



# Making Tracks

West Florida Y Runners Club

Volume 12, Issue 1  
January 2005

## Making a Difference...

by Joyce Rogers

Turkey Trot runners – Turkey trot helpers – I wanted to write a message to you! Thank You So Much! Skip and I went to the Shelter Care Christmas party today - Turkey Trot contributed

a nice amount to them to buy toys for children that have been taken from their parents and are waiting for foster care. They are in the middle and the Clearwater Fire Dept and Rescue sees to it they have a Christmas party with food, Santa Claus, and toys. This year they had 111 kids from 3 to 17. Each one got at least 6 presents because you made Turkey Trot possible!

Needless to say, it was a wonderful experience to see these kids opening those presents. At times, it took all I had not to

cry. When we left, the head lady, Wendy Cason (holding a 3 week old baby), hugged us to thank us, both of us teared up big time.

Turkey Trot is worth it, guys! I was ready this year to say, let somebody else do T-shirts,

BUT not now! Well!! I'll do it again next year after today.

We have given to many groups... Your time will help Officer Friendly give presents to kids,

migrant children and families will be helped in south Florida who lost everything during the hurricanes, homeless people will be fed, Children's Heart Foundation can continue to help little ones live, children unable to buy school supplies



Do you know how Turkey Trot benefits the club?

and books will have them now because of your help to A Gift for Teaching Pinellas, Big Brothers/Big Sisters can help train new volunteers to help kids have love and support, Mason Dixon can fulfill Wish Lists because you helped.

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### GROUP RUNS

- SUNDAY Morning “the loop” 6AM start at Harborview Center
- SATURDAY Morning John Chesnut group run 7AM or 8AM start at shelter #2
- TUESDAY AM track— 5:30AM Clearwater High School
- TUESDAY PM track— 6:00PM Clearwater High School

## Christmas Gifts... Given and Received...

by Karen Farnham

This Christmas was different for me as a West Florida Y Runner... amidst the hustle and bustle of all the activities I received a gift by the volunteer effort of Adopt a Family...

We decided to start the

“Adopt a Family” program as a board in 2004. Lisa Feldt provided us with two families and we were happy to help with their Christmas festivities last year. The year progressed and soon it was Christmas time again.

This year Mary Delie provided the board with a contact of a co-worker of hers that knew of families that needed help. Roz is a pastor's wife and knew personally one family and of another that would not be blessed with gifts this

**CONTACTS**

## Officers:

President: Linda Schumacher

two.shoes@knology.net

Vice President: John Holmes

jholmesruns@juno.com

Secretary: Duncan Cameron

duncan.runsfast@knology.net

Membership Chair: Arnaud

Glacet

aglacet@tampabay.rr.com

Treasurer: Karen Farnham

iran262@tampabay.rr.com

Board Members:

President Elect: Michael

Weiss

LWEWFLA@aol.com

Webmaster: Doug Peterson

webmaster@wfycr.com

Turkey Trot Race Director:

Skip Rogers

trotskip@gte.net

Track Coach: Mel Mella

imella@tampabay.rr.com

Youth Coach: Leviticus

McKinnon

kday@largo.com

High School Liason: Lance

Lipham

LLiprun26@cs.com



Christmas Gifts Given: Bicycle, Umbrella Stroller, Shoes, Clothes, Publix Gift Certificates, Winn Dixie Gift Certificates, TV, DVD Player

**Making a Difference** (continued from page 1)

Three needy families will be helped this Christmas thru the WFYRC Adopt A Family Christmas project started by John Holmes.

One family is at my church, Victory Christian Center in St. Petersburg. Here is their story... John and Della are grandparents to 3 grandkids, ages 9, 6, and

4. John got bit a while back by a recluse spider on his neck and almost died, he's recovering well now, but it set them back financially. They will have Christmas this year because you helped.

Wednesday night we gave them Christmas outfits to wear this Sunday. Smiles and joy consumed them - they have new dresses, pants and

sweater for the boy, and all new shoes, and more to come Christmas Eve!

I know this is long, but we are just so thankful and grateful for you!

***It is worth it all!!***

**Christmas Gifts** (continued from page 1)

year. She provided us with the details—one family was from Jordan, new to the country in public housing with a 1 year old and 3 year old. The second family was a single mother, working at a minimum wage job with two teenage daughters—11 and 13.

I participated in the adopt a family program as a shopper much like last year—but this year I also had the privilege to deliver the gifts and meet with the families. Joyce Rogers and I delivered presents Christmas Eve morning... it was such a rewarding experience.

We sat and visited with the couple and their children from Jordan. There was no Christmas tree

and no decorations – but Joyce and I carried three bags and boxes of gifts. Clothes, bicycles, toys, and stroller – everything on the list was purchased!! They did not speak English very well – so conversation was limited – but the heartfelt “thank yous” and openness of their home told a story in and of itself.

Our next stop took us to a meager home with a tiny Christmas tree – dwarfed by the presents we purchased for the family. The girls had asked for a TV and DVD player – much to my surprise – I was able to find both of those within our budget!! They also wanted a computer – and somehow the time was right. The company I

work for was disposing of computers. I found one that was in really good shape (I wondered why it was discarded – but figured it was fate...) we had a monitor at home that we donated, found an inexpensive printer and donated paper to keep the girls busy. The light in their eyes – seeing the gifts!! Mom began to cry – as did Joyce and I.

Roz told us her story of believing in Christ – and told us and the girls – of the true gift of Christmas. That night, long after gathering with my family and attending church – I talked with my husband about Christmas. He asked me what I thought about the sermon we heard that

## Christmas Gifts

(continued from page 2)

night— I told him that although it was a good sermon — it dwarfed my experience Christmas eve morning... I received a gift this Christmas... a heart warming— unexpected one!!

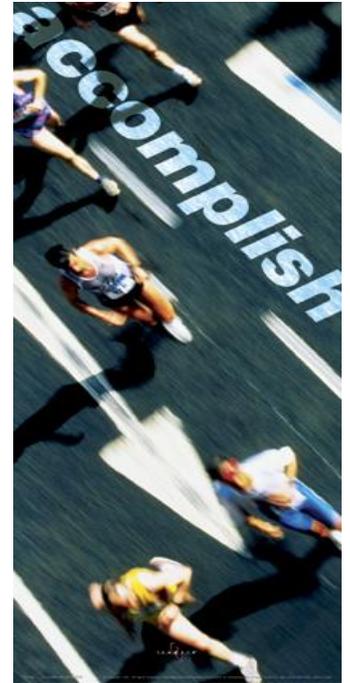
Thanks to Mary Delie and her co-worker Roz—also to Santa's Helpers: Linda Schmacher, Joyce Rogers, Jim and Andrea Farnham and Monica Poturalski.

## As I See It... by Linda Schmacher

Happy New Year! Our Club had a very successful 2004. Our races were well attended and we were able to once again give scholarships to 4 very amazing seniors who will be continuing their running in college. Also, as you can tell by the articles in this newsletter, we were able to once again sponsor needy families during the Christmas season. Thank you to all who participated in our races during 2004, runners as well as volunteers.

The year 2005 promises to be a good year also. The Max Bayne Half Marathon was held on January 2, 2005 and had over 200 participants. Next up for us will be the Unicorn Run on March 12, 2005. Also back this year will be the Devil Rays Run in May, as well as our annual golf tournament. Running seems to be more popular than ever with all the races available and new people training for their first race. If you see a "newbie" out there, please encourage them and let them know what a great club we have and what running can do to help them with their overall health and well-being. Hope to see you at one of our events.

*"A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding."*  
- Steve Prefontaine



## HELP WANTED:

### Volunteers Needed!!

**Bank of America Marathon Water Stop—Miles 14 & 22, Sunday February 6, 2005— contact Karen Farnham 781-8128 or [iran262@tampabay.rr.com](mailto:iran262@tampabay.rr.com)**

**Unicorn Race—all areas. Saturday March 12, 2005—contact Dick Buckley 786-2740 or [RTBJMB@aol.com](mailto:RTBJMB@aol.com)**

## Max Bayne—Who is he?

Sunday January 2, 2005— on a warm morning the West Florida Y Runners Club successfully staged the Max Bayne Half Marathon and 5K run at Ft. DeSoto Park in St. Petersburg. 200+ runners ran—20+ people volunteered. Keith Sawayda of Clear-

water won the race in 1:15, Mary Ann Protz from St. Petersburg was the first woman finisher in 1:27.

Special thanks to Skip Rogers (who just finished Turkey Trot) and Dick Buckley who organized and recruited the volunteers. Planning

is ongoing for next year's race—but a race director is needed— please consider heading up this race—we have a wonderful volunteer crew waiting to help! E-mail any board member to volunteer and find out who Max Bayne is!!

## Member Spot Light—Bill Pray

I am the youngest son of a career Army Officer. Born in California but came to Florida at age 5 and claim Florida as my native state. I am Licensed Nursing Home Administrator, Own my own business, but most recently have been recalled to Active duty, but am very lucky to be station at MacDill AFB with Special Ops Command.

I met my wife (Janet) when she was 5 and I was 6. We went to Prom together. I went to The Citadel in Charleston SC where the concept of Duty, Honor, Country that I grew up with was reinforced.

Growing up in Clearwater, I have been blessed with great friends, which have become life-long friends. Janet had a long distance relationship, and married in the Chapel in full military honors in 1984 with sword arch. So it's fair to say I stand on ceremony and honor my commitments.

I have always run. I found I could run faster to places then my friends could ride on their bikes. Also, I had two bigger (way bigger) brothers so running was for self-preservation. I ran and lettered at Clearwater High in Cross-country and

# 26th Unicorn Gallop 5K & 1 Mile Walk

## Presented by West Florida Y Runners Club

### and

**When:** Saturday March 12, 2005. 8 AM start for the 5K; 8:15 AM start for 1 mile

**Location:** The race will take place at Largo Central Park, located at the corner of Seminole Blvd. (Alt 19) and East Bay Dr. (SR 686) in Largo.

**Awards: 5K ONLY** Top 3 M/F; Master M/F; Grand Master M/F. Age group awards top 3.

**Age Groups:** 10 & under; 11-12; 13-14; 15-19; and standard 5 year age groups to 80+.

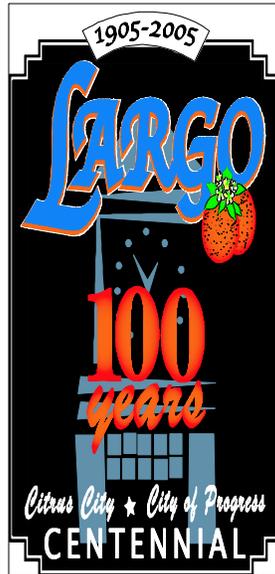
**Course:** Certified, flat fast double loop course .

**Cost:** 5K: \$15.00 for pre-registered runners (\$12.00 for WFYRC Member) \$18.00 for race-day registration (\$15.00 for WFYRC Member)

1 Mile: \$8.00 for pre-registered walkers, \$10 for race day registration

\$7.00 for Unikids race

**Unikids Fun Runs:** A smashing hit with the young ones, will be held in the park near the post race Celebration Area at approximately 9:00 a.m. Kids from 2 to 10 will run in their age groups from 100 to 800 yd. All Unikids participants will receive a Winner's medallion & t-shirt.



#### Post Race Awards and Celebration:

The post race celebration will feature free pizza, beer, bagels, and other assorted foods to help the runners recover from the race

#### Registration:

Will be available at the WFYRC web site [www.wfyrc.com](http://www.wfyrc.com).

**Highland Recreation Complex-** 400 Highland Ave., Largo, Fl. 727-387-6723

**Pre-Registration ends 3/08/05**

**Race day registration starts at 6:30 AM.**

**For more information contact Linda Schumacher**

**(727) 939-8038 or**

**E-mail [two.shoes@knology.net](mailto:two.shoes@knology.net)**

For more information contact

**Chip Potts**

Phone: (727)587-6740 Ext. 5016

Largo Recreation

#### Registration Form

Name \_\_\_\_\_

#### Mail form and entry fee to:

Address \_\_\_\_\_

#### CHECKS PAYABLE TO

Phone \_\_\_\_\_

1005 South Highland Street  
Clearwater Florida 33756

E-Mail Address \_\_\_\_\_

Sex: M F

5K

WFYRC member

Age on race day

1 Mile

**Waiver:** I consider myself adequately trained for the St. Patrick's Day 5K Run and Walk. I absolve the West Florida "Y" Runner's Club, Largo Recreation and Parks, and anyone involved in these races from any liability for injury or illness suffered by me or my dependents in connection with the race. If I or my dependents should suffer an injury or illness as a result of the race, I authorize the officials of the race to use their discretion to have me or my dependents transported to a medical facility and I take full responsibility for this action. I also approve the use of my picture taken before, during, or after the race for promotional use.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_

T-shirt Size: S M

## Member Spotlight (continued from page 3)

track (2 mile). In college, I set the school record for the mile 4:11 and ran the 10K in 32:48. I was drafted to the cross-country team because of my 10K time; but found that for those guys, it was too much of a business and that I run for me. Running is still for me; but recently, I added my daughter as a training partner; it's our time together.

My first race was the Presidents Physical Fitness Challenge at Plumb Elementary. It was a half-mile run. I HAD to win. I did. My favorite race is easy: Unicorn! Great Course, Great fun, and oh yeah FREE BEER! Where the only award that matters is: First Beer Over-all.

The best running place is Washington DC. It's a young, athletic city. With short Mall runs and long runs on the Potomac. A quick Google search will get you track work out, group Mall run, and a Sunday long run along the Potomac (they even give away free Gu, water, and Gatorade!).

Running related story: would have to be when I was in (The) Ukraine on an Arms Control

Mission. We were very close (200km) to Chernobyl. From my room, I saw a track across the street from a now vacant school. I try to run in every country I visit so I asked if I could run there. The Ukrainian Team Leader agreed but with an escort. Since it's a track, I thought "no problem." My counterpart was a former Soviet Speznaz (Special Forces) so he got the job of "escorting" me. Actually, his job was to run with me and (I guess) show that they are as good as us. They don't run much and don't have good running gear. It quickly went from a fun run to "who's better, US or USSR", He gave a great effort, but lacked all of the above.

My favorite restaurant: Café Alfresco in Dune-din, on a weekend, after a run. After six years in Germany, I can tell you that it's the closest to a European café as you can get here. With bells peel-

ing, a diverse but healthy menu, and a great German beer on tap! Since it overlooks the Pinellas Trail, they don't mind you being in running clothes. You have an excellent choice of food and can dine in the fresh air (but covered) and the service is excellent!

My favorite place is Clearwater Florida. I've been around the world and its as close to paradise as possible.

Favorite sport: To watch, football; to play, Ultimate Frisbee.

Words to live by... "Luck is when Preparation meets Opportunity." So often I hear someone will say, "you were to lucky to..." (win an award, get a promotion, etc). My thought is: at the time the opportunity presented itself, He was the best prepared.

*Bill will be going to Afghanistan soon—keep him and his family in your thoughts and prayers!*

### WFYRC Christmas Party News!

The WFYRC Christmas party was held at Countryside Recreation Center on Friday, December 10th. Although a good time was had—only 35 members attended! We are considering other ideas for next year: morning run and pancake breakfast; an event after the regular group runs (Saturday and Sunday) or ?? Let us know your ideas —info@wfyrc.com



Bill and daughter Lorraine, ready to run!

### Upcoming Events:

*Unicorn Race:*  
 March 12, 2005  
*Croom Fool's Run:*  
 April 9, 2005  
*Golf Tournament*  
 May 14, 2005  
*Annual Dinner / Scholarship Award:*  
 May 16, 2005  
*Beach Series:*  
 June 3, 2005  
 June 17, 2005  
 July 8, 2005  
 July 22, 2005  
 August 5, 2005

**West Florida Y Runners  
Club**

1005 South Highland Street  
Clearwater Florida 33756

Fax: 727-781-3030  
E-mail: [info@wfyrc.com](mailto:info@wfyrc.com)

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## **New Year - New Running...**

Who's Running  
Where...

Linda Schumacher is running the Las Vegas Marathon January 30, 2005

Mary Lou Johnson is running the Walt Disney Marathon—does anyone know how many times Mary Lou has done this before?

Jim Patton is running

the inaugural North Dakota marathon - guess how many states Jim has completed (he's close to the ultimate 50...)

Janet Evans is running the London International marathon in April

Sue & Don (AKA Jethro) are running the Bank of America 1/2 marathon and strongly being pursued to run NYC

Tom Harkins is running in Chicago weekdays—we are hoping to still see him at John Chesnut on Saturday mornings...

Mary Delie is not running ... we hope what ails you is fixed real soon Mary!!

Where are you running to ? Let us know—  
[info@Wfyrc.com](mailto:info@Wfyrc.com)



E-MAIL US YOUR RUNNING or WALKING NEW YEAR'S RESOLUTION...  
[INFO@WFYRC.COM](mailto:INFO@WFYRC.COM)