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Indianapolis Life 500 Festival Mini-Marathon By Ginger Mc Lain

While visiting my son Tim and his family in Avon, Indiana, he and I did the 1/2 Marathon along with 25,000 of our nearest and dearest friends. The corrals ran to the letter "P". It was the largest field I have ever run in and it just pulled me along with the tide. A nice cool day for a race.

Before the gun, we all sang the National Anthem and then two verses of Back Home Again in Indiana. Very nice. Flags were flying from all the very large office buildings and it was really a "down home" feeling. Spectators by the score at the start and finish, loud and happy. A great turnout. At the gun, we were off and running around the Indianapolis Zoo. At mile 5-1/2 we entered the Indianapolis Speedway. Not being a race fan I was just interested in doing the loop (no shade at all in there) and getting back on the street. From what I understand that is not the attitude the locals have. Seems like it is sacred ground to them. Nice to have a different route to run.



Ginger at the 25th Anniversary Run

There were so many unusual groups cheering us on that I kind of lost count of just how many there were. Everything from bagpipers to lady cloggers, barbershop quartets, pick up bands, high school cheer leaders and an occasional single singer. Back to the city again and, at last, the finish, at least what I thought was the finish. Still had 2/10 of a mile to go but that was smooth sailing. Again the streets were lined with cheering and clapping by hundreds. After crossing the finish line the eats were in a park and you could even make free calls to friends and family compliments of AT&T. Nice touch.

I was pleased with my time (3:02:57) and came in 13th out of 62 in my age group so that

tells you how many of us old gals are hitting the roads. All in all it was a great day. I loved it and am already registered for next year. Thankfully the race was not held on the following Saturday as we spent most of that day listening to tornado sirens and watching the black clouds. Nothing happened but it sure gave me some shivers. At least with hurricanes we know when they are coming.



Ken Bendy
 North Florida State
 Representative RRCA
 65 Winterbourne North
 Orange Park, Fl. 32073-5672
 904-278-2926
 KBENDY@aol.com

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 have enjoyed serving the Club as President for the past two years and would like to thank those that were on the board with me and those that served as officers: Karen Farnham, Vice President, Colleen Scott, Treasurer and Duncan Cameron, Secretary. Thank you all for your support. I couldn't have done it without you.

As most of you know, we had our 25th Anniversary Run on May 17 and a good time was had by all. Thank you to the many volunteers and a big thank you to Kathi Patton, Jerry Lubig and Jan Sheridan for organizing and setting up the race course. Only a few people got lost and believe it or not, everyone finished in 25 minutes. What a surprise.

At our annual meeting on May 18, we gave out scholarships to 5 very deserving seniors who will be continuing their running in college. Most of us have run our entire lives, starting as little children, so for me, as I'm sure for others in the Club, it is very gratifying to be able to have a dual reason for running and staying in shape -- giving out these scholarships as well as being able to make donations to various other charities throughout the year. We also gave out our annual Volunteer of the Year Award. We actually had two winners this year: Dick Buckley and Larry Nordquist. Over the years, they have put in many hours for the Club and we thank them for their efforts. As you know, races and our other many activities could not take place without our volunteers.

We all started running and exercising for different reasons. Running makes us feel better, both physically and mentally and the health benefits can be enormous, not to mention being able to have that dessert after dinner. As we enter our 25th year, I know we all look forward to continuing our running and helping others realize their potential not only in their athletic endeavors, but in life's endeavors.

"Sooner or later there comes a time when one must risk something or sit forever with ones dreams"

Kristen Ulmer

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
1005 Highland Avenue
Clearwater, FL 33756

TRAIN IN YOUR OWN HOME!!

Train more effectively in a cool controlled environment.

The Stairmaster Ellipticals 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-, James R Armstrong, Anne Kordish, Grady Trimble, Jerry Trimble, Logan Trimble, Melissa Trimble,

Renewing Members-, Joel Blakeman, Hunter Christian, Joan Evans, Annette Frisch, Ray Goetz, Rick Hagan, John Hanlon, Mary Hanlon, Tim Hudson, Jim Keppeler, Lisa Kothe, Gary Lyons, Holly Lyons, Kevin Lyons, Pat Lyons, Jerry Margolin, Chuck McCann, Hunter McCann, Pamela McCann, Tyler McCann, Robert McQuilkin, Terry Repp, Sandy Rogers, Michael Rossi, Mindy Solomon, Diane Spicer, Frank Spicer, Jim Spicer, Ryan Spicer, Mary Stewart-Wong, Amelia Wong, Hannah Wong, Mark Wong, Moriah Wong, Avery Stiglitz, Joseph Sullivan, Terri Sullivan, Jennifer Sundance, Dianna Voss, Bill Wible, Sabine Yeager, Victor Yeager,

June Birthdays

Roland DeRussy 6/1, Keith Besley 6/2, Scott Tankel 6/2, Barbara A. Baccari 6/3, Rebecca Rainwater 6/3, Allen Ahern 6/4, Mike Terrell 6/4, Jerry Margolin 6/5, Steven Valentine 6/5, Curtis Ingram 6/6, Rhett Franklin 6/7, Zac Reichert 6/7, Sharon Baker 6/8, Moe McMullen 6/9, Bob Palsha 6/9, Kit Van Allan 6/10, Eve Dietrich 6/12, Adelia (Dale) Schmidt 6/12, David Shirley 6/12, Walt Davin 6/15, Pete Pfannerstill 6/16, Bob Moorehead 6/18, Brian Mitchell 6/19, Tom O'Connor 6/19, Sherry Denner 6/21, Steve Doloresco 6/21, Lindsey Weiss 6/21, Sam Bailey 6/22, Patricia Holloway 6/22, Lisa Kothe 6/22, Kelly McClenathan 6/24, Roger Sweeney 6/24, Mark Bremer 6/25, T.D. Hawkins 6/25, Amy Jo Lake 6/25, Tom Perry 6/26, Jim Burgasser 6/27, David Minkoff 6/28, Wayne Pelletier 6/28, Jim Horden 6/29, Patrick McClenathan 6/29, **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, Art Jones 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, George Haley 7/16, Anne Kordish 7/16, Patricia DeBolt 7/18, Carolyn Kiper 7/18, Debbie Crawford 7/19, Vikki Moore 7/19, Edith J. Pacheco 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, Caroline Stills 7/31,

West Florida Y Runners Club Race Results

5/4/03 - Dare to Go Bare (#11) (5 K)

Lake Como, Lutz

Bill Galloway, 24:11; Ray Goetz, 26:18; Mark Humphrey, 19:19, 2M35-39; Jim Sheridan, 25:31; Cheryl White, 36:39.

5/10/03 - Dunedin 4th Annual Hog Hustle (5 K)

Dunedin Stadium at Grant Field, Dunedin

Allen Ahern, 24:13; James Armstrong Jr, 22:42; Jim Baker, 23:28; Priscilla Bowling, 22:56, 1F20-24; Jim Callan, 22:28, 3M60-64; Duncan Cameron, 19:40, 1M60-64; Spyder Cruz, 17:29, 1M35-39; Walt Davin, 28:13; Florence Delaney, 28:36, 1F55-59; Laureen Doloresco, 27:24, 2F50-54; Steve Doloresco, 29:48; Debby Farias, 21:23, 1F35-39; Jon Feltham, 21:21, 2M50-54; Elizabeth Florko, 26:15; Karen Gately, 21:54; John Geigle, 23:11; Kim Griner, 28:34; Steve Harwig, 27:23; Gordy Hawkins, 21:53, 3M50-54; Ginger Herring, 27:21, 1F60-64; Ruth Hoskinson, 38:11, 1F70+;

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.

Mollie-Rae Jerman, 33:39, 2F60-64; Jeannie Martin, 29:00; Dorothy McClellan, 38:13; Amy McClenathan, 19:58, FMaster; Shannon McClenathan, 27:02, 2F10-14; Steph Miller, 23:32, 3F40-44; Colman Mooney, 20:31, 2M60-64; Bob Moorehead, 27:18; Tom Murtaugh, 25:30; Kathy Schaedel, 29:31, 3F55-59; Terri Sullivan, 33:50, 3F60-64; Aaron Tankel, 38:02; Judith Tankel, 29:30, 3F10-14; Bob Tankel, 31:56; Scott Tankel, 25:39, 3M15-19; Terri Tankel, 24:30; Bonnie Theall, 37:56; Frank Van Aken, 24:42, 1M70+; Bob Van Dyke, 25:20; Michael Weiss, 17:58, MMaster; Wally Woodbury, 20:51, 3M45-49; Z. Zajac, 23:06.

5/10/03 - Bull Stampede (5 K)

Pizzo Elementary School, Tampa

David Colpitts, 20:58, 2M55-59; Tim Griffiths, 25:06; Diane Spicer, 26:13, 2F50-54; Silky Sullivan, 22:37, 3M55-59.

5/10/03 - Mayfaire 5K Road Race 2003

Lake Mirror Civic Center, Lakeland

Joe Costas, 19:32; Debra Donald, 23:25, 2F40-44; Debby Farias, 21:32, 1F35-39; John Geigle, 25:23; Peggy Goodale, 35:43.

(Continued from page 4)

5/17/03 - Safety Harbor Sprints (#19) (5 K)
Safety Harbor Marina, Safety Harbor

James Armstrong Jr, 22:04; Steve Berg, 22:53; Priscilla Bowling, 23:12, 1F20-24; Jim Callan, 22:28, 3M60-64; Duncan Cameron, 19:37, 1M60-64; David Colpitts, 20:13, 3M55-59; Joe Costas, 19:06, 1M50-54; Kevin Cronin, 20:55, 3M50-54; Florence Delaney, 28:53, 3F55-59; Lauren Doloresco, 27:07; Steve Doloresco, 28:29; Debby Farias, 21:30, 1F35-39; Jon Feltham, 20:59; Karen Gately, 21:19; John Geigle, 23:16; Peggy Goodale, 35:14; Jack Gough, 25:12, 3M70+; George Haley, 22:50; Nancy Haley, 27:18; Steve Harwig, 25:54; Gordy Hawkins, 21:25; Don Herring, 28:06; Ginger Herring, 26:45, 1F60-64; Ruth Hoskinson, 38:22, 1F70+; Dick Keiber, 54:11; Jim Keppeler, 19:34, 2M55-59; Lisa Kothe, 20:54, 3F40-44; Amy McClenathan, 19:19, FMaster; Dan McClenathan, 21:17; Erin McClenathan, 31:53, 2F14-Under; Pat McClenathan, 25:49; Shannon McClenathan, 25:55, 1F14-Under; Cindy Miller, 24:21, 1F50-54; Gary Miller, 22:23; Tom Murtaugh, 25:21; Donna Nesslar, 19:53, 1F40-44; Bill Pray, 19:23, 2M40-44; Mary Ann Protz, 19:02, FOverall; Michael Roberts, 23:57; Kathy Schaedel, 29:31; Jim Schoeneberg, 22:12; Brian Scott, 17:24, 2M30-34; Christina Simpson, 19:59, 2F40-44; Mary Stewart-Wong, 22:21, 3F45-49; Terri Sullivan, 40:01, 3F60-64; Frank Van Aken, 24:17, 1M70+; Victor Yeager, 17:41, MMaster; Z. Zajac, 23:06.

5/17/03 - Safety Harbor Sprints (#19) (1 Mi)
Safety Harbor Marina, Safety Harbor

Erin McClenathan, 06:37, 1U12-14; Jennifer Nesslar, 07:51, 1U9-11; Kristin Nesslar, 08:37, 3U9-11; Shane Steele, 14:50; Hannah Wong, 09:13.

5/25/03 - Run Thru the Jungle 2003 (5 K)
Al Lopez Park, Tampa

David Colpitts, 20:05, 1M55-59; Joe Costas, 18:59, 1M50-54; Kevin Cronin, 20:43; Spyder Cruz, 17:13, 1M35-39; Jim Doran, 23:53; Leslie Dougall-Sides, 34:47; Tim Griffiths, 23:51; Kim Griner, 29:05, 3F45-49; Dorothy McClellan, 39:27, 3F65-69; Michael Roberts, 23:16; Diane Spicer, 26:15, 3F50-54; Terri Sullivan, 35:15, 1F60-64; Jon Wilson, 20:23, 2M55-59; Terry Wyman, 19:20.

5/26/2003 -Saddleback Memorial Half Marathon,
Laguna Hills California

Luis Varga, 1:42:50, 1M65 (very hilly race)

5/31/03 - U. S. Secret Service Run for Freedom (5 K)
Highwood Preserve, Tampa

David Colpitts, 20:00, 1M55-59; Joe Costas, 18:59, 1M50-54; Lauren Doloresco, 26:23, 2F50-54; Debra Donald, 22:32, 3F45-49; Debby Farias, 20:48, 2F35-39; Tim Griffiths, 23:15; Neil Harvey, 30:23, 3M70+; Jeannie Martin, 29:00; Amy McClenathan, 19:18, 2FOverall; Mary Ann Protz, 18:48, 1FOverall; Silky Sullivan, 22:23, 3M55-59; Dusti Woodbury, 35:48, 3F55-59; Wally Woodbury, 20:38, 3M45-49.

WFYRC'S 2003 ANNUAL MEETING & SCHOLARSHIP DINNER

Each year four students are awarded scholarships, however, this year five students received scholarships. The applicants' interview scores were so close the Scholarship Committee decided to award each student.

\$2,000 Recipients:

Ashlee Kidd of St. Petersburg High School will attend Georgia Tech (track and field)
Kevin Lyons of Clearwater Central Catholic High School will attend Harvard University (cross country, track and field)

\$750 Recipients:

Thomas Hendry of St. Petersburg High School will attend University of South Florida (track and field)
Stacy Brown of Palm Harbor University High School will attend University of South Florida (cross country, track and field)
Susan Knaus of Indian Rocks Christian School will attend Cedarville University (cross country, track and field)

All members of WFYRC should be very proud that their efforts have contributed to help such fine young men and women achieve their higher education goals.

RACEWALK TIDBITS
BY: BONNIE STEIN

RACEWALK TIDBITS

"If you take too long in deciding what to do with your life, you'll find you've done it."

George Bernard Shaw

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**NUTRITION - How Much Fiber Should We Eat?**

The average American gets about 14 grams of fiber daily. This is about half of what is recommended by most health agencies. The target is 25-35 grams per day, but many vegetarian societies get twice that amount with no ill effects. It is not that easy for the typical American diet to provide enough fiber. Most people do not eat enough fruits, vegetables, and whole grains. Want a salad? You need about six and a half pounds of iceberg lettuce to get 30 grams of fiber. Think spinach is a high fiber alternative? You only need three pounds of that. Seedless grapes? 650 is the right number. Apples? Only 6. But don't give up. It is impossible to expect to get all your fiber from one type of food. A daily menu with wheat bran cereal, whole grain bread, several servings of fruits and vegetables along with starchy foods can easily provide you with enough fiber to meet the recommended amounts. Snacks like low-fat popcorn, nuts, and dried fruit provide generous helpings of fiber. But, be careful with the nuts if you are looking to lose weight. Better to use nuts as a topping in salads rather than munch them right from the jar. The typical salad vegetables like lettuce and cucumber are generally poor sources of fiber, but root vegetables and beans are rich in this nutrient. Don't confuse "wheat flour" used to make white bread and cake with "whole wheat flour" which includes the fiber-rich bran. These starches are NOT the cause of overweight, despite what Atkins' books say. Most healthy diets around the world are based on large amounts of complex carbohydrates with fiber included.

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NUTRITION - Your Brain on Alcohol

Most of us are familiar with the TV advertisement that showed a fried egg in a skillet with the caption "This is your brain on drugs." Alcohol is both a drug and a nutrient (because it provides calories) that also kills brain cells. A study was conducted to see if drinking alcohol contributed to changes in the brain. This was published in the September 2001 issue of Stroke.

Over 3,000 people were given an MRI, or magnetic resonance imaging, scan of their brains and asked about their drinking habits. The MRI can show loss of white matter (brain cells), infarcts (dead spots), and size of brain structures. Alcohol consumption of more than 2 drinks daily was associated with abnormalities. Consumption of less than 2 drinks daily was associated with the lowest amount of abnormalities.

It was thought by the researchers that moderate alcohol use (2 drinks or less per day for a man, and one drink per day for a woman) prevented the blockage of blood vessels in the brain. But a number of confounding factors cloud interpretation. For example, former drinkers were included with nondrinkers, and people who gave up alcohol may have done that for medical reasons. Hypertension was significantly higher in both the nondrinkers and heavy drinkers (defined as more than 2 alcoholic drinks per day).

This study should not be construed as being a recommendation for drinking alcohol, nor abstaining from drinking. Rather, it shows that significant negative changes in the brain happen (brain cell destruction) when we drink more than 2 drinks a day. More than 2 alcoholic drinks a day was considered "heavy drinking" in this study. So, if you choose to drink alcohol, a wise choice would be to keep it to two drinks a day or less. And if you're not drinking alcohol, this study gives us one more reason not to start. Regarding the benefits of alcohol for the heart - you can get plenty more cardiovascular benefits from your racewalking or running than you can by drinking red wine.

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**NUTRITION - Energy Drinks**

LESLIE BONCI, MPH, RD

Products that advertise increased energy and stamina are very appealing, but many are nothing more than highly caffeinated fluids with inappropriate amounts of carbohydrate for the active occasion. Energy drinks are often high on hype but short on performance.

**Why Some Energy Drinks Fall Short**

Certainly consuming enough calories is critical to athletic success. From a nutrition perspective, carbohydrate is the fuel that is utilized the most during activity. While energy drinks contain carbohydrate, their formulation is too concentrated for the active occasion. Also, many energy drinks contain lots of caffeine. Caffeine is not a fuel source for active muscle and even though it may provide a boost of perceived energy, the effect is short-lived. In addition to carbohydrate and caffeine, some energy drinks contain:

- o Herbal stimulants that can heighten pre-competition nerves and limit concentration.
- o Doses of herbal ingredients that are frequently not standardized.
- o Ingredients with potential side effects that detract from performance.

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Energy drinks with certain herbal additives may also diminish the effects of prescription medications or cause adverse reactions. Athletes should discuss with their doctor or pharmacist the herbal ingredients in products they consume.

#### Sports Drinks Fuel Success

Sports drinks are proven to be the best choice for active individuals because they help keep the body well hydrated and deliver usable carbohydrate energy. A well-formulated sports drink:

- o Stimulates fluid absorption
- o Helps the body maintain fluid balance
- o Provides energy for exercising muscles
- o Enhances performance
- o Expedites recovery

The bottom line is that both fluid and fuel are critical for athletic success. Caffeine or herbal-laden energy drinks place too much emphasis on carbohydrate and provide unnecessary ingredients during the active occasion. That's why sports drinks are recommended over supplement-containing energy drinks whenever possible.

#### Properly Formulated Energy Drinks Can Be Useful

Sometimes an athlete is looking for a beverage that will help speed recovery from exercise or assist with carbohydrate loading. In this case, energy drinks that deliver a high carbohydrate formula without unnecessary ingredients are advantageous.

Liquid carbohydrate sources are convenient, easy to consume and can help eliminate the discomfort associated with eating large quantities of food.

#### Choosing Your Beverage - Some Guidelines

- o Don't expect a beverage to replace training, rest or fuel.
- o Using a product without a complete Nutrition Facts or Supplement Facts Panel is risky.
- o Incredible claims don't translate to optimal performance!

\*Athletes should steer clear of products containing ephedra (banned by many sports governing agencies), yohimbe, and mate which are all unsafe and may give the "buzz", but do not energize the exercising body.

For more information on nutrition, visit the Sports Science Center at [www.gssiweb.com](http://www.gssiweb.com).

Gatorade Sports Science Institute®

Leslie Bonci, a registered dietitian, is Director of the Sports Medicine Nutrition Department at the University of Pittsburgh Medical Center and nutrition consultant to the Pittsburgh Steelers football team.

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#### FLORIDA'S SUNSHINE STATE GAMES RACEWALKS IN TAMPA - ALL AGES WELCOME!

Sunday, June 22, University of South Florida, 8 AM

There will be two racewalk events (1500 meter and 3000 meter) for men and women. All ages from 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, all the way up to 70 plus. Gold, Silver, and Bronze medals will be awarded to the top three male and female finishers in each age division.

Entry fee is \$10 for the first event and \$5 for each additional event and includes an official Sunshine State Games T-shirt. This event will be conducted in accordance to USA Track & Field rules for competition. You must pick up your number at least one hour prior to your first event. You must check-in with the Clerk of the Course at least 30 minutes prior to each event.

All entries must be postmarked by May 30. No registrations will be taken the day of the event. You may register on line at [www.flasports.com](http://www.flasports.com) or contact toll-free 1-866-FLGAMES .

If you would like to judge this race or "practice judge" with a more experienced judge - please contact me at [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com).

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#### 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. 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.

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

June 14 - USATF Florida Association Masters/Open Track & Field Championship 5K and 3K on track - Triathlon Training Center, Clermont, \$10 first event, \$5 for each additional event, age groups male and female 19-30, 31-34, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over, Contact Don DeNoon (358)241-7144, X 4206 or [noonwalk99@yahoo.com](mailto:noonwalk99@yahoo.com) or register on line at [www.floridasports.com](http://www.floridasports.com), registration deadline - must be received by June 10 or extra \$10 late fee after deadline or day of



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## BOULDER BACKROADS MARATHON

BOULDER COLORADO

Sunday, September 28, 2003

Event: Marathon and Half Marathon

Where: Boulder Colorado

Date: Sunday, September 28, 2003

Leave TPA to Denver: Early Saturday 27, 2003

Return from Dever to TPA Late Monday 29, 2003

Costs: All prices are aprox we will be trying to coordinate this through a travel agent.

Rooms: Race HQ \$99.00 per night double occupancy

Air Fair: Aprox \$ 320.00 round trip at this time may vary depending when we book fares.

Entry fees: \$55.00 marathon \$50.00 half marathon

Transportation to hotel and race still has not been verified.

Marathon web site is: <http://www.boulderbackroads.com>

At present we are looking for people interested in going, we would like to get as many as we can.

Contact: John Holmes [Jholmesruns@juno.com](mailto:Jholmesruns@juno.com) or phone 727 546 9399

## GOLF GOLF GOLF WFYRC STYLE

WFYRC is presently looking for golfers of all abilities to play golf on the first Saturday of each month.



The courses will be par three's in the Clearwater area. The price is usually under \$25.00 per person.

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

## TRACK WORKOUTS

By Coach Mel

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

June 3rd 4 x 1200m

June 10th 12 x 400m

June 17th 6 x 800m

June 24th 5 x 1000m

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

## Ivan Levinrad Checks In

Hi Marc,

How are you all doing in sunny Clearwater.

I was in Oklahoma city on business 2 weeks ago and managed to fit in the Any Payne Marathon. there were only 39 runners and we ran a 3 lap route around a lake. I started out a little too fast as I was in 3rd place and thought that I could catch the 2nd place runner. Well you know what thought did:). I died the last 4 miles and finished in 6th place in a time of 3:27. At one stage I started to realize that I may not run under 3:30 and had to kick myself in the butt to pick up the pace. It was a little boring running a 3 lap route but then I cannot complain as it was another marathon conveniently situated/scheduled to coincide with my travels. that puts me at 85 marathons [not including my 10 ultras].

PLEASE pass along my regards to everyone at WFYRC. I am hoping to see most of you at HOPS marathon next year as I have decided not to do another Disney Marathon.

Fondest Regards Ivan

## Sandy Michener: Female Athlete of the Meet

By Richard Michener

We learned last night that Sandy is the female athlete of the meet for the recent Haywood County (NC) Senior Games, where she won gold in all eighteen events which she entered in her 60-64 age group, ten of them relating to running and track and field. In the parlance of the games, she is the "2003 Ironwoman", although her accomplishments are more reminiscent of a double decathlon.

Sandy will not be present to be feted at the awards banquet on June 12, as she and I will be in the Seattle area for the college graduation of our daughter. That is also the date of our 38th wedding anniversary.

I cannot claim to be an unbiased reporter, but I am thrilled that Sandy has earned such an award, because she is a quiet and persistent, supportive and effective type of person, who is too often overlooked in athletics as well as other areas of life.

For her part, Sandy is already using the award to encourage people, of both genders and various ages, to begin using athletic training and competition to enhance the quality of their lives. She is not a superwoman, she informs them. They can become far more fit and healthy and accomplished than she is, she assures them.

From October 16-19, Sandy and I will be in Indianapolis and staying at the Four Points Sheraton East, located at I-465 & Pendle-

ton Pike (317, 897-4000). We have signed up for the 1/2 Marathon portion of the Indianapolis Marathon/Half Marathon on October 18. There is also a 5K. Their web site is [www.indianapolismarathon.com](http://www.indianapolismarathon.com)

We decided this would be the Fall half marathon for us in 2003, for several reasons. First, it should be flat, cool, and pleasant, starting at Ft. Harrison and running through Ft. Harrison State Park and Fall Creek Corridor Park. Second, it is 29 days before the Richmond Marathon. Third, we're hoping to see other runners as well as family members. If you'd like to visit with us from October 16-19, contact us at the hotel, or at our e-mail address ([richard139@charter.net](mailto:richard139@charter.net)), or at our home phone (828.456-7170).

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

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## CHESNUT HACKERS GOLF TOURNEMENT

By Dick Buckley

The weather was ideal. Sunny skies with a gentle breeze. It was liked we had placed an order and it was filled to perfection. This is what we enjoyed as we played the eighteen holes of Countryway Golf Club.

It all began when a member of the staff at Countryway noticed that someone had a club with head of the size of a cantaloupe. He called Rich Arend over to examine his club in front of us all. He determined that it was illegal and he presented Rich with a two foot plastic club to play with. It was all in jest but it set the tone for our event being a fun one.



The tournament was won by Perry Steele's team with a score of 53. The team of Marc Skinner, Pete Pfanerstil, Wayne Tobias and Anne Reidelberg came in second. Club members Jim Setaro and Julia Buckley won closest to the pin trophies and Donna Sims won for the ladies' longest drive.

Refreshments on the course were plentiful and welcome. Diane Spicer and Dori Iten flitted around the course in one cart while Mary Grace Ritter and Jim Patton cruised in the other. They became quite busy throughout the afternoon. The Margaritas and Skip Rogers Jell-O Shooters were in much demand.

Following golf, we had a wonderful barbecue prepared by the Countryway Staff. The food was plentiful and the liquid refreshments kept being poured. In the midst of the eating and drinking, over forty different items were given away in a raffle. The highlight of this section of the program was an auction of a Didier Laurencio framed artwork. Larry Nordquist was the successful bidder for this donation From First Impressions Art Gallery in Palm Harbor.

The Annual Chesnut Hackers Golf Tournament has grown from a base of eighteen players in its first year to eighty players this year. A plaque was presented to the tournament founder, Jeanne Schlicte who traveled from Aiken, South Carolina to play in this year's event.

The date for next year's tournament has been set. It is May 22, 2004. It is not to early to make your reservation. Judging by this year's event, the eighty available slots will fill up quickly. You can reserve your spot now. Payment will not be due until March of next year. That is what is known as extended terms. It is a fun time each year. Hopefully you can join us.

For reservations, send e-mail to Dick or Julia Buckley at [RTBJMB@aol.com](mailto:RTBJMB@aol.com), or call 727-786-2740 or 727-510-7354.



## A STRESS FRACTURE PRIMER

### HOW TO SIDE STEP AND MANAGE THIS FRUSTRATING INJURY

By Brian Fullem, D.P.M.

**The words "stress fracture" strike fear into all runners.** The diagnosis usually means no running for at least four to six weeks. What exactly is a stress fracture and why should it scare you? More importantly, what can you do to avoid a stress fracture, and to deal with one if it does occur?

A stress fracture is a crack that does not go completely through the bone. Initially called march fractures, they were first noted in the 19th century in Prussian soldiers who marched too far or too often. The injury has two main causes: too much repetitive stress on a bone and/or weakness of the bone, which can result from a number of different factors. If the repeated strain is greater than the strength of the bone, then it will fracture.

#### Symptoms

The most common site of a stress fracture in the lower body is the tibia or shin bone, followed by the metatarsals, the bones in the foot behind the toes. Most stress fractures develop gradually. A typical tibial stress fracture will initially be felt as "shin splints," a catch-all term that refers to pain along the inside of the tibia. The pain usually starts out over a large area along the shin bone, and is mainly noticed after a hard training session or race, or the morning after a long or difficult workout.

Shin splints occur when the muscles pull away from their attachment site along the inside of the tibia. At this point it's possible to prevent a stress fracture by responding to the developing problem: Stop running and see a sports medicine specialist. Left untreated, the muscles will continue to pull, and this may cause a crack to form in the bone. The pain will progress to the point where it is noticed more during the run, and become focused on a smaller area of the bone.

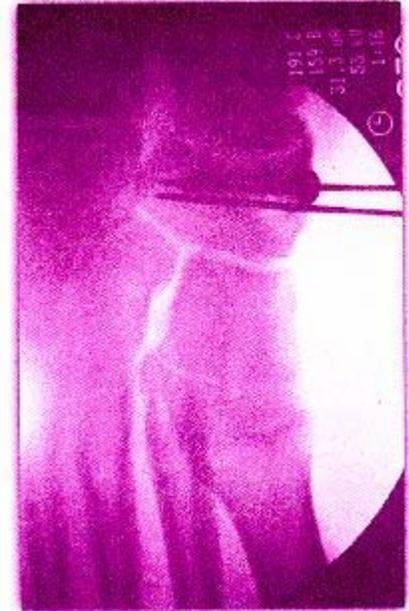
Do not be fooled into thinking that your injury is a stress fracture only if you are unable to run. Frank Shorter unknowingly ran on a stress fracture in his foot during his silver-medal winning marathon in the 1976 Montreal Olympics. Dave Johnson competed on a navicular (a bone on the top of the foot) stress fracture in the 1992 Barcelona Olympic decathlon, winning the bronze medal. He paid the price of requiring surgery after the Games to place two screws across the fractured bone.

#### Diagnosis

If the pain is very focused on one area and becomes constant or worse during a run, then you should see a sports medicine specialist immediately. Because the fracture is not completely through the bone, often it does not show up on traditional X-rays, and therefore a bone scan is a better way to detect the problem. The test usually is done at a hospital and involves an injection of dye into the arm, followed by a series of special X-rays taken at different time intervals, with the final one typically taken after three hours. The cost, usually several hundred dollars, is almost always covered by insurance. (It helps to have a doctor who is sensitive to a runner's needs if you are in an HMO-type insurance program.) The bone scan will show the approximate site of a fracture; however, it is not highly specific as to its exact location and extent. Therefore, a follow-up MRI or CT scan sometimes is done. Again, the procedure usually is insured, but check first, because it can cost more than \$1,000.

#### Causes and Prevention

Some of the causes of a stress fracture include poor biomechanics, inflexible or weak muscles, overtraining, doing too much too soon, training on hard surfaces, wearing improper or worn-out training shoes and doing too many races in racing flats in a short period of time. In addition, some people are predisposed to stress fractures because of a calcium-poor diet or osteoporosis (a



*(Continued on page 13)*

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progressive loss of bone mineral), and if these problems persist, another fracture is likely to occur.

Women and girls may be prone to stress fractures as a result of the Female Athlete Triad, a combination of osteoporosis, amenorrhea (absent or infrequent menstrual periods) and eating disorders that occur together.

Amenorrhea is associated with decreased estrogen in the body, which limits the ability to process the calcium used to strengthen bones. Eating disorders often lead to poor intake of nutrients, including calcium, and to significant weight loss, which can bring on amenorrhea.

### **The Role of Diet**

Eating well can play a crucial role in preventing stress fractures. If your diet is short on calcium, your body will steal the mineral from your bones, making them vulnerable to breaking. Men and women should consume 1,000 milligrams (mg) of calcium daily; young adults and the elderly should aim for 1,200 to 1,500 mg. Food sources are better than supplements because they are generally better absorbed. An eight-ounce glass of milk has 300 mg of calcium; eight ounces of non-fat or low-fat yogurt has about 400 mg.

If you are not getting enough calcium from your diet, then consider a daily 500-mg calcium carbonate supplement (calcium carbonate is the least expensive form and works just as well as calcium citrate). Check the label for the amount of elemental calcium in the tablet, which is more important than the tablet's total weight. Including vitamin D in the diet helps the body absorb calcium.

### **Treatment**

Treating stress fractures centers on allowing the bone to heal, which takes four to six weeks for most bones. The length of time needed for healing depends on the bone site and on treatment; some bones, such as the navicular or the fifth metatarsal base, have a poor blood supply and require total immobilization to heal completely.

Sometimes nature can use a little help. One Italian study showed that an electrical bone stimulator helped athletes heal slightly quicker from their injuries. This small device is worn for several hours a day, typically at night while sleeping. It sends a painless electrical current around the site of the fracture, helping to stimulate healing. You can purchase a bone stimulator, but they cost more than \$1,000 and may not be covered by insurance. Renting one isn't an option, as they have a shelf life of only one year. Rich Kenah, the 1997 800-meter World Championship bronze medalist, used a bone stimulator religiously to help heal his navicular stress fracture in 1998 and is now aiming for the 2000 U.S. Olympic team. [*Note: Kenah made the 2000 U.S. Olympic Team in the 800m, finishing 2nd at the U.S. Trials with a 1:46.05*]

Stress fracture is one of the only injuries for which I tell runners not to run. You must lay off until there is absolutely no pain when you press on the area. Attempting to rush things can cause re-injury. The good news is that usually you can crosstrain through a stress fracture with any activity that doesn't cause pain during or after. Swimming, deep-water running, biking and using an elliptical machine are all excellent alternatives for most people. In some cases, however, such as fractures of the navicular bone, the front of the tibia or the hip, you may need to keep all exercise to a minimum. For the navicular, a short leg cast and six weeks on crutches is the best treatment.

Most important is to work with a sports medicine specialist to determine the cause of the fracture, and follow the proper course to prevent it from recurring. Use the down time to get refreshed mentally, strengthen all your major muscle groups and come back stronger than before the injury.

Brian Fullem can be reached at [bfullem1@aol.com](mailto:bfullem1@aol.com)

(This article originally appeared in the April 2000 *Running Times*)

(Continued from page 7)

competition.

June 22 - Sunshine State Games -Track & Field Open & Masters, University of Suth Florida, 4202 East Fowler Ave, Tampa, Contact Mike Aelanzo (813) 685-8091, or Nate Johnson (813) 238-3872 or snate@hotmail.com

July 4 - 10th Annual Roger Dann 5K Freedom Run/Walk - See information below or 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](http://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](http://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](http://www.floridasports.com).

10th Annual Roger Dann 5K Freedom Run/Walk -July 4th, 2003 in Sebastian, FL

Benefiting Relay for Life and the American Cancer Society

Come and join us to ignite Sebastian Fourth of July celebrations with the Freedom 5K Road Race. A separate racewalking competition will be included this year. For those interested, there will be a short instructional racewalking clinic before the race. The first 200 participants and volunteers will receive a commemorative gift and a race goodie bag. Race proceeds will go to the American Cancer Society, North Indian River County Chapter.

WHEN: Friday, July 4, 2003

5:30-6:30 am - Late Registration and Packet pickup

6:30 am SHARP - Run Starts

6:32 am- Walk starts

WHERE: Riverview Park, CR512 and US1 in Sebastian. Registrations at the Pavilion near the Indian River Drive.

WHO: Runners and walkers of ALL ages

HOW: Complete registration forms and submit with entry fee to the American Cancer Society, 3375 20th St., Vero Beach, FL 32960

PARKING: Because of the congestion of the Parade and festivities, racers are asked to park in specially designated area.

COST: Mail in before June 15th \$15.00

Race Day - July 4th \$20.00

Awards: Top Open Racewalkers male/female and Top 2 male/female age group racewalkers (walkers must follow USATF racewalk rules to be eligible for walker awards). Age Division for walkers; 19 and under, 10 years groups up to 99 years.

INFORMATION: For more details, contact the American Cancer Society by phone at (772) 562-2272, or (888) 869-2922, OR contact Anne Dann by email: [anne2@mindspring.com](mailto:anne2@mindspring.com)

The race is sanctioned and the course is certified by USA Track & Field.

For an application - <http://www.pixie-web.com/rogerdann5k.htm>

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## 25 Years and Still Running By Kathi Patton

What is the difference between a race and a run? Well, the 30 or so runners who turned out for our 25<sup>th</sup> Anniversary Run on May 17 soon found out! Instead of a normal race, it was decided (no one will own up to WHO exactly made this decision, mind you!) that the Anniversary Race would be a Hash Run.

For those of you who aren't familiar with a Hash, its sort of a run from beer stop to beer stop following a trail (course) made originally with shredded paper by a person called a hare. It is taken from a British child's game called "Hares and Hounds". It was "invented" by some British soldiers stationed in Malaysia in the late 1930's. When a runner finds the trail, they call out "on, on" to let the group know the trail has been found and the direction to run next. It's obvious to me that these guys didn't have enough to do except run and drink. Anyway, now the course is marked with flour by the hare (or in our case, hares). The runners must find the course!

Since this was a 25<sup>th</sup> Anniversary, everything revolved around the number 25. All runners wore race numbers of "25", the length of the course was 2.5 miles, the entry fee for WFYRC members was \$2.50 and last, but certainly not least, the finish clock time for every runner was 25 minutes. This should give you an idea about how serious this all was taken, NOT! Now we did have a few small problems. One was lack of approval for serving beer out side of the park. But since it was only 2.5 miles, we figured no one would die of thirst. Just in case, we did provide a (gasp!) water stop. I know, I know, not the same thing but the best we could do under the circumstances. I certainly wasn't ready to go to jail for this run!



Posing as Madam X, in case anyone got lost or hurt themselves (I didn't want them to know MY name!), I gave a brief history and description of the run. I told the runners that this might be a team type event. Those hares had laid a tricky course and they would need to help each other find the course. They were also told to expect the unexpected, directions going in 2 ways. They then got the only clue as I told them to "go between 2 posts behind me and turn left". I said go. They all looked at me strangely until one of them realized the run had begun and took off.

The course took them over and under, through, on and off places that normally aren't part of races. Flour becomes really important! I will tell you that the final obstacle to complete the run was a slide to the finish line! If you didn't do this run, you really missed out! Comments from all who did this run were very positive. Both young and old thoroughly enjoyed this type of competition and clearly wanted more. SO, who wants to be the next race director of a Hash?



As always, no run can be put on without the help of a wonderful group of folks who give their time and talent to our club. I just was the coordinator. I assigned the jobs and this wonderful group just took it from there! Mega thanks to Jerry Lubig and Jan Sheridan for their course layout and "flour" arraignment. Karen Farnham was the key to registration and flyers. Never to be outdone, our Volunteer of the Year, Dick Buckley had the most important job of the evening. He procured the beer! A thanks also goes to Jim Patton, Renee Lubig, Julia Buckley, Jim Farnham, Skip and Joyce Rogers, Janet Evans, Elizabeth Florko, Charles and Kathryn Worischek, Dan and Becky Boyle, Vic and Linda Schumacher and Tom and Ann Harkins. If I have left anyone out, I do apologize. Everyone did an outstanding job. Many thanks!

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**CLEARWATER, FLORIDA 33756**



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 Date of Birth \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Sex M F  
 Home Phone ( \_\_\_\_ ) \_\_\_\_\_ Work Phone ( \_\_\_\_ ) \_\_\_\_\_  
 E-Mail \_\_\_\_\_@\_\_\_\_\_ Profession \_\_\_\_\_

- Check here if you DO NOT want the above information in a Club Directory.  
 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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|-------------------------------------------|
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| 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 \_\_\_\_\_