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Suzuki Rock and Roll Marathon By Janet Evans

The idea started last fall. The desire to run another Marathon. My one and only marathon was Disney, 2000. So which one to choose? There are so many! My running buddy Elizabeth suggested the Suzuki Rock/Roll marathon in San Diego. Our president Linda was planning to run the same marathon and hubby Vic was accompanying her for some well-deserved R/R and golf.

I was a little nervous about the climate. It's always a big consideration. Southern California in June! San Diego is aptly called the Air Conditioned capitol of the U.S.A. So I really had nothing to worry about. " May Grey / June Gloom." A cloud cover that lasts all morning and doesn't burn off until around noon. Temperatures in the 50's and high of 60's. After all the sweltering training runs in Florida. This was paradise.

We arrived Thursday, the hotel in Mission Valley, was advertised as only 3 miles to the start of the marathon. Worse case scenario we could walk to the start! They failed to add that there were mountains and no through roads just freeways around the mountains.

On Friday morning, after a short run to find our bearings we set off for some sightseeing. The trolley station was only 1 1/2 miles from the hotel. We originally planned to hire a car, but the City is so well serviced with buses/trolleys, we decided to save our money and spend it at the Expo.

First stop was Old Town San Diego, a quaint restored area with lots of history. We did the historic tour, after lunch, rode the trolley to the Convention Center and joined the crowd at the Health/Fitness Expo. . Picked up our Packets, Freebies, enjoyed buying the usual running apparel. {You can never have enough running shorts!!!!} I was very interested in the Pace teams. There was a remote possibility that if I could complete my marathon in 4.15 min. I could qualify for Boston. There are some advantages of getting older. Not many, but this was one of them. Next stop was the GasLamp Quarter, a redeveloped historic area with lots of trendy bars & restaurants (kinda like Ybor). Found "Dick's Last Resort" The waitress was quite a character didn't hide the fact she was overworked and underpaid. She was the entertainment.

We still had Saturday to sightsee. Linda wisely said that she wanted an easy day!!!! The best laid plans!!!! San Diego is such a fun place. Visited the Harbor area, Seaport village and took the ferry to Coronado Island and found the very historic and elegant Hotel del Coronado. By the time we got back to the hotel ,we had walked miles. We ordered a pizza and planned an early night.

The taxi was booked for 4.30 am. We arrived at Balboa Park, the starting area at 5 am. Now we could relax. Weather a perfect 55f. Humidity 80% [very unusual] Ah well, you can't have everything you want in life. Lots of food, bagels, bananas, Gatorade and coffee. I was very impressed,. Just before the start of the race we were thrilled to listen to the Marine



Left to right. Janet Evans. Elizabeth Florko. Chris Diett. Linda Schumacher. {Chris Diett is a Canadian from Windsor Ontario, that we met and adopted for the week.}

MEMBERSHIP INFORMATION

NAME	OFFICE/RACE	E-MAIL	HOME
Linda Schumacher	PRESIDENT	two.shoes@verizon.net	939-8038
John Holmes	VICE PRESIDENT	croomtrailrunners@juno.com	546-9399
Karen Farnham	TREASURER	iran262@tampabay.rr.com	781-8128
Duncan Cameron	SECRETARY	duncan.runsfast@verizon.net	789-5368
Arnaud Glacet	Membership Chair	aglacet@tampabay.rr.com	725-4491
Anna Babyak		yoohoo2828@hotmail.com	733-1135
Becky Boyle Dan Boyle		beckyboyle@verizonmail.com paintman.dan@verizon.net	736-3562
Lance Lipham	High School Liaison	LLiprun26@cs.com	391-6032
Everett McDowell, Jr.		Emcd77@aol.com	736-4551
Leviticus McKinnon	Youth Coach		524-0802
Mel Mella	Track Coach	imella@tampabay.rr.com	517-3677
Doug Peterson	Web Master	petenu4@yahoo.com	518-7168
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 SOUTH-WEST 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 DETAILS!

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

I wanted to remind everyone about racing manners. I'm sure you have all been in a race where you have been cut off or someone was just plain rude. If you are a new runner, or need a refresher, here are some tips: Line up according to how fast you plan to run or walk. Slower runners and walkers should move to the back of the group. Pin your race number on the front of your shirt. If you are stopping at an aid station, move all the way over to the table, grab water, and move away from the table so others may get water too. If you want to stop and drink, move to the side of the road, out of the way of other runners. If there's a trash receptacle, by all means use it. If not, don't go too far with your cup. The race volunteers will be collecting the cups and will appreciate not having to go on an extended "litter patrol." If you need to spit, move to the side of the road and do it there; same goes for throwing up. Move to the side if someone behind you says, "Excuse me" or "Coming through." Yes, you are about to be passed and the person behind you is giving you a heads up. It's proper race etiquette to let that person through. Feel free to shout words of encouragement to other runners. The other runners will appreciate your cheers. Certainly don't say anything derogatory, even if you feel you are the better runner. Things like "you're no competition" will not endear you to the others runners, even if it is true. Once you have crossed the finish line, don't stop. Keep moving to the end of the chute; stay in the exact order in which you finished. Please don't get ahead of anyone in the finish chutes. This is very important for accurate scoring. Enjoy the post-race refreshments, but remember others want to enjoy the goodies too. Moderation is the key so there's food for the last people finishing the race. Be fair to the runners who have been patiently waiting in line. Try to remember we're all out there for the same reason. We love running!

Summer is here and the racing schedule has lightened quite a bit. However, there are still races out there for those of you who don't mind running in the heat. Our Club, of course, is once again sponsoring the Sunsets at Pier 60 series. If you missed the first two, don't worry, we have three more. July 11, July 25 and August 8. These races are out and back along the beach at 7:00 p.m. Great looking t-shirt. See you there.

**“Running is simple. Don't make it complicated.
Running is always enjoyable.
Sometimes, though, the joy doesn't come until the end of the run.”
Joe Kelly**

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

New Members-, Diana Moragon, Victoria Reyes, Habib Sadeghi, **Renewing Members-**, Allen Ahern, Jim Bodoh, Michelle Mochalski, Spyder Cruz, Karen Gately, Mike Gately, Stephen Gately, Claudia Graves, Bob Smith, T.D. Hawkins, Diane Holmes, John L Holmes, Ruth Ann Hoskinson, Jim Larson, Sharon Larson, Mike Barber, Charles Mason, Joseph Mason, Linda Mason, Bob Moorehead, John Ross, Larry Strehl, John Wood. **July Birthdays** - Shawn Dietrich 7/1, Howard Linzer 7/1, Eric Millholland 7/1, Jerry Napp 7/2, William Cobb 7/3, Angela Hendricks 7/3, Patrick Farnham 7/4, Mary Hanlon 7/5, Katie Reichert 7/6, Franklin Van Aken 7/6, Julia Buckley 7/7, Brian Scott 7/7, Claudia Graves 7/9, Victor Gusmano 7/9, Claire Keneally 7/9, Gary Lyons 7/9, Andrew Scavelli 7/10, Lucas Blume 7/11, Amanda Griffiths 7/12, Lisa Farrell 7/13, Shirley Abraham 7/14, Ed Cunningham 7/14, Kristen McLain 7/14, Tyler McCann 7/15, Bee Collins 7/16, Anne Kordish 7/16, Patricia DeBolt 7/18, Debbie Crawford 7/19, Vikki Moore 7/19, Hannah Stein 7/19, Maureen Mercer 7/22, Avery Stiglitz 7/22, Becky Boyle 7/23, Patricia G. Scott 7/23, Jim Setaro 7/23, Dr. Michael Roberts 7/24, Beverly Griffiths 7/26, Ellen Weiss 7/27, Jon Wilson 7/27, Shireen Lakhan 7/29, David Lechner 7/30, Gary Leupold 7/30, James Tsao 7/30, Lawrence Meinster 7/31. **August Birthdays-** Victoria Reyes 8/1, Mary Stewart-Wong 8/1, Brian Latzke 8/2, Ron Stein 8/2, Mike Cox 8/3, Grady Trimble 8/3, Ric Dorrie 8/5, Donna Nesslar 8/5, Judy Willis 8/5, Spyder Cruz 8/6, Arthur Gregory 8/6, Crockett Farnell 8/7, Sarah Geigle 8/7, John Leonard 8/7, Ivan Levinrad 8/7, Margaret Reeves 8/7, John L Holmes 8/8, Everett McDowell 8/8, David Straus 8/8, Bud Williams 8/8, John Ross 8/9, Ann McKelly 8/10, Bill Pray 8/11, Amelia Wong 8/13, Jim Bodoh 8/14, Becky Kitten 8/14, Arlene Berger 8/15, Robin Buchholtz 8/15, Bert Connelly 8/15, Brian Koza 8/15, Karen Farnham 8/16, Leeanne Franklin 8/16, Terry Wyman 8/16, Ray Goetz 8/17, Trudy McNulty 8/17, Michael San 8/17, Jan Sheridan 8/17, William Steele 8/17, Kurt Elmer 8/18, Dorothy McClellan 8/18, Lenny Stacey 8/18, Mark Blitz 8/19, David Bremm 8/20, Jim Callan 8/20, Dee Anna Farnell 8/20, Bill Vogt 8/23, Jack Feltham 8/24, Jo Churchill 8/26, Maria Seger 8/26, Linda Smock 8/26, Rebeccah Eldridge 8/28, Ria Sweeney 8/28, Michael Rainwater 8/29, Robin Reed 8/29, Dick Keiber 8/30, John Romaine 8/30, Kathleen Stein 8/30, Erin Baker 8/31, Ray Hendricks 8/31, Skip Rogers 8/31,

West Florida Y Runners Club Race Results

5/00/03 - Vacation Half Marathons 13.1 Netherlands

Albert Wieringa

05/17/03 Terheijden, 21,1 km 50+ 01:36:04

05/25/03 Enschede, 21,1 km 55+ 01:36:29

05/29/03 Groningen, 21,1 km 50+ 01:37:26

6/1/03 - Suzuki Rock and Roll Marathon San Diego, Calif.

Barbara Eckes,3:34:08,4F45; Victor Gambone, 3:43:08; Elizabeth Florko, 4:36:08; Linda Schumacher, 5:09:14, Janet Evans,4:11:16; David Brockmeyer, 5:27:27.

6/7/03 - Spring Into Summer 5K Al Lopez Park, Tampa

David Colpitts, 21:00, 1M55-59; Joe Costas, 19:06, 1M50-54; Kevin Cronin, 21:01; Laureen Doloresco, 26:56, 3F50-54; Debra Donald, 23:08, FMaster; Debby Farias, 21:53, 1F35-39; John Geigle, 23:21; Tim Griffiths, 23:27; Kim Griner, 29:02, 1F45-49; Neil Harvey, 31:59; Steve Harwig, 25:30; Anne Kordish, 27:54; Dorothy McClellan, 36:53, 3F65-69; Frank Van Aken, 24:34, 1M70+.

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 the race, date and distance.

6/8/03 - Stouffer's Family Fitness 5K Davis Islands, Tampa

Tim Griffiths, 25:21, 3M55-59; Scott Ingram, 27:00, 3M35-39; Silky Sullivan, 24:49, 1M55-59.

6/8/03 - Deadwood Mickelson Trail Marathon 26.2 Deadwood, SD

Jim Patton, 5:52:41

Deadwood Mickelson Trail Half Marathon 13.1

Kathi Patton , 2:59:17, 2F55

6/13/03 - 2003 Sunsets at Pier 60 (#1) (5 K) Pier 60, Clearwater

Allen Ahern, 27:04; Sharon Andrews, 39:10; James Armstrong Jr, 22:43, 3M35-39; Heather Bailey, 21:11, 1F15-19; Jim Baker, 23:14; Brian Beda, 21:47, 3M30-34; Christa Benton, 19:04, 1FOverall; Priscilla Bowling, 25:31, 1F20-24; Jim Callan, 23:13, 2M60-64; Duncan Cameron, 20:34, 1M60-64; Hunter Christian, 27:14; Ron Cote', 20:14, 3M45-49; Kevin Cronin, 22:04, 3M50-54; Spyder Cruz, 17:47, 1M35-39; Cathy deHaan, 28:47, 1F60-64; Laureen

(Continued from page 4)

Doloresco, 29:32, 3F50-54; Steve Doloresco, 31:55; Lisa Feldt, 21:34, 1F35-39; Jack Gough, 25:07, 1M70-74; Jim Graham, 25:10; Liz Graham, 27:20, 2F50-54; Tim Griffiths, 24:32; Rick Hagan, 23:10; Meli Hamilton, 26:57, 1F55-59; Don Herring, 30:20; Thomas Joslin, 25:30; Claire Keneally, 32:59, 3F45-49; Jim Keppeler, 20:22, 1M55-59; Alex Lechner, 21:56, 3F15-19; David Lechner, 28:01, 3M13-14; Dorothy McClellan, 39:58, 1F65-69; Eric Milholland, 19:38, 3M25-29; Vikki Moore, 36:23; Bob Moorehead, 28:33; Tom Murtaugh, 25:12; Jerry Napp, 19:36, 2M45-49; Donna Nesslar, 20:33, 1F40-44; Jack Parr, 57:24, 2M75+; Lindsey Rainwater, 29:52, 2F13-14; Michael Rainwater, 28:01, 1M11-12; Steve Rainwater, 20:26; Michael Roberts, 25:11; Tom Ross, 32:00; Walt Sieg, 20:10; Silky Sullivan, 23:43, 2M55-59; Terri Sullivan, 35:38, 3F60-64; Lori Thompson, 31:07; Michael Weiss, 18:12, 1M40-44; Bud Williams, 22:07; Dusti Woodbury, 41:43; Wally Woodbury, 22:06; Victor Yeager, 18:42, 2M40-44; Bob Young, 28:44; Z. Zajac, 23:54, 3M55-59.

6/14/03 - Kids Tri-Woodlands
East Lake Woodlands, Palm Harbor

Lindsey Weiss, 19:30.

6/14/03 - E. L. Bing 5K
Thononassassa, FL

Silky Sullivan, 22:40, 1M55

6/20/03 - Picnic Island Adventure Run (#1)
Picnic Island, Tampa

Allen Ahern, 27:21; Elaine Anthony, 29:15, 2F45-49; William Cobb, 25:40, 1M50-54; Debby Farias, 24:44, 1F35-39; Ilene Fortin, 29:39; John Geigle, 27:42, 3M50-54; Tim Griffiths, 28:00, 1M55-59; Tom Harkins, 41:44; Frank Mullen, 26:07; Jim Patton, 41:20; Kathi Patton, 41:44, 3F55-59; Linda Schumacher, 41:21; Bill Wible, 33:48, 1M60-64.

6/21/03 - Blues Run 5K
Leesburg, FL

Silky Sullivan, 23:28, 1M55

6/22/03 - Firecracker 5K
Daytona Beach, FL

Silky Sullivan, 23:18, 1M55

6/27/03 - 2003 Sunsets at Pier 60 (#2) (5 K)
Pier 60, Clearwater

Allen Ahern, 28:25; Sharon Andrews, 39:36, 3F55-59; James Armstrong Jr, 23:07; Heather Bailey, 21:03; Jim

Baker, 23:14; Joel Blakeman, 20:31; Priscilla Bowling, 26:21, 3F20-24; Jim Callan, 23:15, 3M60-64; Duncan Cameron, 22:38, 2M60-64; Ron Cote, 20:14; Kevin Cronin, 21:27, 2M50-54; Spyder Cruz, 17:38, 1M35-39; Cathy deHaan, 27:53, 1F60-64; Laureen Doloresco, 28:36, 3F50-54; Steve Doloresco, 31:14; Erika Everhart, 29:25; John Geigle, 23:55; Jack Gough, 25:06, 1M70-74; Jim Graham, 25:26; Liz Graham, 26:45, 2F50-54; Tim Griffiths, 24:24; Meli Hamilton, 27:03, 1F55-59; Don Herring, 30:15; Ginger Herring, 29:08, 2F60-64; Mark Humphrey, 20:32; Claire Keneally, 33:23, 3F45-49; Jim Keppeler, 20:31, 1M55-59; Alex Lechner, 21:34; David Lechner, 27:47; Dorothy McClellan, 38:14, 1F65-69; Amy McClenathan, 19:39, 2FOverall; Erin McClenathan, 23:30, 2F11-12; Shannon McClenathan, 26:29, 1F10-Under; Eric Milholland, 19:28, 3M25-29; Colman Mooney, 20:15, 1M60-64; Vikki Moore, 29:18, 3F40-44; Jerry Napp, 19:59, 3M45-49; Donna Nesslar, 20:33, 1F40-44; Jack Parr, 1:01:03, 1M75+; Lindsey Rainwater, 29:07, 3F13-14; Michael Rainwater, 27:08, 1M11-12; Steve Rainwater, 20:29, 3M40-44; Michael Roberts, 25:08; Tom Ross, 32:11; Maria Seger, 27:52, 1F25-29; Walt Sieg, 19:46, 1M40-44; Steve Strange, 27:50; Silky Sullivan, 24:17, 3M55-59; Shirley Taylor, 31:49, 1F70-74; Lori Thompson, 29:41; Kit Van Allan, 21:57, 2F35-39; Bud Williams, 22:26; Dusti Woodbury, 39:22, 2F55-59; Wally Woodbury, 21:43; Bob Young, 27:04.

6/28/03 - Hunter's Green 4th of July Classic (5 K)
Hunter's Green, Tampa

Priscilla Bowling, 24:01, 2F20-24; Debra Donald, 23:07, 1F45-49; John Geigle, 23:20, 2M50-54; Tim Griffiths, 23:49, 3M55-59; Mary Ann Protz, 18:45, 1FOverall; Silky Sullivan, 23:43, 2M55-59.

6/29/03 - Run Thru Hell 2003 (5 K)
Al Lopez Park, Tampa

Priscilla Bowling, 25:19, 2F20-24; Spyder Cruz, 16:50, 1M35-39; Debra Donald, 23:19, 3F45-49; Jim Doran, 24:55; Debby Farias, 21:49, 1F35-39; Ilene Fortin, 27:03; Tim Griffiths, 24:36; Neil Harvey, 30:44, 1M70+; Dorothy McClellan, 38:14, 1F65-69; Michael Sano, 31:28; Jim Schoeneberg, 23:15; Terri Sullivan, 37:14, 1F60-64; Bud Williams, 23:23, 3M45-49; Z. Zajac, 23:02, 3M55-59.

Racewalk Tidbits
By: Bonnie Stein, M.Ed.

Errors and mistakes are the necessary steps in the learning process; once they have served their purpose, they should be forgotten.
Vince Lombardi

NEW RACEWALKING WEB SITE www.AceWalker.com

If you'd like to learn more about racewalking, please take a look at www.AceWalker.com. Feel free to give us your comments and suggestions. This new web site is a work in progress and we want you to have some input.

WWW.WHYQUIT.COM

Speaking of websites . . . do you know someone who wants to stop smoking? Send them to www.whyquit.com. It's a profound "stop smoking" site with accurate and reliable information and they are not trying to sell you any products. In fact this site shows you how to quit smoking without the help of any products.

BODY SIZES INCREASE ALONG WITH PORTION SIZES

A recent study took a look at the history of food portion sizes. Servings are 2-5 times larger than they were originally and 2-8 times greater than USDA dietary recommendations. Is it a surprise that 2/3 of Americans are overweight or obese?

JOIN THE SATURDAY MORNING RACEWALKING GROUP AT 9 AM

Come to Taylor Park every Saturday at 9 AM - 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.

No matter what your pace, if you know how to racewalk - you're welcome to join us. We are happy to have brand new racewalkers. You're not too slow! We want racewalkers of all paces to come out.

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. Although there is no instruction on Sat. morning, this is a great way to stay motivated and meet with other racewalkers once a week.

NUTRITION NEWS - ANOTHER MIRACLE DIET

Diets come and go like hairstyles and hemlines. Our population wants quick fixes rather than real knowledge that they need to exercise more and eat less. To keep buying these diet books we must still believe in magic. Otherwise, why would we waste money on something that research has proven will fail 95% of the time?

Now, Judy Mazel has returned. Two decades ago, she wrote the book *The Beverly Hills Diet*, which was based on the idea that the wrong combinations of foods made us gain weight.

Now she has teamed up with a pediatrician to produce *Slim & Fit Kids: Raising Healthy Children in a Fast Food World*. The book maintains that "by eating meals that contain foods from all the food groups, we combine foods in such a way that much of it is not being digested, absorbed or metabolized efficiently." According to this strange theory, "Undigested food is stored as fat."

The concept quoted above is not supported by any legitimate scientific research. Think about it. If you don't digest or absorb something you eat, it doesn't deposit as fat - it is excreted when you go to the bathroom. Actually, what we eat does get digested quite well and if we overeat - anything (protein, fat, or carbohydrate) will be turned into fat for storage.

There are a number of other claims in the book which are not supported by scientific studies, but this major claim was the basis of *The Beverly Hills Diet* which was widely condemned by nutritionists and scientists years ago. It is important to realize that although a pediatrician is co-author of this book, many MDs know little or nothing about nutrition.

NEW SUMMER RACEWALKING CLASSES SET TO BEGIN IN JULY

Beginning Racewalking - starts Wed., July 9

Wed., 5:45-7:30 PM, Taylor Park, Largo, Shelter #1 (July 9, 16, 23, 30, Aug. 6, 13)

Intermediate Racewalking - starts Sunday, July 13

Sunday, 8:30-10:15 AM, Taylor Park, Largo, Shelter #1 (July 13, 20, 27, Aug. 3, 17)

For a registration form please e-mail Bonnie@AceWalker.com or go to www.AceWalker.com for a printable flyer.

YOGA ON THE BEACH

Tuesday and Thursdays 6 PM - 7:15 PM

15th Ave Easement, Indian Rocks Beach

\$5 donation

(Continued from page 6)

Contact: Tom Meagher 727-595-5944 or e-mail TMeagher1@yahoo.com

Bonnie's note: This would be a great stretching class for racewalkers or runners. All levels welcome, even brand new beginners. I took one class and found Tom to be very competent and knowledgeable. Tom is also a former marathon runner so he knows great stretches that can help us.

RACEWALKING AROUND FLORIDA (Judged Racewalk events)

July 4 - 10th Annual Roger Dann 5K Freedom Run/Walk - go to <http://www.pixie-web.com/rogerdann5k.htm>.

July 4 - Watermelon 5K, Mead Gardens, Winter Park, Contact Track Shack (407) 898-1313.

July 19 - 25th Annual Summer Track Classic - One Mile Racewalk, Bolles Track, Jacksonville, 5:15 PM, Medals to 1st, 2nd, and 3rd place male and female in age groups from 13 and under, 14-17, 18-29, 30-39, 40-49, 50-59, 60 and over, Contact Lamar Strother 904-388-7860 or Jacksonville Track Club 904-384-TRAK.

Sept. 7 - 1500/300 Meter Track, Central Park, Plantation, Contact Bob & Kay Cella 954-921-9190 or register on line at www.floridasports.com.

Oct. 12 - Bob Fine International 15K, Tradewinds Park, Coconut Creek (Broward County), Contact Joanne Elliott 954-427-0032 or register on line at www.floridasports.com.

Nov. 23 - Alan Ranofsky Invitational 20K and 10K, Tradewinds Park, Coconut Creek (Broward County), Contact Dan Koch 954-970-9634 or register on line at www.floridasports.com.

DO YOUR FIRST HALF MARATHON THIS DECEMBER AT GULF BEACHES

By: Bonnie Stein, M.Ed.

If you can comfortably racewalk 5 1/2 miles by the beginning of July you should be able to racewalk the Gulf Beaches Half Marathon on Dec. 14 that starts in Madeira Beach. There are many coaches with an equal number of marathon and half marathon training programs. Any number of them might work well for you. There's nothing magical about this one, other than it's helped hundreds of racewalkers do their first half marathon successfully.

There are also national training programs to encourage you to train for a marathon or half marathon. The goal of many of these training programs is to get you to raise money (a worthy goal in itself) for the charity. However, they rush walkers and runners through a four-month training program, which in my opinion is not long enough to successfully and comfortably complete a marathon. The key word is comfortably. True, many of the participants slog through the marathon on race day, but they often feel terrible afterwards, some get injured, and worst of all - many give up their exercise program right after the marathon is over.

My goal for you is to complete (not compete necessarily) the half marathon and feel good at the end of it. My second goal is for you to stay racewalking years into the future. If you follow this conservative program - you should feel fine the next day rather than aching and not be able to racewalk for the next month.

DO THE MILES THAT ARE ON YOUR PROGRAM

Remember that when 8 miles is on the program, that is what you should do - not 9 or 10. When there's a back-down week of less mileage, stick to the lesser mileage no matter how good you feel. Racewalkers who have followed this program (from those who have done Disney to the New York Marathon to Marine Corps to San Diego) have enjoyed their marathon experience and felt good afterwards.

On the back-down mileage days (not the build-up mileage days) - you can go a little faster (#7 1/2 intensity on a scale of 1-10 - - 75% of max heart rate). On the longer mileage days - stay under a #7 1/2 - - under 75% of max heart rate.

WHAT NOT TO DO WHEN MARATHON TRAINING

Never racewalk when you are injured. Long walks require more stretching and more icing. Spend a good 20 minutes or more stretching after your long walk and then look for sore areas to ice. Be pro-active with ice. Soak your lower body in a cold tub of ice water after long walks. Chilly as it is, you'll recover much quicker if you'll do this.

Never do more mileage than the program calls for, however, if you feel worn out - it's OK to do less mileage. Listen to your body when it's asking for a break. Do not increase the distance of your regular weekly walks, only increase the long walk. Keep the distance of your regular walks the same as usual - assuming that you're racewalking enough now. You should be racewalking at least three days a week when you start this program. That is the absolute minimum. The minimum mileage per week for starting this program would be about 12 miles. That will increase because of the long walk once a week.

WHAT SHOULD YOUR LONGEST WALK BE?

There are differing theories as to whether you should do the full distance of 13.1 miles before the actual half marathon. I believe that you should get very close if you don't actually do the exact distance or even a little more.

(Continued on page 15)



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If interested please call: John Holmes at 727 546 9399 or e-mail at Jholmesruns@juno.com

TRACK WORKOUTS

By Coach Mel

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

- | | |
|--------------------|--|
| July 1st | 1 x 1200m, 1 x 800m, 1 x 1200m |
| July 8th | 2 x 400m, 2 x 800m, 2 x 1200m |
| July 15th | 5 x 600m |
| July 22nd | Ladder (400m, 600m, 800, 1000m) |
| July 29th | 1 x 800m, 1 x 400m (3 sets) |
| August 5th | 4x 1200m |
| August 12th | 12 x 400m |
| August 19th | 6 x 800m |
| August 26th | 5 x 1000m |
| Sept 2nd | 1 x 1200m, 1 x 800m, 1 x 1200m |

IN ORDER TO KEEP THE COST OF BEING A MEMBER OF OUR CLUB AT A REASONABLE FEE, STARTING MAY 1, 2003, WE ARE ASKING ALL CLUB MEMBERS THAT HAVE ACCESS TO A COMPUTER TO PLEASE DOWNLOAD YOUR NEWSLETTER FROM OUR INTERNET SITE WWW.RUNWESTFLORIDA.COM. IF YOU DO NOT HAVE ACCESS TO A COMPUTER AND STILL WISH TO RECEIVE A NEWSLETTER, PLEASE SEND US YOUR NAME AND ADDRESS AND WE WILL KEEP YOU ON OUR MAILING LIST. PLEASE REALIZE THAT IF YOU DO NOT SEND US YOUR ADDRESS, WE WILL NOT MAIL A NEWSLETTER TO YOU.

Name: _____
 Address: _____

Mail To: Membership Chairperson
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 Clearwater, FL 33756

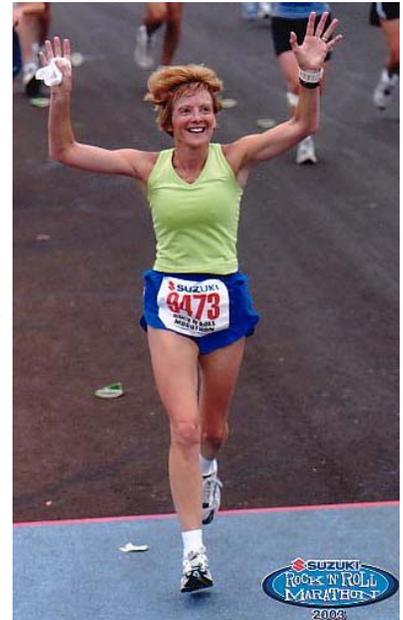
(Continued from page 1)

Corp Band.

At 6.45 the gun went off and we were finally on our way. The course passes many of San Diego's highlights. It was certainly varied. We ran around Balboa Park, saw the outside of San Diego Zoo, Downtown Gaslamp Quarter then started a long steady climb for about 5 miles along Highway 163. (This was the test of all the hill training in Anderson Park. It certainly helped). Good crowd support everywhere, water, Gatorade at every mile, lots of entertainment, It was advertised as 26 entertainment stages and 40 bands. I didn't stop and count but there seemed to be lots going on. Belly dancers, cheerleaders, Irish dancers, fire-eaters, and Elvis Presley impersonators. It provided the distraction from the physical aches. I felt good and although I didn't want to start counting the miles too soon, needed to check my pace every mile to ensure I was not falling behind. I saw the pace runner at the start but lost him in the crowd of 20,000. As the miles wore on I could feel my calves tighten. I was on target but didn't want to feel too confident as a lot could happen in the last half. We continued running past Sea World, around San Diego beach and bay communities. I tried to look at the beautiful architecture of the homes as I jogged along. Vic true to his word was an encouraging sight at mile 12 waving "Pinky" the pink flamingo mascot.

At Mile 17 they were serving BEER. It was fun to run through a mock Wall at mile 20, Another runner said how strange it seemed after mile 20 that the miles get longer. Lo and behold it was the pace runner with his banner. Only a 10 k. left. I felt this strange tingle in my body a kind of excitement that I might even make the qualifying time. Still I was only 3 min. ahead of my target time, didn't want to lose it now. Good ole' Vic and "Pinky" at mile 22. I wanted to walk "sooo bad" but kept on running, started chanting Boston Boston under my breath. Told myself quite sternly that I had the rest of the day to walk, keep running. It was disheartening to see the pace guy moving further and further away from me. Nothing I could do at this point. Checked my watch and I was on Target. I was glad I didn't wear my Fanny Pack, otherwise I would have been stopped & searched at the Marine Depot. Every second is precious. Anyway, there was the finish line, a welcome sight 4hr. 14min Gun time. 4hr. 11 min.16 sec. Chip time. YES. I made it. It was an awesome run and YES it was grueling for the last 6 miles but that overwhelming feeling at the end was well worth all the hours of training. A special word of thanks to my running buddy, Elizabeth for all her support, Linda Schumaker and Karen Farnham for the long training runs. Jim Farnham for getting up so early on Sat. mornings to leave water at selected stops. Coach Mel for his Track training and encouragement. Last, but not least Vic Schumaker and PINKY.

Boston here I come.



Club President

I obtained your email from the Club web page.

My name is Peter Henry and I live in Tallahassee. I have a 19 year old son who was born with Down syndrome.

I am helping Jonathan set up his own small business so he may earn some income as jobs for special needs adults are scarce.

His first product is Accelerade, 56 serving size.

I don't know if anyone from your club uses Accelerade, but if so, Jonathan sells by the case of 6 (this enables a savings of at least 25%) for \$180.00, includes shipping to anywhere in Florida. A case can be mixed flavours if desired. Orders can be placed through bluenoser@earthlink.net

Thanks for your time.

Peter & Jonathan

Check Jonathan's web page <http://www.81x.com/DownsReallyUp/MeetMe>

[http://www.runwestflorida.com/2003races/
beach_series.pdf](http://www.runwestflorida.com/2003races/beach_series.pdf)

WEST FLORIDA Y RUNNERS CLUB

BOARD OF DIRECTORS

MINUTES OF MEETING WEDNESDAY, JUNE 4, 2003

Members in attendance: Dan Boyle, John Holmes, Duncan Cameron, Skip Rogers, Arnaud Glacet and David Zeedyk

Vice-President John Holmes opened the meeting at 6:30. New officers are Linda Schumacher- President; John Holmes- Vice President; Karen Farnham- Treasurer; Duncan Cameron- Secretary.

Equipment- OK. One clock is being sent for repair of a switch.
The scholarship dinner and presentation went well. The recipients will be listed in "Making Tracks"

Membership- down a few. 42 want the paper version of the newsletter.
A motion to accept last month's minutes was passed (Dan Boyle: Skip Rogers)

Treasurers report- Motion to accept (Skip Rogers: Duncan Cameron)
Social- Christmas party to be held on December 6 from 7 to 11PM. There may be a picnic on November 8 at Pop Stansell Park

Track- 8 to 10 at each session

CLUB RACE REPORTS

Turkey Trot- the shirt is being designed.

Beach Series- John Holmes will contact Arnaud during the week about getting the equipment to the first race. Age group awards- key chains, sunglass holders for car visors and a license plate. The shirts were displayed at the meeting.

With no other business, the meeting was adjourned at 7:00PM. The next meeting will be held on July 2, 2003 at 6:30 PM at the YMCA Child Care Center.

Respectfully submitted. Duncan Cameron

National Senior Olympics By Ned Bennett

I just got back from the National Senior Olympics Held in Norfolk, Va. There were over 10,000 participants there. Unfortunately, the experience was less than enjoyable. The logistics were a nightmare, with the competition spread out all over the city. The city is divided into four parts with I64 running north and south bisected east and west by I264 and joined downtown by a huge interchange. Bouncing around the city with registration in the extreme east, returning back to Days Inn, then up to Little Creek for the road races, back down to the Days Inn, then to the extreme east at Norfolk University Track for the short races.

All in all still managed a silver in the 1500 Meter with a 7:04. In the 800 Meter race I qualified for a Bronze at 4:04. In the 5K road race, I received a Bronze at 30:24 and in the 10K, a Silver at 64:00. This is the 80 to 84 year old age group. I drove down from Ohio alone, which in getting to be tough for an 82 year old. See you in the Fall!

Regards, Ned Bennett



Ned Bennett at the 2003 Unicorn Gallop

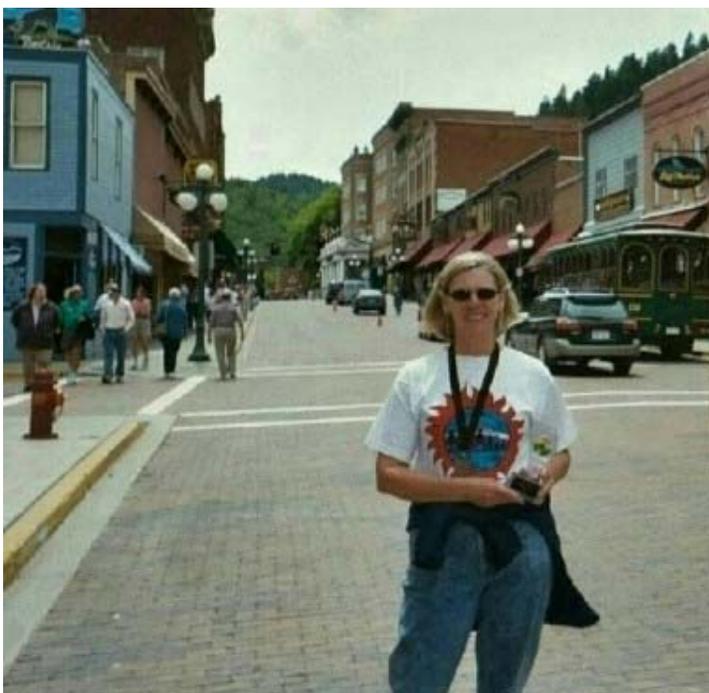
26.2 Miles of Black Hills Beauty

Jim Patton

On June 6, 2003 we departed Tampa where the temperature was in the mid 80s, we arrived in Rapid City, South Dakota at 9:30PM local time where the temperature was in the mid 40s. We picked up our rental car and headed out to Deadwood, SD where I was scheduled to run the marathon and Kathi the half marathon on June 8, 2003. Enroute to Deadwood we watched the thermometer in the car drop from the mid 40s to mid 30s as we went into the mountains. The discussion centered about what was Kathi going to wear for her race. Saturday morning we decided to walk to the race headquarters to pick up our packets (no expo).

When we got to the lobby of the hotel I heard Kathi let out a "It's snowing outside", sure enough it was raining heavy and mixed with large snow flakes. A gentleman in the lobby advised us that a couple miles up the road they had four inches on the ground. After picking up our packets we headed out to see Mount Rushmore, where the sky was overcast but no rain. We then stopped in Keystone for lunch and some sightseeing as this is the old west. When we arrived back in Deadwood and went to the Pasta Prelude, we heard that it had been raining in Deadwood all day.

Sunday morning I had to be at one of the casinos by 5:30 to catch the bus to the marathon start and Kathi got to sleep in for an hour since the bus to the half left later. The marathon starts in the town (?) of Rochford at an elevation of 4,450 feet and then there is a steady climb to the half way point at 6,200 feet and then drops back down to an elevation of 5,500 feet in Deadwood. When we boarded the school bus to go to the start, the bus driver asked if all the runners had snow shoes since there was snow on the mountain, we all kind of laughed and shrugged it off. As the bus neared the nine-mile point, I started to notice snow on the sides of the road, and shortly after that one of the local runners asked if I had seen the parking lot that was covered in snow? He said that it was the mid way point and start of the half marathon, and I was glad as I was going to be 13 miles away from Kathi when she got to the area and saw the snow. The temperature at the start was in the mid 30s and I started in a long sleeve cool max and singlet, but by five miles I was just in a singlet. The course was breath taking, but I am not sure if it was due to the scenery or the altitude, which does has an effect on us flatlanders. When I arrived at the midpoint there was still snow on the course but much of it had melted and was slush and ice. The downhill was a real relief after 13 miles of climb. The course was 23 miles on the Michelson Trail, which was a railroad line that had been covered with dirt and gravel to form a beautiful trail through the Black Hills. The last three miles took us down the main street of Deadwood and a finish in the rodeo grounds. Kathi was there to meet me at the finish and as we walked back to the hotel she advised me that she had come in second in her age group and that she had talked to the race director's wife about holding her award. I said no we could walk to the host hotel and get there in time for the awards ceremony. It was interesting that we were not the only people from Florida. We met a girl from Oldsmar and a WFYRC member from Brooksville. What a small world. We went back for a short rest and then attended a picnic put on by the 50 States and DC Club. After the picnic we drove up to Moriah Cemetery, the final resting-place of "Wild Bill Hichock" and "Calamity Jane". If anyone is interested in a very scenic marathon, and visit to the Black Hills this marathon is a must.



That's the Spot! Is Massage the Missing Ingredient in Your Training?

by Jennifer Warren

Few people know the power of massage like New York City-based massage therapist and runner Liz Hartshorn. A runner of over twenty years, Hartshorn was at her competitive peak in 1991, and, like many runners, pushed over that peak. "I compulsively ran three marathons within twelve months," reflects Hartshorn. In the process she developed "a pulled sartorius (hip flexor) muscle which turned into sciatica within six months, and within eight months it was on both sides of my hips." Hartshorn's pain was so excruciating at one point, she notes, "I couldn't even take a full stride without feeling like someone was trying to rip my hamstrings out of my body."

It was at that moment that she finally listened to her body and stopped running. After a ten year layoff, Hartshorn is finally able to run pain-free. With the assistance of yoga, pilates, soul searching, and, most important, massage, she addressed her postural imbalances and is now back on the streets running. "The upshot was it got me to my first professional massage therapist," she says. "Our work together began my slow road to recovery and as luck would have it, into my current profession as a massage therapist."

The success story of Hartshorn's does not stand alone. As serious athletes continue to seek out ways to enhance their training regimes, they are discovering both the physical and psychological benefits sports massage offers. Runners, in particular, are realizing the profound effect a good massage offers both the body and mind.

"When we train as runners, we are consistently stressing our bodies, and in particular the muscles that propel us forward, leading to a wear and tear on the body," says Hartshorn, who has now worked as a massage therapist for nine years. "Not only do runners commonly have tight, sore muscles, but overuse injuries are very common due to all of the physical exertion involved."

Benefits of Massage

The alleviation of tight, sore muscles is just the beginning of what a massage therapist can do for the serious runner. A good sports massage can warm and soften tissues, improve circulation of both blood and lymph fluid—flushing out toxins that cause muscle stiffness and soreness—realign muscle fibers, free muscle adhesions, identify tender areas before they develop into injuries, stretch and relax as well as restore suppleness and normal elasticity to muscles, improve range of motion, speed recovery from a tough workout or race, improve body awareness, and relax the mind and body.

David Walker of New York City, a massage therapist and active marathoner, offers testimony to the potency of massage. "I would recommend that any serious runner utilize regular massage not only before and after major runs, but as a regular part of their training and maintenance," Walker says. "It helps recovery, and it also assists in relieving muscle spasms and tightness related to muscle adhesions."

Heather Hayward, a massage therapist in Pacific Palisades, CA whose present clientele is 30% runners, points out: "The major benefit from massage for serious runners is the stretching out of scar tissue. Minor tears in muscles or tendons can occur with overuse, and scar tissue comes in and mends the fibers, creating the problem of less flexibility in that area."

Massage therapists are not the only people advocating massage these days, elite runners are as well. "I've been getting massage once a week since 1980," says four-time Boston and New York City Marathon winner Bill Rodgers, who claims some of his best races have come after massage, "I think it is a wonderful preventive technique, providing both physical and psychological benefits to the runner; it's truly something I wish a lot more runners would add to their training, so they could see what a positive difference it makes in their performances."

Bob Glover, coach for the New York Road Runner's Club, who has received massage once a week for several years, can specifically cite those positive differences alluded to by Rodgers. "I now see a marked improvement in my running," Glover notes, "Especially with my hamstring tightness, as the deep tissue work really addresses that." He continues, "To me, it should ideally be a part of the training regime, just like stretching and speedwork."

How to Find a Therapist

So, you have finally taken the massage therapy plunge. As a dedicated runner, you now want to know how to find the best person possible to suit your needs—no easy task.

"Finding a qualified massage therapist is not that difficult," says Walker. "However finding a talented massage therapist may take some perseverance. Many people who take required courses and licensing exams know the basics, but there are far fewer gifted therapists who can truly read the body, work with the muscles and tendons, and bring about the healing and recovery every runner would like to experience."

Hayward says, "As an athlete myself, I prefer therapists who are athletic, because chances are they have had injuries themselves and know what good therapy feels like. But no matter how you cut it, finding a massage therapist is tough."

(Continued from page 13)

Although a challenging process, you don't have to search blindly. Among the resources available are referral services, offered by either a local massage school or national organizations for massage therapists, such as The American Massage Association (AMTA). Other referral avenues are the National Certification in Therapeutic Massage Service (NCTMB), Massage Bodywork Resource Center or the International Alliance of Healthcare Educators.

You may want to consider asking runner friends, coaches, personal trainers or even chiropractors who specialize in sports medicine for a recommendation. Additionally, a yoga studio may have good contacts, as their instructors are often massage therapists themselves. Finally, running clubs often have a massage therapist referral list.

Interviewing a Therapist

Once you have obtained the name and phone number of a prospective therapist, it's time to initiate questions. To begin, you may want to inquire about their clientele: Does he work with runners? If not, what other type of athlete does he specialize in? Next, ask about the athletic background of the therapist: Is he a runner or an athlete? How about his training? Is the therapist familiar with techniques unique in sports massage? Is he a graduate of a training program accredited or approved by the Commission on Massage Therapy Accreditation (COMTA)?

If the therapist does work with runners, does she specialize in short or long distances or both? Finally, is the therapist familiar with typical runner's injuries? During this "interviewing" phase you want to learn as much as possible about the therapist while seeing if her credentials and experiences mesh with your needs and desires.

Even after this initial vetting, Walker advises, "Try one therapist, and if you are not completely satisfied and comfortable with his/her approach, try another, until you find the one that stands out from the rest. There are plenty of bad therapists out there as well as good ones."

Jennifer Warren has been a competitive runner for 20 years and a freelance writer for eight. She regularly receives sports massage.

(This article originally appeared in the January/February '02 *Running Times*)

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(Continued from page 7)

Some marathon programs only take you up to 10 miles. That means on race day - you still have another 30 - 45 min. of walking time that your body is not used to. You'll be more confident at the start line if you know your body has done the full distance. I include one 14 mile walk before your Half Marathon. The 13.1 miles on race day will feel very comfortable for you if you know you've done 14 miles three weeks before.

WHEN TO DO YOUR LONG WALK OF THE WEEK

You can do your long walk on any day of the week when you have enough time. Most racewalkers find that Saturday or Sunday morning is best which is the reason that the dates listed below are for Saturday or Sunday. Pick one. Take a rest day after your long walk. Do not do a long walk on both days!

If you choose to do it Saturday - you may wish to start earlier, such as 8:30 AM when your mileage increases beyond six miles. When you start increasing to longer walks of 10 miles, you may wish to start at 7:30 AM. That way you can still do the last part of your long walk with us at 9:00 AM. Only increase your long walk of the week; don't increase the distance of your other weekly walks. As your long walk increases in duration - remember to bring Gatorade as well as water, and even some snacks (banana or Power Bar) to consume after walking for two hours.

IF YOU WANT AN INDIVIDUALIZED TRAINING PROGRAM

Keep in mind that this is a general training program designed to fit a variety of needs.

One last caveat - if your longest walk to date is 2 or 3 miles, I do not recommend that you train for a half marathon this year. Instead, work toward a 10K (6.2 miles) in the fall and aim for a half marathon in the spring of 2004.

So if you're ready - here's Bonnie Stein's Easy-on-the-Body Half-Marathon Training Program.

Long Walk Day	Miles
July 5 or 6	5 1/2
July 12 or 13	6
July 19 or 20	6 1/2
July 26 or 27	6
Aug. 2 or 3	7
Aug. 9 or 10	7 1/2
Aug. 16 or 17	8
Aug. 23 or 24	6
Aug. 30 or 31	8
Sept. 6 or 7	9
Sept. 13 or 14	10
Sept. 20 or 21	Race for the Cure 5K (3.1 miles fast)
Sept. 27 or 28	11
Oct. 3 or 4	7
Oct. 10 or 11	12
Oct. 17 or 18	7
Oct. 24 or 25	13
Nov. 1 or 2	8
Nov. 8 or 9	10
Nov. 15 or 16	14
Nov. 22 or 23	4-5
Nov. 27	Turkey Trot 10K (6.2 miles moderately fast)
Nov. 29 or 30	5-6
Dec. 6	6 miles moderately fast
Dec. 14	Half Marathon

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- Check here if you want to receive the newsletter by mail (All newsletters are available as PDF document on the club website. Using this electronic version enables the club to save on the printing and shipping.).

* Family Membership Names	Sex	Birth dates
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_____	_____	____ - ____ - ____
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_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____

I would be interested in:

Helping at a club race _____
Writing articles for the newsletter _____
Attract race sponsors _____
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 _____