

Making Tracks

FEBRUARY 2021

Issue Date:

February 17
2021

=Making Tracks=



BACK ON TRACK



•WFYRC Website :
www.wfyrc.com

**Enjoy our
Speed Workouts**

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Track workouts moved to Northside Christian School

We are pleased and grateful to be able to run on a real track again. Northside Christian School in St. Petersburg has granted us permission to use their fantastic track on Tuesday mornings. Track (incl very clean bathrooms) will be open at 5:00 am - workout starts at 5:15 am and will end before 7:00 am -

Because of the pandemic our track at Clearwater Highschool closed in March. Since then we did our speed workouts on the Clearwater causeway which was a nice training opportunity but not as good and fast as on a real and rubberized track. Because track at Clearwater High is no longer open for adults (only for students) we had to find a new place and after 10 months we are very lucky to be 'on track' again.

The school is located at 7777 62nd Avenue North in St. Petersburg -almost on the border of Pinellas Park and Seminole - Social distancing and all other corona precautions are mandatory. Don't forget to bring a mask. Not necessary while we run on the track, but everywhere else on school grounds we have to put it up! Be safe!

Big thanks to Northside Christian!



Contacts

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MEMBERS GROUP RUNS

TUESDAY Mornings: Track workout, 5:00 AM Northside Christian School. 7777 62nd Avenue North in St. Petersburg Coach: Albert Wieringa 727-754 0439 coach@wfyrc.com

SATURDAY Mornings:

- Long run (8, 12, 13 typically) around the beach and bridges. The "loop" starts at Clearwater City Hall at 6:00 AM. Contact: Kathleen Roach, kathleenxyz@hotmail.com 727-421 7323

SUNDAY Mornings: Long run (13 miles&up) Clearwater City Hall at 6:00 AM (same as Sat)

THURSDAY 5 AM: 5-mile workout, Dunedin Causeway, meet @ 2646 Bayshore Blvd, contact Ron Haney, 207-542 5023

FRIDAY 6 AM - 5mile Bridge Repeats Clearwater Causeway Bridge, State Rd 60 park @ West of Bridge, contact Ron Haney, 207-542 5023

Annual WFYR Club Events

Summer Sandkey Series summer 2021

Tampa Bay Times Turkey Trot November 25 - 2021

check out www.turkeytrot.net for latest updates

Discover Caladesi Island (10M/5K) to be determined - 2021

Other: scholarship awards, celebrations, *Race results and additional information available on the website.*

Board Meetings are held the first Tuesday of the month, 6PM, at Varsity Club 24091 US 19 N. Clearwater

Members welcome—no commitment necessary. Please let Skip know if you are interested in attending so that he can save you a seat

Advertise in Making Tracks!

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1/4 Page \$ 50.00

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Full Page \$ 100.00

Spread \$ 175.00

All Year (4-issues) possible

Contact Editor for details

WFYRC invites you to apply for our College Scholarship

Qualifications are:

You are graduating high school in 2021
You ran either cross country and/or track during you senior year
You must be a WFYRC member

What you should do:

Write a letter to our scholarship committee telling us why you deserve this scholarship.
Include your phone # and email address
Have your coach write a recommendation letter
Send us your current school transcripts

Deadline is March 1st, please mail to:

Mary Pulaski
9138 Jakes Path Largo, FL 33771 phone 813-416 4579



Pandemic causes more traffic deaths, liver diseases and broken toes

Covid related stay-at-home orders made some things worse, not better. The reasons include more risky behavior, like an increase in speeding and a lower rate of seatbelt use, as well as a higher likelihood of drugs or alcohol being involved. According to numbers, released by the National Highway Traffic Safety Administration (NHTSA) U.S. roads had not as much traffic but were way more dangerous in 2020 than they have been in years.

Alcohol abuse also plays a big role in the rise of liver disease cases. Hospital admissions for alcoholic hepatitis and liver failure were up 30 percent or more compared tot 2019 according to numbers from Harvard University and other health institutes in the U.S.

Meanwhile there's an avalanche of broken toes, also related to the 'stay-at-home' situation spread out all over the country. Not wearing shoes and spending more time inside with un-protected feet has tripled and sometimes even quadrupled the number of toe-fractures.

Specialist Dr Brian W. Fullem of Elite Sports Podiatry in Clearwater confirms the rise of foot injuries. "I've seen data suggesting an increase in the rate of fractures in the home and it does make sense if people are spending the majority of their time in their home. The fifth (pinky) toe has to be the most common.

If someone does injure a toe the best self treatment is ice and splint it with Coban to the toe next to it. If the toe is facing in the wrong direction then you might want to get an X-ray.

I can say for sure from my office and what other sports med offices have seen is an increase in stress fractures and other overuse injuries. People were/are not able to go work out in the gym so they ran more and often did too much too soon in running shoes that were old and worn out." says Dr. Fullem.



More benefits of joint pain supplement

Glucosamine may reduce overall death rates as effectively as regular exercise

According to a [new study from West Virginia University](#), taking glucosamine supplements is just as effective as exercise when it comes to reducing mortality rates. Normally prescribed for joint pain, glucosamine offers side benefits for heart health and fighting inflammation. The study's authors warn against using the supplement as a substitute for exercise, but recommend combining the two positive forces.

FULL STORY

Glucosamine supplements may reduce overall mortality about as well as regular exercise does, according to a new epidemiological study from West Virginia University.

"Does this mean that if you get off work at five o'clock one day, you should just skip the gym, take a glucosamine pill and go home instead?" said Dana King, professor and chair of the Department of Family Medicine, who led the study. "That's not what we suggest. Keep exercising, but the thought that taking a pill would also be beneficial is intriguing."

He and his research partner, Jun Xiang -- a WVU health data analyst -- assessed data from 16,686 adults who completed the National Health and Nutrition Examination Survey from 1999 to 2010. All of the participants were at least 40 years old. King and Xiang merged these data with 2015 mortality figures.

After controlling for various factors -- such as participants' age, sex, smoking status and activity level -- the researchers found that taking glucosamine/chondroitin every day for a year or longer was associated with a 39 percent reduction in all-cause mortality.

It was also linked to a 65 percent reduction in cardiovascular-related deaths. That's a category that includes deaths from stroke, coronary artery disease and heart disease, the United States' biggest killer.

"Once we took everything into account, the impact was pretty significant," King said.

The results appear in the *Journal of the American Board of Family Medicine*.

King himself takes glucosamine/chondroitin, one of the most common formulations of glucosamine supplements.

"I'm in a local cyclists' club, and we go for rides on weekends," he said. "One day I asked the other cyclists if they took glucosamine, and everyone did. And I thought, 'Well, I wonder if this is really helpful?' That's how I got curious about it."

He explains that because this is an epidemiological study -- rather than a clinical trial -- it doesn't offer definitive proof that glucosamine/chondroitin makes death less likely. But he does call the results "encouraging."

"In my view, it's important that people know about this, so they can discuss the findings with their doctor and make an informed choice," he said. "Glucosamine is over the counter, so it is readily available."

Story Source:

Materials provided by [West Virginia University](#). Note: Content may be edited for style and length.

Journal Reference:

Dana E. King, Jun Xiang. **Glucosamine/Chondroitin and Mortality in a US NHANES Cohort.** *The Journal of the American Board of Family Medicine*, 2020; 33 (6): 842
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West Virginia University. "Glucosamine may reduce overall death rates as effectively as regular exercise, study suggests." ScienceDaily.

ScienceDaily, 1 December 2020. <www.sciencedaily.com/releases/2020/12/201201171726.htm>.



Caladesi Race Rained Out



We got a permit for 250 runners. The race was sold out. Packet pickup at Clearwater Beach Pier 60 Pavilion went smooth. Tide was low. Caladesi Island was waiting for the annual 10 mile Beach and Trail race to happen on Saturday, February 13. The start was supposed to be at 7 am.

But then, 5 minutes before the start the first rain kicked in followed by lightning. While the running legion took shelter under the pier, more and more heavy T-storms rolled in. 'A severe act of God.'

The empty start line was for the birds and the only running that happened was back to the car.

Race director Mike Patterson could not do anything else than cancel the race and is now looking for a new date, most likely later this year.

We will keep you posted!



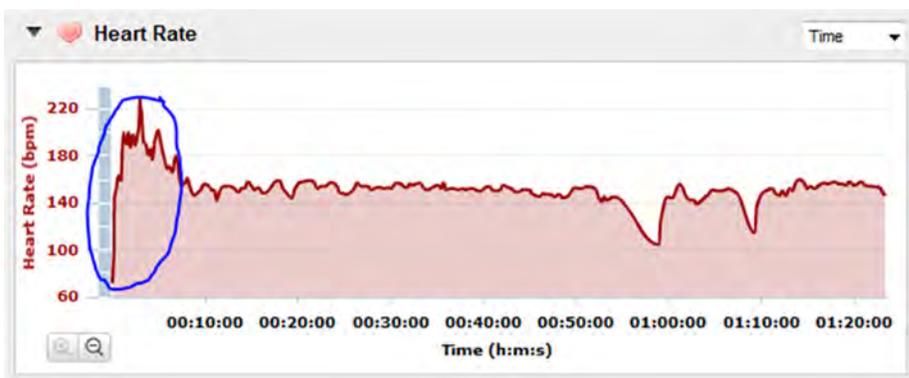
Heart Rate Strap issues

The other day Jim White from Belleair knocked on my door with a question about his Heart Rate Monitor. Jim is an avid runner and likes to know what he's doing. Somehow he had the impression that his 'wrist-based' Garmin 935 was not always correct.

Time to try out the newest and super accurate Garmin HRM Pro chest strap, the 'Rolls Royce' among the HR monitors.

After pairing the strap with his Garmin Forerunner Jim went out the door for a run. When he later checked his HR on the computer he noticed a huge spike at the beginning of his workout.

His max HR showed 210, ridiculously high for a man in his mid seventies. After 5 minutes the spike was gone and Jim's Heart



Rate got back to normal. The next day the same strange situation happened. "I don't get it why this is so high. Actually I felt very relaxed during the first part of my run. Coach, do you know what's going on with my HR monitor?" he asked.

Time to find out if Garmin had a solution and they did!

"The problem usually happens during the colder winter months, when it takes a long(er) time before we start sweating. That sweat is necessary to create a better contact between your body and the sensors from the strap and make them more conductive by applying some water or spray on the sensors," a service expert explained.

The next day Jim went out for a run with a moist strap and the spike was gone. Problem solved!

The newest version of the owners manual shows now what to do when the spike pops up.

If the heart rate data is erratic or does not appear, you can try these tips.

- Reapply water to the electrodes and contact patches (if applicable).
- Tighten the strap on your chest.
- Warm up for 5 to 10 minutes.

Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.



postponed



Publix Gasparilla Distance Classic races postponed until May

The 44th running of the event was originally set for Feb. 19-21, 2021. Instead, it has been delayed until Mother's Day Weekend, which is May 7-9, 2021.

"All participants who are currently registered for one or more of the 2021 events will be given the option of running in-person in May or, if they choose, converting their registration to run virtually," the Gasparilla Distance Classic wrote in a statement. Defer to 2022—in case the race is cancelled- or transfer to another runner is not possible.

Social distancing, wearing masks (before and after the start) plus temperature checks are essential parts of Tampa Bay's largest running event. The 15k has a cap of 4,000 runners and starts Saturday morning at 5:30 am. The 5k—usually the biggest event—is capped this year to 4,750 and starts 4 hours later at 9:30 am. On Sunday the half marathon (capped to 4,000) starts at 5:30 am followed by the 8k with a max of 4,000 at 9:30 am.

Race director Susan Harmeling is not afraid of possible higher temperatures in May. "We have had very, very warm events before," Harmeling said to the Tampa Bay Times. "We always take care of our participants. We'll take care of them in May."

**2021 Boston marathon
moved to October 11**



**BOSTON ATHLETIC
ASSOCIATION**

The Boston Athletic Association (B.A.A.) has announced that if permitted the [125th Boston Marathon will be held on Monday, October 11, 2021.](#)

"We announce the 2021 Boston Marathon date with a cautious optimism, understanding full well that we will continue to be guided by science and our continued collaborative work with local, city, state, and public health officials," said Tom Grilk, President and C.E.O. of the B.A.A. "If we are able to hold an in-person race in October, the safety of participants, volunteers, spectators, and community members will be paramount."

"Massachusetts continues to fight COVID-19 and distribute vaccines across the Commonwealth, and with brighter days ahead, we are looking forward to getting back to a new normal in 2021," said Governor Charlie Baker. "We will continue to work with local partners and the B.A.A. to monitor the situation and remain hopeful that the 125th Boston Marathon can take place this October."

"While it was of course the right thing to do, canceling the 2020 Boston Marathon for the first time in its 124-year history was one of the hardest announcements to make," said Mayor Martin J. Walsh.

Additional details including field size for the in-person race, registration dates, safety measures and protocols, and participant requirements that will be in place will be forthcoming. The B.A.A. will also offer a virtual race.
.option

Runner's profile

WFYRC Member Spotlight on Ellen Gerth (59)

How and when did you get started in running?

I first started running seriously when I was 17 years old. I played competitive tennis in high school and our coach insisted that we run a few miles before practice every day. I had been playing tennis (singles) since I was a child and running was one of my strengths on the tennis court so running came pretty naturally to me. By the time I was a senior in high school (1979), I was running several miles daily with my reliable Timex watch. When I attended Bowdoin College in Maine the following year, I was planning to play on the school's tennis team. However, a friend of mine convinced me to join the cross-country team. A decision I will never regret as it is through logging long miles with friends that I have gained strength, determination and fantastic friendships.



Following the cross-country season at college, I continued to run every day thereafter. We had no indoor track at the college so I ran through many blinding Maine blizzards. Running was a big thing at Bowdoin. Joan Benoit (Samuelson) had just graduated the year I started (1980) and she had also just won the Boston Marathon (1979). Included among her numerous marathon victories, Joan took the gold in the 1984 Women's Summer Olympic Marathon in LA – the first year that women were permitted to run the Olympic Marathon. I watched every moment of that marathon on Television and beamed with pride as Joan crossed the finish line - making history and paving the way for future female runners. Joan has remained my hero and inspired my running over the past four decades.

With the exception to taking a few months off during my two pregnancies with my children Olivia and Gabe, running has been my passion, my unwavering commitment and a lifestyle choice for 42 years.

Why are you a runner today?

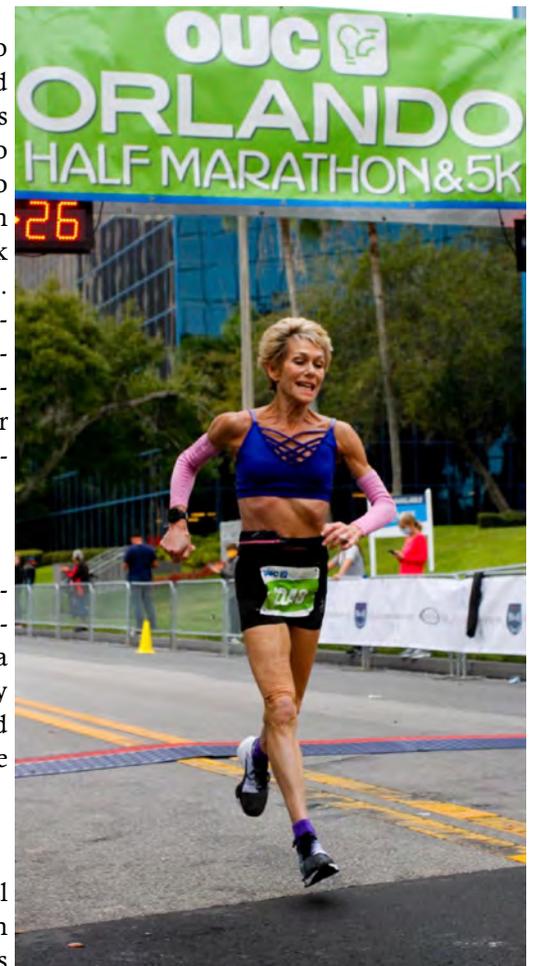
Running is essential to my life for so many reasons. I run for health and fitness and to continually challenge myself both physically and mentally. Running is also a major part of my social life. Running (and chatting) with friends is the best way to start the day! It's a wonderful feeling finishing a long run with a friend. Those miles so often fly by through conversation and laughter and sometimes even therapeutic tears. In many respects, running is also very spiritual for me. It provides me the time to think about life and family, about my goals and my plans for the day and my future objectives. Running helps me organize my thoughts and priorities which I believe makes me a better, stronger and more productive person. I especially love the feeling of peace and tranquility that running provides with the momentum of every forward step and breath taken. This feeling is enhanced when I see a beautiful sunrise, butterflies fluttering by, or cows and horses in the fields. And with every run comes a deep sense of accomplishment.

What is your occupation?

Following a long career as an Archaeological Curator and Researcher/Writer with Odyssey Marine Exploration, a Tampa-based company that recovers deep-ocean shipwrecks, I launched a Professional Pet Care Business as I am an animal lover! I am also a Language Arts Tutor and Writing Coach. I especially like the flexibility of having my own private businesses as it allows me the opportunity to accommodate my running and training schedule and my travel and racing plans. Most importantly, I get to share more time with my husband and family.

Why did you join the WFYRC?

I joined WFYRC several years ago after meeting Coach Albert Wieringa at some local races. I first started running the hills of San Antonio, FL, with Coach Albert and then added track workouts with his WFYRC team. I am so appreciative of Coach Albert's running expertise and advice and all of the amazing running friends I have met through WFYRC and the entire Tampa Bay community.



How many miles do you run each week and what kind of training do you do?

I typically run between 50-60 miles a week – sometimes a bit less or more – depending on my training plans and the races I have scheduled. My training consists of a long run on the weekend and a medium-long run during the week, plus speed work, tempo runs and recovery runs. Listening to my body is essential for each run as my objective is to remain healthy and injury-free.

What does your typical week of running look like?

Most weeks I run 7 days a week alternating longer and/or faster runs plus speed work with recovery runs and tempo runs. Stretching is essential after my runs and throughout the day. I also will add a swim day when my body needs a day off the roads or a 20-mile bike ride. I find that swimming 1-2 miles is especially good for the cardio and strength. Sometimes I take a day off from working out all together which allows me time to recharge for the next day's run.

What time of the day do you normally run?

I like to run in the morning. Several days a week, I'm up well before the crack of dawn. Training for marathons and other races, especially in the summer, requires a lot of 4am mornings to avoid the Florida summer heat. During the winter months, I often take advantage of the cooler weather and run when the sun is out. I like to mix up my runs with different start times in the morning and often different locations.

What are your top 3 favorite races?

It's always such an honor qualifying for the Boston Marathon but my favorite marathon is probably NYC. It's not only an incredibly challenging course, but I love running through all of the boroughs and feeling the energy and excitement from the diverse communities and its spectators. The Chicago Marathon is probably my 2nd favorite marathon experience.

I actually prefer half marathons. Although they require more speed, I find that it's much easier recovering from 13.1 miles than 26.2.

What are your favorite places to train?

Why?

I enjoy training in the hills of San Antonio. Running hills is speed work in disguise and builds strength and endurance. I also like to train near the water, and especially enjoy running the Clearwater bridges as I love watching the sunrise over the Bay. I believe this is one of the most beautiful experiences. I live near the Upper Tampa Bay Trail, so I run there often either alone or with friends. The trail is paved and partially shaded which is great for warmer days plus there are several water and potty stops – essential for runners!

What's the longest distance you have run and how did it go?

I have run well over 40 marathons including Boston, NYC and Chicago. I have actually lost count of how many. However, my first marathon was the Boston Marathon when I was a Freshman in college in 1981. I had no idea what I was getting myself into. A friend of mine and I hopped in my car and drove from Maine to Boston. This is when you could run as a bandit and drive to the start line in Hopkinton. I was miserable at mile 20, having had no knowledge of what it takes to actually train for a marathon. Yet I continued to run Boston throughout my college years. I didn't start running marathons again until 2012 when I ran the Maine Marathon for the Leukemia and Lymphoma Society and qualified for the 2013 Boston Marathon. Tragically, 2013 was the year of the bombing – a horrific memory that is seared in all of our hearts. I have qualified and run the Boston Marathon for all of the succeeding years following 2013.

What are you running goals for this year?

I would like to continue running well into my later years – ideally until I'm at least 90! I set many goals for myself every day. Most importantly, my goal for this year (and for every year) is to enjoy each and every run, to stay healthy and injury-free, and to continue logging lots of miles with my friends. Due to Covid, many of last year's races were cancelled. I had qualified (and registered for) London, Boston, Chicago and NYC. I'm now planning to run Chicago this year or Boston. I wish I could run both but unfortunately, Boston is currently scheduled for the day after Chicago.

I have run several half marathons over the past few months which have been especially well organized with exceptional social distancing and other safety protocols. I'm planning to run the Valdosta, GA Hospice Half on February 19th and a few other spring races leading up to the Fall Marathon season.



1005 S. Highland Ave.
Clearwater, FL 33756

West Florida Y Runners
Club

=Making Tracks=

Because "runners run" and every
runner has a story to tell



Upcoming races Tampa Bay & beyond

- Febr 20, Saturday Sarasota, Superhero 5k, 10k
Febr 20, " Valdosta, GA, Hospice half mar -
Febr 27 " Run New Tampa 5k, Hunters Green -
Febr 27 " Haines City, Orange Blossom ½ marathon (with 4 miles on clay roads)
- Mar 6 , Saturday Temple Terrace, Trot Tru The Terrace, 5k/10k
Mar 6, Saturday 4pm Belleair, Sunset 5k
Mar 6, Saturday Hawthorne (Gainesville area) FTC marathon, ½ marathon
Mar 6 Saturday Palm Harbor, Cheeseburger in Paradise 5k
Mar 13, Saturday Oldsmar, Armadillo 5k/10k
Mar 20, Saturday Temple Terrace, Strawberry Classic 5k/10k/15k **HIGHLY RECOMMENDED**
Mar 20, Jacksonville, Gate River run 15k - limited to 8000 <https://gateriverrun15k.com/>
Mar 21, Fort DeSoto, Florida Shamrock Distance Classic, 15k, 10k, 5k
Mar 21, Virginia Beach VA, Yuengling shamrock sportfest marathon +½, www.shamrockmarathon.com
Mar 27, Saturday Clermont, Lake Minneola ½ marathon + 5k/10k
- Apr 24 Saturday Nashville, R'n'R Half (and full) marathon
Apr 24 Saturday Winter Park, Run for the Trees 5k - might be postponed to August 29
April 25 Sunday Clearwater Running Festival, Marathon, Half, 5 mile/5k -Millennium running
- May 1 Saturday, Howey in the Hills 5k / 10k www.raceHowey.com
May 8 Saturday Tampa, Gasparilla 15k & 5k
May 9 Sunday Tampa, Gasparilla ½ mar + 8k
May 15 Saturday St Pete, run for all children 5k/10k
- June 12 Saturday New Port Richey, Rap River run 5k/10k
June 12 Saturday Lakeland, Summer Sunrise 5k
- June/July/Aug Sandkey Summer 5k series
- July 4, Sunday Atlanta, GA - Peachtree 10k (lottery opens in March)
July 4, Sunday Clermont, 5k 5kFreedom.com
- Oct 2 Saturday St. George, UT marathon
Oct 3 Sunday 2021 Medtronics Twin Cities marathon
Oct 10, Sunday 2021 Chicago marathon
Oct 11, Monday 2021 Boston marathon
Oct 31, Sunday Arlington, 2021 Marine Corps Marathon
- Nov 7, Sunday 2021 NYC marathon
Nov 25, Thursday, Turkey Trot, Clearwater FL
- Jan 10, Sunday Disney marathon