



At the Sunday Group Run:

Top Left: Boston Bound!
 (1 to r:) Lisa Feldt, Kathleen Roach, Debbie Farias, Stephanie Miller (her first).

Top Right: OH MY GOD!
 Is it really old, "invisible" club members Paul Franklin and Kevin Cook?! Nah!

Bottom Left: A 50 ° start at 6am in the HarborView Center Parking Lot.



Right: The HOPS Marathon was the 100th marathon for Ivan Levinrad, (left) accompanied by Brian Scott wearing Club logo. They both crossed in 3:29:10. Congratulations!



CONRATULATIONS VICTOR !!!

Victor Gambone, 54, seen here at this years HOPS Marathon about 1 minute before he shattered his goal of qualifying for Boston by 6 minutes with a time of 3:29:14. This was his first time in 10 tries! (Somehow, congratulations don't seem enough! All of us who witnessed your on-going efforts are proud of you!)





MONTHLY BOARD MEETINGS

Are held on the first Wednesday of each month at the Suncoast Family YMCA, 1005 South Highland Ave., Clearwater, at 6:30 pm. Members are encouraged to attend !!!

WFYRC BOARD MEMBERS

Name	Office	Phone
Linda Schumacher	Pres.	939-8038
John Holmes	Vice Pres.	546-9399
Karen Farnham	Treasurer	781-8128
Duncan Cameron	Secretary	789-5368
Arnaud Glacet	Membership	725-4491
Anna Babyak		733-1135
Dan Boyle		736-3562
Becky Boyle		
Lance Lipham	High School	391-6032
Everett McDowell, Jr		736-4551
Leviticus McKinnon	Youth Coach	524-0802
Mel Mella	Track Coach	517-3677
Doug Peterson	Web Master	518-7168
Skip Rogers	Turkey Trot	442-5838
Jim Setaro	Max Bayne	934-8268
Dale Schmidt		588-4379
Brian Scott		399-2253
Ron Cote'	Newsletter	787-3644
Bonnie Stein	Racewalk	394-9255

GROUP RUNS

SATURDAY MORNING:

7AM RUN AT JOHN CHESNUT SR. PARK, PALM HARBOR. CALL LINDA: 939-8038

9 AM RACEWALK AT TAYLOR PARK, SHELTER #1, LARGO . CALL THOM OR PATTY @ 593-0781 (RACEWALK@MINDSPRING.COM)

SUNDAY MORNING:

6 AM RUN AT HARBORVIEW CTR PARKING LOT, CLEARWATER. CALL SKIP: 442-5838

TUESDAY MORNING:

5AM TRACK WORKOUT AT CLEARWATER H.S. CALL SKIP :442-5838

TUESDAY EVENING:

5:45 PM TRACK WORKOUT AT CLEARWATER H.S. CALL MEL: 399-0566/302-2037 (WK)

WEDNESDAY EVENING:

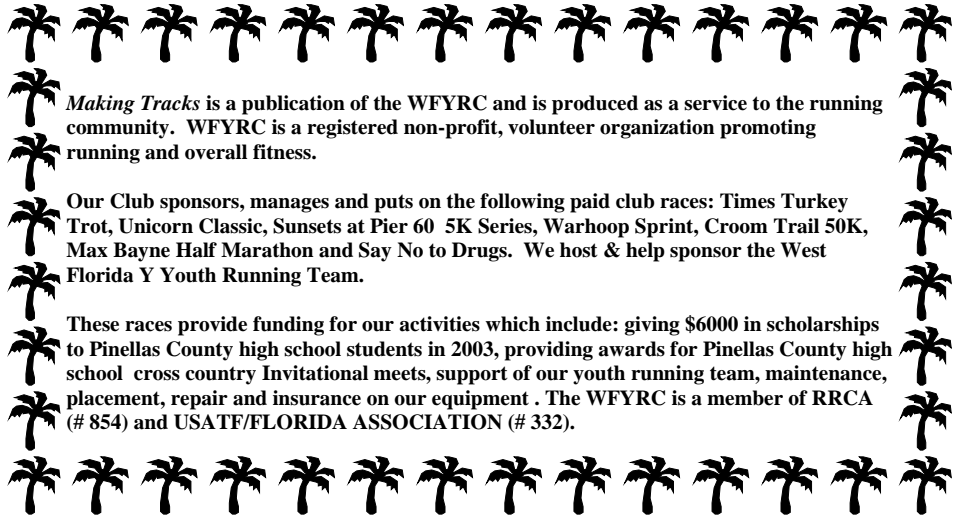
5:15 PM TRACK WORKOUT AT OSCEOLA MIDDLE SCHOOL... CALL MEL: 399-0566/302-2037(WK)

YOUTH TEAM WORKOUTS

CALL LEVITICUS MCKINNON: 524-0802. CLEARWATER H.S.

TRAIL RUNNING:

7AM AT CROOM TRAIL HEAD.THERE WILL BE WFYRC SCHEDULED TRAINING RUNS ON THE TRAIL. TO GET ON THE WFYRC/CROOM INFO LIST E-MAIL ANYTRAIL@TAMPABAY.RR.COM.



Making Tracks is a publication of the WFYRC and is produced as a service to the running community. WFYRC is a registered non-profit, volunteer organization promoting running and overall fitness.

Our Club sponsors, manages and puts on the following paid club races: Times Turkey Trot, Unicorn Classic, Sunsets at Pier 60 5K Series, Warhoop Sprint, Croom Trail 50K, Max Bayne Half Marathon and Say No to Drugs. We host & help sponsor the West Florida Y Youth Running Team.

These races provide funding for our activities which include: giving \$6000 in scholarships to Pinellas County high school students in 2003, 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 . The WFYRC is a member of RRCA (# 854) and USATF/FLORIDA ASSOCIATION (# 332).

BUY BUY BUY BUY

Are you a Club-Geek?
If not, why not?
— Contact Skip Rogers
for your WFYRC Club Gear

WFYRC CLUB UNIFORMS	Price
Coolmax Short Sleeve	\$ 18.00
Coolmax Long Sleeve	\$ 20.00
Coolmax Singlet	\$ 18.00
Sweatshirt	\$ 15.00
LD V-notch (Mesh Pockets) *	\$ 21.00
V-notch w/Pocket *	\$ 18.00
LD Split/(Mesh Pockets) *	\$ 21.00
Split w/Pocket *	\$ 18.00
Polo Shirt *	\$ 35.00
Asics Jog Bras	\$ 20.00
WFYRC Running Hat	\$ 12.00
Cliff & Luna Bars (ea)	\$ 1.00
Cliff Shots (24)	\$ 18.00
Gloves	\$ 7.00
* = Men and Womens Sizes	

New newsletter email address
wefly@tampabay.rr.com
“wefly” stands for
West **F**lorida **Y**

Visit the WFYRC website
www.wfyrc.com

NEWSLETTER INFORMATION

Submissions: Submit articles, “unusual” race results, photos, etc. via email by the 15th of the month for inclusion in the next newsletter. Please keep articles to one page due to high printing costs.

Race Flyers: Deliver 400 copies of each approved and prepaid, 8.5” x 11” race flyer, etc. to The Printing Depot, 4020 Tampa Rd, Oldsmar, FL 34677 by the 15th of the month for inclusion in the next newsletter.

Advertising: Cards or ads, etc. must be “camera-ready” and submitted via email by the 15th of the month for inclusion in the next newsletter.

Contact: Ron Cote' 727 787-3644
wefly@tampabay.rr.com

Ad-Rates:

Item	1 Month	6 Months	1 Year
Bus. Card	\$20	\$100	\$180
1/4 Page	\$50	\$250	\$450
1/2 Page	\$75	\$375	\$675
Full Page	\$125	\$625	\$1125
Race Flyer	\$100	-----	-----

WFYRC MEMBER INFORMATION

Unfortunately, race results can't be easily or cost-effectively provided for everyone for every race. Ric Dorrie compiles and provides a complete listing of nearly all local races to the newsletter, though certain races (ie. those with just a few WFYRC members) may be excluded by the editor due to space concerns. We continue to request all Club members to submit their special race accomplishments and times, especially for out of town races etc, to wefly@tampabay.rr.com, however it is no longer necessary to submit your race times for local races. Running results are now readily available on various web-sites such as runners_world.com and coolrunning.com. Please refer to those sites for any race results NOT listed here.

West Florida Y Runners Club Membership

New Members-

Vince Albanese; Tina Autman; Patricia A Benett; Karen Bouchard' Lisa Plescia Wilsey; Dave Plescia; William Silberman

West Florida Y Runners Club Race Results: JANUARY:

1/1/04 - New Year's Bay 4 Miler (4 Mi)

Duncan Cameron, 25:30, 1M60-64; Laureen Doloresco, 36:39; Steve Doloresco, 36:52; Debra Donald, 28:54, 1F45-49; Jim Doran, 31:16; Karen Farnham, 39:20; Annette Frisch, 34:04, 1F60-64; Donna McKenna, 54:23; Diane Spicer, 34:38, 3F50-54; Frank Spicer, 30:35, 3M55-59; Silky Sullivan, 28:58, 1M55-59; Terri Sullivan, 42:53, 3F60-64; Kit Van Allan, 26:44, 1F35-39; Larry Van Fossen, 40:46; Bud Williams, 30:15.

1/4/04 - Max Bayne Half-Marathon

Elaine Anthony, 2:01:44; Daryl Blume, 1:34:43; Priscilla Bowling, 2:05:55, 2F20-24; Peter Crawford, 1:56:23; Walt Davin, 2:04:30; Barbara Eckes, 1:41:43, 1F45-49; Victor Gambone, 1:43:06; Ray Goetz, 1:53:44, 2M60-64; Don Herring, 2:41:00; Rick Hirsh, 1:38:21; Dori Iten, 1:54:48, 3F45-49; Cindy Krager, 2:05:15, 2F55-59; Tom Murtaugh, 1:59:07, 3M60-64; Jerry Napp, 1:33:42, 3M45-49; Sandy Rogers, 1:55:04; Tom Ross, 2:23:08; Colleen Scott, 1:58:11; Mike Scott, 1:38:18; Jim Sheridan, 1:52:19; Perry Steele, 1:47:04; Roger Sweeney, 1:40:26, 3M55-59; Lisa Valentine, 1:26:09, FOverall; Peter Van Dernoot, 2:18:25; Albert Wieringa, 1:31:51, 1M55-59.

1/4/04 - Max Bayne 5K Run

Debby Farias, 20:18, FOverall; Lisa Farrell, 35:37.

1/10/04 - Run for the Rec (#2) (5 K)

James Armstrong Jr, 22:29; Jim Callan, 22:48, 1M65-69; Jerry Champion, 26:10; Joan Champion, 39:25; Peter Collins, 18:19, 2M35-39; Dee Anna Farnell, 23:55, 1F50-54; Karen Farnham, 28:46; Lisa Feldt, 19:38, 1F35-39; Jon Feltham, 20:37, 2M50-54; Pat Fitzgerald, 26:07, 2M70+; Patty Holloway, 39:24; Thom Holloway, 39:24; Barbara Lutz, 41:34; Judy Maguire, 18:43, FOverall; Dorothy McClellan, 33:28, 3F65-69; Steph Miller, 23:01, 1F40-44; Colman Mooney, 21:17, 1M60-64; Tom Murtaugh, 24:29; Donna Nessler, 19:32, FMaster; Sandy Rogers, 23:52,

2F45-49; Dottie Rutigliano, 40:55; Dale Schmidt, 43:12; Brian Scott, 18:21, 3M35-39; Vicki Stum, 18:49, 1F30-34; Silky Sullivan, 26:56; Frank Van Aken, 24:44, 1M70+; Bob Van Dyke, 24:35; Bill Wible, 27:58; Albert Wieringa, 19:32, 2M55-59; Judy Willis, 38:47; Dusti Woodbury, 43:04; Wally Woodbury, 20:18, 3M45-49; Victor Yeager, 17:52, Mmaster.

1/17/04 - Run with the Nuns (#12) (5 K)

Erin Baker, 25:49, 2F20-24; Jim Baker, 22:25, 3M45-49; Ned Bennett, 31:20, 1M80-84; Nanette Bishop, 26:26, 1F45-49; Duncan Cameron, 19:23, 1M60-64; Ed Cunningham, 31:03; Cathy deHaan, 29:38, 2F60-64; Rose Farrow, 28:39, 3F50-54; Pat Fitzgerald, 25:03, 1M70-74; Meli Hamilton, 26:06, 2F55-59; Ray Hoover, 53:48, 1M85+; Cindy Krager, 25:54, 1F55-59; Dan McClenathan, 22:13, 3M50-54; Jim Minder, 38:57; John Noell, 26:56; Jack Parr, 59:25, 2M85+; Jim Schoeneberg, 23:01; Jim Skinner, 39:10, 2M80-84; King Smith, 35:57; Z. Zajac, 23:19.

1/24/04 - Gasparilla Distance Classic (15 K)

Jim Callan 1:11
Coleman Mooney, 1:06:57; Sandy Rogers, 1:16:04; Brian Scott, 55:49; Ivan Levinrad, 1:12:36; Laurence Glacet, 1:16:06; Arnaud Glacet, 1:11:23; Dianalynn Aquilu, 1:12:47;
Tom Murvaugh, 1:29:25; Mike Rossi, 1:04:06; Mary Lou Johnson, 1:36:35; Steve Deebs, 1:23:34; Tom Harkins, 1:49; Kathi Patton, 1:49; Jim Patton, 1:39; Linda Schumacher, 1:47:12; Karren Farnham, 1:45; Bob VanDyke, 1:21:53; Terry Sullivan, 1:53:34; Peter Crawford 1:13:00; Thom Hollowat, 1:47:01; Larry VanFossen, 1:36:17; Noora Alidina, 1:14; Duncan Cameron 59:45

1/24/04 - Gasparilla (5 K)

Jim Patton, 40:51:34; Noora Alidina, 24:50; Edward Aquilu, 41:00; Jim Setaro, 32:06; Duncan Cameron 20:46

1/30/04 - Run for Shelter VII (5 K)

Debra Donald, 22:35, 2F45-49; Donna Nessler, 19:19, 1FOverall; Kam O'Horo, 24:46.

(Continued on page 4)

West Florida Y Runners Club Race Results: **FEBRUARY:**

2/1/04 - Chilly Willy 10 Miler (8 Mi)

Chris Corbo, 53:10, 2M30-34; Laureen Doloresco, 1:17:34, 3F50-54; Steve Doloresco, 1:17:05; Debra Donald, 1:01:52, 2F45-49; Debby Farias, 58:40, 1F35-39; Pat Scott, 1:10:37, 2F40-44; Diane Spicer, 1:14:04, 2F50-54; Bud Williams, 1:03:06.

2/1/04 - Chilly Willy Duathlon (Duath)

Mark Blitz, 1:19:34; Dave Bremm, 1:30:38; Walt Davin, 1:32:22; Lisa Feldt, 1:14:45, 2F35-39; Ilene Fortin, 1:27:23; Kim Griner, 1:37:39; Jeannie Martin, 1:44:29; Z. Zajac, 1:26:09, 3M55-59.

2/7/04 - Flatlanders Challenge (#25) (10 K)

Dan Boyle, 54:13; Jim Callan, 48:48, 2M65-69; Duncan Cameron, 40:40, 1M60-64; Jerry Champion, 55:37; Joan Champion, 1:19:49; Steve Doloresco, 59:05; Debby Farias, 44:38, 3F35-39; Jon Feltham, 45:20; Don Herring, 1:04:11; Ginger Herring, 1:01:45, 2F60-64; Judy Maguire, 38:40, FOverall; Skip Rogers, 1:00:57; Janice Scott, 52:33; Bonnie Theall, 57:00, 1F55-59; Kit Van Allan, 43:47, 1F35-39; Z. Zajac, 50:12.

2/8/04 - St. Pete Beach Classic (10 K)

Noora Alidina, 48:40; Montie Ray Bailey Jr, 53:26; Daryl Blume, 39:48; Jim Callan, 48:23, 2M65-69; Duncan Cameron, 40:47, 1M60-64; William Cobb, 47:59; David Colpitts, 40:56, 1M55-59; Walt Davin, 53:13; Steve Deeb, 50:15; Debra Donald, 46:02; Peg Elmer, 46:46, 1F50-54; Debby Farias, 43:12, 3F35-39; Karen Farnham, 1:06:38; Rose Farrow, 1:02:02; Pat Fitzgerald, 52:11; Annette Frisch, 55:16, 1F60-64; Laurence Glacet, 48:36; Ray Goetz, 51:44; Steve Harwig, 43:54; Christine Herrington, 52:30; Patty Holloway, 1:24:09; Thom Holloway, 1:17:46; Dorothy McClellan, 1:23:29, 2F65-69; Amy McClenathan, 41:36, 3F40-44; John Noell, 51:47; Jim Patton, 1:05:28; Mary Ann Protz, 38:58, 3FOverall; Robin Reed, 39:14, 3M45-49; Tom Ross, 1:04:43; Jim Schoeneberg, 52:15; Christina Simpson, 50:51; Denise Skinner, 42:53, 1F45-49; Frank Spicer, 47:31; Shirley Taylor, 1:04:34, 1F70-74; Frank Van Aken, 49:43, 1M70-74; Judy Willis, 1:19:23; Wally Woodbury, 41:49.

2/8/04 - St. Pete Beach Classic (5 K)

Jim Baker, 22:53; Bert Connelly, 32:59; Elizabeth Florko, 26:53, 3F40-44; Peggy Goodale, 38:24; Barbara Lutz, 42:24; Dan McClenathan, 21:58, 3M50-54; Kathi Patton, 32:45; Dale Schmidt, 42:24; Diane Spicer, 26:52, 3F50-54; Silky Sullivan, 23:16; Lisa Valentine, 18:46, 1FOverall.

2/14/04 - Chinsegut 5K

Diane Spicer, 30:14; Silky Sullivan, 25:23, 3M60-64; Bonnie Theall, 26:51, 1F55-59.

2/21/04 - Strawberry Classic (#23) (5 K)

Ned Bennett, 31:15, 1M80+; Nanette Bishop, 27:09; Debra Donald, 21:45, 1F45-49; Ric Dorrie, 34:36; Dee Anna Farnell, 22:44, 1F50-54; Neil Harvey, 31:47, 2M70-74; Silky Sullivan, 22:31, 1M60-64; Albert Wieringa, 19:19, 1M55-59; Terry Wyman, 19:13, 2M35-39; Z. Zajac, 23:07.

2/21/04 - Strawberry Classic (#23) (10 K)

Duncan Cameron, 41:01, 1M60-64; David Colpitts, 43:20, 3M55-59; Cathy deHaan, 1:00:48, 2F60-64; Laureen Doloresco, 58:45; Steve Doloresco, 56:34; Debby Farias, 44:06, 3F35-39; Jon Feltham, 44:17, 1M50-54; Kim Griner, 1:01:13; Meli Hamilton, 52:57, 1F55-59; Don Herring, 1:01:13; Ginger Herring, 58:33, 1F60-64; Cindy Krager, 53:50, 2F55-59; Jeannie Martin, 1:01:14; Mary Ann Protz, 39:08, FMaster; Sandy Rogers, 49:09, 2F45-49; Brian Scott, 36:39, 2M35-39; Frank Spicer, 47:32; Terri Sullivan, 1:15:00; Kit Van Allan, 43:22, 2F35-39.

March Birthdays:

Linda Crismond 3/1, Patti Spence 3/2, Susan Coates 3/3, Leah Dietrich 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, Tom Emmerson 3/6, Stephen Gately 3/6, Terry Repp 3/7, Sabine Yeager 3/7, Douglas Simpson 3/8, Logan Trimble 3/8, Jan Feltham 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 Tankel 3/11, Ray Hoover 3/12, Mindy Solomon 3/13, Millie Hamilton 3/15, Jennifer Sundance 3/15, Michael Rossi 3/22, Kim Griner 3/23, Diana Moragon 3/23, Bert Valery 3/23, Heather Bailey 3/24, Nina Boone 3/24, Brett Thatcher 3/24, Mary Blitz 3/28, 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,

April Birthdays:

PJ Summerville 4/1, Fran Gaberino 4/2, Rick Hagan 4/2, Tom Nagy 4/3, Awilda N. Epp 4/4, Joel Blakeman 4/6, Mary Grace Ritter 4/6, Walt Sieg 4/6, Lisa Valentine 4/7, Wayne Tobias 4/8, Jenny Feltham 4/9, Rick Hirsh 4/9, Kevin Cronin 4/10, Larry Nordquist 4/11, Gary Miller 4/12, Jim Spicer 4/12, Victor Yeager 4/13, James Farley 4/15, Ron Kelley 4/15, Ilene Fortin 4/16, Kathy Schaedel 4/16, Lori Thompson 4/16, Bill White 4/16, Sandy Rogers 4/17, Habib Sadeghi 4/18, Jean Martin 4/20, Neil Harvey 4/21, Jessica Schriver 4/22, Wayne Bailey 4/23, Jim Keppeler 4/23, Janet Pray 4/23, Kathryn Reeves 4/23, Karen Bartoszeck 4/24, Dick Michener 4/27, Anna Babyak 4/28, Ron Balow 4/29, Jennifer Nessler 4/29, Kristin Nessler 4/29, Linda Allan 4/30, Jim Houser 4/30

UPCOMING EVENTS:

- March 13: 25th Annual Unicorn Gallup 5K
- April 4: Croom Trail Fools Run 50M/50K
- May 22: WFYRC/CHESTNUT HACKERS GOLF TOURNAMENT
- June 4: Sunsets at Pier 60 5K
- June 17: Sunsets at Pier 60 5K
- July 16: Sunsets at Pier 60 5K
- July 29: Sunsets at Pier 60 5K
- August 13: Sunsets at Pier 60 5K
- September 11: Warhoop Sprint
- November 25: Turkey Trot

Race Director Needed

WE ARE IN NEED OF
A RACE DIRECTOR
FOR ONE OF OUR RACES.
PLEASE CONTACT:
Linda at 939-8038 or
Skip at 442-5838

Assistant Golf Tournament
Director Needed. Please
Contact Dick Buckley to
Learn All You Can About
This Great Opportunity



Call 510-7354

Member Input Wanted:

Please send: 1) submissions for upcoming races or events, 2) requests for volunteers, 3) personal articles about your marathon, or 5K, or even your training etc. 4) upcoming marathons, 5) opinions or comments on past or future newsletter content to: wefly@tampabay.rr.com.

Attention Distance Runners!

10th Anniversary Croom 50M Fools Run

RRCA Southern Regional 50M Championship Hosted by WFYRC

April 3, 2004 Withlacoochee State Forest

(NE of Brooksville, FL 60 min drive N of Tampa, 80 min from Orlando)

RACES: 6am Croom Trail 50 M / 7am Croom Trail 50K / 7am Leah's 15 M
Great Goodie Bag, lots of Coke, Shells Seafood, door prizes and Anniversary Cake

Volunteers Wanted: Please Contact Shawn or Eve Dietrich if you'd like to help out!

Call Eve: 727 504-3113 or ediet@knology.net

Call Shwan: 727 504-3110 or sdiet@knology.net

SIGN UP FOR A BLAST!!

(hopefully not out of a sand trap)

OK, runners, its that time again for the annual...

★ ~ WFYRC and CHESTNUT HACKERS GOLF TOURNAMENT ~ ★

Location: **COUNTRYWAY GOLF CLUB**
Date: **MAY 22nd at 1 PM**
Cost: **\$24.00 per person**
Contact: **Dick Buckley**
RSVP: **510-7354** or RTBJMB@aol.com



Those of you that have participated in past tournaments can attest to the wonderful time we have each year at this event. This year promises to be the best yet! Remember no golfing experience is necessary! Fun, hilarity and fellowship are the key ingredients of our tournament. We have a great time, an abundance of laughs and wonderful fellowship on the course and at the barbecue afterwards.

If you have never played golf, don't worry. You will not be alone. Please don't let that keep you from joining us in having a rip roaring good time. Once again, we will have dedicated Club members bringing beverages of choice to participants on the course. Skip Rogers will have Jell-O shooters prepared. The cost of golf with a cart and the barbecue is only \$24.00 per person!!! Last year, with the help of some donated prizes, we were able to contribute approximately \$500.00 to our scholarship fund.

We will have two formats this year. Those that want to make up their own foursomes will be in one flight. The hackers, the little experienced and the novices will be in another flight. These foursomes will be chosen at random with each team having players of different capabilities playing as a team. The overall format is a scramble. Prizes will be given in each flight. The Hackers championship team will be the foursome of different capabilities that has the lowest score.

Sign up now. Don't miss out!! Get your reservation in early. Last year, we had 74 players.



TRACK WORKOUTS By Coach Mel

Mar 2nd	12 x 400 meters
Mar 9th	6 x 800 meters
Mar 16th	5 x 1000 meters
Mar 23th	1 x 1200, 1 x 800, 1 x 1200 meters
Mar 30th	2 x 400, 2 x 800, 2 x 1200 meters



According to Christine Rosenbloom, Ph.D., and a nutritionist at Georgia State University, "There are huge variations in the amount of fluid consumption individual runners can tolerate and in the amount of carbohydrate they can absorb while running." And you cannot know how much your body is able to handle—thus you can't be certain you're consuming the right amount of nutrition in your next marathon—unless you make the effort to discover it in your training. Also, as with every other aspect of running, practice helps. "By routinely trying to take in more nutrition in training runs and perhaps also in the occasional shorter race, you can learn to tolerate more than you could right now," says Rosenbloom.

According to Edmund Burke, Ph.D., and author of the book *Optimal Muscle Performance and Recovery*, you should avoid using sports drinks that contain fewer than 20 grams of carbohydrate per 12 ounces, unless you have a very sensitive stomach. Avoid using sports drinks that contain more than 30 grams of carbohydrate per 12 ounces even if your stomach is cast iron, because such concentrated drinks absorb too slowly. Burke also advises staying away from sports drinks whose primary carbohydrate ingredient is fructose, which is digested more slowly than sucrose, glucose and maltodextrin and is more likely to cause stomach cramping. Be sure to use a drink that contains the electrolytes sodium (100 to 200 mg per 12 ounces), potassium (100 to 150 mg per 12 ounces), and magnesium (30 to 70 mg per 12 ounces). And lastly, avoid using sports drinks that contain "marketing ingredients" like ginseng and chondroitin that cannot in any way fuel working muscles.

YOU MIGHT BE A RUNNER IF...

- *you know splits are something that not only cheerleaders care about.*
- *your friends know to never call you after 8:30 at night.*
- *you get up earlier to run on the weekends than you do for school/work.*
- *you think that the inventor of Powerbar should be on Mount Rushmore.*
- *you have hundreds of safety pins scattered around your house.*
- *you have more T-shirts than a souvenir shop.*
- *you would stand in line for Bill Rodgers' autograph.*
- *you know that there is no such thing as too much pasta!*
- *you install hooks in your shower for wet running clothes.*
- *you can't wait for your next birthday so you move into a new age group.*
- *you check out the running stores for the new styles.*
- *you know that cotton is not the best fabric for running!*
- *you go on for 10 minutes when asked how your run was.*
- *you can use endorphins in a sentence.*
- *you could watch a whole marathon and not be bored.*
- *you enjoy running in the rain*
- *you think of distances in terms of mile repeats.*
- *you think marathon courses seem MUCH longer in the car than on foot.*

West Florida Y Runners Club
1005 South Highland Avenue
Clearwater, Florida 33756

We're on the Web!
www.wfyrc.com

TO:



Breaking 20

I joined West FI Y club about 4 years ago. I've continued to PR each year in various distances. It helps to hang around with crazy people to keep from going insane. I've been addicted to the loop for several years enjoying the conversation and challenges to improve. What surprises me is that I've also kept another ritual day and time. Track work at 5 am, Tuesday mornings with Skip and a handful of others at Clearwater High. Yes, it is dark, no lights. I've improved my times doing only a few select races each year. I've always had a little fear of the 5K. Not much room for mistakes or excuses. I continued to improve at track over the last couple of years and it was time to face the fact that I should be able to break 20 in a 5K. I started with a couple near misses and a too close to call, 19:58. I just got frustrated with the pressure I put on myself and decided to let it go over the hot months. Then I always had an excuse. I'm marathon training, I just biked 20 yesterday or it's just not a "PR" course. It's not certified, it is too windy, too hilly.

Run for the Rec was coming up several friends that were going good. Finally, I was done with cold. I'm going for it! I knew run my race. I tucked in behind pace while keeping Donna eye. We started in a cold head tact. We hit the first mile at me is usually the girls I want to was the motivation that came catch me on this day. We were then I started to pull slightly gaining much on Donna or the was cold and burning. I hadn't mile time was a 6:22, I'm on don't look back because if I saw to pick up the pace and I didn't competition losing ground I pace. So... I didn't watch just before mile 3 I knew on and shatter that 20 with front. I never caught anyone, loved seeing that 19:37 as I seconds behind Donna. Those so good. I still received 1st in overall. I start next week will change, but I won't soon 20. What I accomplished was because of encouragement, believing I could hold that pace and not letting my mind talk my body out of simply running hard. What's your goal? We'd love to see you at track next Tuesday.



Lisa Feldt at the Sunday morning group run.

in only a few days and I knew out. The weather looked excuses. The forecast was that to reach this goal I had to Al knowing he'd do a nice steady Nessler in the corner of my wind. I had both of my targets in 6:17. Perfect! What motivates catch, but what I didn't count on from the girls I didn't want to a tight group til the 2nd mile and ahead of the group, but not other front runners. My body run this hard before. The 2nd target, I can do it! I kept thinking, my competition closing I'd have want to do that. If I saw my might be tempted to back off the look. Taking one last look at my I had it. Now it was time to turn it hopes to close in on the ladies in but no one caught me either. I came through the finish just 5 post race pancakes never tasted my age although 5th female training for Boston so my focus forget this race and breaking