



# MAKING TRACKS

Volume 10 Issue 9

September 2003

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## Reality Marathon Training by Mark Winitz

### WHEN REALITY CALLS And it will...sometimes urgently

So, what happens when that sudden noontime meeting prevents you from getting in your threshold workout? Or a bout with the flu takes out ten days of training? Or your schedule simply can't handle three or four key workouts a week? Do you give up your marathon goal of sub-whatever. Not necessarily.

"The world is built on restructuring", reminds Dr. David Martin. "There's nothing wrong with rearranging workouts or occasionally dropping them because of a hailstorm." Martin reminds runners that it's more important to be consistent. "Believe in the miracle of compounding. You can lose an entire week and go on."

Dr. Jack Daniels points out that athletes begin to lose fitness with about five days of inactivity. "Missing a single workout, or even two or three days, isn't going to hurt anybody," he says. "In fact, it might even help."

The most important key workout to try and preserve in your marathon training plan is your weekly long run. "If you can get in three good long runs out of four weeks, you're fine," says Daniels. He advises that, if you need to drop a scheduled meet-and-potatoes workout, drop the fastest key run - for example, the interval workout - and move down to the slowest. If you encounter a bigger crunch, don't drop the same key run week after week. Drop the intervals this week. Next week, do the intervals instead of the threshold run.

Never try to make up lost high quality runs by stacking them. Intervals on Saturday, a long run on Sunday, and a threshold workout on Monday is more likely to put you on the injury shelf than under your target marathon time.

And if your life's activities - business, family, or volunteer obligations, injury, or illness, or simply your ability - do not allow you to get everything done? Don't throw your marathon goal out the window. Adjust it, the experts advise.

Above all, remember that, unless you are a professional runner, it's not imperative to make marathoning your full-time activity. "A marathon block has a beginning and an end," Martin suggests. You don't just train for a marathon all the time."

This article first appeared in the July/August 2003 issue of Running Times .

# MEMBERSHIP INFORMATION

NAME	OFFICE/RACE	E-MAIL	HOME
Linda Schumacher	PRESIDENT	two.shoes@verizon.net	939-8038
John Holmes	VICE PRESIDENT	croomtrailrunners@juno.com	546-9399
Karen Farnham	TREASURER	iran262@tampabay.rr.com	781-8128
Duncan Cameron	SECRETARY	duncan.runsfast@verizon.net	789-5368
Arnaud Glacet	Membership Chair	aglacet@tampabay.rr.com	725-4491
Anna Babyak		yoohoo2828@hotmail.com	733-1135
Becky Boyle Dan Boyle		beckyboyle@verizonmail.com paintman.dan@verizon.net	736-3562
Lance Lipham	High School Liaison	LLiprun26@cs.com	391-6032
Everett McDowell, Jr.		Emcd77@aol.com	736-4551
Leviticus McKinnon	Youth Coach		524-0802
Mel Mella	Track Coach	imella@tampabay.rr.com	517-3677
Doug Peterson	Web Master	petenu4@yahoo.com	518-7168
Skip Rogers	Turkey Trot RD	trotskip@gte.net	442-5838
Jim Setaro	Max Bayne Co-RD	jsamy123@cs.com	934-8268
Dale Schmidt			588-4379
Brian Scott		BGotarun@cs.com	399-2253
Jim Sheridan	Warhoop RD	JSheridan@EssilorUSA.com	535-9658
Marc Skinner	Making Tracks Editor	Marcwine@comcast.net	941-359-4875
Bonnie Stein	Racewalk Chair	Bonnie@AceWalker.com	394-9255

## GROUP RUNS

### SATURDAY MORNING

SATURDAY MORNING RUNS AT JOHN CHESNUT SR. PARK IN PALM HARBOR START AT 7AM. CALL LINDA @ 939-8038 FOR INFO!

### SATURDAY MORNINGS

RACEWALKERS GET TOGETHER ON SATURDAY MORNING AT TAYLOR PARK. IF YOU'D LIKE TO MEET OTHER RACEWALKERS OF VARYING ABILITY LEVELS, JOIN THE GROUP AT SHELTER #1 AT 9 AM. CONTACT THOM OR PATTY AT RACEWALK@MINDSPRING.COM OR (727) 593-0781.

### SUNDAY MORNINGS

6 AM. GROUP LEAVES FROM SOUTH-WEST CORNER OF THE HARBORVIEW CENTER PARKING LOT. DISTANCES VARY ACCORDING TO SCHEDULE. CALL JIM SHERIDAN AT 535-9658 OR SKIP ROGERS AT 442-5838 IF YOU NEED DIRECTIONS OR DETAILS!

### TUESDAY MORNINGS

TRACK WORKOUTS — ARE HELD ON TUESDAY MORNINGS 5PM. TO 6:30 AM AT CLEARWATER HIGH SCHOOL UNDER THE SUPERVISION OF SKIP ROGERS. CALL SKIP AT 399-0566 OR WORK AT 442-5838 WITH QUESTIONS!

### TUESDAY EVENINGS

TRACK WORKOUTS — ARE HELD ON TUESDAY EVENINGS 5:45 PM. AT CLEARWATER HIGH SCHOOL UNDER THE SUPERVISION OF COACH MEL. CALL MEL AT 399-0566 OR WORK AT 302-2037 WITH QUESTIONS!

### WEDNESDAY EVENING

TRACK WORKOUTS ARE HELD ON WEDNESDAY EVENINGS AT 5:15 PM HAVE BEEN SHIFTED TO OSCEOLA MIDDLE SCHOOL. UNDER THE SUPERVISION OF COACH MEL. CALL MEL AT 399-0566 OR WORK AT 302-2037 WITH QUESTIONS!

### YOUTH TEAM WORKOUTS

THE YOUTH TEAM TRAINS UNDER COACH LEVITICUS MCKINNON AT THE CLEARWATER HIGH SCHOOL. ALL INQUIRIES SHOULD BE MADE TO COACH LEVITICUS MCKINNON AT 727-524-0802.

### TRAIL RUNNERS

THERE WILL BE WFYRC SCHEDULED TRAINING RUNS ON THE CROOM TRAIL. WE PLAN TO START AROUND 7AM AT THE TRAIL HEAD. TO GET ON THE LIST JUST E-MAIL ANYTRAIL@TAMPABAY.RR.COM AND ASK TO BE ADDED TO THE WFYRC/ CROOM INFORMATION LIST.



**MONTHLY BOARD MEETINGS**  
Our monthly Board Meetings are held on the first Wednesday of each month at the Suncoast Family YMCA, located at 1005 South Highland Ave., Clearwater, at 6:30 pm. Members are encouraged to attend !!!



### NEWSLETTER

*Making Tracks* is a publication of the West Florida Y Runners Club and is produced as a service to the running community. The WFYRC is a registered non-profit volunteer organization whose purpose is to promote running, walking and overall fitness.

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

These races provide funding for our activities which include: giving \$6000 in scholarships to Pinellas County high school students in 2002, 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 and truck. The WYRC is a member of RRCA # 854 & USATF/FLORIDA ASSOCIATION # 332.

**AS I SEE IT**  
**By Linda B. Schumacher**

Fall is here and it's getting cooler, right? Not so far, so keep on hydrating. A brief update on hydrating from Runner's World: The old rule that you need eight glasses of water or fluid daily is just that--old. Your fluid needs depend on many factors, including body size, fitness level, training schedule and dietary factors such as caffeine and alcohol consumption, both of which increase fluid loss from the body. So how much fluid you need is an individual matter. Frequent urination is a good sign that you're getting enough fluid. So spread out your fluid intake over the day to keep body water levels steady and to ward off the threat of dehydration. And remember to drink past the feeling of thirst, since that sensation shuts off quickly once you begin drinking. In fact, it actually turns off before you've replenished lost fluids.

Turkey Trot Training starts September 20 at 8:00 at both John Chestnut Park and Taylor Park. If you have any family members that are not currently running, or would like to improve their running before Thanksgiving Day, please bring them to one of our training groups and we'll get them started. Our training groups are always a lot of fun and you get to know your fellow runners in a more relaxed atmosphere rather than a competitive atmosphere. You might meet someone who lives close by and come up with a new running buddy.

**"Run hard when it's hard to run."**

Pavvo

<b><u>CLUB UNIFORMS</u></b>	
<b>COOLMAX SHORT SLEEVE</b>	<b>\$ 18.00</b>
<b>COOLMAX LONG SLEEVE</b>	<b>\$ 20.00</b>
<b>COOLMAX SINGLET*</b>	<b>\$ 18.00</b>
<b>SWEATSHIRTS</b>	<b>\$15.00</b>
<b>LD V-NOTCH w/Mesh Pockets*</b>	<b>\$ 21.00</b>
<b>V-NOTCH w/Pocket*</b>	<b>\$ 18.00</b>
<b>LD SPLIT w/Mesh Pockets*</b>	<b>\$ 21.00</b>
<b>SPLIT w/Pocket*</b>	<b>\$ 18.00</b>
<b>POLO SHIRT*</b>	<b>\$ 35.00</b>
<b>ASICS JOG BRAS</b>	<b>\$ 20.00</b>
<b>WFYRC RUNNING HAT</b>	<b>\$ 12.00</b>
<b>CLIF &amp; LUNA BAR'S</b>	<b>\$ 1.00</b>
<b>CLIF SHOTS (24)</b>	<b>\$ 18.00</b>
<b>GLOVES</b>	<b>\$ 7.00</b>
<b>* MEN &amp; WOMEN SIZES</b>	

**TRAIN IN YOUR OWN HOME!!**

Train more effectively in a cool controlled environment.

The Stairmaster Elliptical were acquired at an unprecedented price and are being offered to WFYRC members at an unbelievably low price!



The normal stride range for men is 30 inches and women is 23 inches. Other ellipticals offer a one size fits all.

**INTRODUCING STAIRMASTER VSL®**

‘Elliptical Variable Stride Length Technology’

Two machines-in-one for upper and lower body conditioning. \$1200

Also Treadmills, Step mills, Climbers, Crossrobics, Recumbent & Upright Exercise Bikes, Kayak Trainers plus Cybex International strength equipment ‘defining fitness’ ... Bandit, and criss-cross cable machines.

**SPORTS FITNESS EQUIPMENT OF FLORIDA**

813-854-4321

Ron Hadley

# WFYRC MEMBER INFORMATION

## West Florida Y Runners Club Race Results

### 8/2/03 - Top Gun Triathlon

#### **Fort Desoto Park, St. Petersburg**

Nanette Bishop, 1:25:01; Mark Blitz, 1:02:34; Hal Cook, 1:41:52, 2M75+; Walt Davin, 1:12:58; Ilene Fortin, 1:07:51; Arnaud Glacet, 1:01:34; Laurence Glacet, 1:09:31; Meli Hamilton, 1:21:12; Alex Lechner, 1:00:15, 1F15-19; Michael Lydon, 1:00:55; Vikki Moore, 1:15:59; Michele Philipp, 1:10:05; Wolf Scholl, 59:51; King Smith, 1:31:05, 2M70-74; Diane Spicer, 1:19:52; Shirley Taylor, 1:19:26, 1F70-74.

### 8/8/03 - 2003 Sunsets at Pier 60 (#5) (5 K)

#### **Pier 60, Clearwater**

Allen Ahern, 24:35; Sharon Andrews, 36:25, 2F55-59; James Armstrong Jr, 22:56, 3M35-39; Heather Bailey, 21:54, 2F15-19; Jim Baker, 23:05; Jim Callan, 23:46, 3M60-64; Duncan Cameron, 21:00, 2M60-64; Kevin Cronin, 22:15, 2M50-54; Spyder Cruz, 17:54, 3MOverall; Cathy deHaan, 28:48, 1F60-64; Steve Doloresco, 31:39; John Geigle, 25:01; Jack Gough, 26:19, 1M70-74; Tim Griffiths, 24:10; Meli Hamilton, 27:23, 1F55-59; Christine Herrington, 25:34, 3F45-49; Ron Herrington, 25:40; Jim Keppeler, 20:47, 1M55-59; Alex Lechner, 21:09, 1F15-19; David Lechner, 30:24; Dorothy McClellan, 37:23, 1F65-69; Amy McClenathan, 20:01, 1FOverall; Pat McClenathan, 25:46, 3M13-14; Shannon McClenathan, 25:36, 1F10-Under; Colman Mooney, 20:44, 1M60-64; Frank Mullen, 23:53; Tom Murtaugh, 26:03; Tommy Nagy, 18:45, 2M15-19; Donna Nessler, 21:01, 1F40-44; Jack Parr, 1:06:00, 1M75+; Lindsey Rainwater, 32:34, 2F13-14; Michael Rainwater, 25:58, 1M11-12; Steve Rainwater, 20:38; Michael Roberts, 26:47; Tom Ross, 32:03; Habib Sadeghi, 25:54; Maria Seger, 27:41, 1F25-29; Walt Sieg, 19:46; Steve Strange, 25:44; Silky Sullivan, 24:04, 3M55-59; Terri Sullivan, 34:37, 2F60-64; Shirley Taylor, 32:30, 1F70-74; Kit Van Allan, 21:05, 1F35-39; Dusti Woodbury, 38:50, 3F55-59; Wally Woodbury, 22:04; Victor Yeager, 18:57, 3M40-44.

### 8/10/03 - Beat the Heat 2003 (5 K)

#### **Taylor Park, Largo**

Allen Ahern, 23:02, 3M40-44; Noora Alidina, 23:14, 2F45-49; Amanda Baker, 23:24, 3F15-19; Jim Baker,

22:10; Ron Cote', 19:54, 2M45-49; Spyder Cruz, 16:47, 1M35-39; Tim Griffiths, 23:06; Steve Harwig, 25:16; Thom Holloway, 34:25; Cindy Miller, 24:32, 1F50-54; Gary Miller, 21:44, 2M50-54; Steph Miller, 21:58, 1F40-44; John Noell, 28:09; Michael Roberts, 24:19; Diane Spicer, 26:32, 2F50-54; Joe Steinman, 23:55; Silky Sullivan, 22:47, 2M55-59; Z. Zajac, 22:57, 3M55-59; Bill Zulas, 27:20.

### 8/15/03 - USF Twilight Run (#5) (5 K)

#### **USF Campus, Tampa**

Amanda Baker, 22:23; Jim Baker, 21:46; David Colpitts, 20:00, 3M55-59; Florence Delaney, 28:43, 1F55-59; Laureen Doloresco, 27:13, 3F50-54; Steve Doloresco, 28:53; Debra Donald, 22:38; Debby Farias, 19:43, 3F35-39; Ilene Fortin, 25:02; Annette Frisch, 25:07, 1F60-64; Tim Griffiths, 22:27; Neil Harvey, 31:11; Jim Keppeler, 19:09, 1M55-59; Kevin Lyons, 15:32, 1M18-24; Dorothy McClellan, 33:16, 2F65-69; Amy McClenathan, 19:05, 1F40-44; Mary Ann Protz, 18:28, FMaster; Mary Ann Protz, 18:28, 1F45-49; Larry Strehl, 21:40; Frank Van Aken, 24:37, 1M70+; Kit Van Allan, 19:33, 2F35-39; Albert Wieringa, 19:37, 2M55-59.

Race results are posted courtesy of the finish line work of member Ric Dorrie. You may send race results to any board member for posting. Be sure to include: name of the race, date and distance.

### 8/22/03 - Picnic Island Adventure Run

#### (#3)

#### **Picnic Island, Tampa**

Allen Ahern, 25:16; Barrie Coates, 25:06; David Colpitts, 22:53, 2M55-59; Steve Doloresco, 31:50; Debby Farias, 22:29, 2F35-39; Lisa Feldt, 21:58, 1F35-39; Fran Gaberino, 38:03, 1F60-64; Karen Gately, 23:28, 1F45-49; John Geigle, 26:49, 1M50-54; Tim Griffiths, 26:47, 3M55-59; Aaron Herrington, 25:17, 1M14-Under; Christine Herrington, 27:59, 2F45-49; Ron Herrington, 26:53, 2M50-54; Mark Humphrey, 22:11; Bill Pray, 21:59, 1M40-44; Bill Wible, 32:50, 1M60-64.

### 8/23/03-Maggie Valley Moonlight Race 8K

#### **Maggie Valley, NC**

Sandy Michener, 59:26, 3F60

### 8/24/03 - Summer Sizzler 5K Run

#### **Phillippe Park, Safety Harbor**

Allen Ahern, 21:51; Noora Alidina, 22:35, 3F45-49; Sharon Andrews, 34:30; James Armstrong Jr, 21:41, 2M35-39;

*(Continued on page 5)*

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Amanda Baker, 22:25, 2F15-19; Steve Berg, 24:06; Jim Callan, 22:24, 1M65-69; Kevin Cronin, 20:21, 2M50-54; Steve Deeb, 25:04; Debra Donald, 22:14, 2F45-49; Jim Doran, 23:24; Janet Evans, 25:46, 2F55-59; Elizabeth Florco, 26:19, 2F40-44; Peggy Goodale, 34:59; Tim Griffiths, 22:55; Kim Griner, 29:15; Neil Harvey, 31:30, 3M70-74; Steve Harwig, 24:27; Pat Hoffman, 26:32; Thom Holloway, 34:31; Dorothy McClellan, 34:45, 2F65-69; Cindy Miller, 23:12, 2F50-54; Gary Miller, 22:10; Tom Murtaugh, 24:38, 2M60-64; Jim Neely, 27:23; Michael Roberts, 24:44; Diane Spicer, 25:27, 3F50-54; Vicki Stum, 18:27, FOverall; Terri Sullivan, 31:37, 2F60-64; Frank Van Aken, 23:53, 1M70-74; Kit Van Allan, 20:24, 1F35-39; Victor Yeager, 17:50, 1M40-44; Z. Zajac, 22:42, 3M55-59; Bill Zulas, 25:10.

**8/30/03 - Red Mule Runners Labor Day 5K Run**  
**Ernie Wever Youth Park, Brooksville**

Sharon Andrews, 34:46, 2F55-59; Claire Keneally, 31:54; Lenny Stacey, 21:30, 3M40-44; Silky Sullivan, 23:16, 3M55-59; Z. Zajac, 24:28.

**8/30/03 - Ringling Bridge Run - 10K**  
**Sarasota**

Albert Wieringa, 40:10, 2M55, Christy Phillips, 37:21, 1FOAll; Denise Skinner, 43:48, 1FMstr

**5K**

Chuck McCann 22:20, 1M55; Pamela McCann, 22:49, 1F35

**8/30/03- Tupelo Marathon 26.2**

Jim Patton, 6:09:21

**Half Marathon**

Kathi Patton, 2:59:54

**8/30/03-Miracle Miles 15K**

**Orlando, FL**

Andy Scavelli , 59:05, 1 MMstr

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**Racewalk Tidbits**  
**By: Bonnie Stein, M.Ed.**

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**DO UNTO YOURSELF**

Treat yourself as you would other people you love. Focus on your successes, not failures. Give yourself a pat on the back each day for something small you accomplished such as getting outside for a workout, eating more fruits and vegetables than you did last week, or doing 10 sit-ups. When you treat yourself well, you teach other people how you expect to be treated.

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**BAKING YOUR LIFE CAKE**

If you were to make a cake, you know that whatever you put into your mixing bowl will appear in the cake itself. Likewise, if you leave out a specific ingredient, it will not appear in the finished product.

The thoughts and beliefs that we choose to fill our minds ultimately will appear in our experience. If we realize this, we can save ourselves a lot of future heartache. No one would put the wrong ingredient in the mixing bowl because no one wants it in the cake. If you want your life to be filled with happiness, health, positive people, prosperity, fitness, and other good things, you must start putting those things into your bowl. Everyone knows that if it's in the bowl - it will be in the cake. Years from now, you will only have yourself to ask, "What kind of cake did I bake for my life?"

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**QUESTION OF THE MONTH**

Question: Should I eat before I racewalk?

Answer: I always eat before I racewalk. If I'm racing, at the very least I have water and a PowerBar. Curt Clausen, one of the U.S. Olympic racewalkers, says, "You definitely need to eat something before working out in the morning. After eight hours of sleep without food the body demands some fuel to function at peak performance levels."

Still, some people can exercise in the morning before breakfast and feel fine. Especially those who racewalk very early before work. Others need at least a piece of toast, a fruit, or a glass of juice to feel comfortable. Diabetics should ask their doctor's advice. At the very least be sure to drink some water before you racewalk, even if you're going out at 6 AM. If you've just had a big meal, try a stroll, not a racewalk, to enhance your digestion.

For after work racewalks - have an afternoon snack about 3 or 4 PM. Try not to go more than 3-4 hours without eating a meal or a healthy snack. Performance suffers when there's no fuel in the tank.

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**RACEWALKING WEB SITE [www.AceWalker.com](http://www.AceWalker.com)**

Did you miss the Half Marathon Training program when it was printed in July? Go to [www.AceWalker.com](http://www.AceWalker.com) and click on Articles. Then go to Long Walks.

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**RAISING YOUR HEART RATE IS A GOOD WAY TO LOWER YOUR RISK OF STROKE**

Stroke is one of the most common causes of death and disability in the U.S. However, research suggests that regular aerobic exercise, like racewalking or running, can reduce your risk by as much as 68 percent. Pump up the aerobic capacity of your heart and lungs by racewalking or running at least 3 days a week.

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**RACE FOR THE CURE - SATURDAY, SEPT. 20 IN DOWNTOWN ST. PETERSBURG**

WHAT: 5K Run and Walk (no judged racewalk)

WHEN: Saturday, Sept. 20

TIME: 8 AM

WHERE: North Straub Park in Downtown St. Pete (located along the downtown St. Pete waterfront. From I-275 take Exit 23A (I-375). I-375 turns into 4th Ave. North, which will take you directly to the park. Street parking is limited so get there early or free shuttle service will be provided from the garages. There are three parking garages at 1st Ave. N. & 2nd St, 1st Ave. S. & 2nd St., and 1st Ave. S. and 1st St. Or park far away and do your warm-up on your way to North Straub Park.

WHY: for the Susan G. Komen Breast Cancer Foundation

ENTRY FEE: \$20 through Sept. 5, \$25 after Sept. 5

HOW TO REGISTER:

Online at [www.komensuncoast.com](http://www.komensuncoast.com) (closes Sept. 5) Payment by credit card only

Mail-In Registration (Entries must be post-marked by Sept. 5) \$20

BONNIE'S NOTE: On your application, I recommend you sign up for the "Run" not the Walk even though you're going to be walking. That way, you can line up behind the runners on race day and take off with them. Those racewalkers who went with the walkers group in previous years were entangled with lots of slow walkers and baby joggers, and couldn't get into a good pace.

ABOUT RACE FOR THE CURE: The Susan G. Komen Breast Cancer Foundation was established in 1982 by Nancy Brinker to honor the memory of her sister, Susan G. Komen, who died of breast cancer at the age of 36. Today, the Foundation is an interna-

*(Continued from page 6)*

tional organization with a network of volunteers working through local affiliates and Race for the Cure events to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment.

The Foundation runs one of the most innovative, responsive, grant programs in breast cancer today. In addition to funding research, the Foundation and its affiliates fund community-based breast health education and breast cancer screening and treatment projects of the medically under-served.

If you live anywhere in the Tampa Bay area, please join other walkers and runners on Sept. 20 in honor of all of our own race-walking and running friends who have had breast cancer or who are being treated for breast cancer currently.

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#### TURKEY TROT TRAINING FOR WALKERS

Starts Saturday, October 4 at 8 AM

Do you know someone who has always wanted to do Turkey Trot on Thanksgiving morning, but is not a runner? Is there a friend or relative in your life who wants to lose weight? Do you know someone who gave up running because of injuries, yet still wants to exercise to be fit? How about someone at work who could benefit from being more active? Bring them all out to Taylor Park in Largo on Saturday, Oct. 4 at 8 AM for the first day of Walkers' Turkey Trot Training.

Turkey Trot Training is the West Florida Y Runners Club's training session for new runners and walkers who want to get ready to do the Turkey Trot on Thanksgiving morning. It's the one time each year that we have a free Beginning Racewalking Clinic. The Racewalking clinic is geared to former runners, walkers who are not getting all the benefits they would like from their walking workout, and also for brand new exercisers who are looking to get into shape or lose weight. It's a safe, progressive program appropriate for almost anyone.

Please join us, with your friends and relatives for our 2003 Turkey Trot Training for Walkers. It's 8-10 AM every Saturday leading up to Thanksgiving. Tell everyone! See me for a flyer any Saturday morning. I can also e-mail a flyer to you or your friend or you can go to [www.AceWalker.com](http://www.AceWalker.com).

Turkey Trot Training for runners starts on Sept. 20, the day that the racewalkers will be doing Race for the Cure in downtown St. Pete.

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#### RACEWALKING AROUND FLORIDA (Judged Racewalk events)

Sept. 14 - 1500/3000 Meter Track, Central Park, Plantation, 7:15 AM (1500 M), 8:15 AM (3000 M), Contact Alan Ranofsky 954-977-0432 or register on line at [www.active.com](http://www.active.com).

Sept. 20 - Autumn Run 5K, Cranes Roost Park, Altamonte Springs, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Oct. 12 - Bob Fine International 15K, Tradewinds Park, Coconut Creek (Broward County), Contact Joanne Elliott 954-427-0032 or register on line at [www.floridasports.com](http://www.floridasports.com).

Oct. 19 - U Can Finish 5 Miler, UCF Arena, Orlando, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Oct. 25 - Dick Batchelor 5K Run and Walk, downtown Orlando, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Nov. 9 - Florida Hospital Celebration Health Founders Day 10K and 5K, Celebration, FL, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Nov. 23 - Alan Ranofsky Invitational 20K and 10K, Tradewinds Park, Coconut Creek (Broward County), Contact Dan Koch 954-970-9634 or register on line at [www.floridasports.com](http://www.floridasports.com).

Jan. 17, 2004 - Park Avenue 5K, Winter Park, FL, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Jan. 25, 2004 - Lady Track Shack 5K, Mead Gardens, Winter Park, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Jan. 31, 2004 - RDV 5K, RDV Sportplex, Maitland, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Feb. 21, 2004 - Outback Distance Classic 12K and 3K Run and Walk, Lake Eola, Orlando, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Feb. 29, 2004 - Run Around the Pines Bov Mosher Memorial 5K, Showalter Field, Winter Park, FL, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Mar. 6, 2004 - Rock Around the Block 5K, Casselberry, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Mar. 13, 2004 - Winter Park Road Race 10K and 2 miler, Park Avenue, Winter Park, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

Apr. 24, 2004 - Run for the Trees 5K, Showalter Field, Contact Track Shack, 1102 N. Mills Ave., Orlando, FL 32803, 407-898-1313, [www.trackshack.com](http://www.trackshack.com)

*(Continued on page 12)*



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Your running realtor! Specialize in selling homes for runners, close to parks, trails, beaches etc. Do you have drive to where you can run?

IN ORDER TO KEEP THE COST OF BEING A MEMBER OF OUR CLUB AT A REASONABLE FEE, STARTING MAY 1, 2003, WE ARE ASKING ALL CLUB MEMBERS THAT HAVE ACCESS TO A COMPUTER TO PLEASE DOWNLOAD YOUR NEWSLETTER FROM OUR INTERNET SITE [WWW.RUNWESTFLORIDA.COM](http://WWW.RUNWESTFLORIDA.COM). IF YOU DO NOT HAVE ACCESS TO A COMPUTER AND STILL WISH TO RECEIVE A NEWSLETTER, PLEASE SEND US YOUR NAME AND ADDRESS AND WE WILL KEEP YOU ON OUR MAILING LIST. PLEASE REALIZE THAT IF YOU DO NOT SEND US YOUR ADDRESS, WE WILL NOT MAIL A NEWSLETTER TO YOU.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mail To: Membership Chairperson  
1005 Highland Avenue  
Clearwater, FL 33756



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**WEST FLORIDA Y RUNNERS CLUB**

**BOARD OF DIRECTORS**

**MINUTES OF MEETING WEDNESDAY, SEPTEMBER 3, 2003**

Members in attendance: Dan Boyle ,Arnaud Glacet ,Skip Rogers, Duncan Cameron, John Holmes ,Linda Schumacher, Karen Farnham, Everett McDowell and Michael Weiss

President Linda Schumacher opened the meeting at 6:30.

A motion to accept last month's minutes was passed (John Holmes; Everett McDowell)

The Treasurer's report was accepted (John Holmes; Arnaud Glacet)

Equipment- the switch is in for the clock. John Holmes is resigning as equipment manager

Scholarships- paid out on three; two are outstanding

Making Tracks- still looking for an editor

Membership- stable

RRCA- received our membership list

Social- ad for Christmas party to be in Making Tracks and the website. Picnic in Pop Stansell Park on November 8. John Holmes will resign as Social Director after those two events.

Track- some extra keys are out there. Creating a problem with the school.

Uniforms- seat covers are in

Youth team received \$500 from Frito Lay

Sunday runs- the usual crowd

**CLUB RACE REPORTS**

Max Bayne- the Park is reserved The fees should be raided to \$20/\$25. No 5K again.

Croom Trail- the 50K will be held on October 18

Beach Series- did well. The club made money. The multiple race directors did a good job.

Warhoop- all set

Turkey Trot- bobble head doll is being reviewed.

Turkey Trot Training- set for September 20 at both parks.

There is also interest in a 100K to be held in 2005. John Holmes would be the director

**OTHER BUSINESS**

The Club will donate \$250 to Gasparilla

As in the past, we will contribute \$200 for cross country finishers ribbons

With no other business, the meeting was adjourned at 7:30PM. The next meeting will be held on October 1, 2003 at 6:30 PM at the Y Child Care Center.

Respectfully submitted. Duncan Cameron

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IT'S TIME TO GET READY FOR THE BIG ONE!

BE A TURKEY TROT PARTICIPANT, EVEN IF YOU'VE NEVER  
RUN BEFORE!

TURKEY TROT TRAINING CLASSES - START SATURDAY  
SEPTEMBER 20 - 8 AM

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John Chestnut Sr Park -  
Palm Harbor  
Taylor Park - Largo

Time to start getting ready for the Big One! This year's Times Turkey Trot is shaping up to be the biggest and best yet! Help celebrate the Trot's 25th Anniversary by gearing up for it now. For the past 17 years, the West Florida Y Runners Club has hosted FREE Turkey Trot Training classes with over 1,800 people having participated!!

Classes will take beginners and former runners through a safe and effective training program that culminates at the starting line of this year's Gobbler one miler, Wingding 5K (3.1 miles), and Trot 10K (6.2 miles).

The Wingding classes are geared to teach the principles of running and fitness while building stamina through the walk - run method.

Runners wishing to increase their running distances from two miles to six miles will want to train with the Trot 10K group. Participants will increase their stamina by increasing the distance they run by a  $\frac{1}{2}$  mile each week.

Walkers are encouraged to join in the Gobbler class to train for a comfortable one mile or 5K walk on Thanksgiving morning.

For more information CALL Evenings & Weekends before 8pm or contact:

Palm Harbor Instructor: Linda Schumacher (727) 939-8038 [two.shoes@verizon.net](mailto:two.shoes@verizon.net)

Largo Instructors: Mary Lou Johnson (727) 595-2586 [mlouie@tampabay.rr.com](mailto:mlouie@tampabay.rr.com)

Race walking Info: Bonnie Stein (727) 394 - WALK or e-mail her at [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com)



# 25th Annual

## WORLD FAMOUS

### WARHOOP SPRINT

September 27, 2003

At Lake Seminole Park

Between Starkey & Seminole on Park Blvd



**PARK OPENS AT 7:00 AM**  
**1 Mile Fun Run**  
**8:00 AM**  
**5K Warhoop Sprint**  
**8:30 AM**

*25th ANNIVERSARY*  
**T-SHIRTS GIVEN TO**  
**ALL REGISTERED 5K**  
**PARTICIPANTS**

**5K** - This is the oldest cross-country race in the bay area. The course involves paved roads and paths, woodland trails, grassy leas, a water hazard and a finishing charge up Spirit Mountain.

**Age Awards for 5K:** Under 8, 9-10, 11-12, 13-14, 15-19, 5 year age groups from 20-69 and 70+

**1 Mile** - This run is for children. Registration is Free!

**REGISTRATION: RACE DAY** at Shelter #8 from 7:15 am.

**MAIL IN REGISTRATION:** Send to- West Florida Y Runners Club  
 1929 Whitney Way  
 Clearwater, FL, 33760

**(MUST INCLUDE A STAMPED SELF-ADDRESSED ENVELOPE)**  
 Inquiry's to: Race Director Jim Sheridan PH: 727-535-9658

#### WARHOOP SPRINT REGISTRATION FORM

**Make check payable to: West Florida Y Runners Club**

**NAME:** \_\_\_\_\_  
**ADDRESS/CITY/ZIP:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **SEX:** M F  
**PHONE:** \_\_\_\_\_

**ONE MILE KIDS RUN: FREE!**

**WFYRC MEMBERS 5K: \$5.00**

**NON-MEMBERS 5K: \$10.00 1/2 OF ENTRY FEE CAN BE APPLIED**  
**TO ANY NEW WFYRC MEMBERSHIP (normally \$15)**

I know that running and volunteering to work in races are potentially hazardous activities. I should not enter and run and/or volunteer 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 and/or volunteer. I also agree that I may be examined and treated if necessary during the course of the race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life threatening condition. I assume all risks associated with running in and volunteering for 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 entry or my volunteering, 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 this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature (Parent's Signature if under 18) \_\_\_\_\_

(Continued from page 7)

## NUTRITION NEWS -How to Increase Fiber Consumption

By: Rick Hall (About.com Nutrition Guide)

Fiber consumption can effectively lower blood cholesterol and potentially reduce risks of diverticulosis, atherosclerosis, diabetes, and colon cancer.

Here's How:

1. Eat more fruit. Apples, bananas, apricots, grapes, peaches, and strawberries are rich in fiber.
2. Consume more vegetables. Broccoli, cabbage, cauliflower, corn, green beans, corn, tomatoes, and zucchini all are rich in fiber.
3. Eat legumes. Not only are beans rich in fiber, many are high quality protein sources and low in dietary fat.
4. Go whole-grain. Increasing whole-grain bread and wheat bran effectively incorporates fiber.
5. Eat cereals high in fiber. Check the food labels on your breakfast cereal for dietary fiber.
6. Consume more berries. Add berries to pancake batters and muffin mix recipes.
7. Eat brown rice in place of white rice.
8. Many nuts are high in insoluble fiber.
9. Replace processed fruit juice with whole fruit.

Tips:

1. The National Cancer Institute recommends between 20-35 grams of fiber daily. The average American eats less than half of this recommended intake.
2. High-fiber cereals are one of the easiest sources to find fiber, as one serving size can be as high as 8-10 grams.

Bonnie's note - The healthy foods with high fiber that can lower cholesterol and reduce the risk of colon cancer, diabetes, and atherosclerosis is the same food that is eliminated or severely restricted in high protein diets such as Atkins. Meat, eggs, and cheese (the staples of a high protein diet) have no fiber.

## Can You Lose Weight by Skipping Meals?

Think you can lose weight by skipping meals? Think again. A new study shows that people who eat more frequently during the day have almost half the incidence of obesity than people who eat less often.

About 500 people were asked to recall their diets five times over one year. An eating episode was defined as an event during which at least 50 Calories were consumed and was 15 minutes away from other eating. Those eating four or more times daily (generally 3 meals and a snack) were 45 percent less likely to be obese. People who regularly skipped breakfast were 450 percent more likely to be obese. These analyses were adjusted for total energy intake and physical activity. The study appeared in the July 1, 2003 edition of the American Journal of Epidemiology.

Previous studies have reported similar results. As long as you didn't consume extra calories during the day, there was no indication that eating at night contributed to greater weight. The premise of many programs (Oprah says it works for her not to eat after 7 PM) is that eating at night makes you store more fat. In fact, research doesn't seem to prove this.

Yes, you will be fatter if you starve all day and then eat all night. It's not eating at night that causes weight gain, it's over-eating at night. If you have a problem with overeating, it's probably a better choice to do as Oprah does, and give yourself a time limit for dinner. However, make sure you've eaten enough during the day and haven't skipped any meals.

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(Continued on page 13)

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**HAVE YOU HEARD ABOUT THE SOUTH BEACH DIET?**

By: Cathy Hamrick, MS, RD, LD (The Nutrition Edge, LLC, Marietta, GA)

Now that the South Beach diet is on the Best Seller's list and being publicized on major networks and magazines I have had many inquiries about the diet from active people looking to lose weight. The author, Dr. Agatston, is not only a doctor but a cardiologist; however, he still has no training in nutrition. His knowledge of nutrition and diets has come from trial and error with patients on different diets.

The basis of this diet is the glycemic index of foods. All foods have a glycemic index, some high, some low. The disadvantage of using this system is that once you combine foods together, such as in a meal, the glycemic index for those foods change. So a food such as a banana that is a high glycemic food can have a different effect on insulin levels depending on what you're eating it with.

Even though Dr. Agatston claims that you don't have to count calories, I have analyzed the caloric content in the different phases of the South Beach Diet. Looking over Phase 1, Phase 2 and Phase 3 of the meal plan it is basically a calorie controlled diet with a gradual increase in calories from ~ 800, ~1200 & ~1500 respectively. Anyone should be able to lose weight if you cut your calories to such a low amount if you consider most people eat 2400+ calories per day!

The other aspect I find interesting about this plan is that Dr. Agatston states that you don't have to count calories, fat or portion sizes, yet in his meal plan portion sizes are exact for the carbohydrate foods (starches & fruits) and for fats (olive oil, salad dressings). Obviously these are the foods that most people struggle to control portion sizes.

On a positive note, I do agree with his belief of eating balanced meals and staying away from processed foods, white flours and fat free processed foods. All of these foods contribute little nutritional value to the diet and add calories and promote higher sugar intake. Most people need to eat higher fiber, more fruits and vegetables, with moderate protein and fat at each meal. On this point, the South Beach Diet gets my approval. But, you don't need the South Beach Diet to achieve those goals. Registered dietitians and sports nutritionists have been advocating this type of a heart healthy eating plan for years.

The take home message I give to my clients is that the South Beach Diet is a new (lower calorie) twist to old fashioned good nutrition. That is a balanced diet with moderate portion sizes, high in fiber with emphasize on heart-healthy fats and fruits and vegetables and moderate amounts of lean protein will accomplish weight loss. One doesn't need to go through phases to "wash" the body clean (as the South Beach Diet claims), but begin eating healthfully one meal at a time and be consistent. And don't forget your racewalking.

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# Croom Trail 50K Run & 4 Person 50K Relay

**RRCA Southern Regional 50K Championship** *(pending approval)* Hosted by WFYRC

**Races:** *Croom Trail 50 K Run* *Croom Trail 4 person 50K Relay*

**Where:** Withlacoochee State Forest, NE of Brooksville FL (60min drive N of Tampa, 80min from Orlando)

**When:** Saturday Oct 18<sup>th</sup> 2003, 50K starts at 7am, Relay starts at 8am.

**Course:** The challenging course follows 4 repeat loops on the Croom Hiking Trail through central Florida's long leaf pines and scrub oak covered hills, past creek bottoms & cypress ponds. There will be a 5:00pm cut off.

**Entry Fee:** The 50K Race is \$55 before Oct 4<sup>th</sup>, \$65 after. The 50K Relay Race is \$20/person before Oct 4<sup>th</sup>, and \$25 per person after said date. Relay entries must come in the same envelope with the entry fee and waiver for each runner.

**No refunds or transfers.** Day of race entry is discouraged how ever accepted. Late entries run risk of not getting a shirt or race packet.

**Checks payable to:** West Florida Y Runners Club (or WFYRC)

**Mail entries to:** 10106 Moores Mill Ct  
Tampa, FL 33615-1621

**Online Registration:** [http://www.active.com/event\\_detail.cfm?event\\_id=1048251](http://www.active.com/event_detail.cfm?event_id=1048251)



**Host Hotel:** Days Inn at 6320 Windmere Rd, Brooksville, (352)-796-9486. 0.2mi east of I-75/98 intersection Ask for "West Florida Y 50mi run" rate of \$49, if you make reservation prior to Oct 4th.

**More Info:** John Holmes @ (727)-546-9399 [jholmesruns@juno.com](mailto:jholmesruns@juno.com)  
Jim Bodoh @ (813)-884-1862 [CTR@Tampabay.rr.com](mailto:CTR@Tampabay.rr.com)  
<http://www.RunWestFlorida.com/>



**Awards:** Shirts to all entrants, Trophies for Overall Male/Female, 1<sup>st</sup> place male/female within five-year age groups.

Last Name \_\_\_\_\_ First \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Birth date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-Mail \_\_\_\_\_

50K \_\_\_\_\_ or Relay \_\_\_\_\_

Shirt size: S M L XL

I would like to contribute \$ \_\_\_\_\_ to the USU fund (Ultra runners Supporting Ultra Runners)

**Incomplete or unsigned entries will not be accepted**

I know that running a trail race is a potentially hazardous activity. I should not enter and run 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 associate with running including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the course 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, 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, it's officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parents Signature if under 18) \_\_\_\_\_

GOLF GOLF GOLF  
WFYRC STYLE

WFYRC is presently looking for golfers of all abilities to play golf on the first Saturday of each month.



The courses will be par three's in the Clearwater area. The price is usually under \$25.00 per person.

If interested please call: John Holmes at 727 546 9399 or e-mail at [Jholmesruns@juno.com](mailto:Jholmesruns@juno.com)

**TRACK WORKOUTS**

By Coach Mel

Tuesday at Clearwater High School and Wednesday at Osceola Middle School at 5:15PM

Sept 2nd	1 x 1200 meters, 1 x 800 meters, 1 x 1200 meters
Sept 9th	4 x 1200 meters
Sept 16th	6 x 800 meters
Sept 23rd	5 x 100 meters
Sept 30th	1 x 1200 meters, 1 x 800 meters, 1 x 1200 meters
Oct 7th	2 x 400 meters, 2 x 800 meters, 2 x 1200 meters
Oct 14th	5 x 600 meters
Oct 21st	Ladder (400 meters, 600 meters, 800 meters, 1000 meters)
Oct 28th	1 x 800 meters, 1 x 400 meters (3 sets)

**UPCOMING MARATHONS**

**Wine Glass Marathon, 10/5/03-** Don and Ginger Herring

**Chicago, 10/12/03-** Mary Ann Protz, Erin Burgasser, Christy Phillips

**Marine Corps Marathon, 10/26/03-** Michael Weiss, Andy Scavelli, Jeff & Mary Delie

**New York, 11/2/03-** Amy McClenathan, Walt Sieg

**WEST FLORIDA Y RUNNERS CLUB  
1005 SOUTH HIGHLAND AVENUE  
CLEARWATER, FLORIDA 33756**



*Since 1978*

**WEST FLORIDA Y RUNNERS CLUB MEMBERSHIP FORM**

- Please fill out form, detach and mail with your remittance
- Make checks payable to: West Florida Y Runners Club
- Annual Dues: \$15 single membership; \$25 family membership
- Mail to 1005 Highland Ave. Clearwater, Fl. 33756



For upcoming races check out our Website at [www.runwestflorida.com](http://www.runwestflorida.com)

Name \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date of Birth \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Sex M F  
 Home Phone ( \_\_\_\_ ) \_\_\_\_\_ Work Phone ( \_\_\_\_ ) \_\_\_\_\_  
 E-Mail \_\_\_\_\_@\_\_\_\_\_ Profession \_\_\_\_\_

- Check here if you DO NOT want the above information in a Club Directory.
- Check here if you want to receive the newsletter by mail (All newsletters are available as PDF document on the club website. Using this electronic version enables the club to save on the printing and shipping.).

\* Family Membership Names      Sex      Birth dates

_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____
_____	_____	____ - ____ - ____

I would be interested in:

Helping at a club race _____
Writing articles for the newsletter _____
Attract race sponsors _____
Hosting a breakfast run _____

*Membership Waiver:* I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run and/or volunteer 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 and/or volunteer. I also agree that I may be examined and treated if necessary during the course of a race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life threatening condition. I assume all risks associated with running in and volunteering for 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 WFYRC membership, participating in races, and/or my volunteering, 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 events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that \$1.25 of my membership dues goes for the subscription to the RRCA publication "Footnotes."

Signature \_\_\_\_\_ Date \_\_\_\_\_ If Family Membership, all adults sign Parent or Guardian if under 18 \_\_\_\_\_