



MAKING TRACKS

Volume 10 Issue 8

August 2003

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DOG DAYS By Marc Skinner

The dog days of summer are here! A bit wetter than I remember, but still hot. Training for a fall marathon in this weather helps steady the body and gives us character for our 26.2 mile race of choice.

We have wrapped up a very successful Beach Series and now look forward to September and hopefully some cooler running temperatures. We start the month with the 25th running of the Warhoop Sprint. On Saturday September 6th. This cross country race is held at Lake Seminole Park and features a free 1 mile kids race at 8 AM. This is a great family run! The 5K starts at 8:30 AM and costs \$5 for WFYRC members and \$10 for non-members. We will apply 1/2 of the entry fee (\$5) to a new WFYRC membership (\$15). 25th Anniversary T-Shirts will be given to all registered 5K participants.

Turkey Trot Training starts on Saturday September 20th at John Taylor Park in Largo and at John Chesnut Sr. Park in Palm Harbor. These training classes help non-runners build their stamina using the walk - run method of training enabling them to complete their 1st 5K. It is also useful to get back into running if you have been out of it for a while. Runners that can run 2 miles without stopping, start with the 10K training program and gradually build on the 2 miles to 6 miles. Racewalking instructor Bonnie Stein will be giving racewalking classes to non-runners who wish to start a safe and healthy exercise program.

The Croom Trail 50K and 4 person 50K relay is going to be held on Saturday September 20th at the Withlacoochee State Forest, NE of Brooksville FL (60min drive N of Tampa, 80min from Orlando). The 50K starts at 7 AM and the Relay starts at 8AM. The challenging course follows 4 repeat loops on the Croom Hiking Trail through central Florida's long leaf pines and scrub oak covered hills, past creek bottoms & cypress ponds. There will be a 5:00pm cut off.

Volunteers are needed for all these events! The WFYRC is a non-profit volunteer organization. Without people giving their time to help, we would not be able to put on quality events. Pick one of our races and give the race director a call or e-mail, they will appreciate it. The event/race flyers are listed in this issue and are posted on our website.

Speaking of getting involved in the Club! President Linda Schumacher is looking for people wanting to take a more active part in our Club. We have some vacancies on the Board of Directors. We are also looking for someone to take over the job of Editor of Making Tracks! I am completing my 11th year as Editor . I have lived in Sarasota since May of 2000, and I am not as in touch with the members or the Club as I used to be. The Club would benefit from an Editor who is closer to the races and its members. If you would like to take this on, please contact President Linda Schumacher or myself. I will of course help with the transition!

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.

AS I SEE IT
By Linda B. Schumacher

Believe it or not, fall is approaching and better running weather will soon be here. Turkey Trot Training will start in September and the Warhoop Sprints will be here before you know it. This race is cross country and held at Seminole Park. Come out and see if you can beat the local high school cross country runners. To get more information about this race, to run or to just volunteer, please contact board member Jim Sheridan.

As I mentioned last month, our Pier 60 Beach Series has been a great success this year with all our new race directors. It is great to see all the new people getting involved with our Club. Over the last few months we have had a couple people drop off the board. If you are interested in seeing how you can help out your Club, please give me a call or just come to the next board meeting at the YMCA annex on Highland on September 3 at 6:30 p.m. You can sit in on a few meetings and see how decisions are made about the running of the Club and maybe help out with one of the committees. This is your chance. You always said you wanted to help.

**“It is necessary to try to surpass oneself always;
 this occupation ought to last as long as life.”**
Queen Christina, of Sweden

<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 Information

Renewing Members-, Linda Allan, Amanda Baker, Erin Baker, Jim Baker, Sharon Baker, Becky Boyle, Dan Boyle, Bruce Calhoun, Casey Calhoun, Diana Calhoun, Sean Calhoun, Jim Callan, Rinda Callan, Pat Cohen, Ed Cunningham, Debra Donald, Jim Doran, Charles Dykstra, Lisa Farrell, Rosemary Farrow, James French, Missy McMullen, Erik T. Moore, Tom Murtaugh, Larry Nordquist, Tom Ross, David Sawders, Andrew Scavelli, Wolfgang Scholl, Maria Seger, Jim Setaro, Nancy Sigmon, Linda Simpson, Bonnie Stein, Steve Strange, Vicki Stum, Mike Terrell, Bonnie Theall, Bradley Valentine, Clayton Valentine, Dwight Valentine, Lisa Valentine, Rachel Valentine, Sophie Valentine, Steven Valentine, Bert Valery, Franklin Van Aken, Kit Van Allan, Danielle Weiss, Ellen Weiss, L. Michael Weiss, Lindsey Weiss, Paige Weiss, Marilyn Winn, Charlie Worischeck, Kathryn Worischeck, Bob Young, Robert Young.

August Birthdays- Victoria Reyes 8/1, Mary Stewart-Wong 8/1, Brian Latzke 8/2, Ron Stein 8/2, Mike Cox 8/3, Grady Trimble 8/3, Ric Dorrie 8/5, Donna Nesslar 8/5, Judy Willis 8/5, Spyder Cruz 8/6, Arthur Gregory 8/6, Crockett Farnell 8/7, Sarah Geigle 8/7, John Leonard 8/7, Ivan Levinrad 8/7, Margaret Reeves 8/7, John L Holmes 8/8, Everett McDowell 8/8, David Straus 8/8, Bud Williams 8/8, John Ross 8/9, Ann McKelly 8/10, Bill Pray 8/11, Amelia Wong 8/13, Jim Bodoh 8/14, Becky Kitten 8/14, Arlene Berger 8/15, Robin Buchholtz 8/15, Bert Connelly 8/15, Brian Koza 8/15, Karen Farnham 8/16, Leeanne Franklin 8/16, Terry Wyman 8/16, Ray Goetz 8/17, Trudy McNulty 8/17, Michael San 8/17, Jan Sheridan 8/17, William Steele 8/17, Kurt Elmer 8/18, Dorothy McClellan 8/18, Lenny Stacey 8/18, Mark Blitz 8/19, David Bremm 8/20, Jim Callan 8/20, Dee Anna Farnell 8/20, Bill Vogt 8/23, Jack Feltham 8/24, Jo Churchill 8/26, Maria Seger 8/26, Linda Smock 8/26, Rebeccah Eldridge 8/28, Ria Sweeney 8/28, Michael Rainwater 8/29, Robin Reed 8/29, Dick Keiber 8/30, John Romaine 8/30, Kathleen Stein 8/30, Erin Baker 8/31, Ray Hendricks 8/31, Skip Rogers 8/31. September Birthdays - Thomas B. Joslin 9/2, Hunter Christian 9/4, Jack Stein 9/4, Melissa Trimble 9/4, Leslie Dougall-Sides 9/5, Vicki Stum 9/5, Albert Wieringa 9/5, Ignacio Mella 9/6, Robert Reeves 9/6, Shane Steele 9/6, Joyce Rogers 9/7, Mary Lou Johnson 9/8, Tom Normandeau 9/8, Steph Blitz 9/9, Justin Skiles 9/9, Joan Evans 9/10, Peggy Goodale 9/10, Walter Hamilton 9/10, James R Armstrong 9/11, Shawn Donnelly 9/11, Allison Harkins 9/11, Rachel Valentine 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, Jennifer Lechner 9/16, Jim McIntyre 9/16, Judy Connelly 9/17, Linda Ruhrop 9/17, Robert Tankel 9/17, Andrea Farnham 9/19, Victor L. Griffin 9/19, Kim Haikara 9/20, Richard Smith 9/21, Rich Gibson 9/22, Noora Alidina 9/23, Aaron Tankel 9/24, Barbara Frye-Krier 9/25, Dean Wille 9/25, Mark Wong 9/25, Charles Dykstra 9/26, Paul Franklin 9/28, Janet Bilyeu 9/30,

West Florida Y Runners Club Race Results

6/28/2003 - Western States 100 Squaw Valley, CA

Noora Alidina, 29:16 (Buckled)

7/4/03 - Kiwanis Mease Midnight Run (#24) (10 K) Dunedin Causeway, Dunedin

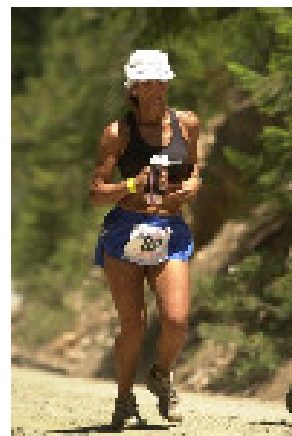
Race results are posted courtesy of the finish line work of member Ric Dorrie. You may send race results to any board member for posting. Be sure to include: name of the race, date and distance.

Allen Ahern, 53:52; Christa Benton, 37:17, FOverall; Priscilla Bowling, 52:00, 2F20-24; Dave Bremm, 59:19; Jim Callan, 47:54, 2M60-64; Duncan Cameron, 42:34, 1M60-64; Barb Cote', 53:13; Ron Cote', 43:04, 3M45-49; Steve Deeb, 57:09; Debra Donald, 47:23, 1F45-49; Debby Farias, 43:25, 2F35-39; Lisa Feldt, 43:06, 1F35-39; Fran Gaberino, 1:08:06, 2F60-64; John Geigle, 52:55; Jim Graham, 51:52; Liz Graham, 54:10;

Tim Griffiths, 51:21; Steve Harwig, 55:27; Don Herring, 1:08:18; Ginger Herring, 58:06, 1F60-64; Tim Hudson, 44:34; Kevin Lyons, 34:43, 1M18-19; Jeannie Martin, 1:03:51; Steph Miller, 46:43, 2F40-44; Erik Moore, 45:03; Vikki Moore, 59:16; Tommy Nagy, 39:47; Bill Pray, 40:43; Steve Rainwater, 42:23; Wolf Scholl, 46:28; Walt Sieg, 41:50; Diane Spicer, 1:02:01; Terri Sullivan, 1:15:07, 3F60-64; Roger Sweeney, 46:13; Michael Weiss, 37:05, 1M40-44; Albert Wieringa, 43:49; Wally Woodbury, 44:22; Bob Young, 1:00:52.

7/4/03 - Kiwanis Mease Midnight Run (#24) (3 K) Dunedin Causeway, Dunedin

Roland DeRussy, 18:41, 2M70+; Joan Evans, 27:03, 2F70+; Elizabeth Florko, 14:40, 2F40-44; Peggy Goodale,



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21:05; Barbara Lutz, 26:40; Michael Lydon, 11:19, 1M45-49; Gary Lyons, 12:04, 2M50-54; Holly Lyons, 15:10, 1F20-24; Dorothy McClellan, 19:59, 1F65-69; Ginger McLain, 23:51, 2F65-69; Ignacio Mella, 13:32; Lindsey Rainwater, 16:18; Michael Rainwater, 14:56, 3M12-13; Ann Reidelberger, 23:41, 1F70+; Victoria Reyes, 18:05; Tom Ross, 18:01; Kathy Schaedel, 17:19, 2F55-59; Dale Schmidt, 26:40; Lenny Stacey, 11:25, 2M40-44; Larry Strehl, 11:42, 1M35-39; Silky Sullivan, 13:13, 2M55-59; Marilyn Winn, 18:46, 2F60-64; Dusti Woodbury, 21:04, 3F55-59; Z. Zajac, 13:19, 3M55-59.

7/4/03 - Lutz Independence Day 5K Run
Community Center, Lutz

Nanette Bishop, 26:21, 3F45-49; Jim Doran, 23:39, 3M55-59; Peggy Goodale, 35:59; Meli Hamilton, 24:59, 1F55-59; Neil Harvey, 30:29, 2M70-74; Mary Ann Protz, 18:31, FOverall; King Smith, 32:32; Frank Van Aken, 24:49, 1M70-74.

7/4/03 - Lake Forest 5K Run
Lake Forest, CA

Luis Varga, 21:35, 1M65

7/11/03 - 2003 Sunsets at Pier 60 (#3) (5 K)
Pier 60, Clearwater

Allen Ahern, 26:54; Sharon Andrews, 36:42, 2F55-59; James Armstrong Jr, 22:35, 3M35-39; Heather Bailey, 20:22, 1F15-19; Christa Benton, 17:47, 1FOverall; Priscilla Bowling, 25:11, 1F20-24; Jim Callan, 23:05, 2M60-64; Duncan Cameron, 20:26, 1M60-64; Spyder Cruz, 17:25, 2MOverall; Roland DeRussy, 34:42, 2M70-74; Laureen Doloresco, 28:02, 3F50-54; Steve Doloresco, 30:24; Karen Gately, 21:41, 1F45-49; John Geigle, 24:46; Jack Gough, 24:34, 1M70-74; Jim Graham, 24:31; Liz Graham, 26:46, 2F50-54; Meli Hamilton, 26:43, 1F55-59; Don Herring, 29:13; Ginger Herring, 28:27, 1F60-64; Claire Keneally, 31:10; Jim Keppeler, 20:16, 1M55-59; Alex Lechner, 21:17, 2F15-19; David Lechner, 29:20, 2M13-14; Dorothy McClellan, 35:51, 1F65-69; Eric Milholland, 19:31, 1M30-34; Vikki Moore, 27:31; Tom Murtaugh, 26:12; Donna Nessler, 20:29, 1F40-44; John Noell, 27:04; Jack Parr, 1:02:00, 1M75+; Michael Rainwater, 28:41, 1M11-12; Michael Roberts, 24:22; Tom Ross, 31:26; Maria Seger, 27:01, 2F25-29; Walt Sieg, 19:21, 3M40-44; Steve Strange, 25:56; Terri Sullivan, 34:18, 2F60-64; Shirley Taylor, 32:05, 1F70-74; Lori Thompson, 28:11; Kit Van Allan, 21:13, 1F35-39; Albert Wieringa, 20:40, 2M55-59; Dusti Woodbury, 38:58, 3F55-59; Wally Woodbury, 21:58, 3M45-49; Victor Yeager, 18:38, 2M40-44; Bob Young, 26:40; Z. Zajac, 23:35.

7/12/03 - Stouffer's Family Fitness 5K
Fort Desoto Park, St. Petersburg

Silky Sullivan, 24:18, 1M55-59.

7/18/03 - Picnic Island Adventure Run (#2)
Picnic Island, Tampa

Allen Ahern, 28:53; David Colpitts, 26:06, 3M55-59; Debby Farias, 25:24, 1F35-39; Karen Gately, 25:08, FOverall; John Geigle, 29:25, 3M50-54; Sarah Geigle, 33:29; Tom Harkins, 43:59; Jim Patton, 39:34; Kathi Patton, 43:59, 2F55-59; Wolf Scholl, 30:08; Bill Wible, 36:12, 1M60-64.

7/18/03 - Hot-As-A-Grille Run 2003 (5 K)
Pass-a-Grille, St. Pete Beach

Jim Burgasser, 19:11, 3M30-34; Spyder Cruz, 17:54, 1M35-39; Laureen Doloresco, 30:05; Steve Doloresco, 30:58; Debra Donald, 24:16, 1F45-49; Claire Keneally, 33:13; Frank Spicer, 25:01; Frank Van Aken, 27:18, 1M70+; Albert Wieringa, 21:21, 2M55-59; Jon Wilson, 23:26; Z. Zajac, 23:57.

7/18/03 - Hot-As-A-Grille Duathlon
Pass-a-Grille, St. Pete Beach

Nanette Bishop, 1:09:29; Walt Davin, 1:11:25, 2M60-64; Cathy deHaan, , 1F60-64; Shawn Dietrich, 47:00, 1M40-44; Meli Hamilton, 1:10:24, 2F55-59; Neil Harvey, , 2M70+; Pat Hoffman, 58:48, 2F50-54; King Smith, 1:17:43, 3M70+; Steve Strange, 54:40; Shirley Taylor, 1:21:00, 1F70+; Kit Van Allan, 51:35.

7/25/03 - 2003 Sunsets at Pier 60 (#4) (5 K)
Pier 60, Clearwater

Allen Ahern, 23:32; James Armstrong Jr, 21:52; Jim Baker, 22:33; Christa Benton, 17:46, 1FOverall; Priscilla Bowling, 25:30, 1F20-24; Jim Callan, 23:07, 3M60-64; Duncan Cameron, 20:25, 2M60-64; Linda Crismond, 30:14, 2F60-64; Kevin Cronin, 21:38, 2M50-54; Spyder Cruz, 17:19, 2MOverall; Steve Deeb, 26:19; Cathy deHaan, 28:10, 1F60-64; Laureen Doloresco, 26:37, 3F50-54; Steve Doloresco, 30:16; Debby Farias, 20:24, 1F35-39; John Geigle, 23:39; Jack Gough, 24:20, 1M70-74; Jim Graham, 24:11; Tim Griffiths, 24:02, 3M55-59; Meli Hamilton, 26:08, 1F55-59; Claire Keneally, 32:17; Jim Keppeler, 20:07, 1M55-59; Anne Kordish, 27:57; Alex Lechner, 21:35, 2F15-19; David Lechner, 25:04; Dorothy McClellan, 35:41, 2F65-69; Amy McClenathan, 19:14, 2FOverall; Dan McClenathan, 21:42, 3M50-54; Erin McClenathan, 24:03, 1F11-12; Pat McClenathan, 23:15, 1M13-14; Shannon McClenathan,

(Continued on page 18)

Racewalk Tidbits
By: Bonnie Stein, M.Ed.

NEW AMERICAN RACEWALK RECORD SCORED IN SAN DIEGO 5K RACEWALK, June 7, 2003

By: Al Hoppner, North American Racewalking Institute

Tim Season took control just over the halfway mark and cruised to an American Record in the 5K Racewalk at the San Diego/Imperial Valley Track and Field Championships with a time of 19 minutes, 28 seconds on June 7. Ecuador's Xavier Moreno was second in 19:46.

The Army's John Nunn led for the first two kilometers, but Seaman and Moreno were lurking close behind.

"I wanted to be cautious in the beginning, because I hadn't been feeling well the past two days. I've just been dizzy," Seaman said. However, Seaman, who competes for the New York Athletic Club, left the rest of the competitors spinning their heels as he took over at the 2600 meter mark.

"After we walked the first 2 km in 7:50, I knew I had a shot at the record, because I was still feeling pretty strong. This is the first time I've had a negative split in a 5K race," Seaman added. (Bonnie's note: A negative split means that you race the second half of the race faster than the first half.)

Nunn ended up third in 19:58. "John is a strong competitor. I was hoping to walk together with him longer today," said Seaman. Seaman's time bounced NYAC teammate and Olympian Curt Clausen from the record book. Clausen walked 19:35 four years ago and was in this June 7th race, but finished fourth in 20:36.

Now Seaman holds six American records or bests including the 5K record on the road.

NUTRITION NEWS - Alcohol and Rectal Cancer

It has been known for many years that consumption of large amounts of beer increases the risk of rectal, but not colon cancer. Other types of alcoholic drinks have not been studied. A new study finds increased risk for rectal cancer with greater alcohol intake but no effect on colon cancer.

Over 29,000 adults were asked about their habits and followed for almost 15 years. During that time 400 colon cancers and 200 rectal cancers were found. Those who drank more than 2 glasses of beer or liquor daily had a 3.5-fold increased risk of rectal cancer. If wine was more than a third of alcohol intake, the risk was only an increased 1.8-fold.

Several previous studies implicate high beer consumption in rectal cancer. This study now adds drinking liquor, but not wine, as a risk factor. However, the number of wine drinkers was much lower than beer drinkers. Also, wine drinkers were less likely to smoke, were better educated, and more physically active. Drink what you like, but in moderation. And remember that moderation means 1 or 2 alcoholic beverages per day.

NUTRITION NEWS - Obesity and Cancer Mortality

It is well known that obesity increases the risk of diabetes and heart disease. Less well known is that it also increases the risk of cancer. There have been thousands of studies in people and animals that have established this connection. The largest study appeared recently and found a link between obesity and almost all types of cancer in both men and women.

More than 900,000 U.S. adults filled out questionnaires and were followed for 16 years. There were about 17000 deaths from cancer during that time. It was found that the heaviest people had significantly increased risk of all cancers. The study appeared in the April 24, 2003 edition of the New England Journal of Medicine.

The cancers most strongly linked to excess weight are those of uterus, liver, kidney, pancreas, esophagus, gallbladder, and breast. The only cancer that showed higher rates with lower weight was lung cancer, and this is because cigarette smokers weigh less than nonsmokers. It was estimated that one in six men and one in five women are at increased risk of dying from cancer due to excess weight. Literally hundreds of other studies in people and animals have concluded the same thing over the past 20 years, but being the largest study and appearing in the New England Journal of Medicine made this headline news.

WHAT IS A NATURAL SHAPE?

From: WINS

A natural shape is whatever shape your body assumes when you eat nutritionally balanced food per the Food Guide Pyramid (with a modest amount of fun foods) and physical activity is a regular, daily part of your life. A natural shape is very much determined by your genes.

It is not the wasted look of forever dieting, nor is it obesity resulting from overeating and under exercising.

HELP IS AVAILABLE FOR EATING DISORDERS

By: Vivian Hanson Meehan, President ANAD

Eating disorders are widespread illnesses that affect all segments of society. They may affect not only the body, but also the mind - and appropriate treatment is necessary. For help or information contact the National Association of Anorexia Nervosa and Asso-

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ciated Disorders, or ANAD, for free resources and referrals. The phone # is (847) 831-3438 or online at www.anad.org. Through their hotline and e-mail inquiries, ANAD provides counsel and information to thousands of anorexics, bulimics, compulsive eaters, their families, and also the health care community worldwide.

RUNNERS LUBE

If there's one "injury" that racewalkers experience, it's friction under the arms. You know you're doing it right (staying in your skinny hallway) when you get some friction. There's also an easy "cure" for this minor annoyance. It's called "Runners Lube." Before Runners Lube was invented we used Vaseline Petroleum Jelly under our arms. But Vaseline is oil based and stained our clothes. Plus, it's greasy and messy. Runners Lube is water based instead of oil based, so unlike Vaseline Petroleum Jelly - it won't stain your clothes. It's also not greasy or messy and you don't have to touch it with your hands to apply. It's \$5 a tube which can last up to 6 months. It's for friction under your arms, between your legs, or my favorite spot to use it - apply to your feet before you put on your socks to keep you feet soft and callous-free.

There is a similar product called Body Glide that you can buy in the athletic stores. However, Body Glide is \$7, plus tax, for 1.7 ounces. Runners Lube is \$5 (tax included) for 2.5 ounces. Please let me know if you'd like a tube and I can bring it to Taylor Park on Sat. morning. Never leave your Runners Lube in a hot car.

HALF MARATHON TRAINING PROGRAM FOR DECEMBER 14 GULF BEACHES HALF-A-THON

The below mileage is what you could do for your long walk of the week, not your everyday walk. You should be racewalking a minimum of 3 days a week to be ready to do a half marathon. Your weekly mileage should be at least 15-18 miles by August.

Long Walk Day	Miles
Aug. 2 or 3	7
Aug. 9 or 10	7 1/2
Aug. 16 or 17	8
Aug. 23 or 24	6
Aug. 30 or 31	8
Sept. 6 or 7	9
Sept. 13 or 14	10
Sept. 20	Race for the Cure 5K (3.1 miles fast)
Sept. 27 or 28	11
Oct. 3 or 4	7
Oct. 10 or 11	12
Oct. 17 or 18	7
Oct. 24 or 25	13
Nov. 1 or 2	8
Nov. 8 or 9	10
Nov. 15 or 16	14
Nov. 22 or 23	4-5
Nov. 27	Turkey Trot 10K (6.2 miles moderately fast)
Nov. 29 or 30	5-6
Dec. 6	6 miles moderately fast
Dec. 14	Half Marathon

RACEWALKING WEB SITE www.AceWalker.com

Are you a runner who would like some convincing that racewalking can be a good workout? Some of your favorite running gurus have recommended Walking as training to improve your running times. Go to www.AceWalker.com and click on Articles. Then go to "Racewalking for Runners."

HOLOCAUST MUSEUM TOUR WITH BONNIE

Sunday, August 17 (2:30 PM)

Right here in the Tampa Bay area we have the 4th largest Holocaust Museum in the country and the 5th largest in the world. The Florida Holocaust Museum is located in downtown St. Petersburg. The Museum honors the memory of millions of innocent men, women and children who suffered or died in the Holocaust. The Museum is dedicated to teaching members of all races and cultures to recognize the inherent worth and dignity of human life in order to prevent future genocides.

Once a year we have a tour for racewalkers, runners and their friends and relatives, at the Florida Holocaust Museum. This year it will be on Sunday, Aug. 17 at 2:30 PM. The Museum's address is 55 Fifth St South. It is very easy to get to - directions will be provided. Plan on being there until 5 PM or thereabouts. Then, if you'd like, you can join us for dinner at an inexpensive downto-

(Continued on page 15)



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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

Nutrition to Go Guide to Energy Bars

by Sally Young

There once was a simple world with no energy bars; a world where runners nimbly sprinted through a KFC and pocketed a few honey packets.

Our world has changed. It's raining thick with energy bars, compressed meal replacements, packed food supplements and anvil-hard protein bars.

Just as there are many types of nutrition bars, there are many types of runners. We are a group made up of recreational runners, competitive runners and runners who just like to make up the crowd. Some of us can claim prize money on our IRS 1040—most of us will never have to worry about that. But one thing that we all have in common is our quest for good health. We are committed to a healthy lifestyle, and nutrition is a considerable piece of that picture.



The plethora of nutrition bars will only continue to grow. "For \$50,000 or \$100,000, you can be in the bar business," Brian Maxwell, president and CEO of PowerBar, Inc., told Food Processing magazine. In other words, anybody can fit their heads under the money spigot of snack foods and drink mightily from the \$40 billion industry. Given the ever-increasing number of choices, we need the knowledge that will enable us to choose the products that best fit our lifestyle and how we run.

Turbo Charging

How well you run today will depend, in part, on what you ate after your last run. A runner's body is a model of efficiency, storing energy inside the muscles that are going to use them. This energy, derived from carbohydrates, is known as glycogen. Muscles that are conditioned to run will naturally store increasing amounts of glycogen. Thus, high-octane legs come from repeated training and a diet rich in carbohydrates.

Muscle glycogen, depleted after running, is ready to be replenished as soon as the muscles are at rest. Eating carbohydrates within two hours restores glycogen the quickest, but the window of opportunity remains open for days. Complex carbohydrates work best to replenish muscle glycogen, possibly because they cause a steady release of insulin which is necessary to escort glucose across cell membranes.

Although most cells can store minute amounts of glycogen, the liver is the warehouse. The primary function of this supply is to maintain healthy blood sugar levels. This is important for distance runners, as maximum liver stores of glycogen will stave off the dreaded "bonk." The synthesis and degradation of glycogen are processes that go on continuously, and the liver uses dietary carbohydrates as they become available. That is why "eating on the run," literally, can help endurance athletes.

Reading the Label

Runners who want to take advantage of the convenience of energy bars should look for products made with a mix of dried fruits, whole grains and a soluble form of fiber. Total carbohydrates should be at least 40 grams.

Most energy bars include a very high quality protein, and 7-10 grams is sufficient to repair any micro injuries and build stronger muscles. Look for whey protein, made from milk and cheese, or soy protein if dairy products are a problem. Both sources provide "complete proteins," meaning all eight essential amino acids are present. Your body can make the nonessential amino acids, so don't be duped into spending money on something like branched chain amino acids that you already have.

(Continued on page 11)

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 20 - 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 25th Anniversary by gearing up for it now. For the past 17 years, the West Florida Y Runners Club has hosted FREE Turkey Trot Training classes with over 1,800 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 $\frac{1}{2}$ 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

Largo Instructors: Mary Lou Johnson (727) 595-2586 mlouie@tampabay.rr.com

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

Short and Middle Distance Runs

Sprinters may benefit from foods high in sugar taken a few minutes before they leave the gate. Blood glucose is the main source of energy for sprints of 2-3 minutes. A marshmallow-krispie treat can provide high sugar, low fat and the nutrients of a fortified breakfast cereal.

Individual differences in metabolism allow this to work for some. However, a few runners will react with rebound hypoglycemia. Their blood sugar will spike, only to be met with a flood of insulin, which quickly sweeps the glucose out of the blood and into the cells. The result is a sudden drop in blood sugar, a shaky feeling, and a brain that has gone off-line.

Longer runs up to a 10K distance don't require any dietary attention beyond hydration, unless a meal, especially breakfast, has been skipped. A meal substitute that is rich in complex carbohydrates, eaten as close to the run as is comfortable, will slowly release sugar into the blood, keeping blood sugar in a healthy, normal range. Blood sugar levels can be expected to peak after 30 minutes, long enough for a refreshing run.

Long Distance and Endurance Runs

Athletes who exert themselves for long periods of time, such as during marathons and adventure runs, should start refueling after 60 to 90 minutes. Glycogen stores become depleted after about two hours, and small bites of an energy bar starting before this occurs will provide a continuous supply of calories. Uncoated bars that won't melt into goo are more convenient, as are ingredients such as honey and fructose that resist freezing into teeth-shattering shockers.

The best choice of energy bars for long endurance runs will come with trial and error because we are all different in many respects—but there are some significant considerations.

All three energy-containing nutrients—carbohydrates, fat and protein—can be converted to glucose when needed. The appeal of carbohydrates is that it gives a "clean burn." The end-products of glucose combustion are heat, water and carbon dioxide.

Fat metabolism produces ketones. The body can adapt to using some ketones for energy, but there's a risk of dangerously lowering the blood pH and a mental feeling that all critical thinking is sliding off your brain.

High protein during an endurance run should be avoided. One of the metabolites of protein is urea. This is a toxic waste product that the kidneys will flush out. Urine formation requires water, however, and fluids are already at a premium for the long distance runner. Energy bars that follow the diet of Dr. Atkins or "The Zone" will be higher in fats and protein, and lower in carbohydrates. Plan to take these only on your next Iditarod, where snowmelt is plentiful.

Food Porn

Not all energy bars are created equal. Some should be labeled PG-13.

The use of sugar alcohols as sweeteners can wreak havoc in the gastrointestinal tract. Sugar alcohols are hygroscopic, meaning that they attract water, causing problems in the intestines. Ingredients that end in "ol," such as sorbitol and xylitol, are usually sugar alcohols. Glycerin, also called "glycerol," is also a sugar alcohol. Chronic diarrhea has been traced to unsuspecting consumers who use foods, beverages and chewing gum sweetened with sugar alcohol.

Companies that give themselves over to the demons of fine print have dark secrets to hide. Bold print statements that allege "low carbohydrates" are lies, and they are illegal. The Food and Drug Administration has not authorized this term as it has for other nutritional concerns, such as "low sodium." These products contain sugar alcohols, which are defined as "carbohydrates" by the FDA and contribute four calories per gram. Some companies have received warnings from the FDA, but evade liability with a tiny, ant-size disclaimer.

(Continued on page 12)

(Continued from page 11)

But Will It Help Me Get A Man?

A few companies have targeted the female athlete with the sales pitch that women suddenly have "unique needs." The nutritional needs of men and women runners are similar. Women need the same or lesser amounts of nutrients as men, with the exception of iron. Women are genetically smaller, ergo, they need less food. As a woman runner, convincing me that I need a "women's energy bar" is on par with my ability to raise the dead.

Women need more iron than men because, for a seemingly endless stretch of their lives, they lose iron through menstrual periods. Women know that. More worthy of note is that male and female runners alike may need iron supplements. The pounding action of running can physically destroy red blood cells. A chronic, tired feeling, pale inner eyelids, and ice chewing are symptoms of anemia. The ice symptom is not the mindless crunching of ice at the bottom of a cup. It is the active searching for ice and it is seen in advanced states of anemia. Men and women who log 50-60 miles per week would benefit from periodic blood tests.

One of the bars reviewed for this article listed an iron content of 110% DV, which bears special attention. Ten percent of white and 30% of black men have a genetic abnormality that causes them to absorb twice as much iron as normal. Since men have no appreciable way to rid their bodies of iron, tissue damage can occur in the pancreas, liver, heart and joints. Fatigue and achy joints can be a symptom of iron overload.

Energy bars often tout folic acid as a key selling point for women. Folic acid isn't needed to run. It's needed to prevent neural tube defects, such as spinal bifida, in newborns. Pregnant women, and women intending to start a family, would do well to include rich sources of folic acid.

Soy-based ingredients may have some value in relieving the symptoms of menopause, but it is also likely these plant estrogens are harmful to women who are genetically predisposed to breast cancer. The growing interest in soy is stimulating research, but until we have clear results, soy is not part of anyone's "unique needs."

The Bottom Line

Many energy bars are made with good, wholesome ingredients and a healthy balance of vitamin and minerals. They are nutritious and easy to digest. But let the runner beware of flashy hype that falls just short of lying. We can make informed decisions about how we nourish ourselves. Read the fine print, and remember, there is no secret ingredient; success in running is a result of applying the basics—consistent training and solid nutrition—however it is marketed.

Sally Young is a freelance writer living in Newport News, VA. She has a masters degree in Nutrition Science from Penn State University.

(This article originally appeared in the April '03 [Running Times](#))

ENERGY BAR OVERVIEW

Energy Bar	Calories	Carb. gm <small>(4 cal/gm)</small>	Sugar gm	Fiber gm	Protein gm <small>(4 cal/gm)</small>	Fat gm <small>(9 cal/gm)</small>	Vitamin
ATKINS ADVANTAGE (\$2.49/60 gm) choco raspberry	220	22	0	10	19	10	**
<i>Comments: Easy to open, easy to chew, flavorful. Total calories defies math. Protein percentage too high for use during endurance events (true for all "protein" bars as well). Contains sucralose.</i>							
BALANCE COMPLETE (\$1.09/50 gm) almond brownie	200	23	18	2	14	6	**
<i>Comments: Easy to open; hay-flavored. Soft texture. No sugar alcohols.</i>							
BALANCE GOLD (\$1.09/50 gm) rocky road	210	22	12	1	15	7	**
<i>Comments: Easy to open; chewy texture with nuts.</i>							
CARBOLITE PROTEIN PLUS (\$1.99/50 gm) peanut butter	190	25	0	2	14	6	*
<i>Comments: Good flavor, poor nutrition. Overpriced. Hard to open. 19 gms sugar alcohol.</i>							
CLIFBAR (\$1.29/68 gm) carrot cake	240	43	21	5	10	4	**
<i>Comments: Great flavor, non-coated. Made with wholesome, natural ingredients. No wheat, no dairy, make it safe for those with allergies or intolerances.</i>							
CLIF LUNA (\$1.29/48 gm) nutz over chocolate	180	24	12	2	10	4.5	***
<i>Comments: Same as ClifBar, but cost the same for a smaller bar. Provides 100% DV of many nutrients.</i>							
DESIGNER WHEY (\$2.99/75 gm) "Perfect ABSberry"	270	23	8	0	31	6	*
<i>Comments: "ABSberry"? Beware of small print: 15 gms of sugar alcohol. Hard to open. Put it in a sack and throw it off a cliff.</i>							
EAS RESULTS FOR WOMEN (\$1.59/55 gm) Amazing CranApple	200	28	16	3	11	6	**
<i>Comments: Crumbly texture, chemical flavor, and what is that white stuff on the bottom?</i>							
EAS ADVANTEDGE CARB CONTROL (\$1.69/60 gm) blue-berry	200	2.5	2	3	24	5	**
<i>Comments: Calories don't add up—Read the fine print: not including 60 calories of glycerin and oligofructose as carbohydrates. Cake-like texture, chemical taste, and what is that white stuff?</i>							
EAS ADVANTEDGE COMP. NUTRITION (\$1.09/57 gm) oat-meal raisin	220	31	18	1	13	4.5	*
<i>Comments: Good granola flavor, soft texture, honest nutritional makeup, but what is that white stuff?</i>							
MESOTECH (\$2.39/85 gm) chocolate mint	310	38	31	1	25	8	**
<i>Comments: Chewy texture, mild mint flavor, chemical aftertaste. Chocolate coated. No expiration date. Save the rest for Ted Williams.</i>							
PROMAX (\$1.89/75 gm) mocha blast	280	35	23	1	20	5	**
<i>Comments: 19 mg cholesterol. Label states 40 mg of caffeine, but website FAQ states 5 grams (5,000 mg) in mocha blast.</i>							
PROMAX LEAN (\$2.99/78 gm) chocolate chunk	290	26	1	negligible	31	9	**
<i>Comments: Made with hydrolyzed beef protein. 15 mg of cholesterol and more than half of the fats are saturated.</i>							
POWERBAR (\$1.09/65 gm) cappuccino	230	45	18	3	10	2	***
<i>Comments: Taffy texture and very sticky. Butterscotch-coffee flavor, Easy to open but impossible to re-wrap</i>							
POWERBAR DIPPED HARVEST (\$1.09/65 gm) toffee chocolate chip	260	45	20	4	7	5	**
<i>Comments: Varied texture with nuts and chewy consistency. Easy to open and re-wrap. No potassium or Vitamin A.</i>							
POWERBAR HI PERFORMANCE (\$1.09/65 gm) banana	230	45	20	3	9	2	***
<i>Comments: Goopy, taffy consistency stuck to the wrapper. Very similar to regular Performance Bar.</i>							
POWERBAR PRIA (.99/28 gm) chocolate peanut	110	6	10	0	5	3.5	**
<i>Comments: Small bar for price. Chocolate coated, strong aftertaste. No potassium, no fiber.</i>							
POWERBAR PROTEINPLUS (\$1.89/78 gm) cookies & cream	290	38	18	1	24	5	***
<i>Comments: Heavy, chemical tasting chocolate coating. Stiff, taffy-like texture. No potassium or vitamin A</i>							
SCAN DIET (\$1.99/45 gm) s'mores	170	26	17	3	9	2.5	*
<i>Comments: Sweet, perfumey taste. Crumbly texture. Chocolate coated.</i>							
SOLID PROTEIN (\$2.79/78 gm) chocolate peanut butter	290	17	1	negligible	32	10	***
<i>Comments: Chocolate cake flavor and texture. Chocolate coated. Contains sucralose and 3 gm sugar alcohol, exceeds DV for iron. Deceptive label—also contains fats and carbs.</i>							
WORLDWIDE PURE PROTEIN (\$2.79/78 gm) strawberry cheesecake	270	30	4	negligible	29	5	**
<i>Comments: Easy to open, indefinable texture, odd perfumey fragrance. Chocolate coated.</i>							
XENADRINE (\$2.99/60 gm) chocolate cover strawberry	220	24	2	3	21	7	**
<i>Comments: Beware of fine print: contains sugar alcohol. Light, dry texture. Strong flavor and aftertaste. Unidentifiable brown coating.</i>							
Vitamin Key: ***=100% DV for most vit. /min; **=healthful amounts; *=low or absent							
Note: Sucralose, a new, low calorie sweetener has not been tested in long-term human studies for side effects.							



25th Annual

WORLD FAMOUS

WARHOOP SPRINT

September 6, 2003

At Lake Seminole Park

Between Starkey & Seminole on Park Blvd



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

25th ANNIVERSARY
T-SHIRTS GIVEN TO
ALL REGISTERED 5K
PARTICIPANTS

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, 11-12, 13-14, 15-19, 5 year age groups from 20-69 and 70+

1 Mile - This run is for children. Registration is Free!

REGISTRATION: RACE DAY at Shelter #8 from 7:15 am.

MAIL IN REGISTRATION: Send to- West Florida Y Runners Club
 1929 Whitney Way
 Clearwater, FL, 33760

(MUST INCLUDE A STAMPED SELF-ADDRESSED ENVELOPE)
 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: \$5.00

NON-MEMBERS 5K: \$10.00 1/2 OF 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) _____

(Continued from page 7)

town restaurant walking distance from the Museum.

You may also bring your children if they are in middle school or older. Please e-mail me at Bonnie@AceWalker.com to RSVP.

SEPTEMBER BEGINNING RACEWALKING CLASS IN DOWNTOWN ST. PETERSBURG

Tuesdays, 5:30-7:15 PM

Do you know anyone who could use some exercise in their lives? Please tell your friends who live in the St. Pete area there will be a new Beginning Racewalking class starting on Tues., Sept. 9 (5:30-7:15 PM). For a flyer to be sent, please e-mail Bonnie@AceWalker.com or go to www.AceWalker.com.

JOIN THE SATURDAY MORNING RACEWALKING GROUP AT 9 AM

Come to Taylor Park every Saturday at 9 AM - Shelter #1. It's a great way to enjoy the camaraderie of other racewalkers (all levels) as you get in an extra workout during the week. You can do as many miles as is comfortable for you. Some do two and some do up to eight. Most of us do four to six.

No matter what your pace, if you know how to racewalk - you're welcome to join us. We are happy to have brand new racewalkers. You're not too slow! We want racewalkers of all paces to come out.

After the walk, we stretch together and then we go out for brunch at a nearby, casual restaurant. Please bring dry clothes if you'd like to join us. We welcome all racewalkers. Although there is no instruction on Sat. morning, this is a great way to stay motivated and meet with other racewalkers once a week.

SUNCOAST SANDPIPERS VOLKSSPORT CLUB EVENTS IN THE TAMPA BAY AREA

August 30 Hillsborough River State Park 5K and 10K Walks

Volkmares are non-competitive walks, open to everyone. For more information on any of the above walks, call Alice Lawrence at 727-595-2173 or pipers@tampabay.rr.com

RACEWALKING AROUND FLORIDA (Judged Racewalk events)

Aug. 2 - Bushwacker 5K, Pensacola Beach, \$15 by 7/20 or \$20 after, Contact Glenn Windham, 850-934-1248, captfun@att.net
Sept. 7 - 1500/300 Meter Track, Central Park, Plantation, Contact Bob & Kay Cella 954-921-9190 or register on line at www.floridasports.com.

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.

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.

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WEST FLORIDA Y RUNNERS CLUB

BOARD OF DIRECTORS

MINUTES OF MEETING WEDNESDAY, JULY 2, 2003

Members in attendance: Anna Babyock, Peggy Goodale, Dale Schmidt, Duncan Cameron, John Holmes, Linda Schumacher, Karen Farnham, Skip Rogers, Bonnie Stein, Arnaud Glacet

President Linda Schumacher opened the meeting at 6:35.

A motion to accept last month's minutes was passed (John Holmes; Karen Farnham)

The Treasurer's report was accepted (John Holmes; Skip Rogers)

Making Tracks will be posted on-line soon

Equipment- cups needed for beach race. Duncan will provide the 300 he has.

Membership- down a few.

Racewalking- still at Taylor Park on Saturday morning

Social- Christmas party to be held on December 6. There was some discussion on the ambiance of the Rec Center. Bonnie said she would look at other places. A tentative budget was submitted.

Uniforms- we got socks at \$4.50

CLUB RACE REPORTS

Unicorn- March 13, 2004. Skip and Denise will direct.

Croom Trail- a budget was presented for the 50K

Beach Series- We are out of small shirts

Turkey Trot- the logo has been designed.

OTHER BUSINESS

The Board received a thank you letter from the Eckerd Youth Alternatives for our donation.

We also received a letter from RRCA verifying our tax-exempt status.

With no other business, the meeting was adjourned at 7:30PM. The next meeting will be held on August 1, 2003 at 6:30 PM at the Y Child Care Center.

Respectfully submitted. Duncan Cameron

Croom Trail 50K Run & 4 Person 50K Relay

RRCA Southern Regional 50K Championship (pending approval) Hosted by WFYRC

Races: *Croom Trail 50 K Run* *Croom Trail 4 person 50K Relay*

Where: Withlacoochee State Forest, NE of Brooksville FL (60min drive N of Tampa, 80min from Orlando)

When: Saturday Oct 18th 2003, 50K starts at 7am, Relay starts at 8am.

Course: The challenging course follows 4 repeat loops on the Croom Hiking Trail through central Florida's long leaf pines and scrub oak covered hills, past creek bottoms & cypress ponds. There will be a 5:00pm cut off.

Entry Fee: The 50K Race is \$55 before Oct 4th, \$65 after. The 50K Relay Race is \$20/person before Oct 4th, and \$25 per person after said date. Relay entries must come in the same envelope with the entry fee and waiver for each runner.

No refunds or transfers. Day of race entry is discouraged how ever accepted. Late entries run risk of not getting a shirt or race packet.

Checks payable to: West Florida Y Runners Club (or WFYRC)

Mail entries to: 10106 Moores Mill Ct
Tampa, FL 33615-1621

Online Registration: http://www.active.com/event_detail.cfm?event_id=1048251



Host Hotel: Days Inn at 6320 Windmere Rd, Brooksville, (352)-796-9486. 0.2mi east of I-75/98 intersection
Ask for "West Florida Y 50mi run" rate of \$49, if you make reservation prior to Oct 4th.

More Info: John Holmes @ (727)-546-9399 jholmesruns@juno.com
Jim Bodoh @ (813)-884-1862 CTR@Tampabay.rr.com
<http://www.RunWestFlorida.com/>



Awards: Shirts to all entrants, Trophies for Overall Male/Female, 1st place male/female within five-year age groups.

Last Name _____ First _____ Sex _____ Age _____

Address _____ Birth date _____

City _____ State _____ Zip _____

Phone _____ e-Mail _____

50K _____ or Relay _____

Shirt size: S M L XL

I would like to contribute \$ _____ to the USU fund (Ultra runners Supporting Ultra Runners)

Incomplete or unsigned entries will not be accepted

I know that running a trail race is a potentially hazardous activity. I should not enter and run 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. I assume all risks associate with running including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the course 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, 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, it's officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parents Signature if under 18) _____

(Continued from page 5)

25:30, 1F10-Under; Colman Mooney, 19:43, 1M60-64; Bob Moorehead, 28:28; Tommy Nagy, 17:55, 1M15-19; Jerry Napp, 19:05, 3M45-49; Donna Nesslar, 20:23, 1F40-44; Jack Parr, 1:03:00, 1M75+; Lindsey Rainwater, 28:27, 2F13-14; Michael Rainwater, 25:14, 1M11-12; Steve Rainwater, 20:09; George Richardson, 26:13; Tom Ross, 31:00; Habib Sadeghi, 34:14; Brian Scott, 17:41, 1M35-39; Maria Seger, 27:02, 3F25-29; Walt Sieg, 19:59; Steve Strange, 26:32; Silky Sullivan, 23:29, 2M55-59; Terri Sullivan, 34:27, 3F60-64; Shirley Taylor, 32:41, 1F70-74; Kit Van Allan, 20:48, 2F35-39; Dusti Woodbury, 38:55, 2F55-59; Wally Woodbury, 21:23; Victor Yeager, 19:15, 3M40-44; Bob Young, 26:41.

7/27/03 - Johnnycake Jog (5 MI)

Painsville, OH

Mike Rossi, 32:08

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)

**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

UPCOMING MARATHONS

Tupelo Mississippi, 8/28/03- Jim Patton

Wine Glass Marathon, 10/5/03- Don and Ginger Herring

Chicago, 10/12/03- Mary Ann Protz, Erin Burgasser, Christy Phillips

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 _____