



# MAKING TRACKS

Volume 9 Issue 8

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## RUNNING WITH THE LOONIES

By Dick Michener

Home for just a brief time during our three week odyssey combining running, vacation and business, Sandy and I agreed that "Runnin' with the Loonies" was the appropriate description for our experience with the Calgary Stampede Marathon. In the first place, we loved the marathon, in spite of our unexpected and shocking problems along the course. To most people, that's loonie. Having a late night dinner with our daughter Monica and our son-in-law Rudy after the marathon, Sandy and I were already plotting our next marathon. To most people, that's even more loonie. And, as Canadians know, the basic piece of money in Canada is the one dollar coin, nicknamed a loonie. By the way, the Canadian two dollar coin is nicknamed a toonie. Therefore, someone possessing both one and two dollar coins is a loonie-toonie!

We loved everything about Calgary and the area, but in this post, I'll concentrate on the marathon itself; I'll describe our other experiences in a subsequent post. Suffice it to say that Alan went far beyond the requirements of hosting, as a true and incomparable friend, in running and in all other things.

*(Continued on page 13)*

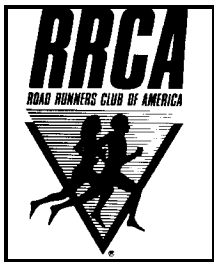
## "PEACH(tree)" OF A RACE!

By Bob Van Dyke

Atlanta knows racing. The Peachtree Road Race held every 4th of July morning along famous Peachtree Street in downtown Atlanta is arguably the greatest 10K race in the world. It's certainly the biggest with 55,000 extraordinarily happy and friendly runners/walkers (serious racers as well as strolling families) and enough adrenaline to raise the Titanic. Southern hospitality at its best! If the extreme numbers are intimidating, have no fear. The Atlanta Track Club is amazingly organized and has this race clockwork controlled as well as any I've ever seen. A staggered start is used, which breaks the race into 8 or 9 separate time groups several thousand each (I was finished running before the last group started). And all you have to do to get into the first "sub-seeded" group (only 6,000 or so racing chips are issued) is submit documented evidence of a 10K race finish of 50 minutes or less within the past year. If you're under 40 minutes, you'll get a seeded position right behind the elite group. And make no mistake about it -- this is truly an elite group, akin to Gasparilla a decade ago. The course is tough, considerably more so than any in our area; however, the caliber of the elites is such that there's always a threat of a world record (especially with the women). The heat and humidity are, more often than not, debilitating as you might expect for July in steamy Atlanta. I'm always amazed at just how fast the Kenyans are under these conditions. It doesn't seem to matter where and when they run.

I ran the race for the first time last year and returned this year although I hadn't trained for the past six months due to a leg injury. No matter that my time was pathetically slow with a run/walk mode of operation (I was still "sub-seeded" due to a good 10K last December), I had one of the best experiences in my running career. All I could think about during the race was that this was a

*(Continued on page 3)*



# MEMBERSHIP INFORMATION

NAME	OFFICE/RACE	E-MAIL	HOME	GROUP RUNS
Linda Schumacher	PRESIDENT	two.shoes@verizon.net	939-8038	<u>Saturday Morning</u> Saturday morning runs at John Chesnut Sr. Park in Palm Harbor start at 7am. Call Linda @ 939-8038 for info!
Karen Farnham	VICE PRESIDENT	iran262@tampabay.rr.com	781-8128	<u>Saturday Morning</u> 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.
Colleen Scott	TREASURER	CScott4@metlife.com	733-5063	<u>Sunday Morning</u> 6 am. Group Leaves From southwest 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!
Duncan Cameron	SECRETARY	RobertaDCameron@compuserve.com	789-5368	<u>TUESDAY EVENING</u> 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!
Mike Scott	Membership Chair/ Unicorn RD	scottmj@tvratings.com	733-5063	<u>THURSDAY EVENING</u> Track workouts Are held on Tuesday 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!
Becky Boyle Dan Boyle	Beach Series RD	beckyboyle@verizonmail.com paintman.dan@verizon.net	736-3562	<u>Youth Team Workouts</u> The youth team trains under Coach Elliott Reshard at the Clearwater High School. All inquiries should be made to Coach Reshard at 727-582-9967.
Robinann Byrd	Spooky Sprint RD	Robyrd1@aol.com	582-9967	<u>Attention Trail Runners</u> 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.
Eve Dietrich	RRCA Liaison	ediet@gte.net	535-8468	
John Holmes	Social Chair	croomtrailrunners@juno.com	546-9399	
Lance Lipham	High School Liaison	LLiprun26@cs.com	391-6032	
Everett McDowell, Jr.		Emcd77@aol.com	736-4551	
Mel Mella	Track Coach	imella@tampabay.rr.com	517-3677	
Elliott Reshard	Youth Team Coach	Ereshard@aol.com	582-9967	
Skip Rogers	Turkey Trot RD	trotskip@gte.net	442-5838	
Jim Setaro	Max Bayne Co-RD	jsamy123@cs.com	934-8268	
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	



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

**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.



**AS I SEE IT**  
**By Linda B. Schumacher**

Well, it's August and it's back to school for a lot of you and cross country season is just around the corner. Also just around the corner is the Warhoop Sprints in Seminole Park on September 14. A great race for all cross country teams and anyone out for a challenging 5K. We hope to see all of you there. The Warhoop Sprints is one of our oldest races, so please come out and support your Club and all the runners.

The week after Warhoop starts on Turkey Trot Training both in John Chestnut Park in north Pinellas County and at Taylor Park in Largo. We are looking for volunteers to help with training. Please think about helping others find out about our great sport. If you cannot make it every week, please try to make it at least once during the 10 week training period. It is very gratifying to see people who have never run before get the confidence to run a 5K at Turkey Trot on Thanksgiving morning. If you wish to help out, please give Skip Rogers or me a call about volunteering.

**"One cannot consent to creep when one feels an impulse to soar."**

Helen Keller

**BOARD BITS**  
**By Duncan Cameron**

The Board of the West Florida Y Runners Club encourages members to attend the monthly meetings held on the first Wednesday of the month at the YMCA on Highland Avenue just south of Druid. Some of the highlights of the meeting held on July follow.

The Club is in the process of having the Max Bayne Half Marathon course certified in order to qualify as one of Florida's fastest in the half marathon category. As of now it is tentatively planned for February 2, 2003 at Fort Desoto Park in St. Petersburg.

*(Peachtree Continued from page 1)*

mini-NYC marathon atmosphere ("mini" only in the sense of the race distance and total spectator count). Screaming, cheering, partying spectators lined the race throughout. Flag waving, cow bell ringing, more than half a dozen bands, well-manned and frequent water stops (one per mile on each side of the wide street), incredibly well-run finish area in a large park, and that coveted T-shirt and poster for your office wall made this year's race an especially extraordinary experience (triple E or E-cubed if you prefer).

As much as I love Gasparilla and the Turkey Trot and marvel at the organization of these races, Peachtree is the standard by which all races should be measured. Travel to Atlanta for the holiday, experience the race, enjoy the atmosphere, and come home with wonderful memories and a renewed dedication to your running. Don't expect a PR time or even a "good" time unless you're a top seed--the first 10 or so elites finished under 28 minutes on a course that is downhill the first half and climbs the second half. Atlanta shines on Independence Day and Georgia is on my mind!

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813-854-4321**

# WFYRC MEMBER INFORMATION

**August Birthdays**- Mary Stewart-Wong 8/1, Brian Beda 8/2, Brian Latzke 8/2, Ja'von S. McTler 8/2, Ron Stein 8/2, Ben Taylor 8/2, Mike Cox 8/3, Ric Dorrie 8/5, Donna Nessler 8/5, Spyder Cruz 8/6, Arthur Gregory 8/6, Crockett Farnell 8/7, Sarah Geigle 8/7, Ivan Levinrad 8/7, Margaret Reeves 8/7, John (F) Holmes 8/8, Everett McDowell 8/8, David Straus 8/8, Bud Williams 8/8, John Ross 8/9, Ann McKelly 8/10, Robinann Byrd 8/13, Okavo White 8/13, Amelia Wong 8/13, Jim Bodoh 8/14, Vivian DeRussy 8/14, Becky Kitten 8/14, Marcia McClymont 8/14, James Farrey 8/15, Brian Koza 8/15, Walter Roberson Jr. 8/15, Karen Farnham 8/16, Leeanne Franklin 8/16, James Healy 8/16, Tracy Kotchman 8/16, Terry Wyman 8/16, Ray Goetz 8/17, Sandy Michener 8/17, Michael San 8/17, Jan Sheridan 8/17, William Steele 8/17, Kurt Elmer 8/18, Dorothy McClellan 8/18, Jim Painter 8/18, Lenny Stacey 8/18, Mark Blitz 8/19, Dyimond Johnson 8/19, Natalie Paul 8/19, David Bremm 8/20, Jim Callan 8/20, Dee Anna Farnell 8/20, Diana L. Connell 8/21, David Hersh 8/22, Tarrance Jackson 8/23, Jed Stills 8/23, Bill Vogt 8/23, Jack Feltham 8/24, Maria Seger 8/26, Linda Smock 8/26, Rebeccah Eldridge 8/28, James French 8/28, Ria Sweeney 8/28, Nathan Lubig 8/29, Robin Reed 8/29, Dick Keiber 8/30, John Romaine 8/30, David Loiselle 8/31, Skip Rogers 8/31. **September Birthdays**-Karen Alexeev 9/1, William Hill 9/1, Jamie Spyrou 9/1, Thomas B. Joslin 9/2, Chris Taylor 9/2, Hunter Christian 9/4, Vicki Stum 9/5, Victoria Hawkins 9/6, Ignacio Mella 9/6, Robert Reeves 9/6, Shane Steele 9/6, Ariana Tuchman 9/6, Joyce Rogers 9/7, Mike Farrell 9/8, Mary Lou Johnson 9/8, Tom Normandeau 9/8, Jennifer Spencer 9/8, Stephanie Blitz 9/9, Justin Skiles 9/9, Joe Costas 9/10, Joan Evans 9/10, Peggy Goodale 9/10, Walter Hamilton 9/10, Malcom Porter 9/10, Allison Harkins 9/11, Rachel Valentine 9/11, Cheryl White 9/11, Suzanne Bailey 9/12, Michael Lydon 9/12, Joe Burgasser 9/13, Pam Daily 9/14, Peg Elmer 9/14, Raymond Ritter 9/14, Barbara B. Bryan 9/16, Jennifer Lechner 9/16, Jim McIntyre 9/16, Shirley Ringelspauh 9/17, Robert Tankel 9/17, Lorn Miller 9/18, Andrea Farnham 9/19, Alton Taylor Sr. 9/19, Kim Haikara 9/20, Tod Hammill 9/20, Rick Smith 9/21, Shayla Taylor 9/21, Marge Coffey 9/22, Rich Gibson 9/22, Noora Alidina 9/23, Nancy Bass 9/23, Jennifer Hutchison 9/23, Sasha Oberle 9/24, Aaron Tankel 9/24, Barbara Frye 9/25, Bud Hughes 9/25, Joshua Ives 9/25, Wesley Stills 9/25, Mark Wong 9/25, Charles Dykstra 9/26, Sharon Lukosavich 9/26, George McDermott 9/26, Terrence Jaguar Thomas 9/26, Renee' Clark 9/27, Jeff Delie 9/27, Mary Dworkin 9/27, Libby Burke 9/28, Dashea Dixon 9/28, Paul Franklin 9/28, Saul Tuchman 9/28, Joan F. Way 9/28, Ray Clark 9/29, Stephanie Paul 9/29, Juanita Aster 9/30, Janet Bilyeu 9/30.

## West Florida Y Runners Club Race Results

### 7/4/02 - Kiwanis Mease Midnight Run (#23) (10 K) Dunedin Causeway, Dunedin

Noora Alidina, 48:43, 2F45-49; Christa Benton, 37:35, FOverall; Tim Boryk, 44:49; Jim Brown, 1:06:07, 2M70+; Joe Burgasser, 40:32, 1M60-64; Duncan Cameron, 43:16, 2M55-59; Ron Cote', 42:58; Steve Deeb, 55:47; Lori Downing, 1:06:27; Barbara Eckes, 48:27, 1F45-49; Ward Edwards, 46:59; Lisa Farrell, 1:10:28; Lisa Feldt, 43:18, 3F30-34; Fran Gaberino, 1:01:44, 1F60-64; John Geigle, 52:45; Tim Griffiths, 56:14; Don Herring, 59:44; Ginger Herring, 1:00:12, 2F55-59; Harry Kelley, 55:59; Kevin Lyons, 34:46, 2M14-19; Judy Maguire, 39:16, 1F40-44; Chuck McCann, 43:54, 2M50-54; Dan McClenathan, 46:52; Marcia McClymont, 53:47; Sam Moore, 1:03:23; Todd Moore, 1:03:36; Vikki Moore, 53:26; Bill Motley, 1:04:08; Tom Murtaugh, 53:05; Jim Neely, 1:03:29; Bill Pray, 40:49, 3M35-39; Eric Rohrer, 45:53; Art Sarakas, 41:35, 1M55-59; Wolf Scholl, 44:50; Pat Scott, 53:28; Maria Seger, 59:06; Walt Sieg, 43:19; Mindy Solomon, 47:41, 1F35-39; Diane Spicer, 1:04:13; Vicki Stum, 38:42, 1F30-34; Terri Sullivan, 1:09:33, 3F60-64; Terri Tankel, 49:58, 3F40-44; Bonnie Theall, 53:21, 1F55-59; Michael Weiss, 38:01, 2M35-39; Marilyn Winn, 1:04:24, 2F60-64.

### 7/4/02 - Kiwanis Mease Midnight Run (#23) (3 K) Dunedin Causeway, Dunedin

Sharon Andrews, 20:30; Charles Butterworth, 19:12; Joe Costas, 10:41, 1M50-54; Roland DeRussy, 18:51, 2M70+; Joan Evans, 27:23, 2F70+; Elizabeth Florcko, 15:17, 2F40-44; Bill

Galloway, 12:47, 3M45-49; Peggy Goodale, 22:11; Eloise Hayes, 29:57; Art Jones Jr, 16:55; Thomas Joslin, 12:29, 3M40-44; Claire Keneally, 16:16; Michael Lydon, 11:51, 2M45-49; Ginger McLain, 24:31, 2F65-69; Maureen Mercer, 23:30; Jeanne Moore, 15:18, 1F35-39; Ann Reidelberger, 24:03, 1F70+; Lenny Stacey, 11:45, 1M40-44; Silky Sullivan, 13:25, 2M55-59; Aaron Tankel, 24:32; Judith Tankel, 16:20; Teri Taylor, 14:13, 1F40-44; James Tsao, 24:09; Bill Wible, 16:12, 2M60-64; Z. Zajac, 13:19.

### 7/4/02 - Lutz Independence Day 5K Run Community Center, Lutz

Dan DeRussy, 25:57; Vivian DeRussy, 28:21; Laureen Doloresco, 27:06; Steve Doloresco, 28:51; Debra Donald, 22:43, 1F40-44; Jim Doran, 22:46; Millie Hamilton, 25:52, 3F55-59; Neil Harvey, 31:13; Frank Van Aken, 24:48, 1M70-74.

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 race, date and distance.

**7/7/02 - Calgary Stampede Marathon**  
**Calgary, Alberta, Canada**

Sandy Michener, 6:21

**7/12/02 - 2002 Sunsets at Pier 60 (#3) (5 K)**  
**Pier 60, Clearwater**

Allen Ahern, 25:10; Karen Alexeev, 22:49, 2F45-49; Sharon Andrews, 36:32; Christa Benton, 18:24, 1FOverall; Jim Brown, 31:22, 2M70-74; Duncan Cameron, 21:41, 1M55-59; Ron Cote', 20:05, 3M45-49; Kevin Cronin, 22:05, 3M50-54; Spyder Cruz, 18:20, 1M35-39; Cathy deHaan, 28:17, 1F60-64; Laureen Doloresco, 28:53; Steve Doloresco, 30:17; Debra Donald, 24:10, 2F40-44; Mary Dworkin, 24:38, 3F40-44; Lisa Feldt, 21:23, 1F30-34; Jon Feltham, 21:47, 2M50-54; Bill Galloway, 23:58; Karen Gately, 22:15, 1F45-49; Jack Gough, 26:25, 1M70-74; Don Herring, 29:16; Ginger Herring, 30:54, 3F55-59; Thomas Joslin, 23:03; Claire Keneally, 30:00; Alex Lechner, 21:55, 1F13-14; Judy Maguire, 19:25, 2FOverall; Chuck McCann, 21:35, 1M50-54; Amy McClenathan, 20:10, 3FOverall; Dan McClenathan, 22:42; Erin McClenathan, 25:34, 2F11-12; Shannon McClenathan, 25:05, 1F10-Under; Brian McClymont, 18:05, 1M15-19; Marcia McClymont, 25:06; Vikki Moore, 27:11; Tom Murtaugh, 26:02; Jack Parr, 55:35, 1M75+; Walt Sieg, 21:06, 3M40-44; Steve Strange, 23:05; Silky Sullivan, 24:22, 2M55-59; Terri Sullivan, 33:21, 2F60-64; Bonnie Theall, 26:06, 2F55-59; Matt Timm, 18:08, 2M15-19; Kit Van Allan, 20:38, 1F35-39; Cheryl White, 36:36; Terry Wyman, 20:03, 3M35-39.

**7/19/02 - Hot-As-A-Grille Run (5 K)**  
**Pass-a-Grille, St. Pete Beach**

Allen Ahern, 24:39; Jim Cipriano, 21:55; Michael Clarke, 22:21, 2M30-34; Laureen Doloresco, 28:49; Steve Doloresco, 30:39; Debra Donald, 23:25, 2F40-44; Debby Farias, 22:01, 2F35-39; John Geigle, 22:41, 3M50-54; Millie Hamilton, 27:43, 2F55-59; Susan Madix, 22:25, 1F30-34; Chuck McCann, 20:40, 2M50-54; Pamela McCann, 25:09; Silky Sullivan, 24:27, 3M55-59; Terri Sullivan, 32:27, 1F60-64; Bonnie Theall, 25:40, 1F55-59; Kit Van Allan, 19:44, 1F35-39; Z. Zajac, 23:19.

**7/20/02 - Save Your Skin 5K Run (#1)**  
**Highland Complex, Largo**

Doug Brown, 39:30; David Colpitts, 19:58, 3M50-59; Joe Costas, 18:31, 1M50-59; Ron Cote', 18:28, 2M40-49; Kevin Cronin, 20:18; Patricia DeBolt, 31:59, 1F60-69; Debra Donald, 22:22, 3F40-49; Ward Edwards, 21:26; Debby Farias, 21:42, 3F30-39; Elizabeth Florko, 27:03; Karen Gately, 19:53, FOverall; John Geigle, 21:54; Kevin Gilbert, 25:30; Peggy Goodale, 36:40; Lisa Kothe, 20:32, 1F40-49; Chuck McCann, 19:27, 2M50-59; Mindy Solomon, 21:32,

2F30-39; Silky Sullivan, 24:06; Frank Van Aken, 24:25, 1M70+.

**7/20/02 - Venetian River Run 5K**  
**St. Joseph, MI.**

Sandy Michener, 34:15, 1F60; Dick Michener, 44:03

**7/26/02 - 2002 Sunsets at Pier 60 (#4) (5 K)**  
**Pier 60, Clearwater**

Allen Ahern, 27:26; Karen Alexeev, 22:50, 3F45-49; Sharon Andrews, 39:37; Christa Benton, 18:11, 1FOverall; Jim Brown, 31:31, 2M70-74; Charles Butterworth, 34:45; Jim Callan, 25:03, 1M60-64; Duncan Cameron, 21:34, 1M55-59; Hunter Christian, 26:20, 3M30-34; Kevin Cronin, 21:20, 3M50-54; Spyder Cruz, 17:59, 1M35-39; Steve Deeb, 26:12; Cathy deHaan, 29:20, 1F60-64; Jeff Delie, 17:16, 3MOverall; Laureen Doloresco, 28:59; Steve Doloresco, 29:56; Debra Donald, 23:48, 1F40-44; Lori Downing, 29:04, 3F30-34; Mary Dworkin, 24:06, 2F40-44; Jon Feltham, 22:02; Jack Gough, 25:41, 1M70-74; Tim Griffiths, 27:41; Neil Harvey, 31:42, 3M65-69; Don Herring, 28:09, 3M60-64; Ginger Herring, 29:35, 3F55-59; Harry Kelley, 26:25, 3M55-59; Claire Keneally, 30:09; Jim Keppeler, 19:37, 1M50-54; Judy Maguire, 18:52, 2FOverall; Chuck McCann, 20:41, 2M50-54; Brian McClymont, 18:37, 3M15-19; Jim McIntyre, 24:05; Vikki Moore, 27:52; Jerry Napp, 20:01, 3M45-49; Jack O'Brien, 43:05, 3M70-74; Jack Parr, 45:25, 1M75+; Maria Seger, 27:19; Walt Sieg, 21:04; Nicole Sondermann, 27:11; Terri Sullivan, 32:59, 2F60-64; Bonnie Theall, 25:27, 2F55-59; Matt Timm, 17:50, 1M15-19; Kit Van Allan, 19:49, 3FOverall; Michael Weiss, 18:24, 2M35-39; Cheryl White, 35:01; Sabine Yeager, 29:50; Victor Yeager, 18:14, 1M40-44; Bob Young, 30:04.

**7/27/02 - Strangeman's 10th Annual Beach 5K**  
**Palm Pavilion, Clearwater Beach**

Sharon Andrews, 49:00, 1F55-59; Lisa Farrell, 34:59; John Geigle, 26:24, 3M50-54; Kim Griner, 34:12, 3F45-49; Claire Keneally, 31:07, 2F45-49; Angela Kennedy, 33:06, 2F20-24; Chuck McCann, 22:06, 1M50-54; Pamela McCann, 25:24, 1F35-39.

**7/27/02 - Strangeman's 10th Annual Beach Biathlon**  
**Palm Pavilion, Clearwater Beach**

Dianalynn Aguilu, 1:00:09; Karen Alexeev, 50:15, 3F45-49; Lisa Brois, 49:29, 2F45-49; Barrie Coates, 47:47; Mary Dworkin, 58:02; Ilene Fortin, 58:43, 3F30-34; Jim McIntyre, 54:56; Sue Minkoff, 1:08:07; Diane Sweetapple, 55:32; Bonnie Theall, 54:02, 1F55-59.

**Ohio Senior Olympics**  
**Columbus, OH**

800M-4:10, 1500M-8:46, 5K-29:25, 10K-1:00:46. Ned Bennett  
4 Gold medals 80-84 Male

## **EASY AS RIDING A BICYCLE** **by Bonnie Stein**

Camille, a new racewalker from South Carolina, came to the Tampa Bay area for her first real racewalking lesson. Until then, Camille had been teaching herself how to racewalk by videos, watching racewalkers in running races, and reading my articles in magazines like *Running Journal*. "Goodness," I thought, "did she get that technique from reading my articles? I'd better try harder."

When Camille informed me she was also a cyclist, I decided to explain some of the techniques in a way that a cyclist would relate to. Since then a number of other racewalking students, who are also cyclists, have found it easier to understand.

### *Lose the Tricycle*

Think about the difference between a two-wheeler and a tricycle. Which one has more balance and stability? Of course the tricycle. It has more stability because it has a wide base of support (the same as we do when we spread apart our feet in a wider stance). Yet, which of the two bikes can go faster (given the same rider)? If you guessed the two-wheeler, you're right of course.

To become a more proficient, faster walker - stop being a tricycle, and become a two-wheeler, maybe even a racing bike. You do that by eliminating your normal, shoulder-width stance (the way most people walk) and make your stance much more narrow by placing one foot halfway into the path of the other.

I teach the racewalkers to pretend they're racewalking on a balance beam. Remember, a balance beam is NOT a tightrope. Make your balance beam about 4-6 inches wide. Plant one heel, then the other, on the balance beam. That eliminates your wider base of support (tricycle) and turns you into a more streamline, aerodynamic racing bike. True, you will have less balance, but racewalkers have one foot on the ground at all times, so you're not going to fall - provided you don't trip over something in the road. Keep your eyes looking ahead about 12-20 feet.

### *Pump up Your Tires*

Now that you have your two-wheeler, imagine that your bicycle has two flat tires. How fast could you go, no matter how streamline it is? Racewalking with flat-footed steps is as inefficient as riding a bike with flat tires. When you step flat-footed, your foot becomes a brake, sending all your energy right into the ground with every step you take. It's a slow way to walk.

Pump up your tires by rocking your feet from heel to toe. Don't simply plant the heel first and then let the foot slap down. Plant your heel, with your forefoot high, and feel every part of your foot (heel, mid-sole, ball of the foot, and toes) making contact with the ground. Your rocking feet are now ready to get on your balance beam (see above).

If you're not used to rocking your feet, your shins will probably tell you that you're doing something new. If you keep your old WFYRC newsletters, dig out the Nov. 1999 issue of *Making Tracks* with my article called *Shins That Win* regarding how to strengthen your shins, or contact me and I'll e-mail it to you (Bonnie@AceWalker.com).

Now that you've got your tires pumped up on your streamline, racing bike, you're ready to peddle off into the sunset. Just remember to keep one foot on the ground at all times and your knee straight upon contact.

## **RACEWALK TIDBITS**

**BY: BONNIE STEIN**

### **NUTRITION NEWS: Eat Tomatoes, Not Supplements**

Tomatoes continue to be touted as a health food. In the latest installment, a large study of over 47,000 male health professionals reports that frequent tomato intake was associated with a 16 percent lower risk of developing prostate cancer. The report appeared in the March 6, 2002 edition of the *Journal of the National Cancer Institute*.

This report received much media attention, but it simply updated the findings from this study. A 1995 report from this group presented six years of follow-up. This report provides an additional six years of follow-up and confirms the previous results. The protective effect of tomato intake is holding up over a longer period of time and with greater numbers of prostate cancer cases. The latest total is almost 2,500 cases. The effect is thought due to the red pigment, lycopene, which is a powerful antioxidant. What happens so often when a positive effect occurs - the next thing you'll see is an abundance of new supplements on the market touting the virtues of lycopene. But remember that you need to eat the tomatoes or tomato products. This study does not suggest that taking lycopene supplements will have the same effect.

### **NUTRITION NEWS: High-Fat or High-Carbohydrate for Weight Control?**

Despite the current popularity of high protein/high fat diets, virtually no published scientific evidence supports their

*(Continued on page 7)*

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effectiveness. A study of obese British women was done to compare the effects of eating a high-fat or high-carbohydrate lunch or mid-afternoon snack on their total energy intake and satiety, or feeling of fullness. The study appeared in the October 2000 edition of the *British Journal of Nutrition*.

The women were allowed to consume all they wanted at each session. When offered high-fat foods at lunch, the women ate significantly more calories and fat. The snack composition had little effect on either total energy or fat intake, presumably because it was smaller than the test meals.

Although satiety was no different after low or high fat meals or snacks, the provision of high fat foods led to higher energy intake. You cannot contravene the laws of thermodynamics, even if you sell millions of diet books. More calories in - leads to more weight on the hips, thighs, or tummy if you don't burn them up through exercise.

However, there will always be those nay-sayers and don't want to believe that eating smaller portions and exercising more is the answer to losing excess weight. Furthermore, there will be plenty of people who are willing to buy those diet books that promise miracle cures. As Mr. Atkins and Mr. Sears get rich on their high protein books, we would all do well to pay less attention to protein and more attention to portion size. And as always, an extra walk or run tonight wouldn't hurt.

~~~~~

### CONGRATULATIONS

Congratulations to Kate Lester and Keith Besley who had their photo in the St Pete Times (racewalking, of course) on Monday, July 15th (Sports section).

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### NEW BEGINNING RACEWALKING CLASS IN ST PETE

If you have any friends in St Pete who could benefit from learning racewalking, please let them know that there will be a new Beginning Racewalking class starting Tues., Sept. 10 from 5:30-7:00 PM. The class will meet downtown by the waterfront and North Shore Pool area.

For a registration form, please contact [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com) or 727-394-WALK.

~~~~~

### ATTACKING THE SPORT OF RACEWALKING

**By: Bonnie O'Connell**

Recently, I attacked racewalking the way I do everything . . . with a vengeance. This would become my newest and best journey to weight loss, firming and fitness forever, I thought as I propelled my body along the park path trying to stay in the narrow hallway, with my arms swinging forward but not to far forward and back beyond my waist as per Bonnie Stein's calm instructions.

Sweat poured down my face, a gentle breeze cooled the summer day. I was delighted with racewalking.

The euphoria lasted almost to the end of the first lesson. By the time Bonnie was chatting gaily about the cool down process, I was wondering how I would ever cool down the sharp, recurring pain in the balls of my feet that was swiftly overtaking any thoughts of fitness.

Finally, I confessed my tortured condition to Bonnie. Now I figured I not only won't be able racewalk thanks to all the trauma I created in my feet from running and wearing high heels years ago. I'd be lucky if I could make it to the car.

*"Normally I don't bring this up in the first lesson," Bonnie said. "I usually wait till lesson #2 to make sure you're really going to like racewalking before you invest in new shoes. But, you really need different shoes."*

Mine were brand new walking shoes. I thought I was wearing the best there was for the activity.

I'm always open to new, more comfortable shoes, however. In fact I spend most vacations in and out of shoe stores searching for the perfect "comfort" shoe.

I happily agreed to drive 25 miles to a store Bonnie recommended where she said the manager there was great at fitting racewalkers in the Tampa Bay area. I never expected the results I got.

These days I racewalk in shoes that are so lightweight they are measured in ounces. They cost far less than I have paid for walking shoes I've bought at department stores over the years. I wear socks that cost \$10 a pair that I thought were a hoax and have discovered for myself that my feet don't stay wet from perspiration. Even more, because the fitness expert recognized that my arches are falling, I am wearing arch support in the shoes that are two sizes bigger than I normally wear. The result?

***I can walk without any pain.*** I am racewalking almost everyday.

I love racewalking. I love being outdoors. Most of all I love it that my feet not only do not hurt, I can see that as I learn to do the "racewalk" walk in the "proper" shoes I should be able to exercise my body this way well into my senior years.

~~~~~

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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?

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Fax: 727-398-1855

E-mail: [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com)

## Sunsets at Pier 60 Beach Series Standings After 4 Races

<u>Age Group</u>	<u>Points</u>	<u>Runner's Name</u>		<u>Age Group</u>	<u>Points</u>	<u>Runner's Name</u>
Male			52	Spyder Cruz		
			50	Jon Docs		
			26	Jay Martin		
			22	Tim Popp		
M - 10-Under	28	Sam Moore	20	Keith Batten		
	14	J. T. Hornyak	18	Terry Wyman		
M - 11-12	28	Paul Roman Jr	12	Michael Weiss		
	14	Tyler Frenchko	8	C.Ledezma		
	14	Pat McClenathan	6	Tom Hoffman		
	12	Garrett Dudley	6	Mark Roman		
	12	Eric Lampe	42	Victor Yeager		
	12	Matthew Spicer	32	Steve Ballew		
	10	Spencer Johnson	18	Walt Sieg		
	10	Tyler Pillion	14	Shawn Dietrich		
	10	Tim Spicer	14	Adolfo Foriero		
	8	Brandon Spicer	12	Wes Hubbell		
	6	Michael Costanzo	12	David Noyes		
M - 13-14	32	Ryan Murphy	12	Brian Van Es		
	32	Jeff Williams	10	Joel Blakeman		
	28	Philip Brookins	8	Thomas Joslin		
	14	Declan Aspel	8	Steve Rainwater		
	12	Bradley Feltz	6	Harry Maynard		
	12	Patrick Miller	40	Ron Murawsky		
	8	Ben Seger	40	Jack Silva		
M - 15-19	54	Brian McClymont	38	Jim Babcock		
	40	Matt Timm	24	Ron Cote'		
	38	Daniel Patterson	22	Jerry Napp		
	20	Dan Doromal	20	Jim Spencer		
	18	Kevin Lyons	16	Jeff Delie		
	16	Vassil Raytchev	12	Tom Aspel		
	12	Vincent Knapp	10	Bill Knapp		
	12	Jeremy Meyer	6	Wally Woodbury		
	12	Dan Scantlebury	44	Chuck McCann		
	8	Justin Dodson	42	Jim Keppeler		
	6	Joey Costanzo	38	Kevin Cronin		
	6	Greg Harris	36	Jon Feltham		
	6	Kurt Lee	12	David Jacobs		
M - 20-24	44	Brad Millett	8	Howard Glazer		
	14	Carey Bonham	8	Douglas Simpson		
	14	Darrell Lewis	6	Dan McClenathan		
	12	Jacob Dearolph	6	Zeke Taylor		
	12	C. Littlefield	56	Duncan Cameron		
	12	Rocky Maiorano	26	Tim Griffiths		
	10	Boyd Farmer	24	Silky Sullivan		
	8	David Boy	22	Paul De Silvio		
M - 25-29	54	Joe Caimano	20	Tom Murtaugh		
	32	Gary Kifer	12	Larry Noel		
	28	Steffen Jacobsen	10	David Basque		
	22	Ray Hall	10	Harry Kelley		
	14	Bob Wagoner	6	Bob Young		
	14	Rick Warner	42	Don Herring		
	10	Matt Rovenstine	34	John Verel		
	6	Chris Biernacki	28	Jim Callan		
	6	Jose Lasso	14	A. P. Gibbs		
M - 30-34	56	Russ Orr	12	Ilhan Bilgutay		
	40	Steve Wilcox	8	Chas Butterworth		
	20	David Shiner	6	Tom Meagher		
	20	Bob Villacres	52	Jim Standridge		
	18	Ryan Salem	14	Ed Elam		
	16	Hunter Christian	14	Jim Larson		
	12	Jim Burgasser	10	Neil Harvey		
	12	James Duncan	10	Harold Smith		
	10	Wesley Nichols	50	Jim Brown		
	10	G. Shaimerdenov	42	Jack Gough		
	8	Eric Deland	10	Jack O'Brien		
	6	Eron Kopf	56	Jack Parr		
	6	George Springer				
	6	Chuck Whitfield				
M - 35-39	70	Keith Sawayda				
				Female		
			F - 10-Under	28	S. McClenathan	
				14	Kathryn Kass	
				12	Kristin Jones	
				10	Dakota Dudley	
			F - 11-12	40	Erin McClenathan	
				14	Cameron Smith	
				14	Ali Stowell	
				12	Rachel Borrelli	
			F - 13-14	42	Alex Lechner	
				12	Fatimah Ebadi	
				12	K. McClenathan	
				12	Lizzie McLain	
				10	Kate Cillian	
			F - 15-19	80	Christa Benton	
				40	Danielle Coyle	
				24	Amanda Baker	
				14	Tara Calderbank	
				12	Sarah Aspel	
				12	Kerri Costanzo	
				12	Katie Galloway	
				10	Kerrie Savery	
				8	Amber McClain	
				8	Megan McGonegal	
				6	Tara Koza	
			F - 20-24	56	Karin Miller	
				34	Katrina King	
				28	Megan Sosnowski	
				12	Amy Bonham	
				12	P. Bowling	
				10	Tyler Webber	
				6	Lucy Lasso	
			F - 25-29	32	Jennifer Hunt	
				28	Jeanne Lesniak	
				28	C. Pulaski	
				14	Rachel Bonine	
				14	Lisa Graves	
				12	Cindy Horrocks	
				12	Molly Nye	
				10	Brenda Johnson	
				10	S. Stockwell	
				10	Marjorie Wilcox	
				8	Angela Bridges	
				8	Suzanne O'Neal	
				8	Maria Seger	
				6	Denise Johnson	
			F - 30-34	42	Lisa Feldt	
				36	M. Athanasulis	
				20	Lisa Knoedler	
				12	Teresa Clarke	
				12	Kim Miles	
				12	Sheila Scott	
				10	Brooke Anderson	
				10	Lori Downing	
				10	E. Richards	
				8	Yayoi Hamazaki	
				8	April Hohman	
				8	M. Wilson-Storey	
				6	Laura Crabb	
			F - 35-39	58	Kit Van Allan	
				38	Amanda Mixson	
				36	Tracy Storie	
				20	Jennifer Krause	
				12	Beth Lusnia	
				12	Donna Nessler	
				10	Shannon Helfrich	



- 10 Patty Vinson
- 8 Julie Ketterer
- 6 Kim Thomas
- 6 Sabine Yeager
- F - 40-44 72 Judy Maguire
- 54 Debra Donald
- 48 Amy McClenathan
- 32 Marcia McClymont
- 32 Sally Smith
- 22 Mary Dworkin
- 16 Vikki Moore
- 14 C. Simpson
- 12 Emily Lynch
- 10 Kim Langevin
- 8 Donna Hughes
- F - 45-49 46 Karen Alexeev
- 42 Maggie Miller
- 32 Fiona Courtney
- 24 Cynthia Coker
- 16 L. Doloresco
- 14 Karen Gately
- 14 Claire Keneally
- 6 Jan Jenkins
- 6 Karen Mathews
- F - 50-54 56 Mary Pulaski
- 12 Linda Atkins
- 12 Judy Laing
- 10 Pat Hoffman
- F - 55-59 52 Bonnie Theall
- 44 Ginger Herring
- 34 Sharon Andrews
- 28 Jette De Silvio
- 14 Dusti Woodbury
- F - 60-64 56 Cathy deHaan
- 48 Terri Sullivan
- 30 Rene Verel

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<b><u>RACEREADY SHIRTS &amp; SHORTS*</u></b>	
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<b><u>COOLMAX LONG SLEEVE</u></b>	<b>\$ 20</b>
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<b><u>SWEATSHIRTS</u></b>	<b>\$ 15</b>
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<b><u>LD EASY w/Mesh Pockets (longer)</u></b>	<b>\$ 21</b>
<b><u>V-NOTCH w/Pocket</u></b>	<b>\$ 18</b>
<b><u>LD SPLIT w/Mesh Pockets</u></b>	<b>\$ 21</b>
<b><u>SPLIT w/Pocket</u></b>	<b>\$ 18</b>
<b><u>POLO SHIRT WOMEN &amp; MEN</u></b>	<b>\$ 35</b>
<b><u>ASICS JOG BRAS</u></b>	<b>\$ 20</b>
<b><u>WFYRC WHITE RUNNING HAT</u></b>	<b>\$ 12</b>
<b><u>RUNNING HAT ROYAL BLUE &amp; WHITE</u></b>	<b>\$ 10</b>
<b><u>DEFEET SOCKS w/WFYRC LOGO</u></b>	<b>\$ 6</b>
<b><u>CLIF &amp; LUNA BAR'S</u></b>	<b>\$ 1</b>
<b><u>CLIF SHOTS (24)</u></b>	<b>\$ 18</b>
<b><u>GLOVES BLACK OR WHITE</u></b>	<b>\$ 6</b>
<b>* MEN &amp; WOMEN SIZES</b>	

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**West Florida Y Runners Club E-Mail List**

We periodically send out private e-mail notices to our members announcing upcoming events (races, training runs, socials etc.). If you have not received these and wish to.....

E-mail Marc Skinner, [Marcwine@comcast.net](mailto:Marcwine@comcast.net) to be included. This list is private and will not be shared!



## UPCOMING MARATHON AND ULTRA'S

### Maui Marathon

9/ 22/02

Michael Weiss

### St. George Marathon

10/5/02

Fran Gaberino

### Lake Tahoe Marathon

10/13/02.

Donna McKenna

### LaSalle Bank Marathon, Chicago

10/13/02

Jeff Delie, Mary Delie, Sandy Rogers, Brian Scott, Barb Coté, Ron Coté

### Twin Cities Marthon

10/29/02

Denise Skinner, Joe Burgasser

### New York City Marathon

11/3/02

Dan McClenathan, Amy McClenathan, Walt Sieg



Marathon and Race feedback is encouraged. Stories, snippets and photo's are all welcome! Send by snail mail to Club Address listed on back of Making Tracks or e-mail to Marc Skinner at Marcwine@comcast.net.

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### TRACK WORKOUTS

By Coach Mel

Tuesday at Clearwater High School and Thursday at  
Osceola Middle School

August 6th: 1 x 1200 meters, 1 x 800 meters, 1 x 1200 meters  
August 13th: 2 x 600 meters, 2 x 800 meters, 2 x 1000 meters  
August 20th: 5 x 600 meters  
August 27th: Ladder (400m, 600m, 800m, 1000m)  
Sept 3rd: 1 x 800m, 1 x 400m (3 sets)  
Sept 10th: 4 x 1200m  
Sept 17th: 12 x 400m  
Sept 24th: 6 x 800m

### WANTED: TURKEY TROT REGISTRATION VOLUNTEERS

Volunteers are needed to help pick up and count registrations for the Turkey Trot Thanksgiving Day races. Volunteers will pick up registrations starting November 1<sup>st</sup> through November 23<sup>rd</sup>. Volunteers will close the registration sites on the 23<sup>rd</sup>. Sites are located in Tampa, Clearwater, Palm Harbor, Seminole and St. Pete. Registration Volunteers are also needed for the Wednesday night pre-race party and on race morning. If you are interested in being part of the team who calculates the final total on race morning, please contact Registration Chairperson, Becky Boyle at 727-736-3562.

# UPCOMING RACES

DATE	DAY	EVENT	CONTACT	LOCATION
8/9/02 7:30 PM	Friday	Sunset At Pier 60 5K Beach Series #5	Dan Boyle 727-736-3562	Pier 60 Pavilion Clearwater Beach FL
8/16/02 12:00 AM	Friday	USF Federal Credit Union Twilight Run 5K	USF 813-974-4095	USF Track Tampa FL
8/25/02 8:30 AM	Sunday	Summer Sizzler 5K	RPM Promotions 813-874-7223	Phillippe Park FL Safety Harbor FL
9/2/02 7:30 AM	Monday	Davenport Labor Day Run 5K	863-422-3715	Davenport FL
9/2/02 8:00 AM	Monday	Brandon Labor Day Run	813-685-8635 813-874-7223	Brandon FL
9/11/02 6:30 PM	Wednesday	5K Run for Freedom	Jim Julian 941-342-7803	Siesta Key Public Beach Sarasota, FL
9/15/02 8:30 AM	Sunday	Run For the Gold 5K	RPM Promotions 813-874-7223	Al Lopez Park Tampa FL
9/21/02 8:00 AM	Saturday	Race for the Cure 5K	727-734-7834	Straub Park St Pete FL
9/21/02 7:00 AM	Saturday	Croom Trail 50K and 4 person relay	John Holmes 727-546-9399	Brooksville FL
9/28/02 12:00 AM	Saturday	Helmets and Hardhats 5K and 10K	RPM Promotions 813-874-7223	The Aquarium Tampa FL
10/5/02 7:30 AM	Saturday	Wharton Wildcats Run 5K and 1 Mile	813-971-4439	Wharton H.S. N. Tampa FL
10/12/02 8:00 AM	Saturday	Tampa Police Memorial Run	Larry Timmer 813-235-1582	Lykes Gas Light Park Tampa FL
10/19/02 8:00 AM	Saturday	Race for the Coast 10 Mile and 5K	813-874-7223	Fort DeSoto FL
10/19/02 8:00 AM	Saturday	RattleSnake Run 5 Mile, 1 Mile and 1 Mile Team Run	Geri Hall 852-666-3398	San Antonio FL
10/20/02 8:00 AM	Sunday	Columbia Restaurant Streetcar 5K	RPM Promotions 813-874-7223	Tampa FL
10/26/02 8:00 AM	Saturday	Ryka Women's 5K	Gail Hardy 813-874-2729	Mosi Science Center Tampa FL
10/27/02 7:30 AM	Sunday	Bill's Beer Run 5 Mile & 1 Mile	Lisa Goodrich 941-312-9422	North Jetty Casey Key FL
<b>USF Game &amp; Tailgate Party</b>				



Plan on joining and making friends with the WFYRC members for a fun-filled evening of exciting football action as the University of South Florida Bulls take on the Southern Mississippi University Golden Eagles on Saturday evening Oct. 12, 2002 at Raymond James Stadium in Tampa. Raymond James Stadium has become a place no college team wants to visit. The last 13 who did left with a loss. The word is out. The atmosphere is electric. The crowds are increasing, and the WFYRC will stampede into the stadium once again to be a part of the action. Naturally, we'll meet pre-game for a tailgate party around 4:30 p.m. at the Hillsborough Community

College Parking Lot across Dale Mabry from Raymond James Stadium. Kickoff for the game is slated for 7:00 p.m. The price for a single admission is \$20.00. The deadline for purchasing your tickets through the WFYRC will be Sept. 25, 2002. Mail your check made payable to Dan Boyle to:

Dan Boyle  
1100 Bluffs Circle  
Dunedin, Florida 34698

Name	# of Tickets	Ticket Price	Total
		\$20.00	

## Don't Ignore These Symptoms Runners World Online

Running does not make you immune to pain, injury or illness. Here are nine symptoms you absolutely shouldn't ignore. Running, despite its many wonderful benefits, does not make you immune to pain, injury or illness. Runners can get hurt, and runners can get sick. Sometimes seriously.

So you need to be just as careful as sedentary folks when you feel certain symptoms before, during or after your runs. Chest pain, nausea, dizziness--any one of these could be a sign of something grave.

We consulted several medical experts who helped us identify the following nine symptoms you absolutely shouldn't ignore. These are the problems you must have your doctor check:

### Pressure in the chest

Feeling chest pressure, often described as a fullness or tightness, could be a sign of coronary heart disease--or even a heart attack in progress. The discomfort often radiates to the arms, neck and jaw, and it doesn't have to last a long time to signify something serious. "Some people suffer from very temporary discomfort, which quickly disappears when they stop running," says George Vetrovec, M.D., professor of medicine and chairman of the cardiology division at the Virginia Commonwealth University Medical College in Richmond, Va. "But this sporadic pain is just as significant as persistent pain."

Advice: Don't run another step until you get checked out by your family doctor or, better yet, by a cardiologist.

### Lightheadedness and irregular heartbeat

These symptoms may indicate a rhythm disturbance or a congenital heart defect called hypertrophic myopathy. The lightheadedness or irregular heartbeat can occur during or up to 2 hours after exercise. "People who are poorly trained or overweight are at a much greater risk of a cardiac event," says Dr. Vetrovec. "But even well-trained runners have to be aware of these symptoms."

Advice: As with chest pain, an irregular heartbeat needs to be checked out thoroughly. Put your running program on hold until you see a cardiologist.

### Unusual fatigue

If you become easily winded or suffer undue exhaustion during a normal training run--and especially if this happens for several days in a row--don't just assume there's something wrong with your training. That could be it, but it might be something else. "Runners often think the answer to diminished performance is to push harder, to push through it," says Dr. Vetrovec. "But this can put you at greater risk if there's something serious going on." Ongoing fatigue may signify heart problems, exercise-induced asthma, Lyme disease, diabetes, chronic fatigue syndrome or any number of other maladies.

Advice: If your normal training suddenly becomes much tougher, cut your mileage by 50 percent for a week, and don't do any hard workouts during that time. You simply may be overtraining. If you still feel fatigue at the end of a week or two, make an appointment to see your family doctor.

### Localized bone pain

While shin splints result in pain over a broad surface area, pinpointed pain may mean a stress fracture, according to Andrew Cosgarea, M.D., assistant professor of orthopedic surgery at Johns Hopkins University in Baltimore, Md. "Muscles get sore, but the soreness is normally spread out somewhat," he says. "With a stress fracture, you can put your thumb on the spot and identify where it hurts." Ignore this, and the stress fracture can become a complete break, meaning more time healing and no time training.

Advice: If your shin pain is localized and not achy and diffuse, see a podiatrist or orthopedist for a bone scan.

### Lumps and bumps on the lower leg

Runners suffer from two common types of lumpy masses: small nodules on the Achilles tendon and lumps on the side of the knee. A nodule on the tendon implies tendonosis, which is a degeneration of the tendon that causes scar tissue to form," Dr. Cosgarea says. Treatment usually involves physical therapy and rest; surgery is rarely necessary. Lumps or cysts on the side of the knee normally form in association with meniscus tears. In these cases, treatment consists of repairing the meniscus and letting the cyst dissolve on its own.

(Loonies Continued from page 1)

The Calgary Stampede Marathon is run, along with a concurrent 10K, on the first Sunday of every July. It is a small marathon with the amenities of a large marathon. This year, there were 743 entrants and 652 finishers. The course is flat and fast, mostly run on a marvelous series of urban trails which parallel the Bow and the Elbow rivers, the confluence of which defines Calgary proper. It is a computer-chip race, and all competitors, if they wish, have the option of beginning early at 6 a.m., instead of the regular 7 a.m. start, either because they are slow, or else to take advantage of an extra hour of coolness. Road sections are asphalt and mainly on side streets. The course is out and back, and the final 12K are entirely on urban trails, heavily shaded, to provide maximum comfort during the final portion of the marathon.

There are three things to note before beginning this marathon. First, the sun officially sets about 11 p.m. and officially rises about 4 a.m., but the sky is never completely dark. Whether you start at 6 a.m. or 7 a.m., therefore, you are greeted by bright sun in an enormous sky. Second, the humidity is very low, which helps runners but can dry out eyes and skin. I needed to buy some eye drops and to use more lotion. Third, the climate is typical high plains western, and so the weather can vary wildly. In 1999, three inches of snow fell during the marathon, as the temperature on the first Sunday in July hovered near the freezing mark. In 2001, the temperature rose above 80F. This year, the temperature at 6 a.m. was about 55F but climbed to 75F by noon.

Sandy had trained to run 4:46 or better to win her age group, and for ten miles she was on pace. Then, she unexpectedly began to experience pain on the inside of her right knee, specifically her IT Band, and so she was hobbled the rest of the way, staggering across the finish line in 6:21. She and Alan started together at 7 a.m., and he stayed with her, wrecking his legs in the process by having to cover the ground at less than half his usual pace: "Greater love hath no runner..." By the way, the winning time in her age group was 4:57. However, she was nonetheless grateful to finish and get her medal. Although the race officially ends at 12:30 p.m., the clock is kept running, aid stations are kept open, and a DJ and spectators remain to cheer, until the last person crosses the finish line.

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Email: [pete@ultrasportsmassage.com](mailto:pete@ultrasportsmassage.com)

Gift Certificates available

For one hour and twenty-eight minutes, I had the best experience of any distance race which I have ever run. I started at 6 a.m. and buddied-up with some other runners also aiming to run sub-5:30. The race begins at Fort Calgary and, after some scenic twists, it proceeds through the Calgary Zoo before exiting into the first of several large parks along the course. I felt great in every respect. My limbs were loose, my breathing was easy, and my pace was right on target. Only two minor glitches marred the early sections of the marathon. The first sign was misplaced, as it showed me covering 2K in 9:20: in my dreams! The second was that a gate in the zoo was not open as promised. I was the only runner in my group who had stuffed the course map in a pocket. Several minutes were hilariously lost, as a bunch of aging runners tried to decipher the map without their reading glasses.

Finally, we figured out how to proceed. Through 12K, everything was working perfectly for me. Even my stomach was calm, as I ingested my gels and took both water and Gatorade at the stations. Just past the 12K mark, I told the group that I thought all of us were going to meet our goals. Then, without warning, my right calf was suddenly hit with a cramp worse than I could have imagined, far worse than the one which knocked me down at the end of HOPS Marathon 2000. This cramp took my legs out from under me and slammed my shins

(Continued on page 14)

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*(Symptoms Continued from page 12)*

Advice: See an orthopedist if you feel these lumps. Don't put off an appointment; doing so could lead to a long injury layoff.

Disorientation, nausea or cessation of sweating during warm-weather running

Heat illness is much easier to prevent than to treat, so good hydration before, during and after warm-weather exercise is essential, says James Chenoweth, M.D., a sports medicine specialist in Ann Arbor, Mich. This means: (1) drinking plenty of fluids throughout the day; (2) drinking 16 ounces of sports drink or water an hour before your run; and (3) taking in 5 to 12 ounces of fluid every 15 to 20 minutes of running.

Remember, says Dr. Chenoweth, being in good shape doesn't make you immune to heat-related illness. The intensity of exercise is the most significant factor, he says. Which is why heat illness most often occurs during races, when you're more apt to push yourself. He's quick to add, however, that the risk of death is also three times greater for those who are overweight than for normal-weight adults.

Advice: Stop exercising, find some shade (preferably an air-conditioned building or car) and drink plenty of fluids. If the symptoms persist for more than a few minutes, get to an emergency room for intravenous fluids and active cooling in an ice or cold-water bath.

*(Loonies Continued from page 13)*

down across a curb. I bounced up immediately and did everything I knew to alleviate it, telling the group to go on without me. Alas, nothing worked, my left calf started to cramp severely, and I hobbled 2K in 25 minutes to the next aid station, from which I was transported to the medical tent. While I was struggling, the top twenty runners, who started at 7 a.m., caught up with me, and several took time to encourage me as they passed. That's the genuine running spirit.

In that medical tent, I received superb care. Two different ladies massaged each of my calves, the left for half an hour, and the right for an hour. Then, I was iced for an hour. I also was checked out by a nurse and by a podiatrist. Looking at my legs, the nurse thought that I was developing varicose veins. She is a runner, and she suggested that I wear support hose while running, as she does. The podiatrist checked my legs, my feet, and my shoes. In his opinion, my problem was that I had only 20% of the normal range of motion in stretching my achilles, my soleus, and my calf, in either leg. He prescribed a much more aggressive series of daily stretches, which I have been following. I'm going to try support hose.

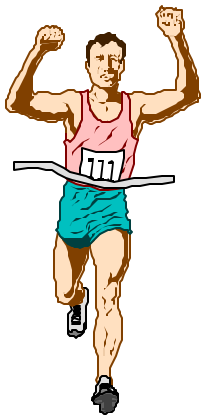
While I was in the medical tent, I was interviewed by a reporter for the Calgary Herald, curious as to why I was in such a good mood. I told him my story and explained how even a difficult run or race does marvelous and lasting things for me, spiritually and mentally as well as physically.

Sandy and I were shocked by our unexpected problems along the course, since they had not arisen during our training. However, we were also reminded of a quote by motivational speaker Charlie Jones, the author of *Life Is Tremendous*, whom we heard at a conference of our Internet business. For most people, Charlie advises, their periods of greatest growth come at a point, when they are unable to move another step forward but refuse to give up.

In those terms, Sandy and I grew a lot as a result of the 2002 Calgary Stampede Marathon. It was a blessing for us.

Charge!

Dick



# 24th Annual

## WORLD FAMOUS WARHOOP SPRINT

September 7, 2002

At Lake Seminole Park

Between Starkey & Seminole on Park Blvd



<b>PARK OPENS AT 7:00 AM</b>	
<b>1 Mile Fun Run</b>	<b>8:00 AM</b>
<b>5K Warhoop Sprint</b>	<b>8:30 AM</b>

**5K** - This is the oldest cross-country race in the bay area. The course involves paved roads and paths, woodland trails, grassy leas, a water hazard and a finishing charge up Spirit Mountain.

**Age Awards for 5K:** Under 8, 9-10, 13-14, 15-19, 5 year age groups from 20-69 and 70+

**1 Mile** - This run is for children. Registration is Free! Seminole maidens will be available to apply paint to any and all warriors and princess'.

<b>REGISTRATION: RACE DAY</b> at Shelter #8 from 7:15 am.
<b>MAIL IN REGISTRATION:</b> Send to- West Florida Y Runners Club 1929 Whitney Way Clearwater, FL, 33760 <b>(MUST INCLUDE A STAMPED SELF-ADDRESSED ENVELOPE)</b> Inquiry's to: Race Director Jim Sheridan PH: 727-535-9658

### WARHOOP SPRINT REGISTRATION FORM Make check payable to: West Florida Y Runners Club

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **SEX:** M F

**ADDRESS/CITY/ZIP:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**ONE MILE KIDS RUN: FREE!      WFYRC MEMBERS 5k: FREE**  
**NON-MEMBERS 5k: \$5.00    ENTRY FEE CAN BE APPLIED TO**  
**ANY NEW WFYRC MEMBERSHIP (normally \$15)**

I know that running and volunteering to work in 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 the 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 entry 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 this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature (Parent's Signature if under 18) \_\_\_\_\_

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## THOUGHTS OF A ROADS SCHOLAR

By Michael Selman

My name is Michael Selman, and I write a monthly column called "Thoughts of a Roads Scholar" for The Road Runner, the RRCA award winning publication of my running club, The Chattahoochee Road Runners Club. Some of you are familiar with my work, either because your club newsletter carries my column, or because you have come across my musings either in various running magazines, or on the Internet. Yet others of you receive my monthly essays directly in your e-mail.

For as long as I have been writing my column, my focus has been on exploring the various angles of what makes us runners tick, and I've made every attempt to present it to as large an audience as possible in a way that many runners can relate to. Some months, I take a humorous approach, and other months, I take a more somber and serious approach. Every month, my goal, at the very least, is to entertain, and most months, I also try to leave some kind of message. This month's message is plain and simple, and I sincerely hope your club newsletter runs it. Contribute to your running club newsletter.

I am a runner, and I am a writer, and I compete in both "sports." As a runner, I am just like you. On many weekends, I race, and I finish before some people, and after others. Some weekends, I get lucky, and go home with an age-group award, because I ran faster than most others in my age group that day. It could be because I ran a particularly good race that day, but more often, it's because others in my age group ran somewhere else, or just didn't show up. The results are always objective. If I run faster than others, I win. If I run slower than others, I don't.

It's probably safe to say that the heart and soul of most running clubs is their club newsletter. Not every member of the club attends every club meeting, and not every member of the club joins in at every social event, or runs in every club race. But every member of the club does receive the club newsletter. And every member of the club can contribute to that newsletter. Here is your chance to be heard.

There are many wonderful writers out there, and most likely, your club has its share of them. One of them might even be you, only you just haven't exercised your option to write quite yet. There is something about the union of mind and body that occurs during a run which can inspire profound thoughts. These thoughts can then be hammered into literary wonders. How many of you have had these very enriching reflections, but then allowed them to wither into nothingness before the thoughts ever made it to paper? Why not start writing down those thoughts before they slip away? Then, develop those thoughts, and mold them into a work of art. Finally, submit them to your newsletter editor. You could be the one that has your whole club drooling with anticipation of your club's next newsletter.

Some running clubs have very good club writers, who have created quite a following over the years, simply because they have the talent, and take the time to capture their observations in the pages of their club newsletters. There are some club writers who have their whole club eagerly awaiting each new issue of the newsletter, just to read the next month's column. Some clubs already have that going for them.

But every club has that potential, hidden somewhere in the midst of their endowed membership. Every club has a wealth of talent, not just on the roads, but also in the writing front. I'm sure that every month, there are people who read the columns of the club writers they most admire, and say to themselves "Boy, I could write like that, if only I had the chance." I know that's true, because I used to be one of them myself.

The truth is, you do have the chance, and it can start right now. Just start writing your thoughts on running, and start submitting articles to your newsletter editors. Chances are, if you look elsewhere in your newsletter, you'll find an editorial plea for submissions. All it takes is the desire to start and commitment to make it a priority. It sounds a lot like running, doesn't it? Running and writing are a perfect fit. One seems to inspire the other, and each can be enhanced by the other. It's all a part of that mind/body union.

Now, I could say that nothing would give me greater pleasure than inspiring you to start writing for your club, and winning next year's club writer award. That's not exactly true. What would give me great pleasure would be to win against 60 other submissions, rather than the 22 I competed against this year. But seriously, give club writing a try. Hopefully, this article will inspire you. Who knows? If you're good and you beat me, it will make me want to try harder, and in turn, you will inspire me. But you'll never know if you don't try.

Michael Selman  
South region club writer of the year-2001  
Chattahoochee Road Runners Club, Atlanta GA





### Rock Climbing

You don't have to have rocks in your head to have a good time! Members top left from left to right: Linda Schumacher, Dan Boyle, Vic Schumacher, Becky Boyle, John Holmes and Skip Rogers.

Any suggestions for this fall please let John Holmes or any of our Board know.

### Work a Race – Run a Race FREE!

Starting in 2001, WFYRC Members who volunteer to work a WFYRC Race will receive a certificate to enable them to run a future WFYRC Race FREE. To be eligible for the FREE Race Certificate, you must volunteer at a WFYRC Race. You must be available for the duration of the event, usually three hours. You may use your certificate or pass it on to a family member who would like to participate in a future event. Ultra events require an Ultra certificate! We hope that this incentive will encourage more members to volunteer their time and help us continue to direct quality events. Check the WFYRC Race Calendar. Pick the race you would like to work and the race you would like to run FREE. Call the Race Director to volunteer.

# IT'S Time TO GET Ready for the Big one!

BE A TURKEY TROT PARTICIPANT, EVEN IF YOU'VE  
**NEVER RUN BEFORE!**



TURKEY TROT TRAINING  
CLASSES - START SATURDAY  
SEPTEMBER 21 - 8 AM

John Chestnut Sr Park - Palm Harbor

Taylor Park - Largo

Time to start getting ready for the Big One! This year's Times Turkey Trot is shaping up to be the biggest and best yet! Help celebrate the Trot's 24th Anniversary by gearing up for it now. For the past 16 years, the West Florida Y Runners Club has hosted FREE Turkey Trot Training classes with over 1,600 people having participated!! Classes will take beginners and former runners through a safe and effective training program that culminates at the starting line of this year's Gobbler one miler, Wingding 5K (3.1 miles), and Trot 10K (6.2 miles). The Wingding classes are geared to teach the principles of running and fitness while building stamina through the walk - run method.

Runners wishing to increase their running distances from two miles to six miles will want to train with the Trot 10K group. Participants will increase their stamina by increasing the distance they run by a ½ mile each week. Walkers are encouraged to join in the Gobbler class to train for a comfortable one mile or 5K walk on Thanksgiving morning.

For more information CALL Evenings & Weekends before 8pm or contact:

Palm Harbor Instructor: Linda Schumacher (727) 939-8038 [two.shoes@verizon.net](mailto:two.shoes@verizon.net)

Largo Instructors: Mary Lou Johnson (727) 595-2586 [mllouie@tampabay.rr.com](mailto:mllouie@tampabay.rr.com)

Race walking Info: Bonnie Stein (727) 394 - WALK or e-mail her at [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com)

**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

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

May we include the above information in a Club Directory? Yes No I would be interested in:

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

- \_\_\_\_\_ 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 \_\_\_\_\_