



MAKING TRACKS

Volume 10 Issue 3

March 2003

Inside This Issue

Membership Info	2
As I See It	3
Race Results	4
Racewalking	6
Track Workouts	8
Upcoming Races	9
Unicorn Results	10
Chesnut Hackers	13
Lost Mail Bag	15

UNICORN 2003 The 24th Running

Organizing a race is time consuming! Organizing a race and raising funds to finance the race is more difficult and time consuming. Trying to do this late in the game (race directors forced out by illness) can seem overwhelming.

Members Larry Nordquist, Skip Rogers, Dick Buckley, Marc and Denise Skinner, Roger Sweeney and Bud Williams all stepped to the plate in varying capacities. In addition to sponsors, PSTA and TCSI (Wheelchair Transport Clearwater/Yellow Cab), we had Autoway Nissan and Largo Medical Center step forward to help put on this race.

The important element in putting on a successful race is our volunteers. Jim & Karen Farnham, Tom Harkins & Michael Weiss Mary Grace Ritter & Chuck Dykstra, Linda & Vic Schumacher Skip Rogers, Bart Wolf, Jim Brown, Marylou Johnson, Kevin Crowley Arnaud & Laurence Glacet, Jim and Kathi Patton, Dan & Becky Boyle, Holly Davis, Brent League, Charles Worischek, Jan Sheridan, Renee' & Jerry Lubig, Karen Gately, Barbara Frye-Krier, Gwen Hollander, Dianne & Craig Skiles, Jim Setero, Duncan Cameron, Lisa Feldt, Ric Dorrie, Eve and Shawn Dietrich and John Holmes. If I have failed to include your name it is an error of omission not thanklessness.

Throw into this mix the City of Largo, Largo Parks and Recreation and Bill Conway, Largo Police Department, Feet First and Boston Bill Sunglasses and you get an idea of all the support that we had. 322 finishers in the 5K and another 20 or so participants in the UniKids run made for a very successful day.



Ken Bendy
North Florida State
Representative RRCA
65 Winterbourne North
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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

MEMBERSHIP INFORMATION



NAME	OFFICE/RACE	E-MAIL	HOME
Linda Schumacher	PRESIDENT	two.shoes@verizon.net	939-8038
Karen Farnham	VICE PRESIDENT	iran262@tampabay.rr.com	781-8128
Colleen Scott	TREASURER	CScott4@metlife.com	733-5063
Duncan Cameron	SECRETARY	duncan.runsfast@verizon.net	789-5368
Mike Scott	Membership Chair	scottmj@tvratings.com	733-5063
Anna Babyak		yoohoo@fla.suncoast	733-1135
Becky Boyle Dan Boyle		beckyboyle@verizonmail.com paintman.dan@verizon.net	736-3562
John Holmes	Social Chair	croomtrailrunners@juno.com	546-9399
Lance Lipham	High School Liaison	LLiprun26@cs.com	391-6032
Everett McDowell, Jr.		Emcd77@aol.com	736-4551
Mel Mella	Track Coach	imella@tampabay.rr.com	517-3677
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

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 southwest 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 detail!

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

The fiscal year-end for our Club is coming up soon. This means we will elect new officers and celebrate 25 years as the best running Club in Pinellas County. (Yes, I'm a little prejudiced, but this is my column "As I See It"). Check out next month's newsletter for our list of nominations for the coming up 2-year terms. If you have a desire to help our Club become even better, we always have room on the Board of Directors. Just give me a call and start coming to our meetings, once a month. It's that easy.

As advertised, a special 2.5 mile **evening** run is scheduled for May 17 at **7:00 p.m.** to celebrate our 25 year anniversary. This will not be your every day "first to the finish wins" race. It will have many twists and turns and a couple of surprises, so get ready for a fun time. A commemorative special t-shirt is also planned.

Please take note that this newsletter and the one in April will be the last newsletters mailed out to you. The high cost of postage, and most everyone having access to a computer, has caused us to make the newsletter exclusively available on our web site: unless you advise us otherwise by mailing the coupon found elsewhere in this newsletter. We are sorry for any inconvenience, but in order to continue our pledge to make scholarships available to qualified high school seniors, we need to cut costs.

**"Don't bother just to be better than your contemporaries or predecessors.
Try to be better than yourself."**

William Faulkner

TRAIN IN YOUR OWN HOME!!

Train more effectively in a cool controlled environment.

The Stairmaster Elliptical were acquired at an unprecedented price and are being offered to WFYRC members at an unbelievably low price!



The normal stride range for men is 30 inches and women is 23 inches. Other ellipticals offer a one size fits all.

INTRODUCING STAIRMASTER VSL®

'Elliptical Variable Stride Length Technology'

Two machines-in-one for upper and lower body conditioning. \$1200

Also Treadmills, Step mills, Climbers, Crossrobics, Recumbent & Upright Exercise Bikes, Kayak Trainers plus Cybex International strength equipment 'defining fitness' ... Bandit, and criss-cross cable machines.

SPORTS FITNESS EQUIPMENT OF FLORIDA

813-854-4321

Ron Hadley

WFYRC MEMBER INFORMATION

West Florida Y Runners Club

New Members- Cindy Krager, Dean Wille, **Renewing Members-** Shirley Abraham, Anna Babyak, Heather Bailey, Marta Bailey, Sam Bailey, Suzanne Bailey, Wayne Bailey, Nina Boone, Tim Boryk, Jim Brown, Sue Brown, Dick Buckley, Julia Buckley, Barb Cote', Ron Cote', James Cox, Mike Cox, Debbie Crawford, Mike Daily, Pam Daily, Jessica Schriver, Walt Davin, Steve Deeb, Florence Delaney, Ric Dorrie, Bridget Egan, Bev Eggert, Kip Eldridge, Rebecca Eldridge, Susie Eldridge, PJ Summerville, Tom Emmerson, Jack Feltham, Jon Feltham, Jan Felthan, Jenny Felthan, Jake Geigle, John Geigle, Michele Geigle, Sarah Geigle, Rich Gibson, Arnaud Glacet, Laurence Glacet, George Greer, Allison Harkins, Anne Harkins, Michael Harkins, Thomas E. Harkins, Eneida Hepburn, Don Herring, Ginger Herring, Curtis Ingram, Diane Ingram, Frank Ingram, Scott Ingram, Mollie-Rae Jerman, Ethel Lehmann, Brett Thatcher, Andrew J. Lynn, Leslie Malone, Chuck Martin, Jean Martin, Dorothy McClellan, Jim McIntyre, Ginger McLain, Ignacio Mella, Eric Millholland, Bob Moore, William Motley, Jim Patton, Kathi Patton, Betty Peterson, Michele Philipp, Kathryn Reeves, Margaret Reeves, Robert Reeves, John Reilly, George Richardson, Mary Grace Ritter, Raymond Ritter, Dr. Michael Roberts, John Romaine, Dottie Rutigliano, Sue Scovill, Jan Sheridan, Dianne Cayll-Skiles, Craig D. Skiles, Justin Skiles, Logan Skiles, Patti Spence, Nancy Steele, Paige Steele, Shane Steele, William Steele, Zachary Steele, Silky Sullivan, Lori Thompson. **March Birthdays** - Linda Crismond 3/1, Patti Spence 3/2, Susan Coates 3/3, Debby Farias 3/3, Pat Cohen 3/4, Laurie Philippon 3/4, Diane Spicer 3/4, Sophie Valentine 3/4, Ron Cote' 3/5, Clark Craig 3/5, Tom Emmerson 3/6, Stephen Gately 3/6, Terry Repp 3/7, Elliott Reshard 3/7, Sabine Yeager 3/7, Jan Felthan 3/9, Kathi Patton 3/9, Sue Brown 3/10, Debra Colbert 3/10, Tom Murtaugh 3/10, Jake Geigle 3/11, Kathleen Roach 3/11, Judith Tinkel 3/11, Ray Hoover 3/12, Mindy Solomon 3/13, Rick Cody 3/14, Millie Hamilton 3/15, Jennifer Sundance 3/15, Jean West 3/15, Jack M Stein 3/16, Marni Tuchman 3/16, David Weismantel 3/17, Sharon M. Kenny 3/19, Jackie Yost 3/19, Michael Rossi 3/22, Kim Griner 3/23, Bert Valery 3/23, Heather Bailey 3/24, Antoine Blackmon 3/24, Nina Boone 3/24, Brett Thatcher 3/24, John Noell 3/26, Kevin Lyons 3/29, Ginger McLain 3/29, Wolfgang Scholl 3/29, Jim Baker 3/30, Win Dermody 3/30, Amanda Shirley 3/30, Kathy Shirley 3/30, Atraya Wardell 3/30, Ondine Wardell 3/30, **April Birthdays** - Trentonio Blackmon 4/1, PJ Summerville 4/1, Fran Gaberino 4/2, Rick Hagan 4/2, Tom Nagy 4/3, Christy Phillips 4/3, Jean Rascher 4/3, Pat Hoffman 4/4, Melvin Rich 4/4, Joel Blakeman 4/6, Tracy Chavez 4/6, Mary Grace Ritter 4/6, Walt Sieg 4/6, Shirley Ives 4/7, Lisa Valentine 4/7, Wayne Tobias

4/8, Jenny Felthan 4/9, Rick Hirsh 4/9, Kevin Cronin 4/10, Larry Nordquist 4/11, Catherine Schoeneberg 4/11, Victor Yeager 4/13, Amy Cobb 4/15, Tim Griffiths 4/15, Ron Kelley 4/15, Ilene Fortin 4/16, Kathy Schaedel 4/16, Alton Taylor Jr. 4/16, Lori Thompson 4/16, Bill White 4/16, Sandy Rogers 4/17, Ashley Hinson 4/18, Jean Martin 4/20, Neil Harvey 4/21, Lizzie McLain 4/22, Jessica Schriver 4/22, Yvonne Bachman 4/23, Wayne Bailey 4/23, Jim Keppeler 4/23, Janet Pray 4/23, Kathryn Reeves 4/23, Lacey Sites 4/24, Brian Calder 4/25, Anna Babyak 4/28, Ron Balow 4/29, Jennifer Nessler 4/29, Kristin Nessler 4/29, Linda Allan 4/30, Jim Houser 4/30,

West Florida Y Runners Club Race Results

02/01/03 - 02/02/03 - Rocky Racoon 100 Mile Huntsville Tx

Richard Smith 26:45:17

2/1/03 - SWAT Stride Against Tobacco (5 K)

Jay B. Starkey Wilderness Park, New Port Richey

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 race, date and distance.

Ned Bennett, 30:09, 2M70+; Florence Delaney, 27:20, 1F55-59; Kim Griner, 28:40, 3F45-49; Pat Hoffman, 25:37, 1F50-54; Kevin Lyons, 15:43, MOverall; Jeannie Martin, 27:47, 2F40-44; Chuck McCann, 20:16; Cindy Miller, 23:21, 1F45-49; Michael Reichert, 42:08; Patsy Stills, 25:45, 1F40-44; Frank Van Aken, 23:48, 1M70+; Z. Zajac, 22:34.

2/1/03 - Max Payne Half-Marathon (13.1 Mi) Fort Desoto Park, St. Petersburg

Allen Ahern, 1:57:36; Ron Balow, 1:51:59; David Brockmeyer, 2:29:45; Jim Callan, 1:47:45; Bill Castleman, 1:47:34, 3M60-64; Hal Cook, 2:49:34, 1M75-79; Barb Cote', 1:50:08, 1F50-54; Ron Cote', 1:36:58; Peter Crawford, 1:39:52; Kevin Cronin, 1:34:41, 1M50-54; Paula Cronin, 1:52:00, 2F50-54; Laureen Doloresco, 2:06:43; Peg Elmer, 1:41:56, 2F45-49; Debby Farias, 1:43:49, 1F35-39; Annette Frisch, 2:06:05, 1F60-64; Fran Gaberino, 2:31:00, 2F60-64; Jack Gough, 1:51:23, 1M70-74; Claudia Graves, 2:55:15, 3F60-64; Rick Hirsh, 1:43:29; Mac Jacobs, 1:45:14; Gary Leupold, 2:12:35; Pamela McCann, 1:48:27; Mark McLain, 1:37:02; Bob Moorehead, 2:04:47; Rue Morgan, 1:57:48; Tom Murtaugh, 1:56:17; Jerry Napp, 2:31:03; Donna Nessler, 1:34:49, 2F40-44; Sandy Rogers, 1:57:47; Wolf Scholl, 1:44:30; Jim Sheridan, 1:47:29; Dean Sweetapple, 1:37:10; Diane Sweetapple, 1:52:29; Mike Terrell, 2:03:40;

(Continued from page 4)

Doug Thompson, 2:25:16; Lori Thompson, 2:20:10; Lisa Valentine, 1:25:04, Foverall.

2/2/03 - Groundhog 5K Run
Taylor Park, Largo

Joe Costas, 18:58, 1M50-54; Kevin Gilbert, 25:53; Nancy Haley, 26:38, 3F50-54; Carolyn Kiper, 32:03; John Noell, 24:42; Diane Spicer, 25:43, 1F50-54; Silky Sullivan, 22:20, 3M55-59; Carol-Jean Vosburgh, 24:23, 1F55-59; Dusti Woodbury, 32:59; Wally Woodbury, 20:11, 3M45-49; Victor Yeager, 17:16, Moverall.

2/2/03 - Ocala Marathon (#6)
Paddock Mall, Ocala

Noora Alidina, 3:44:57, 6FMaster; Arnaud Glacet, 3:13:59; Ray Goetz, 3:51:56; John Hanlon, 3:28:08; Mary Hanlon, 3:55:23; Amy McClenathan, 3:12:42, 2FOverall; Jim Patton, 4:57:12; Bonnie Theall, 4:30:52.

2/2/03 - Ocala Half-Marathon (#6)
Paddock Mall, Ocala

Janet Evans, 2:03:59; Pat Fitzgerald, 1:56:50; Elizabeth Florco, 2:03:58; Laurence Glacet, 2:00:49; Tom Harkins, 2:38:03; Jerry Lubig, 2:38:03; Christy Phillips, 1:27:44, 1FOverall; Denise Skinner, 1:33:15, 1Fmaster.

2/8/03 - Flatlanders Challenge (#24) (10 K)
Spring Lake

Allen Ahern, 52:03; Joel Blakeman, 43:16, 3M40-44; Pat Fitzgerald, 54:06, 2M70+; Claire Keneally, 1:03:41; Dan McClenathan, 44:58; Silky Sullivan, 47:49; Victor Yeager, 38:08, 2M40-44.

2/9/03 - Blizzard Blast 5K
Al Lopez Park, Tampa

Dianne Cayll-Skiles, 19:11, FOverall; David Colpitts, 19:52, 2M55-59; Debra Donald, 22:46, 2F40-44; Pat Hoffman, 26:51, 3F50-54; Chuck McCann, 20:26, 2M50-54; Mike Rossi, 19:19; Diane Spicer, 25:00, 2F50-54.

2/16/03 - Florida Gulf Beaches Marathon (#4)
Coachman Park, Clearwater

Allen Ahern, 5:14:42; Noora Alidina, 3:46:50, 3F45-49; Elaine Anthony, 4:38:00; Montie Ray Bailey Jr, 4:40:11; Nancy Bass, 6:22:58; David Bilyeu, 4:22:09; Charles

Butterworth, 5:52:24; Hunter Christian, 4:34:05; Kevin Cronin, 3:58:37; Lori Downing, 4:59:54; Rich Gibson, 4:46:08; Ray Goetz, 4:13:47; Rick Hagan, 4:29:05; Jennifer Hutchinson, 3:40:13; Mac Jacobs, 4:17:30; David Little, 6:59:00; Colman Mooney, 3:36:03, 1M60-64; Rue Morgan, 4:54:01; David Shirley, 4:15:54; Mary Stewart-Wong, 4:07:02; Lisa Valentine, 3:09:01, 1FOverall.

2/16/03 - Florida Gulf Beaches Marathon (#4) (10 K)
Coachman Park, Clearwater

Sharon Andrews, 1:15:06; Nanette Bishop, 57:58; Dianne Cayll-Skiles, 41:17, 1FOverall; Liz Graham, 55:47, 3F50-54; Meli Hamilton, 54:18, 1F55-59; Thom Holloway, 1:15:02; Claire Keneally, 1:11:54; Carolyn Kiper, 50:56, 2FMaster; Chuck McCann, 43:19, 1M50-54; Bob Palsha, 49:35, 1M65-69; Michael Roberts, 57:46; Steph Schlager, 1:06:17; Pat Scott, 51:24, 1F40-44; Diane Spicer, 52:52, 2F50-54; Frank Spicer, 47:35; Silky Sullivan, 47:21, 2M55-59.

2/22/03 - Los Alamitos 10K

Luis Vargas, 44:28, 1M65

2/22/03 - Strawberry Classic (#22) (5 K)
Recreation Center, Temple Terrace

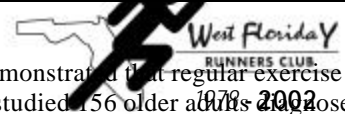
Ned Bennett, 31:46, 1M80+; Steve Berg, 22:31; Nanette Bishop, 26:52, 3F45-49; Charles Butterworth, 31:33; Barb Cote', 24:02, 1F50-54; Ron Cote', 19:19, 2M45-49; Steve Doloresco, 29:51; Debra Donald, 23:10, 1F40-44; John Geigle, 23:50; Kim Griner, 30:26; Meli Hamilton, 25:39, 1F55-59; Neil Harvey, 31:34; Don Herring, 28:41; Chuck McCann, 20:23, 2M50-54; Pamela McCann, 22:59, 2F35-39; Colman Mooney, 20:39, 1M60-64; Tom Murtaugh, 25:17; King Smith, 34:56, 1M70-74; Diane Spicer, 26:05, 2F50-54; Dean Wille, 19:48, 1M50-54; Dusti Woodbury, 35:53; Z. Zajac, 23:23.

2/22/03 - Strawberry Classic (#22) (10 K)
Recreation Center, Temple Terrace

Anna Babyak, 1:33:17, 1F65-69; Jim Callan, 48:35, 2M60-64; Duncan Cameron, 42:02, 1M60-64; David Colpitts, 45:48, 2M55-59; Cathy deHaan, 58:26, 2F60-64; Laureen Doloresco, 59:56; Jon Feltham, 47:08; Pat Fitzgerald, 53:07, 3M70+; Annette Frisch, 57:32, 1F60-64; Ray Goetz, 50:59; Jack Gough, 52:23, 1M70+; Ginger Herring, 1:01:05, 3F60-64; Jim Keppeler, 43:08, 3M50-54; Cindy Krager, 53:17, 1F55-59; Mary Ann Protz, 42:49, 1F45-49; Frank Spicer, 48:56; Terri Sullivan, 1:15:36; Wally Woodbury, 46:05; Victor Yeager, 37:42, 1M40-44.

(Continued on page 12)

RACEWALK TIDBITS
BY: BONNIE STEIN



EXERCISE KEEPS DEPRESSION FROM RETURNING BETTER THAN MEDICINE

James A. Blumenthal, Ph.D. and his colleagues surprised many people in 1999 when they demonstrated that regular exercise is as effective as antidepressant medications for patients with major depression. The researchers studied 156 older adults diagnosed with major depression, assigning them to receive the antidepressant Zoloft (setraline), 30 minutes of exercise three times a week, or both. According to Blumenthal "Our findings suggest that a modest exercise program is an effective, robust treatment for patients with major depression who are positively inclined to participate in it. The benefits of exercise are likely to endure particularly among those who adopt it as a regular, ongoing life activity."

Recently the team released the results of a follow-up study. Blumenthal and his colleagues continued to follow the same subjects for six additional months and found that the group who exercised but did not receive Zoloft did better than either of the other two groups.

A very interesting finding concerns the group that received both Zoloft and exercise. These subjects were more likely to again become depressed than the subjects who only exercised. Blumenthal and colleagues speculated as to why the combination group had higher depression relapse rates than the exercise-alone group. "It is conceivable that the concurrent use of medication may undermine the psychological benefits of exercise by prioritizing an alternative, less self-confirming attribution for one's improved condition," said Blumenthal. He speculated that patients might have incorporated the belief, "I took an antidepressant and got better" instead of incorporating the belief, "I was dedicated and worked hard with the exercise program; it wasn't easy, but I beat this depression."

Will exercise work as well outside the laboratory? It probably depends on the population. The patients in this study appear to have been highly motivated to exercise, and the researchers called them on the phone to remind them if they missed their exercise session. Not everybody is this motivated to make such a significant lifestyle change. Exercise won't relieve your depression if you won't make yourself exercise.

Why does exercise relieve depression? Researchers at Duke are in the process of conducting further research to answer this question. For now it seems clear that exercise can help. Have you had your walk or run+ today?

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**WHEN IS THE BEST TIME TO RACEWALK?**

That's a question I often get from new racewalkers. Research shows that those who do their exercise first thing in the morning are the ones who stick with it year after year. Oprah Winfrey's former personal trainer, Bob Greene, says that he won't accept a client unless they will commit to morning exercise.

Yet, there's nothing magical about morning exercise in terms of burning fat, losing weight, or getting fit. Exercise will work whenever you do it. You've just got to do it. I have plenty of students who are not early birds but will do their racewalking right after work. One tip from a racewalker - take your exercise clothes to work and change at work before you leave. Then go by a park on the way home and do your racewalking on the way home. If you go home first - too many things (phone calls, e-mail, regular mail, etc.) will get in the way. But, if you don't mind waking up early, research says you'll be more successful if you do it in the morning.

Remember to think about your goals. If your goals are health and fitness - do some aerobic exercise, like racewalking or running, a minimum of 3 days a week. If your goal is weight loss - aim for everyday. 5 days a week will work, but I still suggest aiming for every day and reinforce yourself when you get 5 or 6 days a week.

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DON'T KEEP RUNNERS LUBE IN THE CAR

Many racewalkers and runners are trying Runners Lube for the first time. It's a great product and prevents chafing in all of your friction-prone areas, but won't be useful if it's melted. That's what will happen if you leave it in your car. Keep it in a cooler since you should have a cooler with you in your car to carry your water and healthy snacks.

~~~~~  
**JOIN THE SATURDAY MORNING RACEWALKING GROUP AT 9 AM**

Come out to Taylor Park every Saturday at 9 AM - Shelter #1. It's a great way to enjoy the camaraderie of other racewalkers (all levels) as you get in an extra workout during the week. You can do as many miles as is comfortable for you. Some do two and some do up to eight. Most of us do four to six.

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

After the walk, we stretch together and then we go out for brunch at a nearby, casual restaurant. Please bring dry clothes if you'd like to join us. Although there is no instruction on Sat. morning, this is a great way to stay motivated and meet with other racewalkers once a week.

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## WHO IS OBESE?

Did you know that you are considered overweight if you are 10-30 pounds above your ideal weight? You are considered obese if you are more than 30 pounds above your ideal weight. This comes from the Centers for Disease Control.

## FAT CAN'T HIDE FROM A BRISK WALK

By Nanci Hellmich

USA Today

Regular exercise like walking briskly reduces deep, hidden belly fat, possibly lowering the risk of heart disease, diabetes, stroke and several types of cancer, according to a new study.

This is the first large-scale trial to report that exercise alone can reduce intra-abdominal or visceral fat, which many scientists say is the most dangerous kind. The study in Wednesday's Journal of the American Medical Association adds to the growing body of evidence about the health benefits of moderate activity.

Researchers recruited 173 sedentary, postmenopausal women in the Seattle area who were ages 50 to 75. The women were either overweight (10 to 30 pounds over a healthy weight) or obese (30 pounds or more over a healthy weight). Most had high levels of intra-abdominal fat. Half of them worked out for 45 minutes five days a week at a gym or at home. Their exercise often involved brisk walks. The other half attended a weekly 45-minute stretching class. The women were asked to eat as they usually did and not change their calorie intake. Scientists measured the women's total body fat and intra-abdominal or visceral fat near the organs. Most people don't know how much intra-abdominal fat they have because it's deposited around organs within the abdomen; the only accurate way to determine the amount of this fat is with CT or MRI scans. Larger amounts of intra-abdominal fat are associated with increased risk of type 2 diabetes, high blood pressure and cardiovascular disease. At the end of a year:

¥ Exercisers lost 3.4 percent to 6.9 percent of their intra-abdominal fat, depending on how much they exercised. The control group stayed the same. ¥ Active women lost 4.2 percent of their total body fat, and moderately active women lost 2.4 percent. The control group stayed the same. To get benefits similar to those of the women in the study, people should walk briskly for 45 minutes five days a week.

## NUTRITION NEWS - Body Solutions Dissolved

A heavily advertised weight loss formula in the U.S. has been Body Solutions, a liquid supplement taken before bed time to lose weight without dieting or exercise. There were many ingredients in the formula, but none were proven to aid in weight loss, and the amounts included were much smaller than had been tested as being ineffective.

But the key was not to eat for three hours after dinner - exactly the time when most overweight people do their excess snacking. Incidentally, the company selling Body Solutions declared bankruptcy in October 2002. Two months later, the U.S. Federal Trade Commission sued the company for making false claims.

This was a case of too little, too late. The firm had \$190 million in sales and used testimonials from local radio personalities as it's main sales pitch. At bankruptcy, they claimed \$50 million in liabilities, almost all unpaid bills for advertising. So the company profited at least \$100 million on this product. Bankruptcy was not such a bad finale for them; the big losers were consumers who paid for and swallowed this stuff.

If you want to lose weight, you'll be much more successful if you don't eat three hours after dinner including three hours before bedtime. You won't need Body Solutions or any other solutions for that matter. Oprah Winfrey says that she lost 8 pounds by making just one change in her life - not eating a single thing after 7 PM. In Oprah's words, "Not even a grape."

## USATF SOUTH REGIONAL AND FLORIDA STATE 10K RACEWALK CHAMPIONSHIP AND 5K OPEN RACEWALK

Sunday, March 30, 8 AM, Barnett Park, 4801 W. Colonial Drive, Orlando

Entry Fees: prior to March 21, 10K Racewalk \$20, 5K Racewalk \$15,

After March 21 and Day of Race: 10K Racewalk \$25, 5K Racewalk \$20

Course: USATF certified 2K loop course - 5 loops=10K; Judging: USATF certified RW judges and officials

Commemorative item given to all entrants

Awards: Overall trophy to each Male & Female in championships. Medals will be awarded in 10K race as follows - M&F age divisions 19-24, then top 5 M&F in 5-year age divisions from 25 to 70+. Top 5 M/F in 5K Open Racewalk.

Requirements: 10K State Championships - USATF membership, Florida residence required to qualify for championship medals. USATF membership may be purchased at race site or ahead of time.

Post Race: Award ceremony, refreshments, and prize drawings. Host Hotel: Howard Johnson Central 407-299-8180

For more information: Contact Rob Carver at 407-898-8633 or e-mail Pam Betz at PamBetz@aol.com. For an application - see Bonnie any Sat. morning at Taylor Park.

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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

**TRACK WORKOUTS**

By Coach Mel

Tuesday at Clearwater High School and Wednesday at

- March 4th:** 2 x 400m, 2 x 800m, 2 x 1200m  
**March 11th:** 5 x 600m  
**March 18th:** Ladder (400m, 600m, 800m, 1000m)  
**March 25th:** 1 x 800m, 1 x 400m (3 sets)
- April 1st:** 4 x 1200m  
**April 8th:** 12 x 400m  
**April 15th:** 6 x 800m  
**April 22nd:** 5 x 1000m  
**April 29th:** 1x1200m, 1x 800m, 1 x 1200m

**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)



# UPCOMING RACES

| DATE            | DAY      | EVENT                                                           | CONTACT                             | LOCATION                                  |
|-----------------|----------|-----------------------------------------------------------------|-------------------------------------|-------------------------------------------|
| 3/22/03 7:45 AM | Saturday | Armadillo Classic 10K, 5K, and 1 Mile                           | Lynn Rives 813-874-7223             | Oldsmar FL.                               |
| 3/22/03 8:00 AM | Saturday | Spring Around the palms 5K and 1 M                              | 727-518-6008                        | The Palms Largo FL                        |
| 3/28/03 6:30 PM | Friday   | Springtime Tampa Bay 5K                                         | RPM Promotopns 813-874-7223         | St Pete, FL                               |
| 3/29/03 6:00 AM | Saturday | WFYRC/Croom Trail 50M Fools Run 50M, 50K and 4 person 50K relay | Eve Dietrich 737-535-8468           | Withlacoochee Forest Brooksville FL.      |
| 3/29/03 7:00 AM | Saturday | Bolt Run 5 Mile & 5K Run & 1M Walk                              | Courtney Simons 813-301-6855        | Ice Palace Arena Tampa FL                 |
| 3/29/03 7:50 AM | Saturday | Chasco Fiesta 5K and 8K                                         | 888-496-8004                        | New Port Richey FL                        |
| 3/29/03 8:00 AM | Saturday | Run for Your Life 5K and 1 M                                    | Kathy Rydell 813-932-8710           | Tampa FL                                  |
| 3/29/03 8:30 AM | Saturday | Run for the Children 5K and 1 M                                 | RPM Promotions 727-874-7223         | Phillippe Park Safety Harbor FL           |
| 4/5/03 7:30 AM  | Saturday | Temple Terrace Road Race                                        | Stacia 812-989-7022                 | Temple Terrace FL.                        |
| 4/5/03 8:00 AM  | Saturday | Beach to Bayou 5K                                               | Diane Chamberlane 727-942-5048      | Tarpon Springs FL.                        |
| 4/5/03 8:00 AM  | Saturday | Gulf Side Gallop 5K and 1 Mile                                  | Roger Jacobs 727-595-5610           | Indian Rocks Beach FL.                    |
| 4/5/03 8:30 AM  | Saturday | Kids for Kids Run 5K and 1 Mile                                 | Layrallynn Segur 727-451-3007 X1831 | Fort DeSoto                               |
| 4/8/03 8:00 AM  | Tuesday  | Festival of States 5K and 1M                                    | 727-898-3654                        | St Pete, FL                               |
| 4/12/03 8:00 AM | Saturday | Seminole Stampede                                               | 727-382-3245                        | Walsingham Park                           |
| 4/12/03 8:00 AM | Saturday | Ryka Women's 10K and 5K                                         | Gail Hardy 813-987-2729             | USF Tampa FL                              |
| 4/13/03 8:30 AM | Sunday   | Flatwoods Four 4 M Run                                          | Ricky Howe 813-404-9002             | Tampa FL                                  |
| 4/19/03 8:00 AM | Saturday | Hare Racing Experience 10K 5K and 1 Mile                        | Tom Orth 813-870-3414               | Doubletree Hotel Tampa Causeway Tampa FL. |
| 4/26/03 9:00 AM | Saturday | Draft Day 5K                                                    | RPM Promotions 813-874-7223         | Raymond James Stadium Tampa FL.           |
| 5/2/03 7:15 PM  | Friday   | Sparten Sprint 5K and 1 mile                                    | 813-874-7223                        | Pepin Road Stadium Tampa FL               |
| 5/4/03 8:30 AM  | Sunday   | Dare to Go Bare Power Walk 5K and 3K                            | 877-try-lake 813-949-1818           | Lake Como Resort Lutz FL.                 |
| 5/10/03 7:00 AM | Sunday   | Run the Horizon 12 Hour Endurance Run 50K, 50 Mile and 100K     | RPM Promotioms 813-874-7223         | Al Lopez Park Tampa FL                    |

**Unicorn Gallop 5K (#24)**  
**Largo Central Park, Largo**  
**March 8, 2003**

**Men's Results**

**Overall**

|   |              |       |
|---|--------------|-------|
| 1 | Mickey Hooke | 16:32 |
| 2 | Dave O'Meara | 16:55 |
| 3 | Paul Hough   | 17:01 |

**Master**

|   |                  |       |
|---|------------------|-------|
| 1 | Jeff Delie       | 17:18 |
| 2 | Kenny Russelburg | 17:24 |
| 3 | Jerry Hewel      | 18:12 |

**Grand Master**

|   |             |       |
|---|-------------|-------|
| 1 | Don Ardell  | 18:53 |
| 2 | Joe Costas  | 19:07 |
| 3 | Jim Bledsoe | 19:38 |

|    |                |       |
|----|----------------|-------|
| 8  | James Harris   | 29:00 |
| 9  | Jon Pentecost  | 29:59 |
| 10 | Michael Hanson | 40:13 |

**Age Group: 30 - 34**

|    |                    |       |
|----|--------------------|-------|
| 1  | Antonio Perez      | 17:42 |
| 2  | Gabit Shaimerdenov | 18:04 |
| 3  | James Russell      | 18:38 |
| 4  | Martin Lojewski    | 20:17 |
| 5  | Meni Nuriel        | 21:52 |
| 6  | Wes Nichols        | 24:30 |
| 7  | Victor Ernst       | 24:39 |
| 8  | David Shiner       | 24:55 |
| 9  | Rick Palmquist     | 25:07 |
| 10 | Chris Thorne       | 25:09 |
| 11 | Coleman Bell       | 30:40 |
| 12 | Paul Weinsten      | 31:49 |
| 13 | Javier Irrary      | 39:35 |

|    |               |       |
|----|---------------|-------|
| 15 | Jim Mayra     | 29:00 |
| 16 | Steve Watford | 37:57 |

**Age Group: 45 - 49**

|    |               |       |
|----|---------------|-------|
| 1  | Mike Ross     | 19:43 |
| 2  | Barrie C. ... | 22:01 |
| 3  | Rob M. ...    | 22:07 |
| 4  | Thomas ...    | 22:37 |
| 5  | Nick Pusta    | 23:12 |
| 6  | Ted Embras    | 23:51 |
| 7  | Bob Hansford  | 27:02 |
| 8  | Dave Bohman   | 27:10 |
| 9  | John Noell    | 27:32 |
| 10 | Dan Kovel     | 28:26 |
| 11 | Bud Williams  | 28:55 |
| 12 | Charles Longa | 37:00 |
| 13 | Rich DeLaCruz | 37:17 |

**Age Group: 50 - 54**

|    |                  |       |
|----|------------------|-------|
| 1  | Chuck McCann     | 20:43 |
| 2  | Bob Bocchetti    | 20:52 |
| 3  | Kevin Cronin     | 20:59 |
| 4  | Dan McClenathan  | 21:14 |
| 5  | Jon Feltham      | 21:18 |
| 6  | Gordy Hawkins    | 21:30 |
| 7  | Mike Brennan     | 22:05 |
| 8  | Bill Carter      | 22:08 |
| 9  | Jerry Rutigliano | 22:21 |
| 10 | Z. Zajac         | 23:15 |
| 11 | John Geigle      | 23:48 |
| 12 | Mike Tracy       | 24:06 |
| 13 | Michael Gallo    | 27:53 |
| 14 | Steve Doloresco  | 28:18 |
| 15 | Steve Mutschler  | 36:32 |
| 16 | Jim Malanik      | 37:35 |

**Age Group: 55 - 59**

|    |                 |       |
|----|-----------------|-------|
| 1  | Jon Wilson      | 21:24 |
| 2  | Jim Schoeneberg | 22:33 |
| 3  | Dan Woodruff    | 22:54 |
| 4  | Charles Sarka   | 23:26 |
| 5  | Tom Murtaugh    | 24:57 |
| 6  | Ed Malanik      | 26:16 |
| 7  | Dennis Parks    | 28:49 |
| 8  | Brad Hoover     | 32:07 |
| 9  | Bill Haase      | 34:02 |
| 10 | James French    | 34:54 |
| 11 | Rog Mogle       | 35:35 |
| 12 | Thom Holloway   | 36:17 |
| 13 | John Sweeny     | 38:21 |
| 14 | Chip Saxton     | 39:01 |
| 15 | Ron Pehmoeller  | 42:50 |
| 16 | Randy Dickens   | 45:38 |

**Age Group: 60 - 64**

|    |                 |       |
|----|-----------------|-------|
| 1  | Colman Mooney   | 19:47 |
| 2  | John Holmes     | 21:45 |
| 3  | Daniel Cook     | 23:21 |
| 4  | Jim Barnard     | 23:33 |
| 5  | George Rawnsley | 24:04 |
| 6  | Ray Goetz       | 24:30 |
| 7  | Dick Nadeau     | 26:40 |
| 8  | Bob Moorehead   | 26:46 |
| 9  | Rocky Soderberg | 27:20 |
| 10 | Don Herring     | 27:47 |
| 11 | Ned Murtaugh    | 30:53 |
| 12 | Paul Brown      | 35:19 |
| 13 | Bert Connelly   | 43:04 |
| 14 | Bob Melanson    | 47:41 |

**Age Group: 65 - 69**

|   |                |       |
|---|----------------|-------|
| 1 | Myron Anderson | 20:39 |
| 2 | Dave Egan      | 21:57 |
| 3 | Jim Larson     | 22:10 |
| 4 | Bob Palsha     | 23:45 |
| 5 | Ben Fudge      | 23:58 |
| 6 | Bill Feeney    | 26:17 |
| 7 | Dennis Gatto   | 26:33 |



Ned Bennett, 81 years young finished in 30:11.

**Age Group: 10 - Under**

|   |                  |       |
|---|------------------|-------|
| 1 | Jon Nutting      | 20:56 |
| 2 | Brett Thacher    | 29:28 |
| 3 | Stacy Lee Graham | 49:56 |

**Age Group: 11 - 12**

|   |                |       |
|---|----------------|-------|
| 1 | Tyler Frenchko | 18:21 |
|---|----------------|-------|

**Age Group: 13 - 14**

|   |                 |       |
|---|-----------------|-------|
| 1 | Sam Wells       | 18:15 |
| 2 | Brian Borchardt | 23:16 |

**Age Group: 15 - 19**

|   |                  |       |
|---|------------------|-------|
| 1 | Vassil Raytchev  | 17:53 |
| 2 | Patrick McCrea   | 22:13 |
| 3 | Clemens Graf     | 23:49 |
| 4 | Daniel Cockerill | 25:05 |
| 5 | Bruno Arriola    | 28:17 |
| 6 | Cameron Rau      | 29:21 |
| 7 | Drew Sweeny      | 33:48 |

**Age Group: 20 - 24**

|   |                  |       |
|---|------------------|-------|
| 1 | Ken Walker       | 19:17 |
| 2 | Joe Hill         | 27:23 |
| 3 | Jeff Maciejewski | 30:33 |

**Age Group: 25 - 29**

|   |                 |       |
|---|-----------------|-------|
| 1 | Bob Wagoner     | 18:23 |
| 2 | Chris Wenlock   | 19:31 |
| 3 | Jeffery Perrin  | 19:42 |
| 4 | Jono Koel       | 22:14 |
| 5 | Scott Hagenbuch | 22:18 |
| 6 | George Bretting | 23:53 |
| 7 | Jeff Mauldin    | 26:28 |

**Age Group: 35 - 39**

|    |                 |       |
|----|-----------------|-------|
| 1  | Ian Payne       | 17:31 |
| 2  | Jon Docs        | 18:22 |
| 3  | Wayne Diny      | 18:43 |
| 4  | Tom Hoffman     | 19:18 |
| 5  | Jim Rogan       | 20:15 |
| 6  | Larry Strehl    | 21:40 |
| 7  | Wayne Pelletier | 23:22 |
| 8  | Mike Coesel     | 24:02 |
| 9  | Jim Bumbul      | 24:45 |
| 10 | Keith Klafeta   | 25:16 |
| 11 | Charlie Will    | 30:16 |
| 12 | Charlie Thomas  | 32:04 |
| 13 | Greg Kessler    | 32:25 |

**Age Group: 40 - 44**

|    |                     |       |
|----|---------------------|-------|
| 1  | Wayne Johnson       | 18:17 |
| 2  | Tim Morton          | 18:24 |
| 3  | Grant Currie        | 20:34 |
| 4  | Norman Sweet        | 21:06 |
| 5  | Gordo Gallenger     | 21:16 |
| 6  | John Farese         | 21:23 |
| 7  | David McDonald      | 21:49 |
| 8  | David Bronstein     | 23:07 |
| 9  | Jeff Vatovec        | 23:07 |
| 10 | Joe Williams        | 23:18 |
| 11 | David Parady        | 23:48 |
| 12 | Montie R. Bailey Jr | 25:06 |
| 13 | Stephan Schulz      | 25:54 |
| 14 | Greg Prine          | 26:06 |



|    |                |       |
|----|----------------|-------|
| 8  | Al Bean        | 28:51 |
| 9  | Joe Trask      | 29:28 |
| 10 | Ronald Gill    | 30:56 |
| 11 | Neil Harvey    | 31:35 |
| 12 | Bill Welch     | 34:14 |
| 13 | John Ross      | 35:17 |
| 14 | L. B. Joel     | 36:49 |
| 15 | Rogers West Sr | 37:35 |
| 16 | Jerry Margolin | 37:45 |

**Age Group: 70 - 74**

|   |                 |       |
|---|-----------------|-------|
| 1 | Frank Van Aken  | 24:19 |
| 2 | Howard Rubin    | 25:11 |
| 3 | Paul McPartland | 30:04 |
| 4 | Roland DeRussy  | 32:24 |
| 5 | Dom Grillo      | 33:58 |

**Age Group: 75+**

|   |              |       |
|---|--------------|-------|
| 1 | Ned Bennett  | 30:11 |
| 2 | Frank Miller | 31:57 |
| 3 | Ray Hoover   | 50:01 |
| 4 | Jack Parr    | 54:20 |

**Women's Results**

**Overall**

|   |                |       |
|---|----------------|-------|
| 1 | Judy Maguire   | 18:18 |
| 2 | Lisa Valentine | 18:44 |
| 3 | Liane Rae      | 19:20 |

**Master**

|   |                   |       |
|---|-------------------|-------|
| 1 | Donna Nesslar     | 19:32 |
| 2 | Christina Simpson | 20:18 |
| 3 | Patricia Farese   | 20:19 |

**Grand Master**

|   |                |       |
|---|----------------|-------|
| 1 | Karen Alexeev  | 23:36 |
| 2 | Yvonne Rodgers | 24:16 |
| 3 | Meli Hamilton  | 25:19 |

**Age Group: 11 - 12**

|   |                  |       |
|---|------------------|-------|
| 1 | Janelle Hewel    | 24:40 |
| 2 | Kristin Jones    | 26:29 |
| 3 | Denitra Williams | 31:19 |

**Age Group: 13 - 14**

|   |                |       |
|---|----------------|-------|
| 1 | Casey McGauran | 29:43 |
|---|----------------|-------|

**Age Group: 15 - 19**

|   |                   |       |
|---|-------------------|-------|
| 1 | Amber McClain     | 24:14 |
| 2 | Justine Hilton    | 25:16 |
| 3 | Miranda Borchardt | 28:44 |
| 4 | Eve Hanses        | 32:18 |

**Age Group: 20 - 24**

|   |                   |       |
|---|-------------------|-------|
| 1 | Priscilla Bowling | 24:05 |
| 2 | Liza Belmont      | 26:25 |
| 3 | Tracy Schaefer    | 27:34 |
| 4 | Natalie Williams  | 28:54 |
| 5 | Angela Russell    | 30:57 |
| 6 | Natalie Stoner    | 31:04 |

**Age Group: 25 - 29**

|    |                  |       |
|----|------------------|-------|
| 1  | Amy Bueme        | 20:10 |
| 2  | Rachel Bonine    | 21:43 |
| 3  | Melissa Figueroa | 23:09 |
| 4  | Jelena Mikos     | 25:20 |
| 5  | Maia Shadd       | 27:28 |
| 6  | Rebekah Robeas   | 29:22 |
| 7  | Olga Talbot      | 29:22 |
| 8  | Rosie Richards   | 29:40 |
| 9  | Szilvia Nagy     | 30:14 |
| 10 | Sherry Pentecost | 32:27 |
| 11 | Brit Fidler      | 40:32 |
| 12 | Lee Allison      | 40:32 |

**Age Group: 30 - 34**


|    |                 |       |
|----|-----------------|-------|
| 1  | Kim Miles       | 20:13 |
| 2  | Tracee Mills    | 20:27 |
| 3  | Lisa Felcht     | 21:08 |
| 4  | Susan Madix     | 23:31 |
| 5  | Becky Huffman   | 25:22 |
| 6  | Karen Hubble    | 25:54 |
| 7  | Rebecca Payne   | 28:57 |
| 8  | Amy Droessler   | 29:04 |
| 9  | Rhonda Iovino   | 29:38 |
| 10 | Kristine Hemmel | 29:39 |
| 11 | Shannon Leonard | 30:28 |
| 12 | Stacy Myers     | 30:53 |

**Age Group: 35 - 39**

|    |                 |       |
|----|-----------------|-------|
| 1  | Sandra Sweet    | 21:03 |
| 2  | Debby Farias    | 21:29 |
| 3  | Sheila Mitchell | 21:56 |
| 4  | Pamela McCann   | 22:44 |
| 5  | Kim Thomas      | 24:29 |
| 6  | Mary Szafranski | 25:17 |
| 7  | Suzanne Zsiga   | 25:26 |
| 8  | Margaret Foltz  | 25:49 |
| 9  | Karen Leggett   | 26:13 |
| 10 | Elise Gilbert   | 27:55 |
| 11 | Cathy Vatovec   | 28:08 |
| 12 | Mary Kazmierski | 28:19 |
| 13 | Laurie Layman   | 28:56 |
| 14 | Cheryl Forgang  | 29:05 |
| 15 | Randi Latzke    | 30:58 |
| 16 | Karen Green     | 31:14 |
| 17 | Tina Kohn       | 32:00 |
| 18 | Cindy Kessler   | 32:24 |
| 19 | Brooke Anderson | 32:32 |
| 20 | Mary DeJesus    | 35:42 |
| 21 | Hope Michaud    | 44:05 |



**Age Group: 40 - 44**


|   |                |       |
|---|----------------|-------|
| 1 | Lisa Kothe     | 20:21 |
| 2 | Carol Bancroft | 22:16 |
| 3 | Debra Donald   | 22:49 |
| 4 | Steph Miller   | 23:37 |
| 5 | Pat Scott      | 24:10 |



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(Continued on page 14)

(Continued from page 5)

**3/1/03 - Run for the Kids (5 K)**  
**St Pete, FL**

Pam McCann, 20:32 ;Chuck McCann, 20:30

**3/1/03 - Habitrout (#4) (5 K)**  
**First National Bank of Pasco, Dade City**

Joe Costas, 19:08, 1M50-54; Diane Spicer, 25:39, 1F50-54.

**3/1/03 - Habitrout (#4) (10 K)**  
**First National Bank of Pasco, Dade City**

Jim Callan, 47:45, 2M60-64; Debra Donald, 47:48, 1F40-44; Frank Spicer, 46:46, 1M50-54; Silky Sullivan, 47:28, 2M55-59; Terri Sullivan, 1:11:36, 1F60-64; Frank Van Aken, 50:20, 1M70-74.

**3/2/03 - Run for the Pies (5 K)**  
**Al Lopez Park, Tampa**

Sharon Andrews, 33:46; Dianne Cayll-Skiles, 18:55, 1F40-44; Jim Doran, 22:49; Neil Harvey, 30:21; Pat Hoffman, 28:01, 2F50-54; Chuck McCann, 20:18, 2M50-54; George Richardson, 24:34, 2M60-64; Michael Roberts, 25:08; Dean Wille, 19:08, 1M50-54.

**3/8/03 - Unicorn Gallop 5K (#24)**  
**Largo Central Park, Largo**

Anna Babyak, 45:13; Montie Ray Bailey Jr, 25:06; Ned Bennett, 30:11, 1M75+; Barrie Coates, 22:01, 2M45-49; Bert Connelly, 43:04; Judy Connelly, 41:05; Joe Costas, 19:07, 2MGM; Kevin Cronin, 20:59, 3M50-54; Patricia DeBolt, 32:05; Cathy deHaan, 27:13, 2F60-64; Roland DeRussy, 32:24; Steve Doloresco, 28:18; Debra Donald, 22:49, 3F40-44; Debby Farias, 21:29, 2F35-39; Lisa Feldt, 21:08, 3F30-34; Jon Feltham, 21:18; James French, 34:54; Annette Frisch, 25:55, 1F60-64; Karen Gately, 21:44, 1F45-49; John Geigle, 23:48; Ray Goetz, 24:30; Kim Griner, 29:19; Meli Hamilton, 25:19, 3FGM; Neil Harvey, 31:35; Gordy Hawkins, 21:30; Don Herring, 27:47; Ginger Herring, 27:41; Pat Hoffman, 27:25, 1F50-54; Thom Holloway, 36:17; John Holmes, 21:45, 2M60-64; Ray Hoover, 50:01, 3M75+; Dori Iten, 23:52; Lisa Kothe, 20:21, 1F40-44; Jim Larson, 22:10, 3M65-69; Randi Latzke, 30:58; Ethel Lehmann, 32:44, 2F70-74; Jerry Margolin, 37:45; Chuck McCann, 20:43, 1M50-54; Pamela McCann, 22:44; Dorothy McClellan, 35:47, 3F65-69; Dan McClenathan, 21:14; Maureen Mercer, 39:30; Steph Miller, 23:37; Sheila Mitchell, 21:56, 3F35-39; Colman Mooney, 19:47, 1M60-64; Bob Moorehead, 26:46; Tom Murtaugh, 24:57; Donna Nesslar, 19:32, 1FMaster; John Noell, 27:32; Bob Palsha, 23:45; Jack Parr, 54:20; Ann Reidelberger, 39:21; John Ross, 35:17; Mike Rossi, 19:43, 1M45-49; Dottie Rutigliano, 41:20; Dale Schmidt, 44:16; Pat Scott, 24:10; Larry Strehl, 21:40; Terri Sullivan, 32:41; Ria Sweeney, 29:50; Lisa Valentine, 18:44, 2FOverall; Frank Van Aken, 24:19, 1M70-74; Bud Williams, 28:55; Jon Wilson, 21:24, 1M55-59; Z. Zajac, 23:15.

**3/9/03 - Spirit Race(10 K)**  
**Newport Beach, CA.**

Luis Vargas,44:37, 1M65

**3/9/03 - Friendship Trailbridge Races (#3) (8 K)**  
**Old Gandy Bridge, St. Petersburg**

Montie Ray Bailey Jr, 41:44; Duncan Cameron, 32:48, 1M60-64; Debra Donald, 38:09, 3F40-44; Patty Holloway, 1:02:49; Thom Holloway, 1:01:33; Chuck McCann, 34:58, 3M50-54; Pat Scott, 40:57; Lenny Stacey, 37:18; Silky Sullivan, 39:11, 3M55-59.

**3/9/03 - Friendship Trailbridge Races (#3) (5 K)**  
**Old Gandy Bridge, St. Petersburg**

Bert Connelly, 43:57; Lenny Stacey, 22:26, 2M40-44; Silky Sullivan, 26:00.

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**ROBERTA  
CAMERON**

# Chesnut Hackers/WFYRC Golf Tournament

Once again, planning is underway for this annual fun event. This year's tournament will be held at Countryway Golf Club on Saturday, May 31st, at 1 PM. This is the weekend following Memorial Day.

This year's tournament promises to be equally enjoyable as those in the past. Golfers of all abilities play and many who have never struck a ball are encouraged to play also. This tournament gives us all the opportunity to enjoy the fellowship of all participants while having a "whale" of a good time. Dan Boyle has already started practice for the event in earnest. He is trying desperately not to win the prize for the most balls in the water on hole # 14. I suspect Frank and Diane Spicer might be considering "sharpening" up their game also.

As in the past, the afternoon's events include a barbecue and prizes after golf. The menu is hot dogs, hamburgers, garden burgers, baked beans, macaroni salad, potato salad and coleslaw. I hear Bill Motley is doing a marathon in San Diego that weekend so we may need to recruit a new drink dispenser on the golf cart.

The cost for golf, cart, prizes and barbecue is only \$24.00 per person. An outstanding value for such a fun afternoon. Kindly book as early as possible. Below is an entry form that you can fill out and send along with your remittance.

Thank you,

Dick Buckley



Please remit the completed form to :

Julia M. Buckley  
3150 Harvest Moon Drive  
Palm Harbor, FL 34683

## GOLF TOURNAMENT REGISTRATION

Please enter each participant's capability. Status categories are active golfer, somewhat experienced, little experienced and novice.

Golfer #1 \_\_\_\_\_ Status \_\_\_\_\_

Golfer #2 \_\_\_\_\_ Status \_\_\_\_\_

Golfer #3 \_\_\_\_\_ Status \_\_\_\_\_

Golfer #4 \_\_\_\_\_ Status \_\_\_\_\_

Enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ participants at \$24.00 each



(Unicorn Continued from page 11)

|                           |                |       |
|---------------------------|----------------|-------|
| 6                         | Kim Bruce      | 24:45 |
| 7                         | Karen McHugh   | 27:03 |
| 8                         | Suzan Hassell  | 27:51 |
| 9                         | Marie Crowley  | 30:45 |
| 10                        | Pam Mosher     | 31:27 |
| 11                        | Sheri Ragsdale | 32:31 |
| 12                        | Rick Martin    | 39:40 |
| 13                        | Nancy Krause   | 45:39 |
| 14                        | Susan Graham   | 50:15 |
| <b>Age Group: 45 - 49</b> |                |       |
| 1                         | Karen Gately   | 21:44 |
| 2                         | Barbara Eckes  | 22:38 |
| 3                         | Judy Hensley   | 23:11 |
| 4                         | Dori Iten      | 23:52 |
| 5                         | Lisa Brois     | 24:19 |
| 6                         | Nancy Sarka    | 27:32 |
| 7                         | Sharon Grosse  | 27:49 |
| 8                         | Kim Swicegood  | 28:12 |
| 9                         | Kim Griner     | 29:19 |
| 10                        | Gina Platt     | 33:08 |
| 11                        | Lynn Brennan   | 36:21 |
| 12                        | Patty Pessillo | 38:15 |
| 13                        | Jan Howard     | 39:10 |
| 14                        | Maureen Mercer | 39:30 |
| 15                        | Amy Nelson     | 45:56 |
| 16                        | Becky DeLaCruz | 46:31 |
| 17                        | Gabriele Rowe  | 46:50 |

|                           |                    |       |
|---------------------------|--------------------|-------|
| <b>Age Group: 50 - 54</b> |                    |       |
| 1                         | Pat Hoffman        | 27:25 |
| 2                         | Carolyn Reichle    | 30:08 |
| 3                         | Becky McGauran     | 33:54 |
| 4                         | Awilda Epp         | 34:09 |
| 5                         | Peggy Goodale      | 34:18 |
| 6                         | Joan Byrne         | 36:12 |
| 7                         | Mary Putnam        | 45:13 |
| 8                         | Sue Lanham         | 54:55 |
| <b>Age Group: 55 - 59</b> |                    |       |
| 1                         | Peg McAvaddy       | 26:45 |
| 2                         | Stephanie Bessette | 26:57 |
| 3                         | Lenore Rupert      | 28:45 |
| 4                         | Ria Sweeney        | 29:50 |
| 5                         | Judy Connelly      | 41:05 |
| 6                         | Carol Ross         | 41:35 |
| 7                         | Dale Schmidt       | 44:16 |
| 8                         | Barbara Smith      | 44:26 |
| <b>Age Group: 60 - 64</b> |                    |       |
| 1                         | Annette Frisch     | 25:55 |
| 2                         | Cathy deHaan       | 27:13 |
| 3                         | Dede Buckley       | 27:13 |
| 4                         | Ann Rawsley        | 27:31 |
| 5                         | Ginger Herring     | 27:41 |
| 6                         | Patricia DeBolt    | 32:05 |
| 7                         | Terri Sullivan     | 32:41 |
| 8                         | Cynthia Bean       | 33:18 |
| 9                         | Judy Ormsby        | 43:49 |

|                           |                    |       |
|---------------------------|--------------------|-------|
| 10                        | Susan French       | 44:10 |
| 11                        | Janice Melanson    | 47:41 |
| <b>Age Group: 65 - 69</b> |                    |       |
| 1                         | Joanne Egan        | 33:21 |
| 2                         | Katie Knight-Perry | 35:05 |
| 3                         | Dorothy McClellan  | 35:47 |
| 4                         | Dottie Rutigliano  | 41:20 |
| 5                         | Anna Babyak        | 45:13 |
| <b>Age Group: 70 - 74</b> |                    |       |
| 1                         | Helen Bueme        | 30:18 |
| 2                         | Ethel Lehmann      | 32:44 |
| 3                         | Rose Hoge          | 34:44 |
| 4                         | Ann Reidelberger   | 39:21 |
| <b>Age Group: 75+</b>     |                    |       |
| 1                         | Mary Oppenheimer   | 35:11 |



UniKids Start

**ST ANTHONY'S TRIATHALON**

Please join your fellow athletes on Sunday, April 27 at our annual Three Mile Water Stop on the run course of the St. Anthony's Triathlon. We need approximately forty[40] volunteers to distribute water, Gatorade and cheers at this important part of the event. If you can help, please contact Denise Skinner at 727-580-8464 or 533-4329 or email me at dskinner@psta.net. You will receive a shirt and have a great time.

## LOST IN THE MAIL ROOM

Hi Marc,

Hope everything is well with you. We are still surviving the Minnesota winters. Travelling as much as we can.

Rob and Kathryn ran The Disney Marathon last week. It was Kathryn's first marathon, she did very well, but it was a little hard for Rob to run a slow marathon but he survived.

They crossed the finish line together very happy. Kathryn had only run to 16 miles in training. Their time was 4:47:57

We will be down April 26th for the weekend. We are all running the Tampa Bay Buccaneers, Draft Day Dash 5K. We hope to see some of WFYRC members there.

Say Hi to everybody we know Marc.

Hopefully only 3 more winters to go in God's Country!!!!!!

Best Wishes,

Rob and Margaret.

Marc,

Sandy and I have officially entered the Suntrust Richmond (VA) Marathon on 11/15/03. It is billed as America's friendliest marathon; it is a well-run midsize marathon (3700); and it is a six and a half hour drive from our home ([www.richmondmarathon.com](http://www.richmondmarathon.com)). We know a couple of runners who have done it, and runner comments about it are extremely favorable ([www.marathonguide.com](http://www.marathonguide.com)).

Registering before January 1, we got a substantial discount. Also, most of the downtown and airport hotels were already filled for the marathon dates, a sign of a good marathon. We found, at a reasonable rate, the last available room in an historic, "old South" hotel, four blocks from both the start and the finish lines.

We had decided against Chicago because of its more stringent cut-off policy. We decided against Hawaii because of heat and travel. We could not do Portland (OR), because it would conflict with the NC Senior Games in Raleigh. Last year, Sandy cleaned up in our local senior games and, based on her performance in them, she would have medaled in all her events at the state games, had she not been sidelined by overuse injuries exacerbated by lack of stretching. This year, she wants to have a killer performance at state, and I am aiming to have a shot at some medals myself.

We're hoping to have a houseful of visiting runners for the Biltmore Estate 15K in Asheville on 6/1/03. Among the amenities in our mountain home is a two-person Jacuzzi. Sandy and I can provide candle light and appropriate beverages, but you have to do some serious exercise first, in order to qualify for it. LOL!

Dick

### WFYRC ANNUAL HIGH SCHOOL SENIOR SCHOLARSHIP AWARD DINNER

**When:** Sunday, May 18, 2003

**Where:** Countryside Recreation Center, 2640 Sabel Springs Dr.  
Clearwater, FL

**Time:** 5PM to 8PM

**DINNER CATERED BY "SHELL'S" RESTAURANT**

**MENU:**

Seafood Pasta

Mahi Mahi

Chicken Pasta

Grilled Chicken Breast

Dessert - Key Lime Pie

Cost: \$13.50 per person includes gratuity

RSVP to: John Holmes by Thursday, May 15, 2003

At [jholmesruns@juno.com](mailto:jholmesruns@juno.com)

Or call 727 546 9399

### SCHOLARSHIPS AVAILABLE

Every year the WFYRC makes scholarships available to Pinellas County high school seniors. Boys and girls...public and private schools...who wish to continue their participation in cross country running or track and field at the college of their choice.

Student athletes are nominated by their coach or principle.

If you know a deserving senior and have questions,,,

Call Karen Farnham at 727-781-8128 or e-mail her [iran262@tampabay.rr.com](mailto:iran262@tampabay.rr.com)

PROUDLY PRESENTS...



Since 1978

WEST FLORIDA Y RUNNERS CLUB MEMBERSHIP FORM

\* Please fill out form, detach and mail with your remittance \* Make checks payable to: West Florida Y Runners Club

\* Annual Dues: \$15 single membership; \$25 family membership \* Mail to 1005 Highland Ave. Clearwater, FL. 33756

Name \_\_\_\_\_ Date of Birth \_\_\_\_-\_\_\_\_-\_\_\_\_ Sex M F
Street Address \_\_\_\_\_ City \_\_\_\_\_
State \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_
E-Mail \_\_\_\_\_ @ \_\_\_\_\_ Profession \_\_\_\_\_

May we include the above information in a Club Directory? Yes No I would be interested in:

Table with 3 columns: Family Membership Names, Sex, Birth dates. Includes 5 rows of blank lines for data entry.

- Helping at a club race
Writing articles for the newsletter
Attract race sponsors
Hosting a breakfast run

Membership Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run and/or volunteer unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run and/or volunteer. I also agree that I may be examined and treated if necessary during the course of a race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life threatening condition. I assume all risks associated with running in and volunteering for races including, but not limited to, falls contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for WFYRC membership, participating in races, and/or my volunteering, I, for myself and anyone entitled to act on my behalf, waive and release the West Florida Y Runners Club and its officers and agents, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that \$1.25 of my membership dues goes for the subscription to the RRCA publication "Footnotes."

Signature \_\_\_\_\_ Date \_\_\_\_\_ If Family Membership, all adults sign Parent or Guardian if under 18 \_\_\_\_\_