

Making Tracks



MY STORY AS IT RELATES TO ALS

By: William Motley



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At the age of 19, I served our country overseas in Vietnam. Little did I know at that time, my service may have been putting me at risk. Nearly forty years later, I was diagnosed with ALS and became just one of thousands of U.S. veterans who received that same death sentence. ALS, also known as Lou Gehrig's disease, progressively paralyzes its victims. The incurable illness attacks motor neurons in the brain and spinal cord, causing the muscles to waste away. Patients are robbed of their ability to eat, speak, and eventually breathe. Veterans are nearly two times more likely to be diagnosed with ALS than someone with no history of military service. The fatal disease is hitting America's Veterans the hardest, but the cause remains unknown. It's a mystery that's puzzling researchers and patients who now find themselves in the middle of the disease's devastating progression. For me, it all started with muscle twitches. Once an avid runner, I began to realize that I could not hold my head up. Then soon, I couldn't hold my right arm up either. I just knew something was wrong because things were just not right with my body. Despite my diagnosis, I continued to run races and work as a Code Enforcement Officer for the city of Tarpon Springs. Then the disease forced me to quit. I can no longer run or work, but unlike many ALS patients, I can still speak, eat, and walk since doctors have said my progression is slow. But still, everything is harder to do. Camille has to help me with bathing, and she has to help me with dressing. She buttons my shirts, fastens my pants, and buckles my belt. Everything that you take for granted, you need help doing. If someone were to hand me a cup of coffee, I would drop it. I'm just not strong enough to support its weight. Looking back on military memories - basic training in Fort Jackson, specialized training in Texas, and warfare in Vietnam, I strongly believe that some portion of that military experience could have brought on the disease. As researchers continue their quest for a link, I want lawmakers to do more in providing assistance in finding a cure. I think the military Veterans that served with me are bearing the brunt of the chemicals that were sprayed. Through each challenging day, I try to stay optimistic. I think I am very fortunate. I think that God has blessed me with a slow progression, and there is a reason that He is doing this. God is just not finished with me. He continues to bring me closer to himself. I spend my time getting involved in the community. I serve on the local ADA Committee and on an Environmental Quality Committee. Now, instead of focusing on the negative, Camille and I have vowed to use the strength we have left to fight the disease. We've already coped with ALS for four years, and I plan to long outlive the odds doctors gave me. Our strongest attack on ALS will come when we join with hundreds of people who have also been affected by the disease at the ALS Association's Walk to Defeat ALS. The Motley Crew will gather again on May 2 at George M. Steinbrenner Field in Tampa. I am asking you to help. Please consider joining my team and making a donation. If you cannot be with us on Walk day, you may still register as a Virtual Walker and help raise money on Motley Crew's behalf! Please see page 3 for the e-mail address to make a donation directly online! It's safe, secure, and convenient. Thank you for your support!

William K. Motley

Contacts

Officers:

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Vice President:: Position Open

Secretary: Jan Sheridan jansheri@verizon.net

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Membership Chair: Ric Dorrie ricdoor@hotmail.com

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Dan Boyle paintmandan@knology.net

Duncan Cameron Duncan.runsfast@knology.net

Skip Rogers trotskip1@verizon.net

Linda Schumacher two.shoes@knology.net

Web Master:

Jimmy Duncan webmaster@wfyrc.com

Upcoming Events:

MAY BAYNE 10-MILER

(Volunteers Needed)

March 29, 2009

ANNUAL DINNER — MAY 4, 2009

Monthly Board Meetings

Monthly Board Meeting are held the first Wednesday of each month at the Suncoast Family YCMA, 1005 South Highland Avenue, Clearwater, Florida at 6:30 p.m. Members are encouraged to attend. Please join us. Contact Michael Weiss for more information @lwefla@aol.com

GROUP RUNS:

SATURDAY Morning John Chesnut group run 7AM start s at Shelter #2

SATURDAY Morning Long Run "the loop" starts at Clearwater City Hall at 6:00 AM. Contact: Kathleen Roach at kathleenxyz@hotmail.com

TUESDAY AM track 4:30AM

Clearwater High School

THURSDAY 6PM Run Dunedin Causeway (meet behind Walgreen's)

NEWSLETTER INFORMATION

Submissions: Submit articles, "unusual" race results, photos, etc. via e-mail 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 300 copies of each approved and prepaid, 8.5" x 11" race flyer to Linda Schumacher by the 15th of the month for inclusion in the next newsletter.

Contacts: Becky Boyle: bboyle@knology.net or
Linda Schumacher: two.shoes@knology.net

Volunteers Needed

Want to Earn Those Valuable

Volunteer Points?

Please Call or E-Mail

Linda Schumacher @727-939-8038

Or two.shoes@knology.net

Or E-Mail

Michael Weiss @lwewfla@aol.com

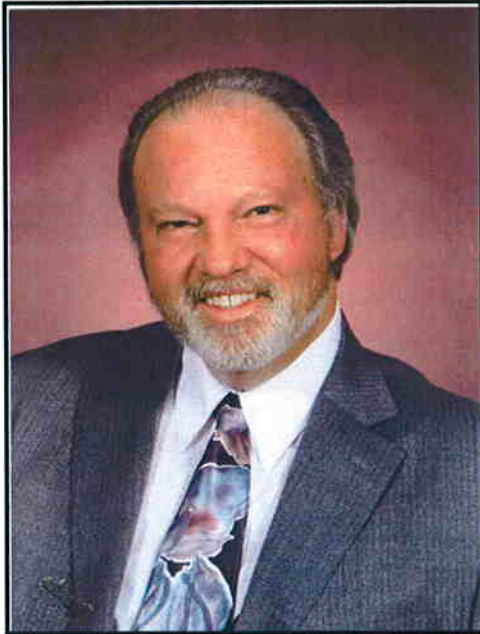
Ad-Rates:

Item	1 Month	
Business Card	\$20	1 Year
1/4 Page	\$50	\$180
1/2 Page	\$75	\$450
Full Page	\$125	\$675
Race Flyer	\$100	\$1125

Presidential Ponderings

By Michael Weiss

PLEASE COME TO OUR BOARD MEETING ON
WEDNESDAY, APRIL 1, 2009
6:30 P.M.
AT
CAPOGNA'S DUGOUT ON ROUTE 60
FREE GLASS OF BEVERAGE OF YOUR CHOICE TO FIRST 15 GUESTS



To Support Bill Motley in his Walk go to www.alsa.org

Click on "Click Here to Find A Walk Near You"

Select a State

Click on "Greater Tampa Bay Walk to Defeat ALS"

Click "Join a Team"

Search for the Motley Crew

Photos from Gasparilla



Christa Benton

1st Overall Female

Jerry Margolin Finishing the 15K



Fall Marathon Training Group

By: Mac Jacobs

- Run your first marathon
- Run with a friend or family member
- Run for the challenge
- Run for a charity
- Everyone is welcome
- Synergize your work out - share information, encouragement, commitment
- Some of us are registering for Marine Corps Marathon (WWW.Marinemarathon.com) (listed as a fast course)
- Registration opens April 1st @ noon and will sell out that day.
- Long runs meet at Clearwater City Hall Sundays at 6:00 am
- First meeting at City Hall is May 3rd (6:00am)
- Training in earnest begins June 14th(6:00am)
- Run your own pace
- Novice and intermediate runners encouraged
- Advanced runners welcome

For more info Call Mac @ (727) 515-1374 or come on down to City Hall



PROFILE OF A RUNNER

By Brian Scott

Tell us about yourself: *I have lived, worked and run in Pinellas County since 1983. I am now a master's runner that has been at it for about 26 years. I work quite a bit, which requires a lot of travel from time to time. When I am not at the office or traveling I am pretty much either running or working out in some fashion or another. Cycling is great because my significant other, Sandy and I can do that together.*

What brought you to the area? *My Mom and Dad decided to move to Florida from upstate New York in 1982 to escape the poor economy and also they were tired of shoveling snow.*

How long have you been a Club member? *I am not really sure....but it has been a long time. I joined "Suncoast Runners Club" when I was in high school about 1984 or so, and a few years after WFYRC so I would say about 20 years.*

What do you do for a living? *I own and operate Escot Bus Lines which is a charter bus and contract transportation company located in Largo, along with my business sister and business partner Pamela.*

How long have you been running and why did you start running? *I started running shortly after re-locating to the Tampa Bay area about 1983. I started running actually to loose weight because I was a fat kid. Once I lost some weight a friend of mine talked me into to joining the cross country team at Seminole High School in 1984 and the rest is history.*

What is your most memorable race? *That is hard to say...there have been so many good ones. If I had to choose I would say Gasparilla. That was one of the first races I ever ran in 1984 and I have never missed a year since. My first Marathon – NYC in 1995 was also very memorable, but I never miss a Gasparilla – that is definitely an annual priority for me.*

What length of run do you prefer to run? *For some crazy reason I choose to run marathons but I do not feel that is my optimal distance. I feel my real talent lies in middle distance running, basically 10K – the Half Marathon. I typically like to average about 8 miles a day – that seems to be a good day to day distance for me that allows me to feel good about a work out and lets me achieve most of my running goals.*

What is your favorite pre-race meal? *Sushi for sure.*

Do you have any running goals? *I still think I can PR at a few distances if I work hard at it: 10K, 15K and Marathon.*

Do you have any other hobbies? *I also do triathlons but I am mainly a runner. I have gotten into the habit of taken Sundays off from running and going for a long bike ride instead, and Friday night swims at the Palm Pavilion are great.*

Do you have any advice for your fellow runners who are starting out? *The only thing that running rewards is consistency.*

Brian Scott
At
Gasparilla



West Florida Y Runners Club presents...
Max Bayne 10-Mile Race & 5 K Race




Fort DeSoto Park-North Beach/Shelter 8
Sunday, March 29th, 2009 at 8:00 AM
RRCA Southern Region Championship
 Race Day Registration starts at 7:00 am.

Standard age group awards in 10 mile race: **3 deep**
5K Awards: TOP 10 Male and Female Finishers!
 Commemorative T- shirts to all pre-registered runners and while supplies last on race day.

Register Online at www.maxbayne.com

Cut here **P**-----

Checks payable to: WFYRC Max Bayne Race
 Mail to: Everett McDowell, 1256 Stoney Brook Lane, Dunedin, FL 34698
 Information: www.maxbayne.com or Call Michael Weiss (727) 644-7702

	10 mile Entry Fee \$30	\$25 for WFYRC Members (postmarked before February 7, 2009)
	10 mile Entry Fee \$35	\$30 for WFYRC Members (postmarked before March 1, 2009)
	10 mile Entry Fee \$40	\$35 for WFYRC Members on Race Day
	5K Race Entry Fee \$20	\$15 for WFYRC Members (postmarked before February 7, 2009)

Name: _____ Male / Female Shirt Size: S M L XL

Address: _____ DOB: ____-____-____

City: _____ State: _____ Zip: _____ Age: _____ Phone _____

Email: _____ . You will receive confirmation by email.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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. I assume all risks associated with running and volunteering to work in club 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 membership, 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 these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Must be postmarked by March 1, 2009

Signature (Parent's Signature if under 18)

(After March 1, register online or race day.)

(address box)

TRAINING

Albert Einstein once said that the definition of insanity is doing the same thing over and over again, and expecting different results. If this were a legal definition, many athletes might end up spending time in a padded room.

Questions to ask yourself about your training should include:

- Is there a difference between the workouts I perform in the early part of the year and those I conduct in the middle and latter parts? How do these workouts differ?
- Do I tend to see my best performances early, in the middle, or late in the season? Why might this be?
- Do I conduct a base period of aerobic training?
- Is base training all I ever do?
- Do I ever train my nervous system to maintain and develop turnover?
- Do I utilize the weight room as an area to improve performance?
- Have I spent enough time working on my weaknesses to see an improvement in them?
- Have I spent enough time maximizing my strengths?
- During the competitive phase of my season, do my main workouts of the week mimic the race demands?