

Making Tracks



PIER 60 BEACH SERIES

ENDS WITH A STORM

By: Skip Rogers, Race Director

We had record numbers for this year's series 240 Race 1, 230 Race 2, 290 Race 3, 279 Race 4 for a total of 1039.

We went through 18 cases of cookies, 15 cases of pretzels, 15 cases cheese crackers, bags of bagels, 8 cases of Lars Bars, power bars, power gel, 16 boxes of yogurt along with water & Gatorade.

A BIG THANKS To the VOLUNTEERS that worked through heat & rain.

• Inside This Issue

Beach Series	1
Upcoming Events	2
President's Message	3
Beach Series Pictures	4
40/40 Run	5
National Run@Work Day	5
Recipe	6
Can Running Actually Help Your Knees?	7

M - Overall	80*	Lee Stephens
	70*	Karsen Callahan
	58*	Keith Sawayda
M - 10-Under	44*	Jakob Mowry
M - 11-12	56*	Hunter McCann
M - 13-14	56*	Tyler Lewis
M - 15-19	42*	Gabe Ramos
M - 20-24	48*	Chad Siple
M - 25-29	44*	Justin Dodson
M - 30-34	46*	Jim Hall
M - 35-39	46*	James Duncan
M - 40-44	56*	Eddie NeSmith
M - 45-49	46*	Jim Burton
M - 50-54	56*	Dennis Byron
M - 55-59	54*	Jon Feltham
M - 60-64	56*	Kevin Cronin
M - 65-69	56*	Duncan Cameron
M - 70-74	56*	Don Hendry
M - 75+	42*	Jack Gough

F - Overall	80*	Christa Benton
	70*	Whit Lasseter
	56*	Carol Bancroft
F - 10-Under	56*	Annabella Mowry
F - 11-12	42*	Bobbi LaBrant
F - 13-14		(no qualifiers)
F - 15-19	52*	Kacy Seynders
F - 20-24	16*	Nichole Moore
F - 25-29	42*	Ali Smith
F - 30-34	52*	Athena Dicus
F - 35-39	54*	Dawn Sterns
F - 40-44	36*	Leslie Lampasona
F - 45-49	48*	Julide Burak
F - 50-54	28*	Trish Calhoun
F - 55-59	56*	Karen Alexeev
F - 60-64	50*	Sharon Andrews
F - 65-69	48*	Terri Sullivan



Contacts

Officers:

Interim President:: Skip Rogers trotskip1@verizon.net

Vice President:: Position Open

Secretary: Jan Sheridan jansheri@verizon.net

Treasurer: Laurence Glacet lgkoch@tampabay.rr.com

Membership Chair: Ric Dorrie ricdoor@hotmail.com

Board Members:

Becky Boyle bboyle@knology.net

Dan Boyle paintmandan@knology.net

Duncan Cameron Duncan.runsfat@knology.net

Mac Jacobs macjacobs@hotmail.com

Skip Rogers trotskip1@verizon.net

Linda Schumacher two.shoes@knology.net

Michael Weiss lwewfla@aol.com

Web Master:

Jimmy Duncan webmaster@wfyrc.com

Upcoming Events:
TURKEY TROT
Thanksgiving Day

CHRISTMAS PARTY
December 18, 2009
Clearwater Country Club

Monthly Board Meetings

Monthly Board Meetings will be held the first Saturday of each month at Einstein's Bagels, 33119 US 19, Palm Harbor, Florida at 9:30 a.m. Members are encouraged to attend. Please join us.

NEWSLETTER INFORMATION

Submissions: Submit articles, "unusual" race results, photos, etc. via e-mail by the 15th of the month for inclusion in the next newsletter. Please keep articles to one page due to high printing costs.

Race Flyers: Deliver 300 copies of each approved and prepaid, 8.5" x 11" race flyer to Linda Schumacher by the 15th of the month for inclusion in the next newsletter.

Contacts: Becky Boyle: bboyle@knology.net or Linda Schumacher: two.shoes@knology.net

GROUP RUNS:

SATURDAY Morning John Chesnut group run 7AM start s at Shelter #2

SATURDAY Morning Long Run "the loop" starts at Clearwater City Hall at 6:00 AM. Contact: Kathleen Roach at kathleenxyz@hotmail.com

SUNDAY Morning 6:00AM Contact: Mac Jacobs @macjacobs@hotmail.com

TUESDAY AM track 4:30AM
Clearwater High School

THURSDAY 6PM Run Safety Harbor Marina Contact:
Dan Boyle paintmandan@knology.net

Ad-Rates:

Item	1 Month	1 Year
Business Card	\$20	\$180
1/4 Page	\$50	\$450
1/2 Page	\$75	\$675
Full Page	\$125	\$1125
Race Flyer	\$100	—

Volunteers Needed
E-Mail
Linda Schumacher
(two.shoes@knology.net)
Or Michael Weiss @lwewfla@aol.com

President's Message by Skip Rogers

We will be doing a Saturday morning run October 3, from the Train Station in Dunedin at 7:00 a.m. Then join us for the monthly board meeting at 9:30 a.m. at Kelly's downtown Dunedin

We made it though the Beach Series with record numbers this year.

Read all about it in Sunsets at Pier 60 article on page 1.

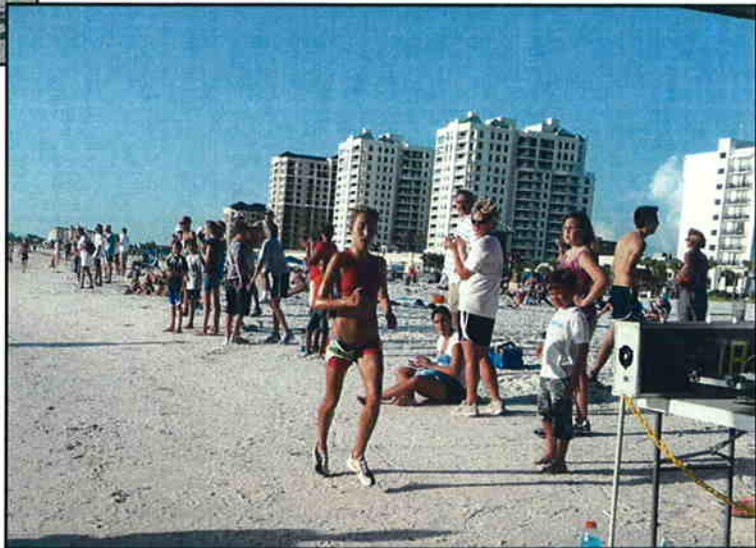
New this year our Christmas party has been moved to Clearwater Country Club December 18, 2009 7:00 p.m. to 11:00 p.m. for music & hors d'oeuvres.

Volunteer at Turkey Trot, Max Bayne, Sunsets at Pier 60 for a total Five hours and earn a free dinner at our annual Scholarship & Volunteer Awards Dinner in May.



Running for the Troops

Photos from Beach Series



Pictures by Jim Patton

40/40 Run

By Joel Wonicker-Cook

I'm going to run 40 miles on Saturday, September 5th in northern Pinellas (Lansbrook Lakefront Park to be exact), starting at 4:00am. Many of my regular local running buddies are going to join me, and I'd like to welcome any members of the club to join us. We'll be running 5.5 mile loops, with plenty of water and later on, shade, on the course. Plus, we're having a Labor Day weekend party afterwards. Well, everyone except me, that is – I'll be running for 8 or 9 hours.

I grew up a swimmer and cyclist, done dozens of local triathlons, slogged my way through three half Ironman races and ran my first marathon in Disney. Now it's time for something truly crazy. You might not want to run the entire 40 miles, and that's ok; you can help in many ways.

For additional information on the event, or to sign up, please visit: <http://www.4040run.com/index.html>

NATIONAL RUN@WORK DAY IS SEPT. 18

On September 18, 2009, the Road Runners Club of America will promote the 4th Annual National Run@Work Day®. The purpose of National Run@Work Day is to promote physical activity and healthy living through running or walking.

Running clubs, events, company-based wellness programs, human resources departments, and individuals nationwide are encouraged to plan fun runs and/or walks with their employers throughout the United States. Or, simply get out with a friend, coworker, or family member for a 35-minute run or walk.

MAKE A POSITIVE IMPACT ON NATIONAL RUN@WORK DAY

Plan an event with local companies, your running club or your event. Find more information and our planning kit at <http://www.RRCA.org/programs/runatwork>.

Hang Run@Work Day posters around the office or around town to promote your event. Get your FREE copy of the promotional poster, send a self addressed, postage paid (\$0.65), 9x12 sized envelop to 1501 Lee Hwy, Ste 140, Arlington, VA, 22209. Order multiple FREE copies of Run@Work Day posters at <http://store02.prostores.com/servlet/rrca/StoreFront>.

Sign the FREE pledge to run hosted by Active.com at <http://www.RRCA.org/programs/runatwork>.

Download Run@Work ads like the one to the left from <http://www.RRCA.org/services/branding> and put them in your local publications.

Email your Run@Work Day event plans to office@rrca.org, and we will highlight your event in the RRCA News leading up to Run@Work Day.

If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity crisis gripping our nation and our children.

TACO SALAD

According to a recent survey conducted by the RRCA, one of the top three reasons a person joins a local running club is for the social atmosphere. A great way for club members to socialize and keep costs low is to host potluck events. Here is a recipe for Taco Salad:

Brown 1 lb. ground turkey breast, mix in package of taco seasoning mix. (or this works with chicken strips also)

Mix following in large bowl:

1 head of lettuce, washed, cored, and torn (or use a mix of romaine and iceberg or your favorite pre-packaged salad mix)

2-3 large tomatoes, chopped

1/2 red onion, chopped (optional)

1 15 oz. can of black beans, drained and rinsed

1 15 oz. can of red beans, drained and rinsed

1 cup frozen cut corn, thawed

1 cup shredded cheese (taco blend cheese mix)

Mix into the taco meat, followed by 1/2 cup of Thousand Island dressing, as desired.

Serve with tortilla chips or your favorite wrap.



Phys Ed: Can Running Actually Help Your Knees?

By [Gretchen Reynolds](#)

An [article in Skeletal Radiology](#), a well-respected journal, created something of a sensation in Europe last year. It reported that researchers from Danube Hospital in Austria examined the knees of marathon runners using M.R.I. imaging, before and after the 1997 Vienna marathon. Ten years later, they scanned the same runners' knees again. The results were striking. "No major new internal damage in the knee joints of marathon runners was found after a 10-year interval," the researchers reported. Only one of the participants had a knee that was truly a mess, and he'd quit running before the 1997 marathon (but had been included in that study anyway). His 1997 knee M.R.I. revealed cartilage lesions, swelling and other abnormalities. In the years that followed, the knee became worse, showing augmented tissue damage and more serious lesions. His exam prompted the researchers to wonder whether he would have been better off persisting as a runner, because, as they speculate, "continuous exercise is protective, rather than destructive," to knees.

You can't be a runner past the age of 40, as I am, without hearing that running will ruin your knees, by which doomsayers usually mean that we'll develop "degeneration of the cartilage in the kneecap, which -reduces its shock-absorbing capacity," says Ross Tucker, a physiologist in South Africa and co-author of the new book "The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer and Faster." In other words, we'll be afflicted with arthritis.

It's not an unreasonable supposition; other sports have been linked with early-onset arthritis in knees. In a British study, almost half of the middle-aged, formerly elite soccer players were found to have crippling, bone-on-bone arthritis in at least one knee. Former weight lifters also have a high incidence of the condition, as do retired N.F.L. players.

But despite entrenched mythology to the contrary, runners don't seem prone to degenerating knees. An important 2008 study, this one from Stanford University, followed middle-aged, longtime distance runners (not necessarily marathoners) for nearly 20 years, beginning in 1984, when most were in their 50s or 60s. At that time, 6.7 percent of the runners had creaky, mildly arthritic knees, while none of an age-matched control group did. After 20 years, however, the runners' knees were healthier; only 20 percent showed arthritic changes, versus 32 percent of the control group's knees. Barely 2 percent of the runners' knees were severely arthritic, while almost 10 percent of the control group's were. "We were quite surprised," says Eliza Chakravarty, an assistant professor at the Stanford University School of Medicine and lead author of the study. "Our hypothesis going in had been that runners, because of the repetitive pounding, would develop more frequent and more severe arthritis."

Instead, recent evidence suggests that running may actually shield somewhat against arthritis, in part because the knee develops a kind of motion groove. A group of engineers and doctors at Stanford published a study in the February issue of *The Journal of Bone and Joint Surgery* that showed that by moving and loading your knee joint, as you do when walking or running, you "condition" your cartilage to the load. It grows accustomed to those particular movements. You can run for miles, decades, a lifetime, without harming it. But if this exquisite balance is disturbed, usually by an injury, the loading mechanisms shift, the moving parts of the knee are no longer in their accustomed alignment and a "degenerative pathway" seems to open. The cartilage, like an unbalanced tire, wears away. Pain, tissue disintegration and, eventually, arthritis can follow.

So, the best way to ensure that your knees aren't hurt by running is not to hurt them in the first place. "The biggest predictor of injury is previous injury," Tucker says, and one of the best deterrents against a first (or subsequent) knee injury is targeted strength training. "The hip stabilizers, quads, hamstrings and core must all be strong enough. As soon as there is weakness, some other muscle or joint must take over, and that's when injuries happen."

If you've injured your knee in the past, particularly if you've ever torn an A.C.L. (an injury that, in the Stanford gait study, was closely associated with misalignment and cartilage degeneration), talk to your physician before running. But for most runners, the scientific observations of Chakravarty will ring true. "What struck me," she says, "is that the runners we studied were still running, well into their 70s and 80s." They weren't running far, she says. They weren't running frequently. They averaged perhaps 90 minutes a week. "But they were still running."

The New York Times

West Florida Y Runners Club

1005 Highland Avenue
Clearwater, FL 33756

(address box)



Christa Benton
First Woman
Overall

Lee Stephens
First Male
Overall

