Better Safe than Sorry

Back in January - just a few months ago - nobody in the Tampa bay running community had ever heard of Dr. Anthony Fauci though the 79 year old virus expert is also an avid runner. And very few knew about COVID-19 a.k.a the coronavirus - other than it was a respiratory disease far away in China, that started sometime in December.

Today -the end of April– Johns Hopkins University announced that in the US more than 61,547 people have died from COVID-19 and over a million have contracted this extremely contagious virus. Dr. Fauci is on TV almost every day. He’s the leading Infectious diseases expert in the White House urging us to wash our hands, not touching our face and stay away from others - at least 6 feet, better known as ‘Social Distancing’.

In order to stop the spreading, schools are closed till after the summer. Big parts of the country are in lockdown. People can only leave their houses to pick up groceries, walk the dog or go for a run - as long as they stay away from others. Groups of more than 10 people are illegal in Florida.

Running big races will not happen anytime soon. The Olympics have been cancelled. The Boston marathon is moved to Sept 14 and the London marathon is rescheduled to mid October. The latest news is that the Berlin marathon has moved from Sept 25 to an unknown future date.

Meanwhile the peak is likely behind us and in the upcoming days beaches and pools will be reopened. Also shops and restaurants will open the doors but under very strict rules of distancing. Hospitals and doctors offices will be allowed to perform certain non emergency procedures again.

That’s good news but we’re not out of the woods yet and we all have to be very careful to avoid a second wave of the pandemic that had killed 230,000 people worldwide.

More corona running news on Page 3
Contacts

Officers:
President   Skip Rogers   lrogers115@tampabay.rr.com
Vice President   Vacant
Secretary   Dennis Chaplin  dchapli1@verizon.net
Treasurer   Mary Pulaski  maryp@verizon.net
Membership Chair  Ric Dorrie   Ricdoor@hotmail.com
Coach & Making Tracks  Albert Wieringa coach@wfyrc.com
Other Board Members
Leo Briceno   owsle011@gmail.com
Lewis Langford  lewisll123@msn.com
Mary Grace Ritter Kansasbound1@gmail.com

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

MEMBERS GROUP RUNS

TUESDAY Mornings:  Track workout, 4:50 AM
Clearwater HS- stadium.  West entrance (Arcturus)  Track-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

Advertise in Making Tracks!

(one-time) Options include:
Business Card $ 20.00
1/4 Page $ 50.00
1/2 Page $ 75.00
Full Page $ 100.00
Spread $ 175.00

All Year (4-issues) possible

Contact Editor for details
2020 WFYRC Scholarship's
PINELLAS COUNTY HIGH SCHOOL SENIOR RUNNERS

All 2020 scholarship applications have been received and for now we are putting interviews on hold until it's safe to continue the process. We have notified each student of the delay and will be in touch with them to set up interviews as soon as we can. - If you have questions, contact Mary Pulaksi at: maryp@verizon.net

We’re lucky that running is allowed in Florida, no reason to go into hibernation or to do your workouts on a treadmill. Track at Clearwater High School is closed but you can also do a decent speed workout on the road.

Our weekly track workouts have moved to the Clearwater causeway, between the big bridge and the marina (on the trail next to state road 60) Start is on Tuesday’s at 5:00 am from the parking lot at City Hall, 112 S.Osceola Ave, Clearwater. Workouts will be focused on time in stead of distance (for instance 2 minutes running instead of 400 meters)

West Florida Y Runners Club advice on Covid-19 a.k.a. coronavirus.

When running alone or in small groups, please continue to take all precautions and please be a good health steward. Assuming that you will follow the overarching CDC advice as well as advice from Florida Governor DeSantis and Pinellas County officials, the WFYRC recommends some basic do's and don'ts:

- Don’t show up if you are feeling ill or have flu-like symptoms.
- Don't show up if someone in your household feels ill or has flu-like symptoms.
- Don't share fluids. Carry your own fluids to avoid contact with others. Avoid public water-fountains.
- Don ’t share towels, food, gels, or any other item that runners normally share freely.
- Do wash your hands or use hand sanitizer after using the bathroom.
- Do not shake hands.
- Do practice social distancing - ensure appropriate spacing between runners. The current recommendation is at least six feet of separation.
- Do avoid close-group selfies.
- Be very careful using public transportation. Do NOT share the ride with other runners.
Runner’s profile

WFYRC Member Spotlight on Tom Murtaugh (77)

How and when did you get started in running? In high school I ran cross country and played hoops. In 1971 I ran my first race which was held at Central Park, NYC and then I became more involved and ran the first 5-Borough NYC Marathon in 1976 and completed 6 more in a row. My best marathon time was 3 hours 30 minutes which I ran twice.

Why are you a runner today? Like most of us there are a few reasons. I do love running although, as you all know it’s a love-hate relationship. I particularly do not like waking up early to run. Fortunately I’m aided by a commitment on most days to run either with a running buddy or to a running group such as our weekly track workout at Clearwater HS on Tuesday mornings at 5 AM with Coach Albert after Skip Rogers opens the gate early on.

I firmly believe in all the medical literature which talks about the value of daily aerobic exercise with some moments where you push the pace to a more intense level. I always have this image of a lively stream in the mountains (motion) and a still lake (sedentary lifestyle) where impurities build up.

I love the moments when you glide effortlessly in your run although that appears to be a fleeting moment as you age. I have diabetes (late onset) and the aerobic exercise lowers my AIC glucose numbers every day. Also there is one other big point: the social bonding which naturally occurs when you run with others.

What is your occupation? I taught Religion in Catholic High schools in New York, Long Island and in Florida (St Petersburg). Along the way I received a Master’s in Social Work. I transferred from teaching to a job in mental health with Anclote Manor up in Tarpon Springs. Later I moved on to the Harbor Behavioral Healthcare which was bought out by Bay Care Healthcare. In 1999 I became a licensed Mental Health Counselor. I retired a few years ago.

Why did you join the WFYRC? One day while I was running the Pinellas Trail I met Dick Buckley and Karen Farnham. They told me about a group that ran at John Chestnut Park in Palm Harbor on Saturday mornings. There I met friends that I have to this day like Duncan Cameron who was fleet of foot and in my age group and Mary Grace Ritter, who you see walking around the track on many Tuesday mornings and Skip Rogers, our president. I joined the club I believe, around 1991. As you know the club provides so many benefits i.e. puts on races, gives out thousands of dollars to local high school runners yearly and provides a social hub for many runners.

How many miles do you run each week and what kind of training do you do? I run between 20 and 27 miles per week. For the last several years my training has been very consistent with no time off due to injuries.

What does your typical week of running look like? On Mondays and Fridays I run 4 miles with Fred on the Pinellas trail. Tuesday 5 miles track with Skip doing 2 or 3 sets of 200 jogging, 200 hard, 200 jog and 400 hard. On Wednesdays 3 to 5 miles in Safety Harbor and on Thursday mornings some miles on the Dunedin Causeway with Ron Haney, Glenn Schneider, Dennis Chaplin, Mike Patterson and Matt Bernard. Saturdays time to run from City Hall Clearwater to the Sand Key Bridge and back, seeing a lot of friends.
What are your 3 favorite races?

I always like The Great West chase 5k. It's flat and scenic. I always look forward to my hometown ‘Hog Hustle 5k’ in Dunedin and another favorite is the St. Pete Beach Classic 10k. I have been fortunate over the many years in going to races around the country with Chuck Keating in National Masters events. We ran in Syracuse NY and in Saratoga Springs National XC Masters Championships. Those were wonderful times.

What are your favorite places to train?

I like the Pinellas Trail early in the morning to beat the heat. Usually I see Vinnie Vercamen and Matt Bernard there as well as Bonnie Theal. I like the Safety Harbor scenery and view as we run north into Philippi Park and along the waterfront. I also enjoy my Saturday runs to Sand Key Bridge.

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

I ran 12 marathons in the 70’s, 80’s and 90’s. New York City is pretty tough with the bridges, especially the beginning from the Verrazano Bridge in Staten Island to Brooklyn. The vista looking at NYC and the Statue of Liberty is extraordinary. As runners know, the better trained you are the better results you get both in times and recovery. As I mentioned before, I ran 3 hours and 30 minutes on two New York City Marathons.

What are you running goals for this year?

My biggest goal is to continue to be able to run constantly without injuries, training 5 days per week plus one golf day and one rest day. The older that I get (presently 77) the more I value the ability to run although, when I finished a race in Dunedin, a female competitor said at the finish line “You are a great walker.”

Anything else?

Next to running I also have done pushups for 30 years on Monday, Wednesday and Fridays when I wake up. Terri Rejimbal, our Elite track coach, gave me a series of 20 stretches to do, 2 to 3 times a week. I must confess I have been remiss on this. I should be consistent with them stretches because I’m quite inflexible and it would help my running.

IRONMAN BACK IN U.S. HANDS

The Ironman Group is back in U.S. hands. New York based Advance, a family run company with holdings in entertainment, education, communication and media has bought the sports behemoth for 730 million dollars from the Wanda Sports Group, based in Beijing, China.

The Chinese purchased Ironman 5 years ago from Providence Equity Partners for 650 million. It was a good investment. In 2018 Wanda collected more than 200 million in revenues out of race-entry fees, sponsorships and fees payed by municipalities to attract Ironman events.

Under the wings of the Ironman Group are the Ironman Triathlons, Rock’n'Roll marathon series and the Epic Series of mountain bike races. More than 1 million athletes a year participate in 235 events all over the world.

Ironman’s offices are based in Tampa. The sports company has 230 employees.

The first Ironman triathlon started in 1978 in Oahu, Hawaii with just 15 athletes from which 12 finished the brutal distance. Eleven years later eye-surgeon Dr. James Gill— an avid triathlete himself—bought the Ironman for 3 million. The Tarpon Springs based Gills sold the company in 2008 to Providence Equity Partners.

The Ironman Group will be co-owned by Orkila Capital from New York City. “Together with Advance and Orkila we will navigate through the turbulent and uncertain period in front of us and continue to deliver the exceptional experiences for which we’re known,” Ironman Group CEO Andrew Messick said.
Improve Your VO₂ Max Through Lactate Threshold Training
By Terri Rejimbals, RRCA Certified Coach

If you’re like most runners, you want to run further and faster. We fill our training weeks with track workouts, easy running and long runs. What if I told you there’s a workout you can add to your arsenal that will help improve your VO₂ max so you can run with less effort?

What is VO₂ max??

VO₂ max is defined as the “maximal capacity for oxygen consumption by the body during exertion”. Simply stated, it’s how much oxygen your body uses during exercise at maximum effort. VO₂ max is measured as maximum milliliters of oxygen consumed in 1 minute / body weight in kilograms and is generally considered the best indicator of cardiovascular fitness and aerobic endurance. The higher the number, the more oxygen your body can take in and deliver to your muscles thereby, enabling you to run faster. Factors such as how many red blood cells you have, how conditioned your muscles are to distance running, and how much blood your heart can pump, all play a role. Elites can have a high VO₂ max, but not be fastest or the most efficient.

While VO₂ max is genetically pre-determined and will decline as you get older, you can improve your running efficiency through Lactate Threshold (LT) training. Jack Daniels, Ph.D., investigated changes in VO₂ max and despite VO₂ max leveling off, running performance continued to improve with training.

The lactate threshold, also referred to as anaerobic threshold, is the point during all-out exercise in which lactate builds up in the bloodstream faster than the body can remove it. Basically, you’re redlining in that aerobic/anaerobic state during activity. LT pace for the average 40-min 10K runner is 75-80% of MHR. For elites/highly trained runners, it is about 85-90% MHR. LT pace feels “comfortably hard”.

<table>
<thead>
<tr>
<th>EXERCISE ZONES</th>
<th>BEATS PER MINUTE</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>100%</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>VO₂ Max (Maximum effort)</td>
<td>200</td>
<td>195</td>
</tr>
<tr>
<td>Lactate/Aerobic (Hardcore training)</td>
<td>180</td>
<td>176</td>
</tr>
<tr>
<td>Aerobic (Cardio training / Endurance)</td>
<td>160</td>
<td>156</td>
</tr>
<tr>
<td>Weight control (Fitness / Fat burn)</td>
<td>140</td>
<td>136</td>
</tr>
<tr>
<td>Moderate activity (Maintenance / Warm up)</td>
<td>120</td>
<td>116</td>
</tr>
</tbody>
</table>

This is one of my favorite LT workouts. It’s simple and when done correctly, it’s efficient and effective:
Joshua Cheptegei (UGA) has set a new world record on the 5km on the road in Monaco. Cheptegei finished the Monaco Run 5km on February 16 in a time of 12 minutes and 51 seconds and by doing so took an impressive 27 seconds of the previous world record set by Rhonex Kipruto (KEN) which stood at 13:18.

A jubilant Cheptegei said shortly after the race: "Wow, this is a really great. I had sub 13 minutes in my mind today so when my legs felt good during the race I decided to really go for it. To take this many seconds of the record makes me very happy and is a great first test for me in an important season."

Cheptegei ran on white Nike Vaporfly next shoes.

The official world record in the 5000 meters on the track are held by Kenenisa Bekele with 12:37.35 minutes.
West Florida Y Runners Club presents

Sunsets at Sand Key 5K
Clearwater, Florida Beach Series 2020

June 26, July 24, July 31, August 14
Cycling on the trails from the St Pete Bike Club.

Do’s and don'ts while biking on the Pinellas Trail —especially now! Many bike riders prefer trails and segregated bike lanes (those protected by a barrier from car traffic). And in these pandemic days, many more riders are taking to the trails. Trails serve many users—walkers, cyclists, skateboarders, electric scooters, parents with strollers, etc.

The hierarchy is simple: The faster you can go, the lower you are on the totem pole. The little ones are at the top. Scooter users and skateboarders yield to pedestrians. Slow cyclists yield to them all. Faster cyclists, yield to everyone. But that doesn’t mean the slowest trail users don’t have responsibilities, too.

Here are some tips, with special emphasis on today's environment where St. Pete's trails are experiencing much greater traffic.

1. Be aware. Yes, in some ways, you need eyes in the back of your head. Listen for traffic coming up behind you. Recognize that a ringing bell or a “on your left” is a warning that potential conflict is forthcoming. Look for crossing cars and oncoming trail users. Conversing with your riding partner is fine. Taking your eyes off the trail is not.

2. Whether riding, walking or scooting, don’t use headphones if they preclude you from hearing traffic around you. And don’t use your phone while riding a bike.

3. While it is legal to ride two or more abreast on trails, it is not always the smart thing to do, especially now. Single up on stretches of the trail that are busy, and don’t wander across the trail. Keep a straight line. When someone comes behind you, single up and be aware of oncoming traffic that may create a conflict.

4. As cyclists, scooters and skateboarders approach someone from behind, remember those in front of you have the right of way. If you warn them that you’re approaching, they aren’t required to jump out of your way. Wait until it’s safe to pass.

5. All trail users should stay to the right, giving approaching riders, whether ahead or behind, room to pass.

6. Pass slower riders and walkers with respect and announce passing on your left far enough in advance that you don’t startle them. Use a pleasant, not demanding, voice. You may need to slow down considerably.

7. Obey stop signs.

8. If you need to stop, pull off the trail completely. Don’t block traffic.

9. When descending a bridge, mind your speed and distance with the bike ahead and hold your line.


11. Control your dogs. They shouldn’t wander from side to side on the trail.

12. Ride defensively. Assume that dog will bolt. Assume that walker will wander. Being right and in the hospital is not the optimum outcome.

13. Social distancing requires six feet clearance when passing. That’s tough to do on a trail that may only be 10 feet wide. Slow down and try.

14. Cyclists, wear a helmet. And lights, even in the daylight, help oncoming traffic and cars crossing the path see you.

15. Be kind, responsible and generous.

Most of these rules also apply to riding on sidewalks. Currently in St. Pete, it is legal, but everyone using the sidewalk must act like a pedestrian. As sidewalks are usually narrower, faster moving vehicles must slow down considerably. And pedestrians, cross with the pedestrian signal. Florida law requires that once the countdown on a pedestrian crossing signal has begun, you cannot start your crossing. And don’t cross against the light. Be prudent when riding the Fred Marquis Pinellas Trail. Over the years, there have been isolated reports of criminal activity, including assaults on cyclists, in the southern most sections of the trail. It's best to ride with someone through that section. Report to police any suspicious activity.

By Mark Franchetti Lakewood St. Pete
Discover Caladesi Island
5k & 10 mile - December 5 2020
President’s messages

Our love and prayers go to Mary Grace Ritter for the loss of her husband Raymond (93)

Born on September 14, 1926 he passed away in Clearwater on April 16.

Raymond was well known among us as a volunteer in many events and dinners. He always had a smile for everyone and if he knew you well, always a hug or handshake.

Ray was an honorary member of the club even though he never ran a race.

Always a gentleman. Always a smile.

We will miss you, Raymond.

Membership dues now online through RunSignup.com

Membership dues have been raised to $20 for a single and $30 for a family.

You will now be able to renew your membership or join the club online through RunSignup.com.

You will also be able to pay thru credit card. They will send out notices when your membership is expiring.

Ric Dorrie is still our contact for membership. Any questions should be direct to him at ricdoor@hotmail.com

New board member

Leo Briceno is a new Board member of WFYRC.