

25th Annual Unicorn Gallop

The 25th Annual Unicorn Gallop 5K (a two-loop course finishing at Largo Central Park) and Unikids run and walk was held on Saturday, March 13, 2004. PSTA was once again the major sponsor for this community event. Other sponsors included TCSI (Transportation Contract Services) our para-transit provider, Largo Medical Center, Feet First, Boston Bill Sunglasses and Spinal Correction Center.

Largo Central Park provided the perfect backdrop for the post race celebration complete with music, pizza, bagels and other goodies. PSTA's Executive Director Roger Sweeney assisted with presenting the overall and age group awards at the post race celebration. PSTA's newest MCI coach was staged at the park for all to see and board. PSTA even provided 300X free ride coupons for the race participants. The 300X route provides commuter service between Largo and Tampa via Ulmerton Rd. and the Howard Frankland bridge.

The proceeds from this event will support recreation programs in Largo and also be used for the annual West Florida 'Y' Runner's Club scholarship awards program. Many thanks to all the Club members and friends who volunteered to make this event a success.

Overall men's winners: WFYRC Club member **BRIAN SCOTT** in 17:08, followed by Ian Payne in 17:16 and David Putnam in 17:47. Overall women's winners: WFYRC Club member **JUDY MAGUIRE** in 17:57, followed by Vicki Stum in 18:13 and Lisa Valentine in 18:36. Master's winners: Michael Coyne in 17:53 and Donna Nesslar in 19:04. Grandmaster's winners: Joe Burgasser in 19:15 and Karen Alexeev in 22:48.



Above: 5K Start

Left:
Race Director,
Denise Skinner

Middle:
Marc Skinner

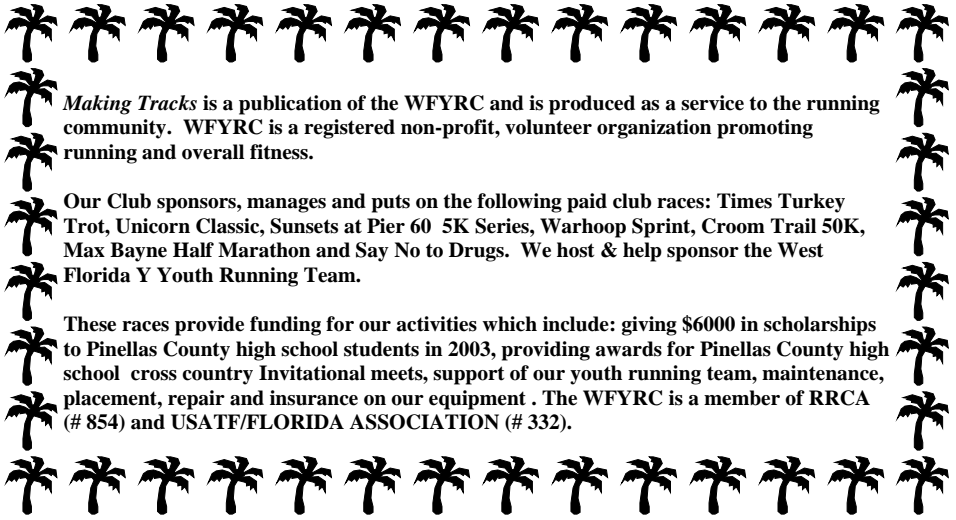
Right:
Overall Winner
Brian Scott 17:08



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



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	

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 our Printer 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	-----	-----

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.

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

Visit the WFYRC website
www.wfyrc.com

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 Race Results:

March:

3/6/04 - Race for Camp (5 K) Seminole

Debby Farias, 20:20, 1F35-39; Donna Nessler, 19:20, FOverall; Jennifer Nessler, 28:56, 1F10-Under; Kristin Nessler, 28:56, 1F10-Under; Pat Scott, 24:02, 2F40-44; Patti Spence, 23:03, 1F40-44.

3/6/04 - PEL-I-CAN 5K Run Eckerd College, St. Pete

Ned Bennett, 31:32, 1M80+; Duncan Cameron, 19:18, 1M60-64; Neil Harvey, 32:54, 2M70-74; Cindy Krager, 26:19, 1F55-59; Mary Ann Protz, 18:33, FOverall; Denise Skinner, 21:00, 1F45-49; Lisa Valentine, 18:47, FMaster; Z. Zajac, 23:09, 3M55-59.

3/6/04 - Helmets & Hardhats 10K Run Tampa

Terri Sullivan, 1:12:19; Kit Van Allan, 43:01, 1Foverall.

3/6/04 - Shamrock Classic 5K Run Ocala

Silky Sullivan, 23:05, 1M60-64.

3/13/04 - Unicorn Gallop 5K (#25) Largo

Jim Baker, 22:37; Ned Bennett, 31:00, 1M80-84; Joel Blakeman, 19:07; Phil Blitz, 20:07, 1M13-14; Kevin Cronin, 21:10, 2M50-54; Steve Deeb, 24:19; Cathy deHaan, 28:04, 2F60-64; Roland DeRussy, 38:38, 1M70-74; Debra Donald, 21:52, 1F45-49; Debby Farias, 20:09; Rose Farrow, 28:50; Lisa Feldt, 19:29, 2F35-39; Jon Feltham, 20:43, 1M50-54; Ray Goetz, 24:54; Peggy Goodale, 37:25; Don Herring, 28:01; Ginger Herring, 28:38, 3F60-64; Ray Hoover, 52:18, 1M85+; Ken Klinker, 23:52; Jean Lapiere, 20:57, 2F30-34; Brian Latzke, 27:37; Judy Maguire, 17:57, 1FOverall; Jerry Margolin, 36:35; Amy McClenathan, 20:14, 2F40-44; Dan McClenathan, 21:55, 3M50-54; Shannon McClenathan, 25:30, 1F11-12; Colman Mooney, 20:53, 1M60-64; Donna Nessler, 19:04, FMaster; Jennifer Nessler, 29:57, 3F10-Under; Kristin Nessler, 27:58, 1F10-Under; Bill Pray, 18:57, 3M40-44; Robin Reed, 19:17; Jim Schoeneberg, 22:49; Brian Scott, 17:08, 1MOverall; Perry Steele, 22:33; Vicki Stum, 18:13, 2FOverall; Lisa Valentine, 18:36, 3FOverall; Kit Van Allan, 20:03, 3F35-39; Bud Williams, 21:51; Terry Wyman, 19:12, 1M35-39.

3/13/04 - Lucky Leprechaun (#2) (5 K) Tampa

Frank Spicer, 22:29, 3M55-59; Silky Sullivan, 22:35, 2M60-64; Frank Van Aken, 23:23, 2M70+.

3/13/04 - Gate River Run (15 K) Jacksonville

Dee Anna Farnell, 1:11:47; Dottie Foster, 1:18:33; Ron Cote', 1:03:52; Barb Cote, 1:18:27; Jim Burgasser 55:52:00; Erin Burgasser 1:13:02

3/14/04 - Friendship Trailbridge Races (8 K) St. Pete

Bert Connelly, 50:16, 3M60-64; Laureen Doloresco, 46:32, 2F50-54; Steve Doloresco, 45:03; Lisa Farrell, 56:14; Steve Harwig, 44:01; Jeannie Martin, 48:00; Michael Roberts, 44:09; Pat Scott, 41:03; Silky Sullivan, 38:35, 1M60-64.

3/14/04 - Friendship Trailbridge Races (5 K) St. Pete

Anne Kordish, 25:59; Silky Sullivan, 24:24, 1M60-64.

3/20/04 - Beach To Bayou 2002 (#25)(5 K)TarponSpgs

Ned Bennett, 30:46; Jim Callan, 22:54, 2M65-69; Duncan Cameron, 19:20, 1M60-64; Hunter Christian, 23:22, 3M30-34; Kevin Cronin, 21:51, 3M50-54; Ed Cunningham, 32:27; Steve Deeb, 23:48; Laureen Doloresco, 28:20, 3F50-54; Steve Doloresco, 27:26; Debra Donald, 21:38, 1F45-49; Barbara Eckes, 25:12; Jon Feltham, 20:54, 2M50-54; Fran Gaberino, 35:11; Victor Gambone, 23:01; Laurence Glacet, 23:24, 3F35-39; Peggy Goodale, 36:43; Kim Griner, 29:31; Jerry Margolin, 36:44; Tom Murtaugh, 24:16; Jerry Napp, 19:38, 2M45-49; David Sawders, 27:45; Andy Scavelli, 17:36, 1M40-44; Jim Skinner, 39:03; Terri Sullivan, 33:10, 3F60-64; Bonnie Theall, 25:45, 1F55-59; Frank Van Aken, 23:50, 3M70+; Kit Van Allan, 19:55, 1F35-39; Albert Wieringa, 19:16, 1M55-59; Bill Willoughby, 25:43.

3/20/04 - Nutrition for the Long Run 5K Pass-a-Grille,

Pat Fitzgerald, 27:26, 1M70+; Silky Sullivan, 24:11, 3M60-64.

3/27/04 - Armadillo Run XXII (5 K) Oldsmar

Ned Bennett, 31:35, 2M80+; Dan Boyle, 26:31; Linda Counts, 24:19, 3F35-39; Steve Deeb, 23:56; Debra Donald, 21:38, FMaster; Barbara Eckes, 25:55, 3F45-49; Elizabeth Florko, 25:24, 3F40-44; Arnaud Glacet, 21:28, 1M30-34; Laurence Glacet, 22:47, 1F35-39; Cathy Green, 27:42; Jim Keppeler, 20:54, MGM; Gary Miller, 21:40, 2M50-54; Tom Murtaugh, 24:23, 2M60-64; Jim Neely, 29:29; Victoria Reyes, 29:19; Linda Schumacher, 31:06; Jim Setaro, 29:07; Vicki Stum, 18:34, FOverall; Silky Sullivan, 23:01, 1M60-64.

3/27/04 - Armadillo Run XXII (10 K) Oldsmar

(Continued on page 4)

Duncan Cameron, 40:20, 1M60-64; Peter Collins, 39:21, 1M35-39; David Colpitts, 41:50, 2M55-59; Ron Cote', 41:14, 1M50-54; Kevin Cronin, 44:11, 3M50-54; Laureen Doloresco, 1:00:52; Steve Doloresco, 58:35; Dee Anna Farnell, 45:21, FGrandMaster; Jon Feltham, 43:48, 2M50-54; Victor Gambone, 48:15; Ray Goetz, 51:43; Kim Griner, 1:01:11; Don Herring, 57:34; Ginger Herring, 59:11, 1F60-64; Scott Ingram, 51:21; Cindy Krager, 53:39, 2F55-59; Judy Maguire, 38:24, FOverall; Mary Ann Protz, 38:35, FMaster; Terri Sullivan, 1:10:19; Frank Van Aken, 49:56, 2M70-74; Albert Wieringa, 40:14, 1M55-59; Wally Woodbury, 41:47; Dave Zeedyk, 1:00:13.

3/27/04 - Run for the Children 5K Safety Harbor

Steve Harwig, 24:56, 1M45-49; Dorothy McClellan, 34:01, 1F65-69; Nancy Steele, 27:16, 3F40-44; Bob Van Dyke, 24:31, 2M55-59.

3/27/04 - Run for Your Life 5K Tampa

Colleen Scott, 24:30, 1F40-44; Mike Scott, 20:09, 1M45-49.

3/28/04 - Flatwoods Four (4 Mi) Flatwoods Park

Jim Doran, 32:12; Lisa Farrell, 47:30; Lisa Feldt, 27:46, 1F35-39; Elizabeth Florko, 39:09; Anne Kordish, 36:07; Michael Roberts, 35:25.

West Florida Y Runners Club Race Results:

April:

4/3/04 - Guppy's Gulfside Gallop (5 K) Indian Rocks

Pat Fitzgerald, 28:07, 1M70-74; Steve Harwig, 27:21; Dorothy McClellan, 37:53, 1F65-69; Maureen Mercer, 41:10; Brian Scott, 18:28, 1MOverall; Colleen Scott, 26:48, 3F40-44; Pat Scott, 26:37, 2F40-44; Patti Spence, 30:38; Bert Valery, 35:39, 2M60-64; Kit Van Allan, 21:56, 1FOverall.

4/3/04 - Kids For Kids Community 5K Run Fort Desoto

Mollie-Rae Jerman, 33:59, 2F65+; Dan McClenathan, 21:11, 2M50-54; George Richardson, 26:18, 2M60-64; Silky Sullivan, 22:37, 1M60-64.

4/3/04 - The Esquire Flyer (5 K) Stetson Coll, Gulfport

Bert Connelly, 29:38, 3M60-64; Steve Deeb, 24:27; Cathy deHaan, 28:21, 3F60-64; Roland DeRussy, 37:22, 1M70+; Jon Feltham, 20:46, 1M50-54; Peggy Goodale, 38:26; Meli Hamilton, 25:53, 1F60-64; Don Herring, 26:40, 1M60-64; Ginger Herring, 28:07, 2F60-64; Mary Ann Protz, 18:25, FOverall; Jim Sheridan, 23:15, 2M50-54; Albert Wieringa, 19:27, MMaster.

4/3/04 - Croom Trail 50 Mi Run Brooksville

Elaine Anthony, 12:15:00, 1F45-49; Jim Bodoh, 10:00:20, 2M50-54; John Wood, 9:36:34, 1M50-54.

4/3/04 - Croom Trail 50K Run Brooksville

Ron Balow, 5:18:14, 3M55-59.

4/3/04 - Croom Trail 15 Mi Run Brooksville

Joel Blakeman, 2:08:01, 2M40-44; Debby Farias, 2:05:54, 1F35-39; Ken Klinker, 2:44:15.

4/5/04 - Harvey's Festival Run (5 K) North Straub Park,

Mike Barber, 24:39; Duncan Cameron, 19:32, 1M60-64; David Colpitts, 19:47, 1M55-59; Bert Connelly, 30:45; Debra Donald, 21:47, 1F45-49; Peggy Goodale, 37:45; Patty Holloway, 39:49; Thom Holloway, 35:11; Linda Mason, 24:39; Ginger McLain, 41:17, 1F65-69; Donna Nessler, 19:07, FMaster; Jack Parr, 1:04:34, 1M80+; Doug Peterson, 23:53; Michael Roberts, 24:52; Andy Scavelli, 17:14, MMaster; Silky Sullivan, 22:26, 2M60-64; Lisa Valentine, 18:46, FOverall; Marilyn Winn, 35:36, 3F60-64; Bart Wolf, 23:26.

4/10/04 - Hare Racing Experience (#12) (10 K) Tampa

Kevin Cronin, 43:47, 1M55-59; Debra Donald, 45:27, 1F45-49; Elizabeth Florko, 54:21; Victor Gambone, 48:02; Ray Goetz, 51:55; Jeannie Martin, 1:02:32; Dan McClenathan, 45:03, 1M50-54; Pat Scott, 51:02; Silky Sullivan, 47:46, 1M60-64; Terri Sullivan, 1:11:50, 1F60-64; Lisa Valentine, 38:54, FOverall; Frank Van Aken, 49:09, 2M70+; Kit Van Allan, 42:13, 1F35-39;

4/10/04 - Hare Racing Experience (#12) (5 K) Tampa

Karen Bouchard, 22:53, 2F45-49; David Colpitts, 20:33, 2M55-59; Laureen Doloresco, 28:08; Steve Doloresco, 27:18; Pat Fitzgerald, 26:02, 1M70+; Annette Frisch, 31:26, 1F60-64; Kim Griner, 28:35; Colman Mooney, 20:01, 1M60-64; John Ross, 37:56; Albert Wieringa, 19:31, 1M55-59.

4/17/04 - Grace Race (5 K) Ocala

Silky Sullivan, 22:39, 1M60-64.

4/18/04 - Frenchy's 5K Gumbo Run Pier 60, Clearwater

Patti Spence, 24:31, 2F40-44; Silky Sullivan, 23:34, 1M60-64; Frank Van Aken, 25:14, 1M65+.

4/24/04 - Draft Day Dash (#4) (5 K) Raymond James Stadium

David Colpitts, 20:44; Laureen Doloresco, 27:29; Debra Donald, 21:33; Vicki Stum, 17:57, FOverall; Kit Van Allan, 19:41.

May Birthdays:

David Bilyeu 5/2, Moriah Wong 5/2, Kathryn Worischek 5/2, Dick Buckley 5/2, Cindy Miller 5/2, Mary Ann Protz 5/7, Marti Clayton 5/8, Laureen Doloresco 5/9, Brent League 5/9, Patricia Massard 5/11, Debra Donald 5/11, Jack Parr 5/11, Kyle Franklin 5/14, Dottie Rutigliano 5/15, Shirley Taylor 5/16, Suzanne Cortina 5/17, Charlie Worischek 5/19, Robert Young 5/21,

UPCOMING EVENTS:

May 15 St. Anthony's Carillon 5K
May 15 Hunter's Green Family Classic 5K 7:30am.
May 22 WFYRC/Chesnut Hackers Golf Tournament
June 4; June 18; July 16; July 30; August 13:

Sunsets at Pier 60 5K Beach Series:

June 13 Breakfast Run: Ron and Barb Cote' 6am
Call 727 787-3644 for directions and/or to RSVP
for headcount. Bring your favorite dish.

September 11 Warhoop Sprint
November 25 Turkey Trot
November 28 Space Coast Marathon & 1/2 Marathon

Race Director Needed

If you are even vaguely interested please call. The goal is to get a number of race directors so no one shoulders too much of a load. We do need the help. Would you like a mini challenge? Guaranteed to NOT overwhelm! Call just to discuss if this MIGHT suit you. Your club needs some volunteers. Together it will not be hard.

PLEASE CONTACT:

Linda at 939-8038 or
Skip at 442-5838

St. Anthony's Carillon 5K

Inaugural event organized and managed by the same team for the St. Anthony's Triathlon.

When: Saturday, May 15, 2004,

Where: Start and finish at St. Anthony's new Carillon Outpatient Center

Register: www.stanthonys.com

ChampionChip timing, a USATF certified course, a post-race party, T-shirts for all participants and awards to the top three finishers of each age group

Contact Kim Connelly: (727) 825-1271

Space Coast Marathon / Half Marathon

November 28, 2004. Overwhelming positive response to last year's new course and amenities. This year's pre-race dinner, included in the entry, features Jeff Galloway as the keynote speaker. The course is limited to 750 athletes and we had to close registration 2 weeks before last year's event. Complete information and registration: <http://www.spacecoastrunners.org/marathon.html>

WFYRC is taking up a collection of "clean" running shoes that still have tread left on them, but don't seem to work any more as far as running is concerned. We have two different groups that are looking for running shoes. One, Stu and Mary Lou Johnson are going on a church mission trip to Brazil to work with the Indians, and the other is Pinellas County, who will be using the rubber for playgrounds, etc. Check our website wfyrc.com for further updates as to when and where the drop off points will be.

Pinellas County is implementing the Nike, Reuse-A-Shoe program in our county. The goal of the program is collect a minimum of 5,000 pairs of athletic shoes (of any brand). This endeavor helps bring public awareness to the importance of end of life responsibility of products and keeps these old shoes out of the wastestream. The rubber parts of the shoes are ground up and used to create athletic surfaces for grant winners.

★ ~ **WFYRC and CHESNUT HACKERS GOLF TOURNAMENT** ~ ★

A SMASHING GOOD TIME WILL BE HAD BY ALL.....

★ who are participating in our annual Chesnut Hackers-WFYRC golf tournament on May 22nd.
 ★ Registrations have poured in at an unprecedented rapid rate. Countryway Golf Club is once again the
 ★ locale for this fun, and sometimes hilarious, event. We do have room for a few more players. Golfing
 ★ experience is not a prerequisite. The \$24.00 fee includes greens and cart fees as well as the barbecue
 ★ following. If you haven't signed up, call Dick Buckley at :

Phone: 510-7354
Email: RTBJMB@aol.com

WFYRC Annual Scholarship Dinner

The WFYRC annual scholarship dinner honoring our WFYRC scholarship recipients, our volunteers and our existence! Meet and greet other Club members in a venue that for once doesn't include running shorts. It turns out there's more to this Club than just running. Its fun, informative and deeply appreciated by our scholarship recipients. Hope to see you there!

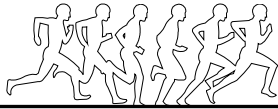
When: Sunday, May 16th
 Where: Carraba's Italian Grill Clearwater, US 19 just south of SR 60.
 Time: 12:30
 Cost: \$15
 Choice of entree: Tagliarini Picchi Pacchiu -or- Chicken Gratella
 Contact: Karen Farnham Home Phone: 781-8128
 E-mail: iran262@tampabay.rr.com

Casey Calhoun 5/22, Lisa Feldt 5/22, Jim Skinner 5/22, Z. M. Zajac 5/22, Priscilla Miville 5/24, Cathy Green 5/28, Dianne Cayll-Skiles 5/29, Vince Albanese 5/31, Ann Reidelberger 5/31

June Birthdays:

Roland DeRussy 6/1, Keith Besley 6/2, Scott Tinkel 6/2, Jill Makrianes 6/3, Linda Mason 6/3, Rebecca Rainwater 6/3, Allen Ahern 6/4, Mike Terrell 6/4, Jerry Margolin 6/5, Charles Mason 6/5, Steven Valentine 6/5, Curtis Ingram 6/6, Rhett Franklin 6/7, Bob Palsha 6/9, Kit Van Allan 6/10, Jean Lapierre

6/11, Eve Dietrich 6/12, Adelia (Dale) Schmidt 6/12, David Shirley 6/12, Walt Davin 6/15, Pete Pfannerstill 6/16, Keith Harcombe 6/17, Joseph Mason 6/18, Bob Moorehead 6/18, Tom O'Connor 6/19, Dianalynn Aguilu 6/21, Mike Barber 6/21, Steve Doloresco 6/21, Lindsey Weiss 6/21, Sam Bailey 6/22, Patricia Holloway 6/22, Lisa Kothe 6/22, Kelly McClenathan 6/24, Roger Sweeney 6/24, T.D. Hawkins 6/25, Christine Herrington 6/26, Wayne Pelletier 6/28, Jim Horden 6/29, Patrick McClenathan 6/29



Member Updates:

TRACK WORKOUTS By Coach Mel

April 6th	5 x 600 m
April 13th	Ladder (400, 800, 1200, 1600m)
April 20th	1 x 800m, 1 x 400m (3 sets)
April 27th	4 x 1200m
May 4th	12 x 400m
May 11th	6 x 800m
May 18th	5 x 1000m
May 25th	1 x 1200, 1 x 800, 1x 1200m
June 1st	2 x 400, 2 x 800, 2 x 1200m
June 8th	5 x 600 m
June 15th	Ladder (400, 800, 1200, 1600m)
June 22nd	1 x 800m, 1x 400m (3 sets)
June 29th	4 x 1200m

Albert Wieringa broke into the 18's: (Great running, Al!)
 April 17, Riverview, Spring Jubilee Classic 5K 18:59 1M50-59

Dan Boyle continues to recuperate and will be back to running as soon as practical.
 John Holmes has received encouraging news and is pusuing new options previously thought unavailable to him.
 Both are doing much better. Get better soon!!!!!!!!!!!!!!

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.

WFYRC Trivia Quiz

Submit your answers about WFYRC and your fellow WFYRC members to the following questions to wefly@tampabay.rr.com. The first person to submit the most correct answers May 20th deadline will win a WFYRC running hat! Winner will be notified by e-mail. GOOD LUCK!

- 1) Who qualified for Boston in 2002 and speaks with a French accent?
- 2) Who ran dressed as Santa Clause wearing Santa Clause boxer shorts in the race "Run for Santa?"
- 3) Who was affectionately known as "Quadzilla?"
- 4) Who originated the Gate River Run bus trips and advertised with the slogan, "only 2 seats left!"
- 5) Who was the original "Indian Chief" at the Warhoop Sprint?
- 6) Who were the race directors of the one and only "Brush and Bottle Classic 5K?"
- 7) Who earned the nickname "Tiger" after completing the Buddy Freddie Bike Ride?
- 8) Who proposed to his wife on the Savannah Bridge during the Savannah Bridge Run?
- 9) Who were the two star runners in the unofficial "J & J Half Marathon" at John Chestnut Park?
- 10) Which WFYRC race had the t-shirt logo designed by a 5th grade art contest?

theWFYRC Sunsets at Pier 60 5K Beach Series

If you thought the beach was just for vacations you've never raced Clearwater Beach at 7pm in the summer!!!!
 The Beach Series is scheduled to be a big favorite again this year. We have some great new prizes and everyone is sure to have a fun time. We have once again tried to schedule the races during low tide so that the beach is as easy as possible to run on. Several early registrations have already come in and I keep getting e-mails on a pretty consistent basis for people who are interested. We are expecting record racing numbers this year as this series seems to get more and more popular. Be sure and save the dates:

- June 4th & 18th
- July 16th & 30th
- August 13th

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

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

TO:



86 degrees at my 1st Boston?

by Stephanie Miller

With a healthy dose of fear I toed the line (...er, corral #13) at my first running of the Boston Marathon. Near record setting temps in store for us - great! Armed with my trusty heart monitor I knew I could only do what I could under those conditions if I listened to what my marathon-zone heart rate told me from the get go. Knowing every other runner out there would be including my three Boston me little comfort.

Crowd support was unlike made everyone feel like a garden hoses, orange enjoyed it for as long as I couldn't understand how and further away! I never did I realized I had couple of tears of pain and 2 goals - breaking four the runners who suddenly will power to run around



anything I had ever experienced. They star offering cool showers with their sections, cheers and high fives. I could until the pain and fatigue set in. I they kept moving the finish line further thought I would cross it. When I finally completed my 1st Boston. I shed a celebration. I had achieved my 2nd of hours and never walking, even with all would stop in front of me, taking all my them.

I owe so much to my Roach, Debby Farias

"BOSTON BUDDIES"... a.k.a (l to r) Stephanie Miller, Kathleen Roach, Debby Farias, Lisa Feldt

Boston Buddies, Kathleen and Lisa Feldt for encouraging me to go and supplying me with plenty of laughs. "Are you looking at my pants?" "Where's Jon?" "Oh we must be in the Boston Triangle." I'd love to run a marathon, but it is an awful long way." Oh well... you had to be there.

BEWARE OF THESE PEOPLE!!! A typical group of nefarious souls habitually spotted on the 7:30 am Saturday Group-Run in John Chesnut Park. They claim to welcome newcomers for lower-mileage, group-paced runs. That's their clever ruse!

