

Making Tracks



Lake Placid IronMan 2007

Travel & Race Report

By: Arnaud Glacet



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Thursday, July 19th

We left Clearwater early for our 7am flight to New York. Because of weather issue around Kennedy airport, we took off 2 hours late. Our connection to BurlingtonVt. was also delayed. We then missed the ferry to cross Lake Champlain and had to drive south in the late afternoon traffic to catch another ferry. To summarize, it took us more than 12 hours to get to Lake Placid. The weather was overcast with a few showers. It had been raining for three days already and the temperature was cooler than expected.

Lauren, my wife, had booked a hotel room in Wilmington, about 10 miles north of LP, right on the bike course. More about the hotel later.

Friday, July 20th

We went to LP to pick up the rental bike we had reserved for Lauren. The bike shop, [Planet Placid Bicycles](#), stays open 24h a day from Thursday morning to Saturday night before the event. After loading the bike on the rental car, we had breakfast at Soul Shine Bagel on Main Street. It is a small bagel place which makes a yummy trail mix bagel.

After the breakfast, it was time to retrieve my bike and my gears I had shipped through [Tribiketransport](#). We then headed to Mirror Lake where the Ironman swim would take place. The buoys were already in place and lots of people were swimming the course. I put my sleeveless wetsuit on and got into the water. One week earlier the water was about 75F but because of the rain, it was now down to 70F. I swam about 30' and exited the water shivering.

After picking up my race packet, we drove the part of the course we hadn't already driven the day before, back to the hotel.

As I said earlier, the hotel was right on the bike course. It is also one of the most challenging portions, with a five miles gradual climb. I rode this part in the afternoon to get used to it. I also realized my front derailleur was not shifting down properly.

At night, I took the bike to the shop to adjust the derailleur and we went to the mandatory athlete meeting afterwards.

Saturday July 21st

The day started with a short run and ride to check the shifting.

I prepared my T1 and T2 bags and we went back to Lake Placid to check them as well as the bike into the transition area.

I also prepared my nutrition for the race. 3 bottles of water diluted Gatorade, 2 flasks of gel and Hammer Sustain Energy, 3 Clif bars and 12 salt pills for the bike. 1 flask of gel and 12 salt pills for the run. 1 Clif bar for the bike special need bag. 1 gel flask for the run special need bag.

I made sure to stay well hydrated and to eat extra carbs the days preceding the race.

Contacts

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Upcoming Events:

TIMES TURKEY TROT
 November 22, 2007

CHRISTMAS PARTY
 December 13, 2007

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:

SUNDAY Morning "the loop" starts at Harborview Center

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 kroach@verizon.net

TUESDAY AM track 4:30AM

Clearwater High School

THURSDAY 6PM Run Safety Harbor Marina

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

Skip Rogers: trotskip1@verizon.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	—

Presidential Ponderings by Michael Weiss

The calendar states its fall but you sure can't tell by our current weather. We had a great summer with another successful beach series. Thanks again to all those club members who braved the heat and ran their butts off. A bigger thank you to all of you who gave up your Friday nights to volunteer at the race.

We have a lot of club events for the fall. We will be in charge of the run portion of the Ironman 70.3 World championships scheduled for November 10th. We then of course have the Turkey Trot on Thanksgiving Thursday. We had a record crowd of over 16,000 in 2006 which I hope we can surpass this year. Also mark your calendars for our annual holiday party to be on December 13th. Location is not finalized yet so if you have any suggestions please email me(LWEWFLA@aol.com). If you are interested in helping out for any of these events please email me.

*"Please help
with Ironman
70.3 World
Championships
And Turkey
Trot"*

Recognize any of these people from
the 100th Boston Marathon on April 15, 1996?



MY JOURNEY By Jim Patton

My journey to complete a full marathon in all fifty states and the District of Columbia is back on track.

March 25, 2007 saw me in New Jersey completing the Ocean Drive Marathon. The race started in Cape May at the very south tip of the state and proceeded 26.2 miles north along the Atlantic Coast. The wind was out of the north at 20 - 25 MPH gusting to 30, which made for an interesting run. I was so close to the Atlantic at times that I was hit by salt spray and sand from the beaches. Temperature was cool but the good thing was that in the finish area they were serving hot soup.

June 24, 2007 saw me in Wyoming running the Casper Marathon. This was a nice course run mostly on a paved trail. The one nice thing was that the finish line was in the parking lot of the host hotel so a short walk from the finish to my room.

August 25, 2007 back out west to run the Mesa Falls Marathon in Ashton, Idaho. The run started at 6,135 feet in the Targee National Forest and was run on gravel road, dirt trail and paved highway. As the name sounds we ran within sight of the lower Mesa Falls and finished in the city park in the town of Ashton. In addition to a finisher's medal we received a coupon for a huckleberry milkshake which was available at the soda counter in the local drug store; this is real small town USA. The best accommodations in town were at the Log Cabin Inn and yes they were real log cabins.

Well the journey has now completed 44 states and DC for a total of 1,179 miles and only six marathons or 157.2 miles to go.

TO BE CONTINUED

"Who Actually Stayed in the Raft?"

See Next Page for Article



Row, Row, Row Your Boat Gently Down “A RAGING, BONE CRUSHING, LIFE THREATENING, CLASS 5 STREAM” Merrily, Merrily, Merrily, Life is just a SCREAM

By Janet Evans

Over July 4th, 6 brave souls from the WFY Running Club mustered up enough courage to go White-water rafting down the OCOEE River in Tennessee.

Just for the record, I am normally a quiet individual that likes to dabble in running an odd Marathon or Triathlon to liven up my dull existence. Definitely NOT a thrill seeker. I HATE roller coasters and would NEVER consider jumping out of a perfectly good airplane with a parachute on my back. Can't remember whose idea it was to shoot the rapids, but that's beside the point

We have a second home in North Carolina, our getaway from the relentless Florida summers. It's ideally situated in Western North Carolina, with easy access to North Georgia and Tennessee. The Boyles and the Courchanes were willing participants in our adventure. It's always more fun with a crowd.

Weather is not an obstacle. The rafts will go rain or shine. YOU ARE GOING TO GET WET.

The Ocoee River is situated in the Cherokee National forest, and runs through a breath taking majestic gorge, about an hour east of Chattanooga. For us, it was just over an hour's very scenic drive from the opposite direction.

The river is divided into 2 sections, the Upper and Middle, each running 5 miles. It is described as one of the best natural stretches of Whitewater in the country. Because it is controlled by a Dam release there's never any issues with low water. The upper section water is released 34 days/season and the lower section 112 days. You can book a full day and run both with a lunch provided. The upper section has big water rapids and you also navigate the Olympic course for ½ mile. Their rapids are named “EDGE of the WORLD”, “HUMONGOUS” and “GODZILLA.” Enough to strike fear into the heart of any brave soul. That's part of the fun. Gotta get that adrenaline pumping.

We opted for the middle section. Still a class 3 and 4.

Class 1 and 2 are wimpy. Class 3 is described as intermediate with a fast powerful current and class 4 intense, powerful and fast maneuvering under pressure. We were going with the BIG Boys. No wimpy rafting for us. The middle section has 20 rapids with names like “BROKEN NOSE”, “FLIPPER”, “HELL'S HOLE”, “DOUBLE SUCK”, “SLICE/DICE” It drops 260 feet over the 5 mile course.

We booked with www.CascadeOutdoors.com. For a very reasonable fee of \$30 pp. We were bussed to and from the river, had the services of a trained professional guide (mandatory on the Ocoee) hard hat, access to change areas/hot showers and an UNFORGETTABLE TRIP OF A LIFETIME.

I was concerned about the temperature of the water and wasn't very reassured to learn that it was a “warm” 67 degrees. Brrrrr. I slipped a shortie wet suite under my shorts. On the bus we were introduced to our guides. “Smashly” (aka Ashley). “Popcorn” cos' everyone “pops” out of his raft. “Crash” took his mother rafting, flipped the boat upside down and she had to swim the largest rapid on the river and there's a few others, whose nicknames aren't suitable for this article.

On arrival at the embarkation area, there's a large waterfall. We all think the same. There's no way we're going over that. Actually, it's a tease, as we carry our rafts to the river below that. PHEW!!!!!!!!!!

It was decided who sat where on the raft. I was warned not to sit in the front. The Fearless Tony/Ann sat up front. The Wary, Becky/Myself middle. The Wimpy, Gregg/Dan on the back and our Guide in the rear.

After we put in, we are given instructions and some practice. I don't feel too secure balancing on the edge of the raft, having to wedge my foot into a strap on the floor and protect my paddle end so I don't smash anyone's face when I get thrown around. Stop the boat I wanna get off. Too late !!!!. We're off and running. My whole concentration is to stay in the boat and follow our guide's instructions as we paddle merrily down the stream. Life is just a SCREAM. We all had a BLAST. Most of us stayed in the boat. As you can see by our faces (or maybe not) we had the best fun. Would I do it again. You Betcha. Can't wait. Next time we're doing the full day. Paddle faster I hear banjo music.

“Just for the record, I am normally a quiet individual that likes to dabble in running an odd marathon or triathlon to liven up my dull existence.”

IRONMAN Cont'd.

Sunday July 22nd, Race day

I woke up before the alarm clock at 3:15am. I had a bagel with jam, a banana and tea, got dressed and left the hotel around 4:20 am. We parked in town, close to the transition area before they start closing the roads. Lauren had taken her bike, so she could ride back to the hotel after the swim. We walked to the transition area. The sky was clear and it was supposed to be a sunny day, but it was only 47F. After inflating the tires and installing the bottles and nutrition on the bike, I went for an easy run and bathroom break. Back to the transition area, I put my warm suit in the dry clothe bag I would get back after the race. T1, T2 and dry clothe bags are stored in the transition area, on the way to the changing tents. Special needs bags were stacked by the swim start, about halfway on the bike and run course.

I watched the start of the professional women at 6:25 am, put my wetsuit on and got into the water to "warm up" for the swim. The start area was crowded with more than 2300 people. Not being a strong swimmer, I decided to seed myself in the back away from the buoys. The gun went off at 7am. It was the beginning of a long day. The swim was two loops with a short run in between. I swam my own pace away from the packs. When you exit the swim, volunteers help you remove your wetsuit. This was the toughest part of the day for me, used to train in 90F weather. The air was in the low 50F; I was wet and had this long stretch to the transition area. I grabbed my T1 bag, got into the tent, tried to find a spot and started changing for the bike. The plan was to wear some gloves, arm warmers and a wind vest. I was frozen and it took me forever to get dressed. I had also never rehearsed trying to put on arm warmers on wet skin. Finally I grabbed my bike and exited the transition area. The bike mount was congested. Still cold I clumsily got on my bike, kicking one of my behind the seat bottle in the process.

The bike was two loops through the Adirondacks with a good mix of rolling hills, flat sections and climbs. There is also a fast 6 miles downhill to the village of Keene. Some people went above 50 mph on this part. I started to eat and drink early. The plan was to keep my power around 75% of my threshold, up to 100 -120 % in the climbs. From previous race reports, it would pay off to stay conservative on the first loop. I warmed up halfway through the first loop and stuffed my vest and arm warmer under my tri jersey. I would later put them in my special need bag. When I rode past the hotel, Lauren was there cheering for me and for everybody else as well. I finished the first loop in 3:04:15, slower than I had expected. I grabbed the Clif bar from the special need bag and attacked the second loop. The wind picked up and I had to work a little bit harder. I completed the second loop in 3:10:50. My average power was right on target.

The run consists of two 13 miles loops. Each loop includes an 11 miles out-and-back and a shorter 2 miles out-and-back. My legs felt good and my first mile was a little bit too fast, I then adjusted the pace and managed to keep it almost all the way. I grabbed a second gel flask halfway. First loop time: 1:42:24 At mile 20 I started to have side stitches. I had to walk a few times to get some relief. The finish is on the speed skating oval, by the Olympic center. I took my visor off and raised my arms when I crossed the finish line. Second loop: 1:50:38 run time: 3:33:02.

Several volunteers asked me if I was ok after the race, even trying to carry me. I kept telling them I was fine. I did not have any pain and did not understand all their concern until I saw the pictures. I was indeed real pale and the salt on my face did nothing to improve it. I got to the massage tent, changed in warmer cloths and grabbed a couple slices of pizza. I recovered my bike and dropped it at the Tribiketransport collection area by the transition area. Back to the hotel, light dinner and to bed I went.

I was now an Ironman.
Final Time: 11:25:11, 312th
overall,
65th M30-34



QUESTION AND ANSWER

What are the benefits of yoga for runners?

- What differentiates yoga from stretching?—the inclusion of awareness. It is a simple and profound difference, and can revolutionize your running whether you are a novice or seasoned athlete.

Bringing awareness into the body and to the present moment enables the runner to become subtly aware of how the body is moving in space, how the joints are feeling, how the breath is flowing, and how the mind and emotions are involved in the practice of running.

This awareness at the most basic level can help prevent injuries, since the runner is able to notice at the first signs of pain, or even before the pain begins, and respond appropriately. In addition, by bringing more awareness to the mind, the runner is able to notice self-defeating thoughts and behaviors, such as pushing unhealthily beyond limits or resistance to running. In this way the runner learns to free the mind while running, which can lead to a joyful, even ecstatic running experience.

- With yoga poses (asana) you can correct muscle imbalances by learning healthy alignment of the body that will prevent injuries, including excess wear-and-tear on the ligaments that support the joints, particularly the knees and hips. Yoga poses develop strength, flexibility, and balance that translate into a more efficient running technique and therefore more stamina. In addition, yoga poses work on the upper body, often neglected by runners, increasing shoulder flexibility and upper body strength.

Running tightens and shortens the muscles, and specific yoga poses can be used to relax and elongate chronically shortened muscles. Typically for runners this includes the quadriceps, iliotibial band, piriformis, gluteals, groins, and hamstrings in the lower body, and the shoulders and neck in the upper body.

- Yoga breathing techniques (pranayama) increase lung function and elasticity of the breathing muscles that help the runner to breath deeper and more smoothly while running. Not only does this increase running endurance but also promotes relaxation and wellbeing during a run.

(Reprinted From Deep Spring Yoga Website)



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(address box)

You are Cordially Invited By Kathleen Roach

Consider this a formal invitation to join us on Saturday mornings for the 13 mile Loop run. We meet in the parking lot of Clearwater City Hall at 112 S. Osceola Ave and the group leaves **promptly** at 6 am. The course is 13 miles, with water stops available at (approximately) miles 2, 4, 5, 7, 8.5, 10, 11.5, and bathrooms at 2, 4, 8.5, 11.5. Worried that you can't keep up? The group consists of runners with paces ranging from about 6:45 mpm (minute miles) to about 10:30 mpm; so there is a wide range in levels of runners. If you want to improve your times, this is the group to join. Most likely there is someone training just a little bit faster than you, to push you to the next level of success.

Close to half of this group are triathletes; so if you are looking to secure training friends in the swimming and biking venues, you can find them here. Several of the Loopers are also ultra runners; so if 26.2 is simply not enough for you, you will find like minds in this group. There are also some trail runners among our members, and periodically there are 'quasi' planned trips out to the Croom Trail in Hernando County.

The Loop route was established in 1993, and four of the Saturday regulars have been running it since around 1995 (Peter Crawford, Brian Scott, Diane Cayll Skiles and Sandy Rogers) - that's 12 years! The 20 or so "regulars", a term I use loosely to describe those of us who show up fairly consistently on Saturday's, have been running this course for an average of 8 years. The majority have run at least one marathon, with an average of 12 marathons (although Pete Crawford and Dave Boyd skewed that statistic by running 25 and 23 marathons, respectively). Many started running the Loop in anticipation of their first marathon, and several joined with the intention of improving their times. Several of us improved enough to qualify for Boston!

For all of you current Loopers reading this article, I thought it would be interesting to add a few tidbits of Loop trivia. Did you know Victor Gambone met Barb Eckes at the Loop 9 years ago? He initially had a hard time keeping up with her 8:00 minute pace, but they have been chasing each other ever since! Diane Cayll Skiles took Craig to the Loop for their third date, and although he only did half the Loop, things obviously went well since he's not only running marathons, but they are married too. It was in 2004 when Mindy Solomon and Paul Franklin corrupted the Sunday morning Loop group by slowly turning us into Saturday morning Loopers. Skip Rogers and Marc Skinner were part of the original group. Back then it was routine to have 30-40 runners show up every Sunday morning. After the run they would all have breakfast at the old Beach Diner where the owner kept the back room open specifically for the WFYRC. If there was anyone struggling out on the course, they would go out and pick them up before heading to the restaurant.

In closing, running the Loop with the Saturday morning group can be great fun and I hope more of you will join us. The group is very encouraging and upbeat. It's a great way to stay fit, improve your times and make new friends. All you have to remember is this: **Saturdays, 6am, City Hall.**

For more information, you can reach me at kroach@verizon.net