

Making Tracks



THE TRAVELING RUNNER

RUNNING TRAVELER

By: **Vickie Krivacs**

Mill Creek Canyon Run - Salt Lake City Utah



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“There have been a lot of rattlesnake bites this summer,” my mother calmly mentioned as we drove up Mill Creek Canyon to find the Burch Hollow parking area for the Pipeline Trail. I was visiting my parents in Salt Lake City and was hoping for nice cool weather for a long run, but anything is cool compared to Florida in August. This particular route was suggested by an employee of the Salt Lake Running Company who assured me that the trail was flat and scenic. (We’ve learned in our travels to call ahead to local running stores for advice on the best places to run.) We found Burch Hollow a few miles up a beautiful canyon in the Wasatch National Forest. Our surveillance run complete, we headed back to the house.

Early the next morning, my brother and I waited until it was light and drove to Mill Creek. There are two places to access the Pipeline Trail, one at the bottom of the canyon, the other, Burch Hollow at the top. As we came to the first parking are, I impulsively decided that we could just park at the bottom, climb a short way up the trail and start the run. And since I am the big sister, my brother knew enough to go with the flow.

A light rain began to fall as we made our way up Rattlesnake Gulch Trail which intersected the Pipeline Trail further uphill. The trail quickly became very steep and was slippery from the rain.

We were reduced to walking and were huffing and puffing like choo-choo trains. After what seemed like forever, we met two women who had no trouble breathing and were hiking with a dog. This encounter provided a chance to catch my breath and find out just how much further uphill this Pipeline Trail was. They indicated it was at least half a mile to go and maybe further. Turning back was not an option, so on we went.

That’s when I saw the snake. My brother Alex had just sailed right past it. This little rattler was curled up under a rock by the side of the trail and was trying to stay warm. Alex didn’t see it and still couldn’t see it when I pointed it out to him since he wasn’t wearing his glasses. Since I could see, I took the lead and on we went.

Contacts

Officers:

Interim President:: Skip Rogers trotskip1@verizon.net

Vice President:: Position Open

Secretary: Jan Sheridan jansheri@verizon.net

Treasurer: Laurence Glacet lgkoch@tampabay.rr.com

Membership Chair: Ric Dorrie ricdoor@hotmail.com

Board Members:

Becky Boyle bboyle133@gmail.com

Dan Boyle paintmandan@gmail.com

Duncan Cameron Duncan.runsfast@knology.net

Mac Jacobs macjacobs@hotmail.com

Skip Rogers trotskip1@verizon.net

Linda Schumacher two.shoes@knology.net

Michael Weiss lwewfla@aol.com

Web Master:

Jimmy Duncan webmaster@wfyrc.com

Upcoming Events:
TURKEY TROT
Thanksgiving Day
(Volunteers Needed for Crowd Control)

CHRISTMAS PARTY
December 18, 2009
Clearwater Country Club

Monthly Board Meetings

Monthly Board Meetings will be held the first Saturday of each month at Einstein's Bagels, 33119 US 19, Palm Harbor, Florida at 9:30 a.m. Members are encouraged to attend. Please join us.

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

Ad-Rates:

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

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

SUNDAY Morning 6:00AM Contact: Mac Jacobs @macjacobs@hotmail.com

TUESDAY AM track 4:30AM
 Clearwater High School

THURSDAY 6PM Run Dunedin Causeway Contact:

Dan Boyle paintmandan@gmail.com

Volunteers Needed

E-Mail

Linda Schumacher
 (two.shoes@knology.net)

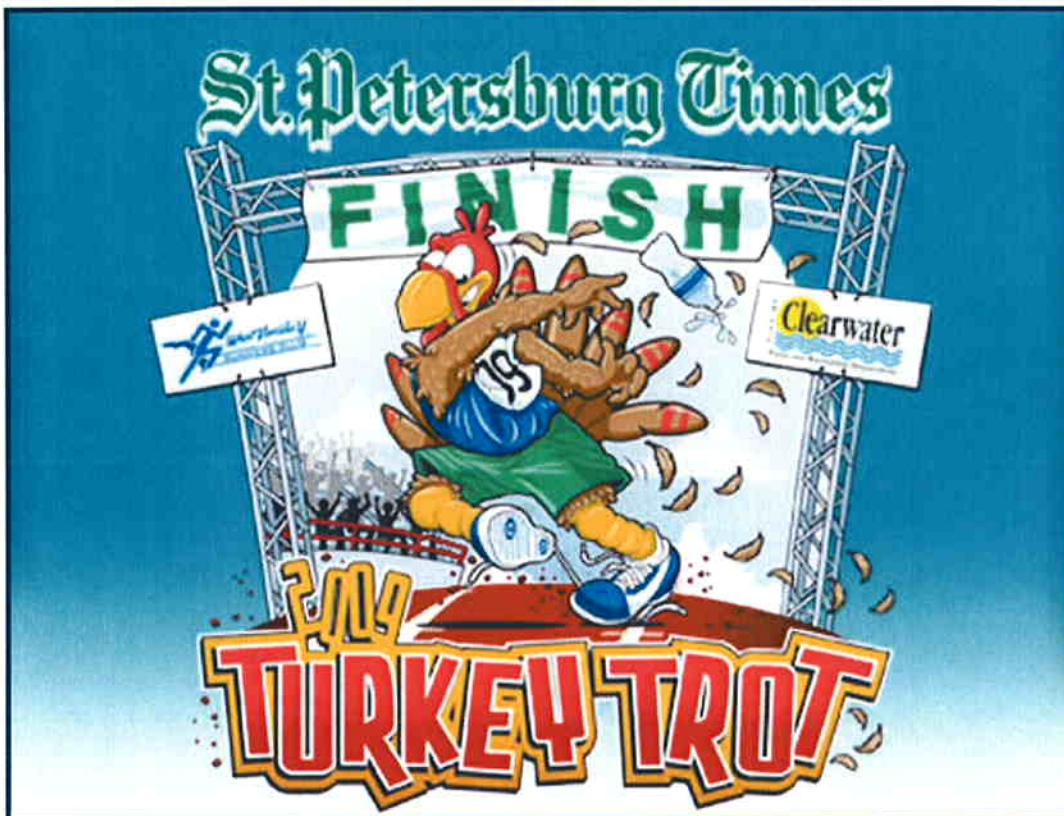
Or Skip Rogers @trotskip1@verizon.net

President's Message by Skip Rogers

This year's Turkey Trot shirt will AGAIN be a Hi Tech Shirt.

We will again be supporting our troops in Iraq this year. Adam Graetz U.S.ARMY 82nd Airborne will be our contact over there. Adam graduated from Largo High School and has been running and doing triathlons for over 20 years. We will provide special shirts for each participant to be mailed to Iraq.

SEE YOU AT THE TROT!



Thanksgiving Day

November 26, 2009

Get ready, get set, trot!

Jack White Stadium at

Clearwater High School

540 S. Hercules Ave., Clearwater

Choose from four races:

- **5K Wingding - 7:00 a.m.**
\$15 (\$20 Race Day)
- **5K Fun Run- 7:30 a.m.**
\$15 (\$20 Race Day)
- **1 Mile Gobbler - 8:30 a.m.**
\$10 (\$12 Race Day)
- **10K Turkey Trot - 8:45 a.m.**
\$15 (\$20 Race Day)

Continuation of The Traveling Runner

About the time I decided there was no Pipeline Trail, we saw a trail sign telling us to turn to our left. This didn't take us up the canyon where I knew we needed to go, but we went left. After another quarter of a mile we came to the westernmost part of the Pipeline. An incredible view of the Salt Lake Valley was our reward. We could see all the way across to the Oquirrh Mountains 30 miles away. We congratulated ourselves for sticking with it and turned around to head back up the trail.

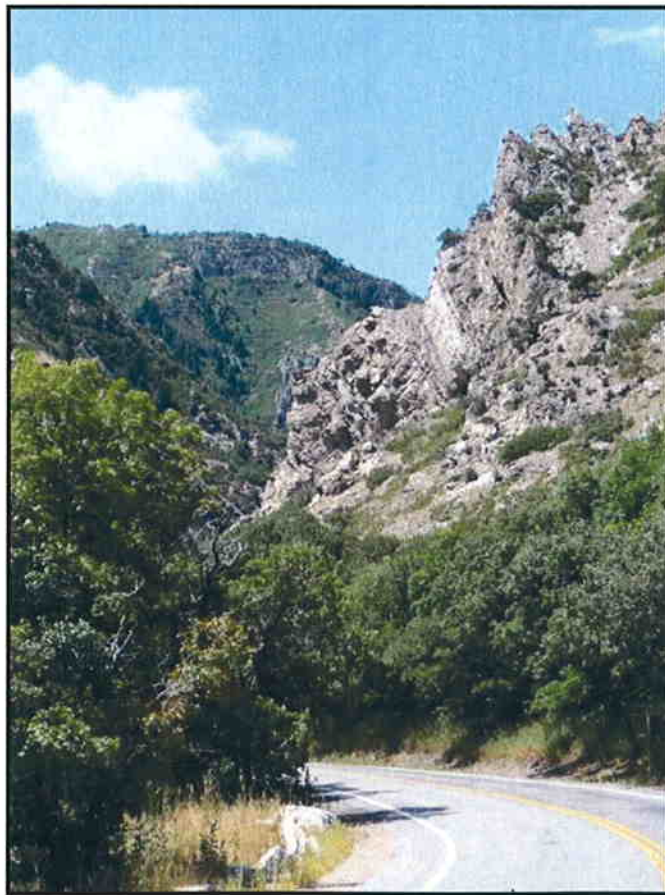
That's when it started sleeting. At first we thought it was hail, then snow, but every budding meteorologist knows sleet when he sees it. So sleet it was. I was in my glory. This reminded me of the 2008 London Marathon, where we had a good bit of sleet and I knew we weren't going to be hot on this run!

We ran and walked the 3 or 4 miles back to Burch Hollow. The trail itself was a single file track with rocks and puddles, so speed was out of the question. No guardrails here. We did have some great views of the canyon itself. We passed two guys with dogs who were flying along and crashed into the bushes rather than slow their stride. We caught glimpses of the road up the canyon and knew that the end of the Pipeline was near. We decided to run down the paved road back to the car rather than turn around and endure a treacherous downhill repeat of Rattlesnake Gulch Trail. (too wet, too steep, too slippery)

That's when the thunder and lightning started. We raced down the canyon, passing a couple of other runners and made it back to the car. This was the fastest I'd run all summer! Yippee! Speed work and a long run all in one! My hands were numb and Alex and I were both frozen like popsicles. We turned the heat on high and headed to my folks for long hot showers.

My brother is still speaking to me. Rattlesnakes, sleet, thunder and lightning, and 3200 feet of uphill climbing all in a couple of hours. What's not to like? This ranks as one of my all-time favorite runs!





Got a running story you would like to share? Please send to:
two.shoes@knology.net

Goodbye Betty

One of our favorite volunteers, Betty Peterson will be leaving us and moving back north. Most of you will recognize Betty from her many years volunteering for Turkey Trot, the Beach Series, Max Bayne and other races. Betty also ran for many years and was very active in the running community. Betty will be missed by all.



The WFYRC presented Betty with a fleece hoodie for her to use in the cold north.



Mary Grace Ritter, Betty Peterson and Charles Worischek

Thanks to the WFYRC for a great dinner and the jacket which I can't wait to wear. I have met so many special people throughout my years with the Club. So many memories especially manning the water stations. I'll never forget you guys.

Thanks again.

Betty Peterson

REHAB YOUR INJURIES RIGHT

Adding these 3 exercises to your running routine can help you avoid injury and a trip to the orthopedist.

By Judi Ketteler

Image by Bryan Christie

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Recurring and improperly rehabbed injuries can lead to osteoarthritis, says Steven L. Haddad, M.D., of Northwestern University, whose specialty is foot and ankle surgery. By adding these exercises to your routine two or three times a week, you can avoid ending up on Dr. Haddad's (or another orthopedic surgeon's) operating table.

Ankles: An ankle sprain causes you to lose some of your balance, which sets you up to sprain it again and increase your arthritis risk. This exercise guards against that.



One-Foot Balance

Holding a pair of dumbbells, balance on your left leg. Do eight to 10 biceps curls while standing on one leg. If you're feeling unstable, you can touch your right leg down in between reps. The goal is to stand on one leg the entire time. For your second set, switch legs.

Knees and Hips: The combination of a weak gluteus medius and a tight iliotibial band can cause runner's knee and hip bursitis, says Catherine Kujawa Irwin, P.T., with the Illinois Bone & Joint Institute. "If everything is being stabilized the right way in the hips and knees, there is less abnormal motion and less breakdown of cartilage," she says. Here are two exercises that target these areas.



Leg Lift:

Put a resistance band around your ankles. Stand on your left leg with your knee slightly bent. Lift your right leg up and extend it back at a 45-degree angle. Do three sets of 15 on both legs.



The Stork:

Stand with your right side a few inches from a wall. Balancing on your left leg, bend your right knee, then press it into the wall as you squeeze your glutes. Keep a slight bend in your left leg and don't let your shoulder rest on the wall—only your knee should make contact. Hold for 30 seconds (work up to a minute), then repeat on the other side.

West Florida Y Runners Club

1005 Highland Avenue
Clearwater, FL 33756

(address box)

St. Petersburg Times Turkey Trot

Proceeds from the St. Petersburg Times Turkey Trot will be donated to many local charities, including the West Florida Runners Club Scholarship Programs, Big Brothers/Big Sisters of Pinellas County and the Children's Heart Foundation. We'll be collecting canned goods and non-perishable food items in the stadium on race day. All collected foods will be given to the Food Pantry Program at Religious Community Services, Inc.

Special Early Pick Up & Registration

Monday, November 23

5 - 8 p.m. Bright House Networks, Westfield Countryside Mall
(2nd floor west end, 27001 U.S. Hwy. 19 N., Clearwater)
Online and Mail-in registrants can pick up their race numbers
(with confirmation number) and/or T-shirt (with race number/T-shirt tag).

Tuesday, November 24

5 - 8 p.m. Morton Plant Mease, Bardmoor Outpatient & Surgery Center,
8787 Bryan Dairy Rd., Largo
Online and Mail-in registrants can pick up their race numbers
(with confirmation number) and/or T-shirt (with race number/T-shirt tag).

Turkey Trot Kick-Off Party

Wednesday, November 25

5 - 7:30 p.m. Jack White Stadium, Clearwater High School
It's the last chance to preregister! (Please bring EXACT AMOUNT in cash or check.)
Come out and enjoy a FREE evening of snacks, live music,
fun and games. Purchase official Times Turkey Trot merchandise
the night before the race.
Online and Mail-in registrants can pick up their race numbers
(with confirmation number) and/or T-shirt (with race number/T-shirt tag).

**Volunteers Needed for Crowd Control. Please contact Skip Rogers, Race Director:
trotstkip1@verizon.net**