

Making Tracks



Lake Placid IronMan 2007 Travel & Race Report

By: Arnaud Glacet



- **Inside This Issue**

Lake Placid IM 2007	1
Upcoming Events	2
Presidential Ponderings	3
My Journey	4
Row, Row, Row	5
Question and Answer	7
You Are Cordially In- vited	8
Volunteers Needed	2

Thursday, July 19th

We left Clearwater early for our 7am flight to New York. Because of weather issue around Kennedy airport, we took off 2 hours late. Our connection to BurlingtonVt. was also delayed. We then missed the ferry to cross Lake Champlain and had to drive south in the late afternoon traffic to catch another ferry. To summarize, it took us more than 12 hours to get to Lake Placid. The weather was overcast with a few showers. It had been raining for three days already and the temperature was cooler than expected.

Lauren, my wife, had booked a hotel room in Wilmington, about 10 miles north of LP, right on the bike course. More about the hotel later.

Friday, July 20th

We went to LP to pick up the rental bike we had reserved for Lauren. The bike shop, [Planet Placid Bicycles](#), stays open 24h a day from Thursday morning to Saturday night before the event. After loading the bike on the rental car, we had breakfast at Soul Shine Bagel on Main Street. It is a small bagel place which makes a yummy trail mix bagel.

After the breakfast, it was time to retrieve my bike and my gears I had shipped through [Tribiketransport](#). We then headed to Mirror Lake where the Ironman swim would take place. The buoys were already in place and lots of people were swimming the course. I put my sleeveless wetsuit on and got into the water. One week earlier the water was about 75F but because of the rain, it was now down to 70F. I swam about 30' and exited the water shivering.

After picking up my race packet, we drove the part of the course we hadn't already driven the day before, back to the hotel.

As I said earlier, the hotel was right on the bike course. It is also one of the most challenging portions, with a five miles gradual climb. I rode this part in the afternoon to get used to it. I also realized my front derailleur was not shifting down properly.

At night, I took the bike to the shop to adjust the derailleur and we went to the mandatory athlete meeting afterwards.

Saturday July 21st

The day started with a short run and ride to check the shifting.

I prepared my T1 and T2 bags and we went back to Lake Placid to check them as well as the bike into the transition area.

I also prepared my nutrition for the race. 3 bottles of water diluted Gatorade, 2 flasks of gel and Hammer Sustain Energy, 3 Clif bars and 12 salt pills for the bike. 1 flask of gel and 12 salt pills for the run. 1 Clif bar for the bike special need bag. 1 gel flask for the run special need bag.

I made sure to stay well hydrated and to eat extra carbs the days preceding the race.

Contacts

Officers:

President:: Michael Weiss lwewfla@aol.com
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 Dan Boyle paintmandan@knology.net
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 Skip Rogers trotskip1@verizon.net
 Linda Schumacher two.shoes@knology.net

Web Master:

Paul Franklin webmaster@wfyrc.com

Upcoming Events:

TIMES TURKEY TROT
 November 22, 2007

CHRISTMAS PARTY
 December 13, 2007

Monthly Board Meetings

Monthly Board Meeting are held the first Wednesday of each month at the Suncoast Family YCMA, 1005 South Highland Avenue, Clearwater, Florida at 6:30 p.m. Members are encouraged to attend. Please join us. Contact Michael Weiss for more information @lwefla@aol.com

GROUP RUNS:

SUNDAY Morning "the loop" starts at Harborview Center
 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 kroach@verizon.net
 TUESDAY AM track 4:30AM
 Clearwater High School
 THURSDAY 6PM Run Safety Harbor Marina

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: bboyle@knology.net or
 Linda Schumacher: two.shoes@knology.net

Volunteers Needed

Want to Earn Those Valuable
 Volunteer Points?

Please Call or E-Mail

Linda Schumacher @727-939-8038

Or 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	—

Presidential Ponderings by Michael Weiss

The calendar states its fall but you sure can't tell by our current weather. We had a great summer with another successful beach series. Thanks again to all those club members who braved the heat and ran their butts off. A bigger thank you to all of you who gave up your Friday nights to volunteer at the race.

We have a lot of club events for the fall. We will be in charge of the run portion of the Ironman 70.3 World championships scheduled for November 10th. We then of course have the Turkey Trot on Thanksgiving Thursday. We had a record crowd of over 16,000 in 2006 which I hope we can surpass this year. Also mark your calendars for our annual holiday party to be on December 13th. Location is not finalized yet so if you have any suggestions please email me(LWEWFLA@aol.com). If you are interested in helping out for any of these events please email me.

*"Please help
with Ironman
70.3 World
Championships
And Turkey
Trot"*

Recognize any of these people from
the 100th Boston Marathon on April 15, 1996?



MY JOURNEY By Jim Patton

My journey to complete a full marathon in all fifty states and the District of Columbia is back on track.

March 25, 2007 saw me in New Jersey completing the Ocean Drive Marathon. The race started in Cape May at the very south tip of the state and proceeded 26.2 miles north along the Atlantic Coast. The wind was out of the north at 20 - 25 MPH gusting to 30, which made for an interesting run. I was so close to the Atlantic at times that I was hit by salt spray and sand from the beaches. Temperature was cool but the good thing was that in the finish area they were serving hot soup.

June 24, 2007 saw me in Wyoming running the Casper Marathon. This was a nice course run mostly on a paved trail. The one nice thing was that the finish line was in the parking lot of the host hotel so a short walk from the finish to my room.

August 25, 2007 back out west to run the Mesa Falls Marathon in Ashton, Idaho. The run started at 6,135 feet in the Targee National Forest and was run on gravel road, dirt trail and paved highway. As the name sounds we ran within sight of the lower Mesa Falls and finished in the city park in the town of Ashton. In addition to a finisher's medal we received a coupon for a huckleberry milkshake which was available at the soda counter in the local drug store; this is real small town USA. The best accommodations in town were at the Log Cabin Inn and yes they were real log cabins.

Well the journey has now completed 44 states and DC for a total of 1,179 miles and only six marathons or 157.2 miles to go.

TO BE CONTINUED

"Who Actually Stayed in the Raft?"

See Next Page for Article

