



MAKING TRACKS

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Kudos and Acknowledgements By Kathleen Roach

Running is a very relative sport, your first 5 K can be just as daunting as your first marathon, and it's all a matter of perspective. From my particular vantage point, running the Boston Marathon has always been the ultimate running aspiration. I will always remember the comments made by Lisa Feldt; she was training for Boston and I was admiring her ability to participate at that level. She said the initial challenge is not actually *running* the Boston marathon, but *qualifying* for the Boston marathon. Running the race was the easy part, the pressure is off once you're in. I never saw myself in that league; Boston was always the impossible dream, but something happened this past weekend that was very profound for me. I actually qualified and I'm still trying to figure out exactly how that happened. My reflections keep leading me to the same conclusion, I would have never made it without the assistance of the WFYRC 'Sunday Morning Loopers', which include several key individuals. Thus I would like to take advantage of this opportunity to acknowledge those who put me on this terrific journey and helped me accomplish this feat. It all started with Nancy Page, an experienced marathoner who was instrumental in including me in her remarkable little training team; she set the stage, including our weekly schedule. The remainder of this team included David Boyd, Mindy Solomon and me. I would also like to acknowledge Debby Farias, Pete Crawford, and John Geigle. All these folks

game me the encouragement and support that kept me running further and faster than I thought possible, and on occasion, in conditions that were comical. I had experienced getting caught in the rain while running, but never before had I actually started a long run in hurricane force winds and driving rain (ok, 40 mph winds, a steady shower, and the darkness that's still lingering at 5 am are significant factors that



Debby Farias, Me (Kathleen Roach), Pete Crawford, John Geigle, Lisa Feldt, Nancy Page and David Boyd

most sane runners home in bed). Who would not have been taken aback by their dedication (or insanity) for starting (and finishing) those long runs under those conditions? I hung in there, and just wrote it up as another "bonding" experience, another crazy story to add to my newly growing repertoire. As I mentioned earlier, everything is relative; their definition of a normal

still left

MEMBERSHIP INFORMATION

NAME	OFFICE/RACE	E-MAIL	HOME
Linda Schumacher	PRESIDENT	two.shoes@verizon.net	939-8038
Karen Farnham	VICE PRESIDENT	iran262@tampabay.rr.com	781-8128
Colleen Scott	TREASURER	CScott4@metlife.com	733-5063
Duncan Cameron	SECRETARY	RobertaDCameron@compuserve.com	789-5368
Mike Scott	Membership Chair/ Unicorn RD	scottmj@tvratings.com	733-5063
Anna Babyak		yooohoo@fla.suncoast	733-1135
Becky Boyle Dan Boyle	Beach Series RD	beckyboyle@verizonmail.com paintman.dan@verizon.net	736-3562
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
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 Morning

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 Morning

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 detail!

TUESDAY EVENING

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 Elliott Reshard at the Clearwater High School. All inquiries should be made to Coach Reshard at 727-582-9967.

Attention 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

Racing season is in full swing. Lots of great races coming up. The next one for our Club is the Max Bayne Half Marathon, February 2. This race is at Fort DeSoto and is flat and fast. If you think you have had enough of the 10k's and are ready to move up, or if you did the 15K at Gasparilla and are ready for more, this is the race for you. If the weather for the next couple of weeks is like it has been, a p.r. is in sight for you! If you have had enough running for a while though we can use your help as a volunteer. Don't forget, volunteer at a race and run the next one free. Please call Jim Setaro at 934-8268 to volunteer. And speaking of the next one, that's the Unicorn Classic in March. This race is set in Largo and will be run next to the grounds for the Renaissance Festival.

If you feel like your running is becoming a chore, or if you keep coming up with excuses as to why you can't get out, too busy, too tired, too stressed, no motivation, maybe you should try meeting some people to train with on a regular basis. We have a couple of different groups that get together over the weekend to run together and get that "intangible" benefit from running that is the main reason people run and keep on running week after week, month after month and year after year. Please call me at 939-8038 to find out about running on Saturdays at John Chestnut Park in north Pinellas County, or call Jim Sheridan, 535-9658, about running on Sundays from the Harborview Center in Clearwater. If you plan to meet someone to run, you are more likely to do so and not come up with an excuse, you won't want to let them down. Give us a call, you'll be glad you did.

"I think what I represent is ACHIEVING what you want in life. It's a matter of ATTITUDE. Some people have a negative attitude and that's their disability."

Marla Runyan



THANKS to all the Gasparilla / Hops Marathon volunteers!
The volunteers at the Hops Marathon by the Bay WFYRC water stop included- Pat Cohen, Linda Schumacher, Duncan Cameron, Pat Fitzgerald, Anna Babyiak, Jim Farnham, Patrick Farnham, Andrea Farnham, Betty Peterson, Ann Reidelberger. Thanks to the volunteers who manned the booth during the expo (I do not have their names)!! Special thanks to Skip Rogers, Larry Nordquist and Dick Buckley for setting up and taking down the booth!

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 Race Results

11/23/02-Oklahoma Marathon-26.2

Tulsa, OK

Barbara Eckes;3:41, 11FOAll; Victor Gambone ,3:47

12/7/02 - Hidden River Classic (#14) (10 K)

Tampa

Steve Berg, 47:48; Joel Blakeman, 40:02; Daryl Blume, 39:49; Laure Blume, 39:05, 2F35-39; Jim Callan, 46:33; Duncan Cameron, 40:09, 3M60-64; Dianne Cayll-Skiles, 39:53, FMaster; Dianne Cayll-Skiles, 39:53, 1F40-44; Cathy deHaan, 58:11, 3F60-64; Pat Fitzgerald, 49:24, 2M70+; Annette Frisch, 51:10, 2F60-64; Ray Goetz, 49:56; Tim Griffiths, 48:05; Jim Keppeler, 38:23, 1M50-54; Michael Lydon, 41:30; Colman Mooney, 39:50, 2M60-64; Tom Murtaugh, 49:46; Pete Pfannerstill, 52:20; Frank Spicer, 46:38; Silky Sullivan, 46:22; Terri Sullivan, 1:07:13; Patrick Sweeney, 49:02; Kit Van Allan, 38:53, 1F35-39; Jackie Yost, 1:14:07, 1F70+; Z. Zajac, 46:57.

12/7/02 - Hidden River Classic (#14) (5 K)

Tampa

Amanda Baker, 26:25, 2F13-17; Jim Baker, 23:05; Lucas Blume, 31:08; David Colpitts, 20:34, 1M55-59; Joe Costas, 19:56, 1M50-54; Peggy Goodale, 35:22; Tim Griffiths, 27:03; Lisa Kothe, 20:58, 2F40-44; Michael Lydon, 26:03; Silky Sullivan, 25:36; Bob Van Dyke, 25:56; Larry Yost, 27:29, 3M70+.

12/7/02 - Ride & Run with the Stars (5 K)

Fort Desoto Park, St. Petersburg

Lisa Farrell, 34:12; Carolyn Kiper, 24:45, 2F31-50.

12/7/02 - Countryside December Dash (5 K)

Clearwater

Elizabeth Florko, 26:56, 1F40-49; Bonnie Theall, 24:46, 1F50-59; Dave Theall, 26:15, 1M60+.

12/7/02-Reggae Marathon-13.1

Negril Jamaica

Chuck McCann, 1:42:16; Pamela McCann, 2:02

12/7/02 - Reindeer 5K Run (#25)

Ocala

Mike Cox, 34:27; Silky Sullivan, 23:57.

12/12/02-Disney Half Marathon-13.1

Lake Buena Vista

Chuck McCann, 1:38:25; Pamela McCann, 1:50:46

12/12/02-Walt Disney World Marathon-26.2

Lake Buena Vista

Ray Bailey, 4:29; Ginger McLain, 6:22:15; Bud Williams, 3:56; Nan Bishop-King,5:10:51

12/14/02 - Lakefront Classic (#12) (5 K)

Palm Harbor

Jim Baker, 22:11; Joel Blakeman, 19:06, 2M40-44; Jim Callan, 22:41; Duncan Cameron, 19:29, 2M60-64; Dianne Cayll-Skiles, 19:42, FMaster; David Colpitts, 19:35, 1M55-59; Debra Donald, 23:05, 1F40-44; Jon Feltham, 21:05; Peggy Goodale, 34:01; Kim Griner, 27:51, 2F45-49; Pat Hoffman, 27:04, 3F50-54; Jim Keppeler, 18:47, 1M50-54; Chuck McCann, 20:41, 3M50-54; Amy McClenathan, 19:17, 3FOverall; Cindy Miller, 24:29, 1F45-49; Colman Mooney, 19:16, 1M60-64; Tom Murtaugh, 24:30, 3M55-59; John Noell, 28:02; Mike Rossi, 19:27, 2M45-49; Kathy Schaedel, 28:45, 3F55-59; Diane Spicer, 25:21, 2F50-54; Lenny Stacey, 20:35; Vicki Stum, 18:21, 1FOverall; Dave Theall, 26:14, 3M70+; Frank Van Aken, 25:02, 1M70+; Victor Yeager, 17:57, Mmaster.

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.

12/14/02 - Citrus Memorial Hospital Jingle

Bell 5K

Inverness

Silky Sullivan, 22:46, 1M55-59.

12/15/02 - Florida Gulf Beaches Half

Marathon (13.1 Mi)

Taylor Park, Largo

Allen Ahern, 1:58:02; Montie Ray Bailey Jr, 1:58:12; Ron Balow, 1:50:26; Nancy Bass, 2:50:49; Nanette Bishop, 2:23:20; Dave Bremm, 1:57:55; Jim Brown, 2:23:00, 2M70-74; Charles Butterworth, 2:23:57; Dianne Cayll-Skiles, 1:32:19, 1FMaster; Bee Collins, 2:57:15; Peter Crawford, 1:43:57; Kevin Cronin, 1:35:28, 3M50-54; Paula Cronin, 1:51:14; Lori Downing, 2:22:50; Barbara Eckes, 1:43:52, 2F45-49; Janet Evans, 2:10:51; Debby Farias, 1:48:09; Pat Fitzgerald, 1:55:48, 1M70-74; Elizabeth Florko, 2:10:51; Ilene Fortin, 2:13:24; John Geigle, 1:42:53; Victor Gambone,1:42:00; Rich Gibson, 2:21:03; Ray Goetz, 1:56:26; Claudia Graves, 3:00:21, 3F60-64; Tim Griffiths, 2:09:49; Rick Hagan, 1:45:49; Darry Jackson, 1:56:02;

Claire Keneally, 2:20:11; Brian Latzke, 2:02:45; Randi Latzke, 2:29:27; Gary Leupold, 2:08:53; Jeannie Martin, 2:29:05; Pamela McCann, 2:00:05; Dan McClenathan, 1:31:56, 1M50-54; Donna McKenna, 3:04:15; Ginger McLain, 2:59:50, 2F65-69; Vikki Moore, 1:53:28; Bob Moorehead, 2:11:48; Rue Morgan, 1:51:59; Bill Motley, 2:01:55; Wolf Scholl, 1:48:17; Mindy Solomon, 1:43:53, 3F35-39; Frank Spicer, 1:48:16; Mary Stewart-Wong, 1:44:54, 3F45-49; Roger Sweeney, 1:32:05, 2M55-59; Dean Sweetapple, 1:44:03; Diane Sweetapple, 1:48:29; Bonnie Theall, 1:57:23, 2F55-59; Doug Thompson, 2:22:50; Lisa Valentine, 1:29:46, 2FOverall; Kit Van Allan, 1:30:53, 1F35-39; Bill White, 2:36:13; Marilyn Winn, 2:19:01, 2F60-64.

12/21/02 - Say No To Drugs Holiday Classic (#14) (5 K) Clearwater

Jim Baker, 22:02; Ned Bennett, 30:10, 1M80+; Steve Berg, 21:37, 2M55-59; Jim Callan, 22:34, 3M60-64; Joe Costas, 18:39, 2M50-54; Steve Deeb, 25:49; Roland DeRussy, 34:00, 3M70-74; Leslie Dougall-Sides, 32:28; Jon Feltham, 21:10; Elizabeth Florko, 25:49; Arnaud Glacet, 19:55, 1M25-29; Peggy Goodale, 34:01; Pat Hoffman, 26:13; Ruth Hoskinson, 36:42, 1F70-74; Dick Keiber, 56:35, 1M75-79; Chuck McCann, 20:54; Shannon McClenathan, 26:04, 3F7-10; Cindy Miller, 24:25, 2F45-49; Jack Parr, 44:01, 2M80+; John Ross, 34:31; Tom Ross, 30:00; Denise Skinner, 21:12, 1F45-49; Z. Zajac, 23:13.

12/21/02 - Say No To Drugs Holiday Classic (#14) (10K) Clearwater

Allen Ahern, 50:52; Brian Beda, 42:09; Joel Blakeman, 39:59; Daryl Blume, 40:00; Laure Blume, 39:00, 1F35-39; Joe Burgasser, 39:09, 1M60-64; Caroline Conlon, 1:05:16; Barb Cote', 49:11, 2F50-54; Ron Cote', 43:05; Jeff Delie, 36:18, 1M45-49; Pat Fitzgerald, 50:34, 1M70-74; Annette Frisch, 50:58, 1F60-64; Ray Goetz, 51:12; Tim Griffiths, 48:33; Rick Hagan, 46:25; Nancy Haley, 56:48; Don Herring, 1:00:00; Lisa Kothe, 44:18; Amy McClenathan, 40:58, 1F40-44; Dan McClenathan, 42:46, 2M50-54; Colman Mooney, 41:56, 2M60-64; Bob Moorehead, 56:43; Tom Murtaugh, 50:59; Donna Nessler, 40:42, FMaster; Robin Reed, 40:50; Pat Scott, 50:05; Vicki Stum, 36:50, 5FOverall; Silky Sullivan, 45:44, 3M55-59; Kit Van Allan, 39:26, 2F35-39; Bob Van Dyke, 53:30.

12/29/02 - Holiday Classic 5K

Tampa

Jim Doran, 22:21, 3M55-59; Pat Hoffman, 26:36, 3F50-54; Jim Keppeler, 19:22, 2M50-54; Chuck McCann, 20:02, 3M50-54.

12/29/02-Unafullunaless 50 Miler Starkey Park

Noora Alidina, 9:24; 3FO/A

1/4/03 - Gasparilla Distance Classic (#26) (15 K)

Convention Center, Tampa

Steve Abelman, 1:13:46; Shirley Abraham, 1:33:11; Noora Alidina, 1:14:02; Elaine Anthony, 1:28:14; Anna Babyak, 2:16:39; Ron Balow, 1:12:13; Keith Besley, 2:06:49; David Bilyeu, 1:13:45; Janet Bilyeu, 1:16:34; Nina Boone, 1:27:06; Dave Bremm, 1:22:18; Jim Brown, 1:35:47; Jim Callan, 1:11:00; Duncan Cameron, 59:31, 2M60-64; Dianne Cayll-Skiles, 1:01:10; Barrie Coates, 1:09:59; Pat Cohen, 1:56:31; Caroline Conlon, 1:47:00; Bert Connelly, 2:06:15; Barb Cote', 1:13:24; Linda Crismond, 1:34:06; Kevin Cronin, 1:04:46; Paula Cronin, 1:16:27; Pam Daily, 1:33:53; Cathy deHaan, 1:31:05; Laureen Doloresco, 1:31:55; Steve Doloresco, 1:31:29; Lori Downing, 1:32:04; Chuck Dykstra, 1:32:27; Peg Elmer, 1:09:18; Janet Evans, 1:24:46; Debby Farias, 3:39:07; Jim Farnham, 2:02:26; Karen Farnham, 1:43:42; Jon Feltham, 1:06:38; Pat Fitzgerald, 1:17:21, 3M70-74; Elizabeth Florko, 1:27:26; Barbara Frye, 1:19:00; John Geigle, 1:10:40; Jeff George, 1:24:46; Arnaud Glacet, 1:02:04; Laurence Glacet, 1:27:15; Claudia Graves, 2:04:03; Rick Hagan, 1:10:59; Millie Hamilton, 1:35:50; Tom Harkins, 1:46:57; Ginger Herring, 1:28:45; Patty Holloway, 2:04:04; Thom Holloway, 1:51:55; Jan Humphreys, 1:20:47; Jennifer Hutchinson, 1:11:59; Mary Lou Johnson, 1:32:43; Jim Keppeler, 59:48; Carolyn Kiper, 1:28:54; Lisa Kothe, 1:04:51; Jim Larson, 1:09:25; Brian Latzke, 1:16:04; Randi Latzke, 1:43:22; Jerry Lubig, 1:46:54; Michael Lydon, 1:05:01; Jerry Margolin, 1:53:15; Jeannie Martin, 1:35:18; Amy McClenathan, 1:02:48; Dan McClenathan, 1:05:06; Ginger McLain, 2:04:21; Missy McMullen, 1:33:12; Steph Miller, 1:11:43; Brian Mitchell, 59:08; Sheila Mitchell, 1:11:14; Colman Mooney, 1:06:44; Todd Moore, 1:21:10; Bob Moorehead, 1:24:30; Rue Morgan, 1:16:11; Tom Murtaugh, 1:18:21; Jerry Napp, 1:35:49; Donna Nessler, 1:01:48; Edith Pacheco, 1:47:43; Jim Patton, 1:31:40; Kathi Patton, 1:55:27; Betty Petersen, 1:59:40; Michele Philipp, 1:35:51; Christy Phillips, 1:00:30; Ann Reidelberger, 2:04:57, 3F70-74; John Reilly, 2:52:48; Sandy Rogers, 1:18:38; Tom Ross, 1:38:39; Mike Rossi, 1:03:21; Dale Schmidt, 2:13:22; Linda Schumacher, 1:43:38; Jim Sheridan, 1:15:10; Craig Skiles, 1:09:16; Marc Skinner, 1:44:31; Denise Skinner, 1:04:30; Larry Strehl, 1:09:28; Philippe Spiteri, 1:28:38; Nancy Steele, 1:29:36; Bonnie Stein, 2:02:19; Ron Stein, 2:01:36; Vicki Stum, 56:22, 1F30-34; Terri Sullivan, 1:49:37; Terri Tankel, 1:05:17; Shirley Taylor, 1:33:57, 2F65-69; Lisa Valentine, 59:17, 2F40-44; Kit Van Allan, 1:00:47, 1F35-39; Bob Van Dyke, 1:24:08; David Weismantel, 1:14:32; Michael Weiss, 1:08:18; Marilyn Winn, 1:33:30; Bart Wolf, 1:09:27; Wally Woodbury, 1:06:19; Sabine Yeager, 1:37:06; Victor Yeager, 56:47; Jackie Yost, 1:58:44, 2F70-74; Larry Yost, 1:24:46; Z. Zajac, 1:13:31.

Gasparilla 5K

Diane Spicer, 52:01

PT Cruiser Challenge- 5K-15K-26.2

(Continued on page 10)

RACEWALK TIDBITS
BY: BONNIE STEIN

SHAKE IT OFF AND TAKE A STEP UP

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out a way to get him out. Finally he decided it was probably impossible and the animal was old and the well was dry anyway, so it just wasn't worth it to try and retrieve the donkey. So the farmer asked his neighbors to come over and help him cover up the well. They all grabbed shovels and began to shovel dirt into the well.

At first, when the donkey realized what was happening he cried horribly. Then, to everyone's amazement, he quieted down and let out some happy brays. A few shovel loads later, the farmer looked down the well to see what was happening and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was shaking it off and taking a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he continued to shake it off and take a step up. Pretty soon, to everyone's amazement, the donkey stepped up over the edge of the well and trotted off!

Sometimes Life is going to shovel dirt on you. The trick to getting out of the well is to shake it off and take a step up. Every adversity can be turned into a stepping stone. The way to get out of the deepest well is by never giving up but by shaking yourself off and taking a step up.

What happens to you isn't nearly as important as how you react to it.

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**CONGRATULATIONS**

Congratulations to **Claudia Graves** who won a 3rd place medal in her age group at the Gulf Beaches Half Marathon on Dec. 15. She won it in the Run, yet Claudia racewalked the whole way!

Congratulations to **Dottie Rutigliano, Dale Schmidt, Nancy Sigmon, and Anna Babyak** who competed in the Florida State Senior Games the weekend of Dec. 14-15 in Lakeland.

Age group awards:

**Dottie** (65-69) Silver in the 1500 Meter Racewalk and Silver in the 5K

**Dale** (55-59) Bronze in the 1500 Meter and Bronze in the 5K

**Nancy** (50-54) Silver in the 1500 Meter and Gold in the 5K

Congratulations to **Anna Babyak** and **Dale Schmidt** who were were voted in as new Board Members of the West Florida Y Runners Club.

Congratulations to **Bee Collins** who racewalked the Philadelphia Marathon (26.2 miles) and received a well-deserved Finisher's Medal.

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YOUR GOALS INDICATE HOW MANY TIMES A WEEK YOU SHOULD WALK OR RUN

If your goal is fitness you should be doing some type of aerobic exercise like racewalking or running, a minimum of 3 days of week. If your goal is weight loss, it's recommended that you aim for every day. Even 5 days a week will get you to your goal, however, I still suggest aiming for every day so that you get in at least 5 days.

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**JOIN THE SATURDAY MORNING RACEWALKING GROUP AT 9 AM**

Please join us this Saturday, and every Saturday at 9 AM at Taylor Park in Largo at 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.

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.

**RUNNERS LUBE**



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If there's one "injury" that racewalkers experience, it's friction under the arms. You know you're racewalking correctly (staying in your narrow 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 stains 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.

E-mail me if you'd like a tube of Runners Lube and I'll bring it Saturday to Taylor Park.

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BOCA BURGERS - A HEALTHY MEAL FOR RACEWALKERS AND RUNNERS

At 90 calories and one gram of fat, Boca Burgers provide less than 10% fat calories, zero grams of saturated fat, and 13 grams of protein. A number of years back I could only get them at health food supermarkets, however now you can buy them at the frozen food section of your neighborhood grocery store. They're delicious on a whole wheat bun with some ketchup. Or add some calcium by adding a slice of low-fat cheese for a "cheeseburger." With the whole wheat bun and some carrot sticks on the side - you've got a healthy, nutritious, filling meal. Plus, it's delicious.

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**RACEWALKING AROUND FLORIDA (Judged Racewalk events)**

**Feb. 22** - Outback Steakhouse 12K, Lake Eola, Orlando, 2:45 PM, Contact Track Shack at 407-896-5473 or [www.trackshack.com](http://www.trackshack.com).

**Mar. 2** - Run Around the Pines 5K Run and Racewalk, Showalter Field, Winter Park, 7:30 AM, Contact Track Shack at 407-896-5473 or [www.trackshack.com](http://www.trackshack.com).

**Mar. 15** - Winter Park 10K Run and Racewalk, Winter Park, 7 AM, Contact Track Shack at 407-896-5473 or [www.trackshack.com](http://www.trackshack.com).

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NUTRITION NEWS - Weight Loss Warning

One of many weight loss products being sold as a dietary supplement, primarily through the Internet, has been cited by the U.S. Food and Drug Administration as being linked to six cases of liver failure. The product is called Lipokinetix and contains norephidrine, caffeine, yohimbine, diiodothyronine and sodium usniate. Another name for norephidrine is phenylpropanolamine (PPA), which was voluntarily taken off the market after strokes were linked to its use. PPA was used in non-prescription cold remedies and diet aids. However, not all PPA was removed after FDA announced it would seek a ban on the ingredient. Cold preparations were changed, but appetite suppressants were not. FDA has warned people to consult a physician if they have experienced nausea, fatigue, fever, abdominal pain or change in skin color if they have taken Lipokinetix.

This product was sold through hundreds of web sites and may still be available. The standard claim of complete safety is made without evidence. Other claims include "mimics exercise in the body" and "continues to work over a long period of time - although I wouldn't recommend using it for more than four months at a stretch." These types of claims should raise your sense of caution.

As with most weight loss "miracles" if it sounds too good to be true (ie. eat all you want and lose weight without exercise) . . . you know the rest.

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Pete Pfannerstill, PhD, LMT
MA24089 • MM6802 • MM4537



Nancy Sigmon, Dottie Rutigliano, Anna Babyak and Dale Schmidt from WFYRC, who competed at the Florida State Senior Games in Lakeland, Dec. 14-15

TRACK WORKOUTS

By Coach Mel

Tuesday at Clearwater High School and Wednesday at Osceola Middle School at
5:15PM

February 4th	4 x 1200 meters
February 11th	6 x 800 meters
February 18th	5 x 1000 meters
February 25th	1 x 1200 meters, 1 x 800 meters, 1 x 1200 meters
March 4th:	2 x 400m, 2 x 800m, 2 x 1200m
March 11th:	5 x 600m
March 18th:	Ladder (400m, 600m, 800m, 1000m)
March 25th:	1 x 800m, 1 x 400m (3 sets)
April 1st:	4 x 1200m
April 8th:	12 x 400m
April 15th:	6 x 800m
April 22nd:	5 x 1000m
April 29th:	1x1200m, 1x 800m, 1 x 1200m

UPCOMING RACES

DATE	DAY	EVENT	CONTACT	LOCATION
2/9/03 8:00 AM	Saturday	UT Turf Classic 5K	Jerry Slavin 813-253-6240 #3644	Wilderness Park Tampa FL.
2/15/03 8:30 AM	Saturday	Chinesgut 5K Run and nature walk	352-754-6722	Chinegut Nature Center Brooksville FL.
2/16/03 12:00 AM	Sunday	Florida Gulf Beaches Marathon	Chris Lauber 727-347-4440	Downtown Clearwater Clearwater FL.
2/18/02 8:15 AM	Saturday	Run with the Nuns 5K	727-344-6044	War Veterans Memorial St Pete
2/22/03 8:00 AM	Saturday	Strawberry Classic 10K and 5K	Tampa Bay Runners 813-920-8521	Temple Terrace FL.
3/1/03 12:00 AM	Saturday	Kids for Kids Run 5K	727-892-8221	Baywall St. Pete
3/1/03 8:00 AM	Saturday	1st National Bank Habitrot 10K and 5K	Mike Carr 352-521-0141	Dade City FL.
3/2/03 9:00 AM	Sunday	Race for the Pies 5K	RPM Promotions 813-874-7223	Al Lopez Park Tampa FL.
3/8/03 8:00 AM	Saturday	Unicorn Classic 5K	Denise Skinner 727-533-4329	Largo Central Park Largo FL.
3/9/03 8:00 AM	Sunday	Friendship Trail Bridge Run 5K and 10K	RPM Promotion 813-874-7223	Gandy Bridge Tampa FL
3/16/03 8:00 AM	Saturday	Shamrock Classic 10K, 5K, and 1 Mile	Brandon Runners Club 813-684-0224 #212	Sabel Park Brandon FL.
3/22/03 7:45 AM	Saturday	Armadillo Classic 10K, 5K, and 1 Mile	Lynn Rives 813-874-7223	Oldsmar FL.
3/28/03 6:30 PM	Friday	Springtime Tampa Bay 5K	RPM Promotopns 813-874-7223	St Pete, FL
3/29/03 6:00 AM	Saturday	WFYRC/Croom Trail 50M Fools Run 50M, 50K and 4 person 50K relay	Eve Dietrich 737-535-8468	Withlacoochee Forest Brooksville FL.
3/29/03 7:00 AM	Saturday	Bolt Run 5 Mile & 5K Run & 1M Walk	Courtney Simons 813-301-6855	Ice Palace Arena Tampa FL
3/29/03 7:50 AM	Saturday	Chasco Fiesta 5K and 8K	888-496-8004	New Port Richey FL
4/5/03 7:30 AM	Saturday	Temple Terrace Road Race	Stacia 812-989-7022	Temple Terrace FL.
4/5/03 8:00 AM	Saturday	Beach to Bayou 5K	Diane Chamberlane 727-942-5048	Tarpon Springs FL.
4/5/03 8:00 AM	Saturday	Gulf Side Gallop 5K and 1 Mile	Roger Jacobs 727-595-5610	Indian Rocks Beach FL.
4/8/03 8:00 AM	Tuesday	Festival of States 5K and 1M	727-898-3654	St Pete, FL
4/13/03 8:30 AM	Sunday	Flatwoods Four 4 M Run	Ricky Howe 813-404-9002	Tampa FL

(Kudos Continued from page 1)

early morning run, turned out to be my definition of speed work. It was a constant struggle to keep up, and my mantra became, 'what does not kill you only makes you stronger'. While I admit, running takes a bit of self preservation, I know I would not have made the qualifying times that I needed without their support, guidance, and confidence. So I want to thank Nancy, Dave, Mindy, Debby, Peter, John (and Luis Vargis who coached me from California), for providing me with the skills, confidence, patience and friendship that were so instrumental in helping me to achieve my goal! Boston, here I come!!

(Continued from page 5)

John Wood-26:00; 01:12:16; 03:50:09; Leslie Stallings-26:48; 01:19:00; 04:19:27; Millie Hamilton- 33:44; 01:35:50; 05:16:55; Pam Dickens-6:47;01:36:09;05:35:34; Billy Dickens- 29:43; 01:19:27; 04:36:33; Doug Brown-54:35;02:07:28;07:18:48; Elaine Anthony-34:37; 1:28:14; 5:26:59; Nora Alidina-24:34; 1:14:02; 3:41:47

1/5/03 - Hops Marathon by Tampa Bay (#3) (26.2 Mi) Convention Center, Tampa

Noora Alidina, 3:41:47, 1F45-49; Elaine Anthony, 5:26:59; Brian Beda, 3:47:03; Dave Boyd, 3:49:48; Debra Colbert, 3:25:30; Peter Crawford, 3:39:05; Jeff Delie, 2:47:05, 2M45-49; Mary Delie, 3:24:15; Sherry Denner, 4:33:55; Debby Farias, 3:39:07; Lisa Feldt, 3:28:42; Barbara Frye, 4:10:15; Ray Goetz, 4:05:51; Kim Griner, 5:22:48; Millie Hamilton, 5:16:55; Dori Iten, 3:47:15, 2F45-49; Darry Jackson, 4:57:33; Vikki Moore, 4:25:44; Nancy Page, 3:51:04; Kathleen Roach, 3:41:32; Mindy Solomon, 3:39:02; Terri Tankel, 4:00:24./

1/15/03-Florida Gulf Beaches Marathon-26.2 Clearwater, Fl.

Dianne Cayhil Skiles, 1:32:18,1FM40

1/18/03 - Race for the Rec (#1) (5 K) Community Center, Belleair

Anna Babyak, 44:56; Steve Berg, 22:39, 1M55-59; Jim Callan, 22:38, 3M60-64; Elizabeth Florko, 25:56, 1F40-44; Patty Holloway, 39:51; Thom Holloway, 37:31; Steph Miller, 23:20, FMaster; Colman Mooney, 19:45, 1M60-64; Tom Murtaugh, 24:57; John Noell, 25:33; Dale Schmidt, 41:50; Bonnie Theall, 24:45, 1F55-59; Dave Theall, 26:15, 3M70+; Frank Van Aken, 24:48, 2M70+; Bob Van Dyke, 24:46, 3M55-59; Carol-Jean Vosburgh, 25:43, 2F55-59; Dusti Woodbury, 35:23; Wally Woodbury, 20:44, 3M45-49; Victor Yeager, 17:48, Mmaster.

1/18/03 - Run with the Nuns (#11) (5 K) War Veterans Memorial Park, St. Petersburg

Jim Baker, 24:37, 3M45-49; Ned Bennett, 30:10, 1M80-84; Nanette Bishop, 28:37; Lisa Brois, 24:18, 2F45-49; Dianne Cayll-Skiles, 19:58, FMaster; Marge Coffey, 34:24; Ed Cunningham, 33:51; Cathy deHaan, 28:05, 1F60-64; Peggy Goodale, 34:51; Millie Hamilton, 27:23, 2F55-59; Walter Hamilton, 43:26; Don Herring, 28:59, 2M60-64; Ginger Herring, 29:48, 3F60-64; Amy McClenathan, 19:32, FOverall; Jack Parr, 53:37, 1M85+; Wayne Pelletier, 24:40; Pat Scott, 24:36, 3F40-44; Craig Skiles, 21:22, 1M40-44; King Smith, 36:28, 3M70-74; Z. Zajac, 23:19, 2M50-54.

1/18/03 - FishHawk Ranch Road Race (#6) (10 K) FishHawk Ranch, Lithia

Annette Frisch, 52:35, 1F60-64.

1/18/03 - FishHawk Ranch Road Race (#6) (5 K) FishHawk Ranch, Lithia

Debra Donald, 22:52, 1F40-44; Claire Keneally, 28:25, 2F45-49; Chuck McCann, 19:39, 2M50-54; Silky Sullivan, 21:55.

1/24/03 - Run for Shelter VI (5 K) Centro Ybor, Tampa

Debra Donald, 22:40; Barbara Eckes, 21:34, 2F45-49; Jim Keppeler, 18:40, 2M50-54; Chuck McCann, 20:26; Pamela McCann, 22:18; Amy McClenathan, 18:43, 1FOverall; Dan McClenathan, 20:18.

1/25/03 - Kumquat Festival 5K Run Agnes Park, Dade City

Diane Spicer, 25:30, FMaster; Terri Sullivan, 32:52, 2F60-64.

1/26/03-Naples Half Marathon-13.1 Naples, Fl.

Craig Skiles, 1:41:49; Dianne Cayll Skiles, 28:32, 4F40

Members Check In!

Marc : Disney 2003 Chip: 6:22:15. Don't know how I did it but I knocked 13 minutes off 2002 Disney Marathon time. Think the better weather had a lot to do with it. Kind of wobbly at the end but able to sit up and have a beer. And that is always a good thing.
Ginger Mc Lain

Good Morning Marc!

What a beautiful 1/2 Marathon the Naples Half Marathon is, this is the race to run if you're looking for a half marathon. The course is flat, runs through neighborhoods with nonstop beautiful homes/mansions. We drove the course before leaving town since we really didn't see much during the race. We were blessed with great weather (similar to our Gasparilla weather this year, 50ish) with minimal wind which made for a good race. Craig and I both had a PR:

Another plus I liked about the race was that there are several out and backs so you get to see others in the race several times. This allows you to cheer others on which is motivating. The volunteers were great, well supported and organized. They give money out at this race so anyone who is really fast should consider running it if they haven't.

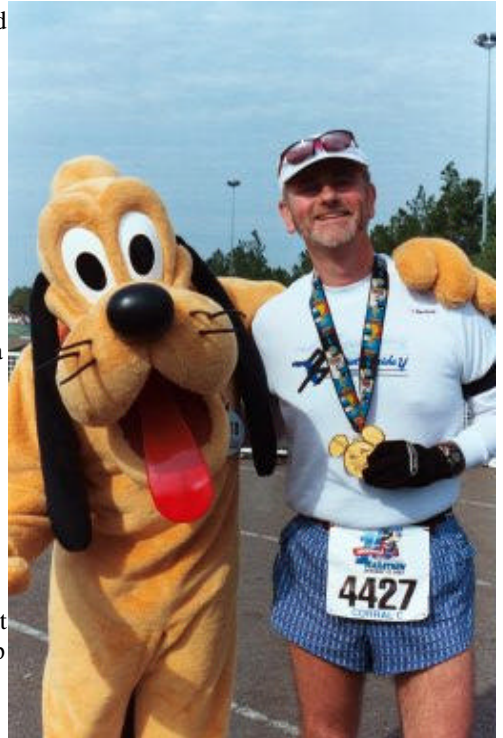
Have a great day Marc!
Dianne

Hello: I've run my first race in a very long time...Gasparilla! The 15k ! It was a very nice race...Perfect weather. 01:09:28 was my chip time. I have to admit I was a bit nervous about the whole thing. I wasn't quite sure where to begin. Thank you to members of the WFYRC for making me feel welcome back into the running scene after a long period off running. I'm a bit older now, and I'm hoping to fit into the running scene again. Y'all been wonderful so far!
Thank you! Friend, Larry

Hi - this is to submit the race results for my VERY first half marathon & Marathon.

Was it really just over a year ago that I took that first step and starting training with the WFYRC at Taylor Park for the 2001

Turkey Trot?? (a belated thanks to Mary Lou) Regards, Ray Bailey (Montie Ray Bailey Jr) Clearwater, FL



Ray Bailey & Goofy

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Two Weekends of Tampa Bay Ultra-running By John Wood

The cool dry weather has made for the best running/racing conditions in several months. I had the opportunity to participate in a couple of good endurance events, the last weekend in December and the first weekend in January.

The Unafullunaless (say that quick 3 times) consisted of several distance events ranging from a ½ marathon to a 50 miler (which began at 5:00 AM on a cold morning). All races were in Starkey Park on trails. Originally planning to do the ½ marathon as a tune up for the following weekend, I lost my common sense for a moment and signed up for the 50 K. I thought, oh well, it's a nice day for a slow jog in the park. Well it didn't quite work out like I expected, because the December rains turned the wonderful jogging path into a swamp. We ended up running through shin deep water at times, which felt like it added 5 pounds to the shoes. Once I got going, it was just too nice to *only* jog, so I ended up running at my usual ultra training pace which is a bit over 10 minutes per mile on a flat course. It was a beautiful day and the race was well coordinated with friendly people and good food. When I was done, I hung around to watch the 50 milers finish up. Only 5 completed this longer race.

Saturday, January 4, started with the Gasparilla 15 K run. Although road races are generally not in the venue for trail ultra-runners, the Tampa running community made it attractive by offering a package of three major races in one weekend, concluding with the Hops Marathon. I guess that attracted Chrysler Corporation as a major sponsor since they named the event "PT Cruiser". It was such a pleasure being in a major race and not really racing it. I felt so comfortable cruising along thinking over and over again that I must run easy and save energy for the marathon. Well I never have been a good judge of pace. I just try to run comfortable. I thought 8:00 to 8:15 pace would be about right, but I averaged out at 7:45, running negative splits for every mile except one. Once you're in a pack, the tendency is to stay there and not fall back. Anyhow, I really took it easy in the 5K, running a personal slow record of 26 minutes.

Sunday I was up just before 4:00 AM and didn't feel too bad, so I drove back over to Tampa for the 6:00 AM start of the marathon. I had already decided that a 4 hour finish was to be the goal here, but I wasn't sure how all the previous running would affect me. I actually didn't start feeling it until about 8 miles, and then the legs felt just a little bit tired. I ran with Pete Crawford and Mindy Solomon for a while. It was apparent that they had a specific goal in mind and seemed to be executing it perfectly. I chatted with Pete a little about his planned Appalachian Trail hike that begins in March. That helped the miles fly by, but by mile 12, I was dropping back from an average of 8:20 pace to 8:45. By mile 17, I had dropped to 9:00 pace, and at mile 20, I felt like my legs might be cramping soon, so at the turnaround at Interbay, I grabbed some water and sat on the sidewalk and took some electrolyte tablets. I dropped my water and 4 volunteers came running over thinking I had fallen down. I forgot, you are not supposed to sit down in a marathon. This is not like a 100 mile ultra J. Anyhow, I guess it was a good move, even if that mile ended up at 10:20 pace. Soon I was headed back up Bayshore, cramp free, running at 9:00 to 9:15 pace passing lots of people that were suffering from cramping legs. I managed an under 4 hour completion crossing the line in 3:50:09. I was happy and felt good, and the best part of it was that I could still walk down stairs Monday morning at work. I remember the days when after a marathon, I couldn't hardly get out of a chair.

Well, I was happy with my accomplishments, but really have to admire a couple of our local female runners, Barbara Frye and Noora Alidina. Both ran and completed the 50 mile trail runs through Starkey Swamp the weekend before and both ran the PT Cruiser. Noora is training for the Western States 100 miler in the mountains of California scheduled for late June, and Barbara is training for the 3200+ mile Trans European footrace beginning in April. I wish the best to both ladies.

Other local WFYRC members that I saw participating in the PT Cruiser include Bill and Pam Dickens and Elaine Anthony. There may have been others as well. It was good to have the support of the WFYRC out there on Sunday. I very much appreciated the aid, cheering, and encouragement.

"2003: A Lucky Year" By Dick Michener

2003 will be a lucky year for a new friend I made today. I met him in the locker room at the rec. center, as I was returning from running, and as he was suiting up for a pool workout.

Looking me over, he asked how I had become a runner and why I had stuck with it. I briefly shared that running had helped me to overcome multiple problems, including two life-threatening heart episodes and type 2 diabetes, as well as two hospitalizations and one back injury during 2002. I explained that, I had come to regard my problems as blessings, and I had learned how to use them as motivation.

He smiled. "Boy, can I relate to that. I'm such a lucky guy. I'm 40; I've got a terrific wife and three great kids."

He paused. "I've got MS (multiple sclerosis)."

He was excited. "If you've got to have a supposedly dread disease, MS is the one. You and your doctor, if he's an athlete, can work with it, use it, not just as motivation, but in practical ways to improve yourself."

He frowned momentarily. "There are a few limitations. I can't run like I used to. I still run, but I'm more of an indoor triathlete now. I run, and I bike, but mostly I swim, seven days a week. My doctor wants me to train indoors, in case my legs get a little wobbly, or I have a little double-vision."

He grinned impishly. "I told my doctor, I had already experienced wobbly legs and double vision after a few too many beers, so I could cope."

I remarked that his attitude and his training must shock a lot of people. "One of my goals," he laughed, "is to be asked, when I turn 100, the secret of my longevity, and I'll simply say, 'MS.'"

As I headed to the showers and he headed to the pool, he waved. "2003's going to be a lucky year for both of us."

I waved back. "I know."

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(Dick Michener is a runner and a writer, a teacher and an entrepreneur, in Waynesville, North Carolina, USA. He would be pleased to hear from you at richard139@charter.net.)

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_____	_____	____-____-____

- | |
|---|
| <input type="checkbox"/> Helping at a club race
<input type="checkbox"/> Writing articles for the newsletter
<input type="checkbox"/> Attract race sponsors
<input type="checkbox"/> 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 _____