

# Making Tracks



HAPPY HOLIDAYS 2007, COME JOIN US AT  
PEGGY O'NEAL'S DECEMBER 13 AT 6:30

## TURKEY TROT 2007

By: Joyce Rogers

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Do You Believe It? Another record, 16,612! A record 10,142 in the Wing-ding 5K, a record of 4,108 in the Gobbler 1 Mile! The Trot 10K had 2,451. Where will it stop? We still had new people who had never done the Times Turkey Trot before!

Hugo Wey, from Switzerland, the winner of the first Times Turkey Trot, returned this year! 28 years later and he comes in 9<sup>th</sup> overall in the Trot 10K! Our own WFYRC's Denise Skinner set the grandmasters record for the 5K with a time of 20:08!

Another year of runners, walkers, strollers, and spectators, all out just to have fun and

enjoy each other's company.

Another year of volunteers that help in all areas-Registration, T-shirts, Finish Line, Awards, on the course, Lost & Found, Announcing, on and one.

Another year of giving to local charities to help children and needy families. To name a few: a new one this year, Hope Children's Home (an orphanage), Raising Hope (helping children that have been removed from their homes with clothing and school needs), Clothes to Kids (giving nice clothes to kids in need), Shelter Care Christmas, Officer Friendly's Christmas, Mason Dixon Christmas Wish List, and many more!

Another year to look forward to next year's 30<sup>th</sup> Anniversary Times Turkey Trot!

Change some things, improve some things, and add some things!

Thank you all! runners and walkers, and volunteers, for another successful 29<sup>th</sup> Times Turkey Trot!

## Contacts

### Officers:

President:: Michael Weiss lwewfla@aol.com  
 Vice President:: Position Open  
 Secretary: Jan Sheridan jansheri@verizon.net  
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### Board Members:

Becky Boyle bboyle@knology.net  
 Dan Boyle paintmandan@knology.net  
 Duncan Cameron Duncan.runsfast@knology.net  
 Skip Rogers trotskip1@verizon.net  
 Linda Schumacher two.shoes@knology.net

### Web Master:

Paul Franklin webmaster@wfyrc.com

## Upcoming Events:

CHRISTMAS PARTY @ Peggy O'Neal's (Palm Harbor)  
 December 13, 2007—6:30 p.m.

MAX BAYNE 10-MILER  
 March 30, 2008

### Monthly Board Meetings

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

## NEWSLETTER INFORMATION

## GROUP RUNS:

SUNDAY Morning "the loop" starts at Harborview Center  
 SATURDAY Morning John Chesnut group run 7AM start s at Shelter #2  
 SATURDAY Morning Long Run "the loop" starts at Clearwater City Hall at 6:00 AM. Contact Kathleen Roach at kathleenxyz@hotmail.com  
 TUESDAY AM track 4:30AM  
 Clearwater High School  
 THURSDAY 6PM Run Dunedin Causeway (meet behind Walgreen's)

**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

### FOR SALE

For Sale: Double-size Futon with matching end table, coffee table and Tv Stand: \$500.00, Call 736-

### 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

Want to Earn Those Valuable

Volunteer Points?

Please Call or E-Mail

Linda Schumacher @727-939-8038

Or two.shoes@knology.net

Or E-Mail

Michael Weiss @lwewfla@aol.com

**Presidential Ponderings** by Michael Weiss

Incredible! Another record-breaking year at the Turkey Trot. More than 16,500 ventured out early Thanksgiving morning to participate. The Turkey Trot has been one of my favorite events for a long time because it is much more than just a race. It is a combination of homecoming/class reunion for both runners and non-runners alike. It is a chance to catch up with old friends you may not have seen since last year. It also offers families and non-runners the chance to get out and get a taste of running in a non-threatening/noncompetitive environment. I would like to thank everyone who helped out to make the Turkey Trot a huge success.

Our next club event will be our holiday party at Peggy O'Neals in Palm Harbor Thursday December 13th. We are still trying to plan a spring social event. If you have any suggestions please e-mail them to me. I wish you all a happy and healthy holiday season and New Year.

*"See you at the  
Christmas Party  
December 13 at  
Peggy  
O'Neal's. The  
Club will  
provide the  
Food!"*

*The Boyles and The Spicers*

*At Mount Pilatus*

*See Page 6 for Article*



## RUNNING SHORTS:

Richard Smith wanted to let members know he is still active just not running much. He just completed the PCT (Pacific Crest Trail) which runs from Mexico/Calif. border to Canada, 2,663 miles, taking five months to finish. This is the second thru hike for him having done the AT in 05. You can see spectacular pictures and daily journals of his hike on trailjournals.com. You will need to type his trail name, Dad's Grin, in the search box.

Congratulations to Mary Delie on your new grandbaby boy "Wylie."

Congratulations to Jeff Delie on his second place age group win at the U.S. National Duathlon, short course.

Congratulations to Laurence Glacet on her finish at the 70.3 Ironman Championships.

Congratulations to Ginger Herring on winning her age group in her 21st marathon.

Congratulations to Joe Burgasser for placing 2nd in his 119th marathon of his career.

### Quad City Youth Track Team At Largo High School Track Largo Parks and Recreation Coach Vicki Jetton

Ages: 5-13 years

When: Wednesdays, beginning Jan. 9<sup>th</sup>

Registration: December 3rd-January 9<sup>th</sup>

Time: 6pm-7pm at Largo High School Track

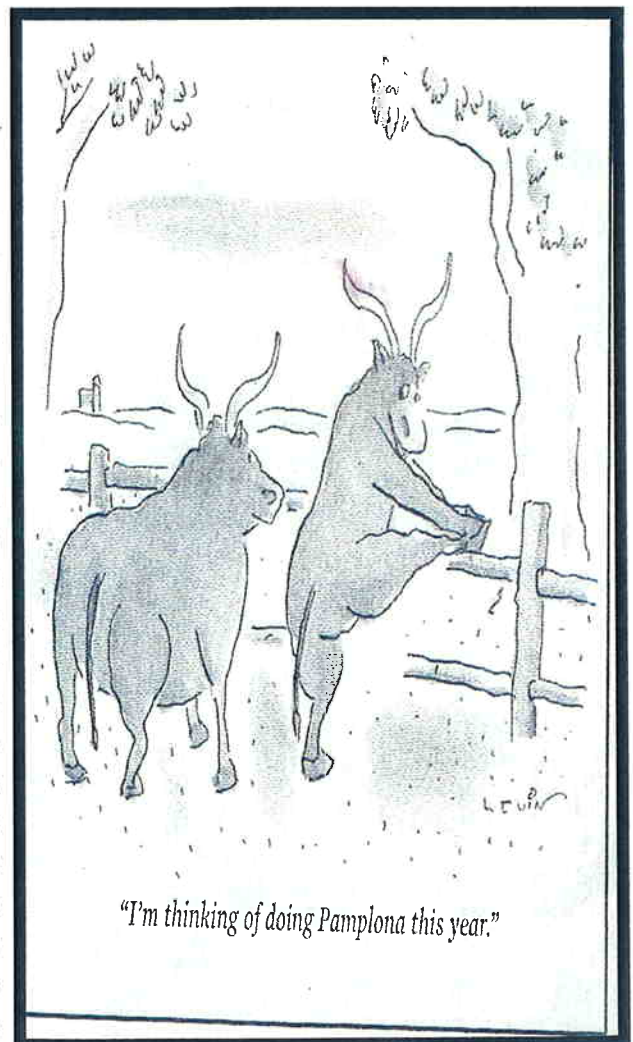
Cost: \$20(R), \$25(NR) monthly

\*Includes 3 practices per month, 1 track meet, plus t-shirt.

Register at Largo Recreation Center

This is a great program for those kids interested in running and participating in fun track meets with other kids. Track meets will be held once a month against Clearwater, Dunedin, and Safety Harbor Recreation Teams at specified locations. This program runs through April, for more details contact Largo Recreation.

Questions? Call 518-3022 or email  
vkflorida@tampabay.rr.com.



"I'm thinking of doing Pamplona this year."

## RUNNER'S PROFILE

By Millie Hamilton

**Tell us about yourself:** (a couple sentences): Born and raised in Paraguay, came to the United States with a Fulbright Scholarship. Attended the University of Iowa. Lived and worked in Iowa for six years. Majored in English. Worked at Burlington Memorial Hospital in Burlington, Iowa.

**What brought you to the area?** Family and work, back in 1974. Worked as an Administrative Assistant at St. Petersburg General Hospital, St. Petersburg, for 16 years, from 1974 to 1990.

**How long have you been a Club member?** Since 1990

**What do you do for a living?** Happily retired now.

**How long have you been running and why did you start running?** 24 years. Lived on the beach and used to see the Suncoast Runners' Club Beach Race Series. Looked like fun. Plus many people around me at work were running as the "running movement" was picking up. After I retired in 1990, I joined the Sunshine Running Team and my training escalated, and started running marathons every year.

**What is your most memorable race?** Naples Half Marathon, 2007.

**What length of run do you prefer to run?** Half marathons, but all distances are fun and beneficial, including the marathon.

**What is your favorite pre-race meal?** Chicken and vegetables.

**Do you have any running goals?** Just stay injury free and strong and run as many half marathons and marathons as possible.

**Do you have any other hobbies?** Gardening. My garden at home is truly beautiful. I go right to it right after my training runs in the morning.

**Do you have any advice for your fellow runners who are starting out?** Patience. Improvement is gradual and should be to avoid injuries. Stay with it as the benefits of running are important to overall health and longevity.

### Part of the WFYRC Ironman Volunteers

Will one of them win a trip  
to a marathon?


































**WANT TO WIN A TRIP FOR YOUR MARATHON NEXT YEAR? THESE VOLUNTEERS WILL GET POINTS THAT CAN BE REDEEMED FOR PRIZES AT THE ANNUAL MEETING SCHEDULED FOR MAY 5, 2008. ANN COURCHANE WENT TO HAWAII THIS YEAR!! WILL ONE OF THESE VOLUNTEERS BE OUR NEXT WINNER?**

## Castles On The Rhine River Cruise By: Dan Boyle

Recently a number of WFYRC members and former members went on Uniworld Cruise Lines' Castle On The Rhine Cruise. The trip was organized by Judy & Dana Johannes, who for years had organized the River Run bus trip, many marathon trips and other vacations for our members. The trip started with a stay in Amsterdam and canal cruise, followed by seven days cruising the Rhine, a stop in Strasbourg, France and two days in Lucerne, Switzerland. Making the trip were WFYRC members Frank and Diane Spicer (along with cousin George Slinney), Dan and Becky Boyle, Terri and Mark Vincent, Janet Evans, and former members Greg Taylor (and five family members), Dana and Judy Johannes plus family.

The trip was absolutely awesome! It defied description, because it overwhelmed the senses. You just can't describe the breathtaking beauty of Old World architecture, the beautiful fall weather, delicious tastes (both food and beverages), the bakery smells, sound of church bells, and ambiance of people and life in Europe. Each day was a treat and each day was very different from days before. Having a large party of close friends and new friends (40 alone in Judy's party) to enjoy the experience just heightened the blissful glow of vacation in a wonderland.

We visited beautiful cities, quaint towns, and fantastic medieval villages. The extra canal and river cruise tours of Amsterdam and Strasbourg were relaxing and educational. The bus tours to a winery, Heidelberg Castle, Marksburg Castle, the Alsace Wine Road and Basel to Lucerne, Switzerland exceeded our expectations. The castles in the Rhine Gorge were incredible, and every one enjoyed staying on the main deck throughout that day; although they served an awesome German Buffet during the noon hour, so we watched some of the castles from the lounge while drinking some German beer and enjoying the meal. The accommodations were very comfortable and the entire staff made the voyage a pleasure. The food was first class every day.

I thought our final day on Mount Pilatus would be good, but I totally underestimated the experience. It was breathtakingly awesome! We all were overcome by the 360 degree views atop the mountain, and the oversized Eichhof Swiss beers we drank just helped us enjoy the mellow glow of being in one of the most beautiful mountain ranges in the world. The hauntingly eerie and beautiful sounds of three alpenhorns harmonizing together on the Pilatus deck created a spiritual experience that deeply affected the soul. I've been on high mountain peaks before and enjoyed their quiet beauty, but this surpassed any similar experience. The ride up and down was an exceptional experience as well. We rode an electric cogwheel railway up and a sky aerial cableway with panorama gondolas down. One expected to see Heidi and Grandfather any moment as we passed by beautiful mountain highland meadows and Swiss chalets. The weather was cool and sunny with a mild breeze. It simply could not have been better! Pilatus was definitely one of the most incredible days of the trip.

You can enjoy our trip vicariously by visiting the following website [www.designphoto-digital.com](http://www.designphoto-digital.com). These pictures were taken by Jan Johannes a professional photographer who was a part of our cruise group, but I guarantee the pictures cannot do justice to the trip.

**CHRONICLES OF THE SATURDAY MORNING LOOP** By Kathleen Roach

Wouldn't you know that the weekend after my last publication, where I formally invited you to join us in running "The Loop", the route was officially (albeit hopefully temporarily) changed. The problem is the Belleair Causeway construction project. We all knew there were going to be some construction hurdles to cross, and while we're runners - not jumpers, we had managed to clear the ones that presented themselves so far (i.e. concrete road barriers, closing the walkways on the bridges, a consistently rude bridge-tender, and then later came the *No Pedestrian* signs). As annoying as these obstacles were, the big picture was that this was only a mile stretch over a 13 mile course; and the beauty often encountered during this stretch, complete with dynamic sunrises and the occasional sight of dolphins or manatees cavorting in the intercoastal waterway, made up for any inconvenience that came our way. That came to an end very early one Saturday morning, when a sheriff's deputy stopped Victor Gambone and Barb Eckes and sternly threatened them with arrest on felony trespassing charges if he caught them running on the Causeway again. Evidentially the entire Causeway is now considered a construction site - who knew?? You can cross over on a bike, but heaven forbid that someone on the beach needs to get to the mainland by foot; if so, they are going to have a long detour! That was it. The thought of being thrown in the back of a sheriff's car and having your mug shot taken before you've even had your first cup of coffee in the morning was too much for my compatriots to bear. No one wanted to cross that way again. Personally, I wanted to keep running the route; I was visualizing having my husband waiting on the fore side of the bridge with camera in tow and then, at the opportune moment, as I was getting tossed in the back of the car as a common criminal, he'd come and snap my picture for this article. On a more serious note, quite frankly I had a hard time believing that a police officer would actually arrest a 48 year old woman running down a practically vacant road at the crack of dawn. Surely these officers have better things to do with their time and resources. Then again, a few years ago a similar scenario did actually happen to Brain Scott, but that's another story unto itself (who knew that some runners could be such a bane to society!) This must have been a really slow month for law enforcement, because within the following two weeks, both Al Wieringa and Terry Repp were stopped by law enforcement on separate occasions for running in the road in the wee hours of the morning. I'm pleased to report that both were sent off with mere warnings of the danger of running in the dark, and in the road; but I have to smile when I replay in my mind Al's response to the officer, something along the lines of: "*Well you clearly saw me before you decided to stop me*". Of course the other side of the coin is that it is comforting to know that these guys are around while we are out there running in those dark morning hours. All this aside, I have since made inquiries to officials within Pinellas County regarding the denial of pedestrian access to the Causeway, to no avail.

The next step in gaining access is a letter writing campaign to the local city and county councils; but in the meantime, a new temporary 13 mile route has been established with plenty of bathrooms and water stops. We start at the same place, Clearwater City Hall, and head over to the beach, then north to the Carlouel Yacht Club. Their boardwalk takes us out toward the beach to their water fountain (very scenic stop, see corresponding photo.) Then we head south, going over the Sand Key Bridge to the Marriott Hotel, then back to the start. On low tide days, from the Carlouel we head out onto the beach to the public bathrooms at Caladesi Island State Park (not an island anymore), then just retrace our steps back. Either route is about 13 miles (give or take a few tenths). So as of this writing we are all still running at 6 am on Saturday mornings and are all in good standing with our local law enforcement agencies! So come out and join us.

## *West Florida Y Runners Club*

1005 Highland Avenue  
Clearwater, FL 33756



*(address box)*

**New Loop Course; Runners at Water Stop #2 at the Carlouel Yacht Club on Clearwater Beach. (They look cold, don't they?)**

**See Article, Page 7**

## **Join the Team for the Sunrise to Sunset Relay**

### **Join the Team for The Sunrise to Sunset Relay run across Florida March 28 & 29, 2008!**

Matt Rogers is the captain for a 12-person relay team. If you are interested, please check out the website: <http://www.sunrise2sunsetrelay.com/>. Contact Matt at [mrogers@preventarthritis.org](mailto:mrogers@preventarthritis.org) or (727) 642-0309 to join or for any questions.

When it comes to a "team building experience", not much can compare to being in a van for 24 hours with your closest friends. Running 5 milers without much sleep, under eating while over promising to "run faster next time", and hearing your buddy drone on about the time he...well you get the picture. Sound like fun? Yeah it does to us too, which is why we are bringing you the opportunity to participate in this truly unique event.

The relay begins at the idyllic setting of Indian Riverside Park, a 54 acre park nestled along the western shore of Indian River, and finishes on the beautiful grounds of the Historic Thomas Edison and Henry Ford Winter Estates in Downtown Ft. Myers. In between participants can expect to run over the causeways of Jensen Beach, have legs on the roads in cities such as Stuart and Clewiston, run along the dikes of Lake Okeechobee, and in more rural settings of central Florida. Nearing the end of the run you'll experience the breathtaking views of the Caloosahatchee river as you cross the Edison Bridge into Downtown Ft Myers, and run along the riverfront on your way to the lush tropical grounds of the Thomas Edison and Henry Ford Winter Estates where not only the finish line and a sense of accomplishment awaits you, but a darn good time as well as in a truly gorgeous setting.