if it rained on the day of your Half Marathon? Climb back in bed? NO, you'd go on out and tough it out. Take advantage of the opportunity to face the challenge of diverse weather. Do you need different socks? Maybe you should wear Runner's Lube on your feet to prevent blisters... do you chafe more when you get wet? Most people do... Again, wear Runner's Lube or Vaseline on those tender areas. Would it help to have a visor or baseball cap to shield your face from the rain? What about your clothes, hat, glasses, etc? How do they hold up to rain? Forget about anything cotton!

If you only train when conditions are perfect, then you'll only be able to race when conditions are perfect. Rejoice on the days that it rains when you've got a long walk to do. It will help prepare you for race day by letting you practice in rainy conditions.

~~~~~  
**NEW WORLD RACEWALKING RECORDS SET**

At the Track & Field Championships in Paris, France in August the gold medalists were familiar racewalkers - Russia's Yelena Nikolayeva, who was the 1996 Olympic gold medalist, and Jefferson Perez, of Ecuador, who was the 20K gold medal winner in the same Olympics in Atlanta, and Robert Korzeniowski, the 50K champion in the Atlanta Olympic Games. What was unique were their times - all broke records on a road course.

In the women's 20K Yelena Nikolayeva's time was 1:26:52. That's a 7:00 minute mile kept up for 12.4 miles. The fastest U.S. female racewalker in the race was Joanne Dow with a time of 1:36:32. Joanne was in 24th place. Her time was 7.785 minutes per mile for 12.4 miles. There were seven disqualifications in the women's race.

Jefferson Perez, a racewalking hero in Ecuador (after the Atlanta Olympics in '96 a stadium in Ecuador was named for Perez. As a racewalker, he won the first ever gold medal for Ecuador), walked the fastest 20K in history with a time of 1:17:21 to win another gold medal for his collection. That's a 6.238 minute mile. The fastest U.S. racewalker in this race was Kevin Eastler, from Maine, with a time of 1:22:25 (6.647 minutes per mile for 12.4 miles).

In the 50K Racewalk, it was Robert Korzeniowski of Poland, the 50K winner in the Atlanta Olympics and the Sydney Olympics, who walked the fastest 50K ever. His time was 3:36:03 which comes out to 6.969 minutes per mile? Do you know many runners who can do under a seven minute mile for 31 miles?!

There were 15 disqualifications in the Men's 50K and unfortunately, US champion Curt Clausen was one of them. Curt was the bronze medalist in this race four years ago.

~~~~~  
NUTRITION NEWS - CLEVELAND CLINIC STUDY PINS HEART DISEASE ON BAD LIFESTYLE

As reported in the Journal of the American Medical Association, a study of 120,000 heart patients conducted at the prestigious Cleveland Clinic indicated that lifestyle factors are the 'likely cause of most cases of coronary disease.' The study suggested that a whopping 80-90% of heart attacks can be traced to lifestyle factors within your control.

Dr. Eric Topol, head of cardiovascular medicine at the Cleveland Clinic and the lead author of the study, stated, "If we had a trim, fit, non-smoking public, we could actually cure this disease."

Prior to this study, conventional medical wisdom was that most heart attacks were due to bad genetics, but Dr. Topol says that it's bad lifestyle choices that should be blamed instead. Lifestyle includes smoking, eating too much and exercising too little - behaviors that lead to obesity, high blood pressure and high cholesterol. All are known risks for causing heart disease.

Which doesn't mean that genetics doesn't play any role. Researchers are busy trying to unravel the genetic component of the nation's top killer. Dr. Topol says, "The sobering thing is that we can't cure this disease until we address the fundamentals." Since lifestyle makes a huge impact, why don't more people stop smoking, stop eating so much, and start exercising if we know this is what will work? Probably "because behavior is the hardest thing to change," says Topol. "Until the nation gets serious about eat-

(Continued from page 6)

ing a healthy diet, exercising regularly and quitting smoking, coronary heart disease will remain a problem."

NUTRITION NEWS - Supplement Help on the Web - www.consumerlab.com

How do you know that the supplement you just bought contains what the label claims? Many of you have read previously in this newsletter that a substantial number of supplements don't contain what they claim. But a new Web site may help.

An independent testing lab has begun publishing its test results. It has measured active ingredients in popular supplements (which have to be within 20 percent of what is claimed on the label) and posted the results for consumers to read free of charge on its web site. While 23 of 30 ginkgo biloba supplements passed, only 17 of 27 brands of saw palmetto, used to treat enlarged prostate, contained what the label claimed.

The testing lab's web site is www.consumerlab.com. While you can find the brands that passed scrutiny, those that failed remain anonymous. Another important point to remember is that seeing a manufacturer's name on the list is not a guarantee that all their products would pass; you can only be sure of the exact product listed.

Although, I'm not a big supplement taker (I believe in eating fruits, vegetables, whole grains/cereals, low-fat dairy, and lean protein . . . and small portions of fun foods) there are situations where a supplement could be of benefit. So, if you're going to buy them, you might as well get what you're paying for.

RACEWALKING AROUND FLORIDA (Judged Racewalk events)

Oct. 12 - Bob Fine International 15K, Tradewinds Park, Coconut Creek (Broward County), Contact Joanne Elliott 954-427-0032 or register on line at www.floridasports.com.

Oct. 19 - U Can Finish 5 Miler, UCF Arena, Orlando, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Oct. 25 - Dick Batchelor 5K Run and Walk, downtown Orlando, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Nov. 9 - Florida Hospital Celebration Health Founders Day 10K and 5K, Celebration, FL, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Nov. 23 - Alan Ranofsky Invitational 20K and 10K, Tradewinds Park, Coconut Creek (Broward County), Contact Dan Koch 954-970-9634 or register on line at www.floridasports.com.

Jan. 17, 2004 - Park Avenue 5K, Winter Park, FL, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Jan. 25, 2004 - Lady Track Shack 5K, Mead Gardens, Winter Park, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Jan. 31, 2004 - RDV 5K, RDV Sportplex, Maitland, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Feb. 21, 2004 - Outback Distance Classic 12K and 3K Run and Walk, Lake Eola, Orlando, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Feb. 29, 2004 - Run Around the Pines Bov Mosher Memorial 5K, Showalter Field, Winter Park, FL, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Mar. 6, 2004 - Rock Around the Block 5K, Casselberry, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Mar. 13, 2004 - Winter Park Road Race 10K and 2 miler, Park Avenue, Winter Park, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

Mar. 14, 2004 - Good Life Games 5K Racewalk, Sunshine Center, downtown St. Pete, you must be 50 or over. Contact Good-LifeGamesinc@aol.com.

Apr. 24, 2004 - Run for the Trees 5K, Showalter Field, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, www.trackshack.com

NUTRITION NEWS -The Lowdown on Low Carbohydrate Diets

by Elisa S. Zied, MS, RD, CDN

It seems that all the popular diet books these days, from Sugar Busters! and Protein Power to Dr. Atkins' New Diet Revolution ask dieters to forego carbohydrate-rich foods, especially breads, bagels, pasta, potatoes and other starchy vegetables, and fruits and instead feast on protein-rich foods (many which are also high in fat) including bacon and eggs (without the hashbrowns or toast), and cheeseburgers (without the bun or french fries). Sounds good?

Before you join the millions of people who have given in to the low carb craze, please read the low down below on why it would be in your best interest to avoid these diets altogether if your goals are to 1) lose weight, 2) maintain your weight loss, and 3) be healthy.

(Continued on page 11)



UltraSports

Massage
Therapy, Inc.

Specialties

- *Sports Massage*
- *Injury Rehabilitation*
- *Deep Tissue Massage*
- *Myofascial Therapy*
- *Structural Integration*
- *Pain Management*

Tampa office:

6501 N Himes Ave #103, 33614

Seminole office:

8950 Seminole Blvd #1, 33772

727-460-3514

Pete Pfannerstill, PhD, LMT

MA24089 • MM6802 • MM4537

Holland Associates
Real Estate
472 Clearwater-Largo Rd.N. - Largo, FL 33770

**He'll Run
Until The Job
Is Done**

John P. Noell
Ph. 727-584-6281

Cell: 727-434-1673 Fax: 727-584-2809

Your running realtor! Specialize in selling homes for runners, close to parks, trails, beaches etc. Do you have drive to where you can run?

IN ORDER TO KEEP THE COST OF BEING A MEMBER OF OUR CLUB AT A REASONABLE FEE, STARTING MAY 1, 2003, WE ARE ASKING ALL CLUB MEMBERS THAT HAVE ACCESS TO A COMPUTER TO PLEASE DOWNLOAD YOUR NEWSLETTER FROM OUR INTERNET SITE WWW.RUNWESTFLORIDA.COM. IF YOU DO NOT HAVE ACCESS TO A COMPUTER AND STILL WISH TO RECEIVE A NEWSLETTER, PLEASE SEND US YOUR NAME AND ADDRESS AND WE WILL KEEP YOU ON OUR MAILING LIST. PLEASE REALIZE THAT IF YOU DO NOT SEND US YOUR ADDRESS, WE WILL NOT MAIL A NEWSLETTER TO YOU.

Name: _____

Address: _____

Mail To: Membership Chairperson
1005 Highland Avenue
Clearwater, FL 33756

(Continued from page 1)

fallen tree along one of the trails to maneuver around.

Overall male was won by Steve Wilcox in 17:32, followed by Clayton Hofstra in 18:23 and Chris Ford in 18:37. Overall female was won by Judy Maguire (Dianetics running team) in 19:18, followed by Karen Alexeev in 23:55 and Courtney Shoopman in 26:08.

**Warhoop Sprint (#25)
Lake Seminole Park, Seminole
September 27, 2003**

Men's Results

Overall

1	Steve Wilcox	17:31
2	Clayton Hofstra	18:23
3	Chris Ford	18:37

Age Group: 13 - 14

1	Aaron Herrington	23:47
---	------------------	-------

Age Group: 15 - 19

1	Chris Stansel	19:13
2	Vassil Raytchev	20:17
3	Ryan Mac Maus	22:00

Age Group: 25 - 29

1	Ben Lipps	23:59
2	Jono Koel	26:13

Age Group: 30 - 34

1	Eric Milholland	20:30
2	Meni Nuriel	23:00
3	David Shiner	27:04

Age Group: 35 - 39

1	Peter Collins	19:04
2	Terry Wyman	20:18
3	Thomas Reilly	27:00

Age Group: 40 - 44

1	Michael Roberts	26:14
---	-----------------	-------

Age Group: 45 - 49

1	Jim Baker	23:05
---	-----------	-------

Age Group: 50 - 54

1	Kevin Cronin	22:20
2	Jon Feltham	22:28
3	Dan McClenathan	23:19

Age Group: 55 - 59

1	David Colpitts	22:18
2	Jack Lipps	29:08

Age Group: 60 - 64

1	Walt Davin	26:28
---	------------	-------

Age Group: 65 - 69

1	Jerry Margolin	37:19
---	----------------	-------

Age Group: 70+

1	King Smith	36:35
---	------------	-------

Women's Results

Overall

1	Judy Maguire	19:19
2	Karen Alexeev	23:55
3	Courtney Shoopman	26:09

Age Group: 15 - 19

1	Tanya Scaringe	29:56
2	Angel Callarik	30:10

Age Group: 35 - 39

1	Lisa Farrell	35:15
---	--------------	-------

Age Group: 45 - 49

1	Christine Herrington	26:32
2	Mary Ellen Smith	35:48
3	Nanette Bishop	36:33

Age Group: 60 - 64

1	Terri Sullivan	38:57
---	----------------	-------

(Continued from page 5)

4. Flat, smooth grass
5. Asphalt street or path
6. Hard dirt track or trail
7. Concrete sidewalk or road
8. Banked or cambered surface
9. Hard-sand beach
10. Rough, pot-holed dirt trail or grass

2. Warm Up and Cool Down

The chances of having an injury are greater when their muscles are cold. There is a simple physiological reason for this: When you first get up in the morning, your muscles and soft tissues are tight. In fact, your muscles are generally about 10 percent shorter than their normal resting length.

As you start moving around, your muscles stretch to their normal resting length. When you start to exercise the muscles, they stretch to about 10 percent more than normal resting length. This means that from the time you get out of bed until the muscle is warmed up the muscle stretches as much as 20 percent.

A longer muscle is much less likely to become injured than a short, tight muscle. Further, muscles are designed to move bones on either side of a joint. Through basic laws of physics, a muscle is more efficient and much less likely to become injured when it is longer, since it can exert more force with less effort.

Likewise, it is disastrous to finish a training run and just stop. Many runners try to get the most out of their runs by sprinting the last couple hundred yards or so. Then they stand and try to catch their breath. This is asking for injury. It is also the time when susceptible individuals are most at risk of having a heart attack. Almost all exercise-related heart attacks occur just after runners stop running, not while they're actually running. This is because when you exercise, your body relies on your muscles to help pump or push the blood from your legs to your heart and brain. When you stop running, that muscle action stops and your heart and brain suddenly get less blood and oxygen. (This is an excellent reason for a cooldown period of slow jogging or walking.)

The cooldown helps keep the blood flowing to the muscles and allows your body to work its way down from a state of high exertion to the eventual resting condition. Keep walking for a few minutes, at the very least, after every run until you have cooled down.

3. Stretch Firmly but Gently

The best time to stretch your muscles is not before you exercise but after a run when your muscles are already warmed-up and elongated. Flexibility exercises always stretch the muscles slowly and gradually.

Stretching movements should never be jerky, stiff or hard. The proper way to stretch is to stretch the muscle gradually for 30 seconds at a time to allow it to lengthen. Do this three or four times per area, daily.

If you stretch or pull hard on a muscle, it sets up a reflex where the muscle pulls back, shortening and tightening. This is not what you want. It will give you a stronger muscle, but not a looser, longer, more forgiving muscle.

4. Keep Your Training Schedule Flexible

The easiest way to avoid injuries is never to train hard on a day when you feel any pain when you roll out of bed. As easy and simple as this advice sounds, you'd be amazed how many people ignore it.

Let's say that you are training for a certain race and your training schedule calls for a 10 percent increase in mileage this week. Yet you're feeling a little twinge in your hamstring.

Do you go ahead and follow the schedule? Or do you alter it based on listening to your body?

You know the right answer. Yet many runners insist on adhering to the printed training schedule as if it were gospel. They refuse to deviate by a single mile from that written program, believing any modification of it would ruin their chances of running a good race. In fact, the reverse is true. They're far more likely to miss the race by slavishly following a predetermined schedule than by adapting it to current needs.

All good training schedules assume that you aren't experiencing any unusual pains before, during or after the run. If any of these pains occur, don't hesitate to modify the scheduled workouts.

5. Alternate "Hard" and "Easy" Training

If you try to improve to your maximum potential, some pains are inevitable. These can occur several hours after a hard workout or race--or one or two days later. All this really means is that you need some recovery time. Then you will be off and running again.

This is why most experts recommend never performing hard workouts two days in a row. Give yourself at least one day of easy running or rest between hard workouts. This is known as the "hard-easy" method of training. If you run fast one day, train slowly the next. If you run long one day, go short the following day.

Never run long two days in a row or fast two days in a row, and don't run long one day and fast the next. You'll simply cancel out the gains of the long or fast workout, because your body is desperately trying to recover. You're stressing weakened tissues that the body is trying to repair.

(Continued on page 11)

(Continued from page 7)

These diets are a quick, temporary fix.

Initially, you'll lose a lot of water weight (which can dehydrate you and make you feel lethargic and weak). You'll also lose your body's protein- muscle tissue- which is undesirable since your muscle is what keeps your metabolism revved up. And while you will lose some body fat on this diet, it's because you cut back on calories. The bottom line is that when you're dieting, you want to preserve as much muscle and lose as much body fat as you can. You can do this by modestly cutting back on calories and doing strength training and other muscle building exercises, not by adding protein and subtracting carb from the diet.

These diets don't provide you with adequate fuel for your body.

Carbohydrates are the preferred energy (calorie) source for the central nervous system (which includes the brain.) While not all carbohydrates are the same, whole grains, fruits and veggies give your body loads of nutrients including vitamins (especially B vitamins) and minerals. They also supply your body with fiber, which can help cut your cholesterol level and help keep your GI tract in good shape. Fiber can also help you manage your weight since it's filling. Many carbohydrate-rich foods are also great sources of phytochemicals, substances in food that can protect you against chronic diseases such as heart disease and cancer.

How long are you willing to go without a bowl of pasta, a handful or two of popcorn or a bagel?

If you stick to one of these diets, you will lose weight. But when you add back foods, especially high carbohydrate ones (that attract water), you will regain weight (some water weight, some fat). If the diet seems unrealistic for you to follow for a lifetime, why not simply cut back on the foods you tend to overeat? If you just have a little less pasta, a smaller piece of high fat meat, and less dressing on your salad, you will lose weight. But at the very least, you'll still be enjoying your food. Food is here to nourish us, but it's also for us to savor. Moderation can go a long way if you just try!

I'm not selling a book, only common sense. My best weight loss/management advice is to eat a sensible diet and get off the couch and move! In your diet, emphasize whole grains, fruits and veggies, eat small amounts of protein-rich foods (especially lean meats, chicken, fish, and low fat dairy foods), small amounts of fat (canola or olive oil, for example), and even some goodies in small amounts each day. Do formal exercise a few days a week and walk/be as active as possible as often as possible (without getting hurt). This information is not new or exciting or glamorous, but it will work if improved health and long-term weight management are your goals.

--

AceWalker Walk Your Way to Fitness Programs

Fitness is not a commodity to be stored, but rather a condition to be renewed on a daily basis. Have you had your walk today?

Phone: 727-394-WALK - E-mail: Bonnie@AceWalker.com -Visit us at: www.AceWalker.com

(Continued from page 10)

6. Pace and Space Your Races

You can and must push your limits sometimes in order to progress. But you can't do this too often or by too much. In other words, you must pace yourself. This is true both for individual runs and over periods of weeks, months and years.

The most important time to pay attention to proper pacing is while racing. At races, you can easily get caught up in the emotion of the crowd and be drawn into starting too fast.

Pacing also has longer-term applications. Racing is very hard and potentially damaging work and you put your future at risk if you race too often. So you must "pace" your races in terms of frequency. Give yourself plenty of time to recover after any race.

The general rule: Take one easy day or rest day for each mile of the race. And certainly don't race again until that period has passed. For example, allow an entire easy week following a 10-K race and an easy month after completing a marathon. Top marathoners believe they can only run two or three good marathons a year; this grueling event takes that great a toll.

7. Keep Records of Your Running

Runners have long been teased about being compulsive. After all, you don't normally see tennis players and basketball players logging their playing time, courts played on, weight and pulse, feelings and injuries.

But it makes perfect sense for runners to keep logs. Charting your distance, pace, type of course, running weather, choice of shoes and other key factors gives you a much-needed perspective. With a running log, you can objectively trace your progress and detect errors.

Your log can also help you determine if you're training too little or too much. Review it weekly with an objective eye. Pretend it is someone else's training program you're reviewing and you're checking its effectiveness and safety.

Ultimately, the most important "book" you'll ever read is your own personal training diary. It can tell how you were injured, how you recovered and how you can keep this part of your history from repeating itself.

The Things That We Do
By Peggy Goodale

Hey, I won! Not a race, but food. Those who know me know that I haven't even placed in my age group for months. Do I worry? Heck no. I only run to eat. I love food but I don't like being fat, though I sometimes think of myself as a "person of substance", a "well-rounded individual", with "a lot on my plate". Anyway, I, unlike the real fast runners, eat what I like to eat regardless of the effect on my racing times. So, I happened to luck out by buying a big 12-pack bag of Cheetos (a regular entrée with my red meat and salad) with the opportunity to win money and stuff for athletic youth groups written on the big bag. I thought, what a cool idea: eating junk food and helping others at the same time. Now that's social work. So, I took the idea to the West Florida Y Runners Club board meeting in July (the first meeting I've attended in years) and they said go ahead and apply. So, I did.

I was inspired to write a long mushy letter about how proud I was to belong to a running club that gave away thousands of dollars to young high school seniors in the form of college scholarships, how WE (as if I was an active volunteering club member, NOT) had a youth running team, how WE had coaching for adult runners (the family that runs together, doesn't gain weight together), how WE had turkey trot training for all runners, walkers, trotters, crawlers, etc., blah, blah, blah, blah..... I really meant it. It's been a great experience for me to belong to an organization with really nice people who like to run, eat, drink beer (Skip says I have mistakenly registered for races that don't provide beer), and give away prizes and money. What's not to love?

I was really trying to win money, another thing that I like, but not as much as food, but I won this big heavy duty nylon gear bag that had two big 12 pack bags of Cheetos and Doritos. They must have felt the hunger; however, this is not for me. I will be taking this big bag of food to the skinny running kids that care about their health and speed and hope that they say, "Oh, we can't eat this, it might harm our ability to stay fit and succeed in meeting our goals...." Gag me. No, I'm just kidding, they can keep the Doritos.

Peggy Goodale
The runner with the herding instinct. Mooooo!

GOLF GOLF GOLF
WFYRC STYLE

WFYRC is presently looking for golfers of all abilities to play golf on the first Saturday of each month.



The courses will be par three's in the Clearwater area. The price is usually under \$25.00 per person.

If interested please call: John Holmes at 727 546 9399 or e-mail at Jholmesruns@juno.com

TRACK WORKOUTS

By Coach Mel

Tuesday at Clearwater High School and Wednesday at Osceola Middle School at 5:15PM

Sept 2nd	1 x 1200 meters, 1 x 800 meters, 1 x 1200 meters
Sept 9th	4 x 1200 meters
Sept 16th	6 x 800 meters
Sept 23rd	5 x 100 meters
Sept 30th	1 x 1200 meters, 1 x 800 meters, 1 x 1200 meters
Oct 7th	2 x 400 meters, 2 x 800 meters, 2 x 1200 meters
Oct 14th	5 x 600 meters
Oct 21st	Ladder (400 meters, 600 meters, 800 meters, 1000 meters)
Oct 28th	1 x 800 meters, 1 x 400 meters (3 sets)

**MULTI
MILLION DOLLAR
PRODUCER**



**RELOCATION
SPECIALIST**

*Professional,
Personal Service*



**ROBERTA
CAMERON**

(727) 789-5555



RE/MAX Realtec Group, Inc.
4175 Woodlands Pkwy.
Palm Harbor, Florida 34685
Toll Free: (800) 258-7653

Each Office Independently Owned and Operated

UPCOMING MARATHONS

Marine Corps Marathon, 10/26/03-
Michael Weiss, Andy Scavelli, Jeff
& Mary Delie

New York, 11/2/03- Amy McClenathan, Walt Sieg

**WEST FLORIDA Y RUNNERS CLUB
1005 SOUTH HIGHLAND AVENUE
CLEARWATER, FLORIDA 33756**



Since 1978

WEST FLORIDA Y RUNNERS CLUB MEMBERSHIP FORM

- Please fill out form, detach and mail with your remittance
- Make checks payable to: West Florida Y Runners Club
- Annual Dues: \$15 single membership; \$25 family membership
- Mail to 1005 Highland Ave. Clearwater, Fl. 33756



For upcoming races check out our Website at www.runwestflorida.com

Name _____
 Street Address _____
 City _____ State _____ Zip _____
 Date of Birth ____ - ____ - ____ Sex M F
 Home Phone (____) _____ Work Phone (____) _____
 E-Mail _____@_____ Profession _____

- Check here if you DO NOT want the above information in a Club Directory.
- Check here if you want to receive the newsletter by mail (All newsletters are available as PDF document on the club website. Using this electronic version enables the club to save on the printing and shipping.).

* Family Membership Names	Sex	Birth dates
_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____

I would be interested in:

Helping at a club race	_____
Writing articles for the newsletter	_____
Attract race sponsors	_____
Hosting a breakfast run	_____

Membership Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run and/or volunteer unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run and/or volunteer. I also agree that I may be examined and treated if necessary during the course of a race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life threatening condition. I assume all risks associated with running in and volunteering for races including, but not limited to, falls contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for WFYRC membership, participating in races, and/or my volunteering, I, for myself and anyone entitled to act on my behalf, waive and release the West Florida Y Runners Club and its officers and agents, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that \$1.25 of my membership dues goes for the subscription to the RRCA publication "Footnotes."

Signature _____ Date _____ If Family Membership, all adults sign Parent or Guardian if under 18 _____