

Making Tracks



RUNNING CHESNUT PARK'S BEAUTIFUL TRAILS

By: Dan Boyle



• Inside This Issue

Running Chesnut Park	1
Upcoming Events	2
Presidential Ponderings	3
Disney Marathon	4
Running Shorts	4
Runner's Profile	5
Pictures from Christmas Party	6
Carbo Load	7
Volunteers Needed	2

The "North County" contingent of the WFYRC has called John Chesnut Sr. Park home for their Saturday Morning Group Run for the past ten years. Originally the site was chosen as an additional venue for Turkey Trot Training classes, but the joy of running in a beautiful natural setting on a variety of comfortable surfaces made it a permanent favorite location. This picturesque site is also an ideal venue to run alongside an abundance of wildlife. The park covers approximately 255 acres situated immediately adjacent to Lake Tarpon. Since the parks inception runners have enjoyed this unique park and its trails for runs that inspire the soul.

Each Saturday at 7:00 AM a large group of runners meet at shelter #2 to start running a course that one never tires of running. The group takes a very casual and sociable approach to running, and actually has a seven-minute rule before taking off on the run. This means the group catches up with each other by talking for at least seven minutes before anyone starts running. The emphasis is not on speed. It is on finding a comfortable pace to run a sociable run with friends, although a few do like to gun the engines occasionally. Not all in the group runs, there are walkers who also take part in the weekly run.

Part of our running course is along three nature trails, each approximately 3,000 feet in length. The North Trail runs through a cypress swamp on an elevated boardwalk. The Peggy Park Trail also runs on an elevated boardwalk through a cypress swamp, and along a combination of shell and mulch trails lined with saw-palmetto, slash pines, and oak trees adjacent to Brooker Creek, which leads into Lake Tarpon. Another elevated boardwalk trail runs along the boat ramp, leading to an elevated lookout tower for a scenic overview of Lake Tarpon. The soft surfaces of the trails provide a welcome relief to runners accustomed to running hard concrete and asphalt roads on most of their daily runs. The variety of vegetation and trees in the park make it a remarkable place to run. The park changes it look each season of the year. Various wetland flowers add touches of color that invite awe from viewers at different times during the year.

Runners have numerous encounters with all types of wildlife that roam throughout the park. It is not uncommon to come upon a herd or two of white-tailed deer on a typical morning run, and alligator sightings are also commonplace, especially during the spring mating season. As many as fifteen deer were counted on one Saturday run, but seeing approximately six deer is more common. On rare occasions an otter family can be seen playing in Brooker Creek along the Peggy Park Trail. Spotting large owls is also a thrill, since they tend to be a little more elusive than other wildlife. Ducks, blue herons, egrets, cardinals, hawks, vultures, and tortoises/turtles are also found on various runs within in this park.

For an interesting change of scenery come run the trails with the group, you'll be pleased with the natural experience. Afterwards enjoy the group camaraderie at Einstein Bagels in Palm Harbor, where the runners meet weekly for breakfast.

Contacts

Officers:

President:: Michael Weiss lwewfla@aol.com
 Vice President:: Position Open
 Secretary: Jan Sheridan jansheri@verizon.net
 Treasurer: Ann Courchane gacourchane@yahoo.com
 Membership Chair: Ric Dorrie ricdoor@hotmail.com

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

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 kathleenxyz@hotmail.com

TUESDAY AM track 4:30AM
 Clearwater High School

THURSDAY 6PM Run Dunedin Causeway (meet behind Walgreen's)

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

Upcoming Events:

MAX BAYNE 10-MILER

March 30, 2008

SHAMROCK 'N RUN

MARCH 14, 2008

ANNUAL MEETING

May 5, 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

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 200 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

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	_____

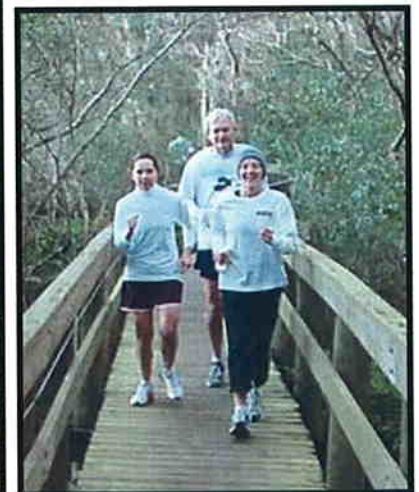
Presidential Ponderings by Michael Weiss

Running season is in full swing and we have a lot of events coming up in the next few weeks. Aside from all the usual great local races we have three club events on the calendar. First, Friday night March 14th the Sham Rock 'N' Run 5K and kids run at Ulmer Park in Largo. Next we have the inaugural Max Bayne 10 Miler and 5K at Fort Desoto on Sunday March 30th 8:00AM. This will be the RRCA Florida 10 mile Championship. Then on May 5th we will have our Scholarship/Awards banquet. We will again be holding our volunteer appreciation raffles with lots of prizes including the grand prize trip to Maui (or an exciting destination of your choice). The more you volunteer the better your chances of winning. The dates for the Sunsets at pier 60 Summer 5K series are also set. This year we will be having 4 races instead of 5. The dates are June 20th, July 18th, August 1st, and August 15th. Just a reminder that all club members not only get discounts on race entry fees but if you are sick or can't race for any reason we will refund your entry fee.

I would also like to thank Linda Schumacher and Becky Boyle for taking over as Making Tracks editors. If you have any interesting stories or pictures (running or non-running) please submit them to Linda or Becky. I also want to thank Paul Franklin for fixing the website. It is up and running and contains all the club race/event info (www.wfyrc.com). I would also like to thank everyone who helped out at the water stop for Gasparilla marathon/half marathon. We are always given the responsibility for the busiest water stop in the race. We all know how important it is to have people (i.e. other runners) who know how to properly hand over the cups during a race.

“Three exciting races coming up, plus our annual dinner and grand prize giveaway.”

RUNNING CHESNUT PARK



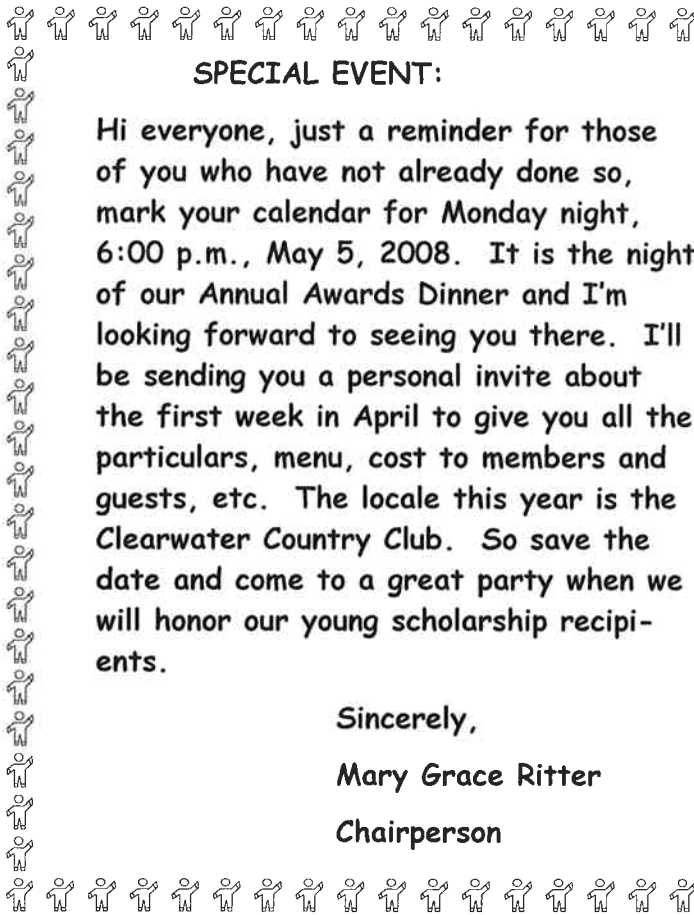
Disney Marathon By Michael Weiss

This was my first Disney World Marathon and it was truly a magical experience. I was ecstatic when I found out that I had been selected for the Florida's Finest Team for the Disney Marathon. I had heard what a great experience this was from my training partners Jeff and Mary Delie who were past members of the Florida's Finest team. I was determined to validate my being selected by running a marathon PR. I enthusiastically prepared for the race and arrived in Orlando in PR shape.

After checking in at the hotel I headed over to the Expo. I was greeted with a "wow" from the volunteer when I picked up my "Elite #12" bib. After walking thru the Expo I went to check in at the VIP hospitality suite. There I met our Disney hostess, Melanie Boffo, who gave me a VIP goodie bag which included Disney theme park tickets, meal voucher, a picture frame, technical race t-shirt, hat and a warm up suit. We were informed that our bus was leaving at 4:00AM since the race started at 6:00AM

I woke up race morning at 3:00AM and had my usual pre-race meal and then walked over to the bus. It was a short ride to the start area where we then waited comfortably in the bus. Unfortunately the weather was less than ideal on race morning. It was 68 degrees and very humid. I contemplated doing the marathon as a long run rather than as a race and then try to run a PR a few weeks later with hopefully better weather. I decided that since I had accepted the offer to be part of Florida's Finest that I should honor my commitment and just do the best I could. We were then escorted to the starting line where we had our own "elite" section in front of the main corral. Mickey and Minnie started the countdown, the fireworks went off and away we went.

Continued on Page 6



SPECIAL EVENT:

Hi everyone, just a reminder for those of you who have not already done so, mark your calendar for Monday night, 6:00 p.m., May 5, 2008. It is the night of our Annual Awards Dinner and I'm looking forward to seeing you there. I'll be sending you a personal invite about the first week in April to give you all the particulars, menu, cost to members and guests, etc. The locale this year is the Clearwater Country Club. So save the date and come to a great party when we will honor our young scholarship recipients.

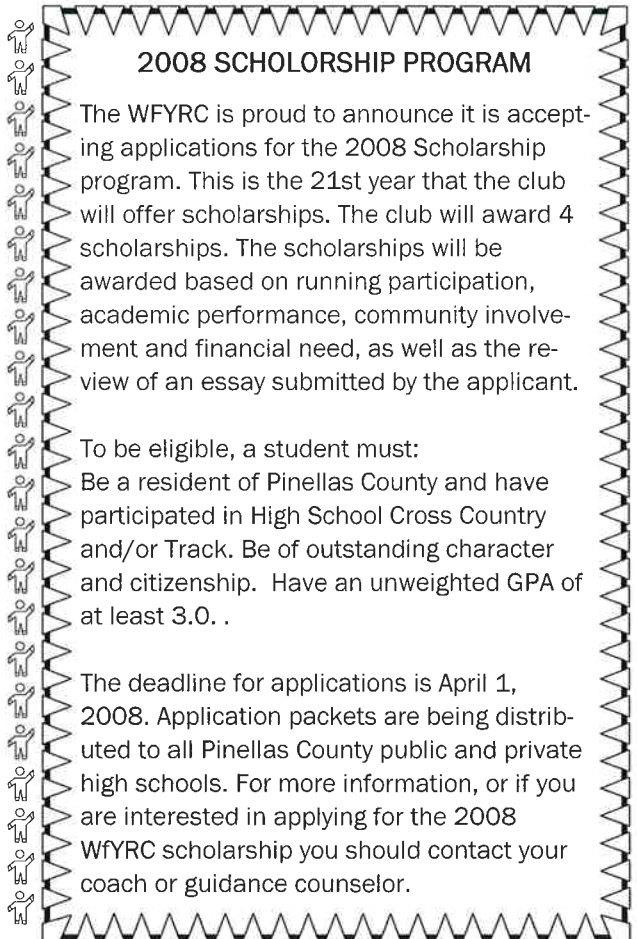
**Sincerely,
Mary Grace Ritter
Chairperson**

2008 SCHOLORSHIP PROGRAM

The WFYRC is proud to announce it is accepting applications for the 2008 Scholarship program. This is the 21st year that the club will offer scholarships. The club will award 4 scholarships. The scholarships will be awarded based on running participation, academic performance, community involvement and financial need, as well as the review of an essay submitted by the applicant.

To be eligible, a student must:
Be a resident of Pinellas County and have participated in High School Cross Country and/or Track. Be of outstanding character and citizenship. Have an unweighted GPA of at least 3.0. .

The deadline for applications is April 1, 2008. Application packets are being distributed to all Pinellas County public and private high schools. For more information, or if you are interested in applying for the 2008 WFYRC scholarship you should contact your coach or guidance counselor.



RUNNER'S PROFILE

By Ann Courchane

Tell us about yourself: My husband and I and two sons moved to Florida 3 ½ years ago from Roscoe, Illinois. We have three grown children. Our daughter lives in Illinois and 2 boys are here in Florida.

What brought you to the area? My husband accepted a job with Valpak. (The blue envelope you receive in the mail).

How long have you been a Club member? 3 years. I looked for a running club on the internet and saw that the West FI Y ran near my house on Saturday mornings. I went one Saturday and everyone said hello and made me feel very welcome.

What do you do for a living? I work as a staff accountant for a CPA firm in Clearwater.

How long have you been running and why did you start running? I started running when I was 14 years old. Both of my older brothers ran in high school so they encouraged me to start. I could only run about 4 blocks when I first started.

What is your most memorable race? In high school, I competed in the "first" girls high school track meet in Illinois. It was so exciting to race in the "first" one for Illinois.

What length of run do you prefer to run? 10K, although I am beginning to like the ½ marathon.

What is your favorite pre-race meal? Penne Pasta from Angelino's.

Do you have any running goals? Not to run a marathon.

Do you have any other hobbies? I like to work in the yard, ride bikes, camping and we have taken up kayaking since moving to Florida.

Do you have any advice for your fellow runners who are starting out? Set small goals for yourself and keep trying. It also helps to have someone to run with.



Ann Courchane
WFYRC Treasurer

Pictures from the Christmas Party at Peggy O'Neill's Restaurant



Disney Marathon Cont'd.

The first few miles I ran with a pack of Florida's Finest/WFYRC runners including Albert Weiringa, Christa Benton, Gary Cohen, Melanie Peters and Sonja Uhl-Friend. Less than ¼ mile into the race, I heard a thud followed by an uh-oh from Albert. He apparently dropped his gel. I reached over and handed him one of my extra gels. After we looped around and then back thru EPCOT the pack broke up. My pace the first 3 miles was a bit slower than I planned but then I settled in and was back on pace the next few miles. I ran with two runners from San Diego, California the next few miles as we headed toward Disney's World of Sports. They were not used to the Florida humidity and soon faded before reaching the Contemporary Resort. I then headed into the Magic Kingdom which was very uplifting with lots of cheering crowds and characters. Trumpets blared as I approached Cinderella's castle. I ran thru and arrived outside to photographers and more cheering crowds.

Unfortunately, I left most of my magic back in the Magic Kingdom as I started to dehydrate. Despite living in Florida I tend to dehydrate in warm weather despite drinking at every beverage station. The next few miles were difficult both physically and mentally as this was the only section of the course without much crowd support. I was happy to see the entrance to Animal Kingdom and seemed to regain some energy going thru the park. Two miles later we hit the switchback in the road and could greet the other runners as we passed. I managed to pass some runners my age as we entered MGM studio around mile 23. As we headed around the boardwalk area and back thru Epcot my focus was on not getting re-passed. I finished in 2:51:42 which was much slower than I wanted but enough to win my age group on this hot/humid day.

Overall the marathon exceeded my expectations despite not running my best. The race support was better than I had expected; and, of course, being treated like an elite runner was fabulous. Congratulations to two of our past scholarships winners: Christa Benton and Kevin Lyons for their top finishes in the marathon.

CARBO LOAD

BLACK BEAN CHILI

By Becky Boyle

Sauté one small chopped onion and one or two chopped cloves of garlic in a little olive oil. Add:

3 Cans of drained Black Beans

1 Jar of Paul Newman's Salsa - Peach or Mango

2 Tablespoons of Chili powder

2 Tablespoons of Cumin

Simmer for 30 minutes.




 GOT A RECIPE YOU
 WANT TO SHARE?

 PLEASE FORWARD TO:

 BECKY @
 BBOYLE@KNOLOGY.NET


 WANT TO WIN A TRIP FOR YOUR MARATHON NEXT YEAR? JUST VOLUNTEER FOR THE MAX
 BAYNE 10-MILER AND GET POINTS THAT CAN BE REDEEMED FOR PRIZES AT THE ANNUAL MEET-
 ING SCHEDULED FOR MAY 5, 2008. ANN COURCHANE WENT TO HAWAII THIS YEAR!! WILL
 YOU BE OUR NEXT WINNER?

West Florida Y Runners Club

1005 Highland Avenue
Clearwater, FL 33756

(address box)

John Chesnut Running Group



Before Running

Socializing After Running
at Einstein's Bagels in
Palm Harbor

