



38 YEARS OF FUN AND PARTICIPATION

MANASOTA TRACK CLUB

Serving Manatee & Sarasota Counties

VOLUME 31, NUMBER 8

AUGUST 2013

INSIDE

03

President's Perspective

04

Tidbits

06

Injury Prevention

07

Upcoming Event | Run to Live 5k

08

Rate The Races

09

Training Tips

09

Events

10

Training

Renew your membership
online at



search for
"Manasota Track Club"

More than 1,000 people
"Like" us on facebook!
Won't you "Like" us too?



CHRIS DELEONARDO

Faces at the Races

By Guy Ealey

Chris Deleonardo has been a runner for two years, and he has been a member of the Manasota Track Club for two years, and that makes him one of the "new kids". Chris had hardly gotten his feet "wet" before Kimmy Collister-Sterns and Tom Flanagan had him talked into becoming the MTC Club Treasurer. They made a good choice, with the financial services and banking background that Chris has in his day job.

Chris said it was Kimmy who first introduced him to the MTC. At that time, Chris had allowed the stresses of corporate life and other factors to take him to a much bigger frame than you see on him today. About 45 more pounds of Chris was a lot of incentive to get down to business with a healthier lifestyle. The added weight made running difficult, and hard on his joints, so Chris had to seek lower impact options like the elliptical trainer for a time, but Chris was not only committed to the weight loss. He found that he really loved running!

By the time January 2013 rolled around, Chris had developed enough as a runner to participate in the Miami to Key West Ragnar Relay. He is currently running 25 to 40 miles a week, in addition to some weight training and core workouts. Chris doesn't subscribe to any specific diet plan, just cut back on quantity, add vegetables, juicing, and more whole grains. Basically, running has been the most significant factor in getting his weight under control. Chris doesn't really enjoy biking, or swimming, but he does love running!



CHRIS DELEONARDO

Chris' longest run to date is 20 miles. He incorporated some of the Galloway techniques on longer runs, but does sustained runs of about 11 miles at a 9 minute pace. He is now capable of an 8 minute pace for a 10k, and a 7 minute pace for a 5k. Pretty quick for a guy who floats so close to the 200 pound mark on the scales. Chris has already paid his entry fee for his first half marathon, the Savannah Rock n' Roll half marathon this fall, and says there will be a marathon on his schedule for 2014.

When I asked Chris how he felt about how the club is doing in serving the community, he said he felt that President Patti Brustad is doing a really good job in attracting younger runners, and that the club's support of

Continued on page 7

PLEASE VISIT OUR WEB SITE AT:
MANASOTATRACKCLUB.ORG

Webmasters: Don Marshall – sarasotadon@msn.com • Patti Sarno – psarno@hotmail.com

<p>FIT TO RUN 8123 Cooper Creek Blvd. University Park 358-5100 fit2run.com</p>	<p>NEW BALANCE SARASOTA 1872 Stickney Point Rd. Sarasota 921-3696 newbalancesarasota.com</p>	<p>NEW BALANCE UNIVERSITY PARK 8204 Tourist Center Drive off University Pkwy 921-3696 newbalancesarasota.com</p>	<p>FLEET FEET SPORTS 1830 S. Osprey Ave. Sarasota 894-3338 fleetfeetsarasota.com</p>
---	---	---	---

BOARD OF DIRECTORS

PRESIDENT

Patti Brustad: 650-6828; edugatorpatti@aol.com

VICE PRESIDENT/NEWSLETTER EDITOR

Kim Collister-Sterns: 539-3564; kcs@thenuevos.com

SECRETARY

Jan McNutt: 726-3585; mcnuttfour@verizon.net

TREASURER

Chris DeLeonardo: 404-8322; deleonardoc@gmail.com

BOARD MEMBERS

Jan Carpenter: 544-6180; jan.carpenter@ymail.com

Guy Ealey: 270-0615; massageguy@comcast.net

Tom Flanagan: 922-2639; tomflan1@verizon.net

Sharon Guy: 321-1218; shguy2003@yahoo.com

Mark Kowalski: 961-5948; markkowalski70.3@gmail.com

Kristy Ochsendorf: 757-589-9994; kbooth9@gmail.com

Patti Sarno: 780-4913; psarno@hotmail.com

Susan Wenzel: 320-5525; twenzel@tampabay.rr.com

Derrick Wozniak: 359-0663;

dwozniak@clockworkhomeservices.com

MEMBERSHIP RENEWALS/ADDRESS CHANGES

Jenna O'Horan: johoran@gmail.com

WEBMASTERS

Don Marshall: sarasotadon@msn.com

Patti Sarno: 780-4913; psarno@hotmail.com

EQUIPMENT MANAGER

Tom Flanagan: 922-2639; tomflan1@verizon.net

OUT OF TOWN RACE RESULTS

Tom Chambers: tchambers1@verizon.net

Tom Depenbrock: 966-3383

MTC/NEW BALANCE RACING SERIES COORDINATOR

Shawn Weigl: ckwrestler@gmail.com

SUMMER BEACH RUN COORDINATOR

Sharon Guy: 321-1218; shguy2003@yahoo.com

BILL'S BEER RUN RACE DIRECTOR

Nancy Flanagan: 922-2639; nancyflan@verizon.net

SCHOLARSHIP COMMITTEE CHAIR

Steve Crane: 379-6790; run4yourlife1@aol.com

NEWSLETTER INFORMATION

NEWSLETTER CONTRIBUTIONS

All items to be included in the newsletter (articles, comments, race results, photos, etc.) should be submitted to the editor by the 15th of the month for inclusion in the next newsletter. Email submissions are appreciated. Please keep articles to one page – due to the high cost of printing. Longer articles will be included in the online newsletter on the track club web site.

RACE FLYERS

All race flyers must be approved (Contact Vice Pres.) and prepaid (mail \$50 fee to MTC @ P.O. Box 5696, Sarasota, FL 34277). After approval, deliver 300 copies to **Business Resource, 1626 Barber Road, Suite B, Sarasota, FL 34240** by the 15th of the month for inclusion in the next newsletter. Please make flyers 8.5" X 11". To have your flyer included in the online version of the newsletter please email a pdf of the flyer to kcs@thenuevos.com.

NEWSLETTER ASSEMBLY

Newsletters are assembled each month at the Waldemere Fire Station at 6:00 P.M. on the **FIRST WEDNESDAY** of each month. Contact Candace Yelton – 485-2161 for details.

NEWSLETTER ADVERTISING

Cards or inserts must be "camera ready" and must reach the editor by the 15th of the month for inclusion in the next newsletter. Continuing ads will be inserted monthly. **To place or update an ad, please contact Kim Collister-Sterns: kcs@thenuevos.com**

AD RATES:

Size	1 month	6 months	1 Year
Business Card (3.675"w x 2.375"d)	\$15	\$75	\$135
Quarter Page (3.675"w x 4.8"d)	\$30	\$150	\$270
Half Page (7.5"w x 4.8"d)	\$45	\$225	\$405
Full Page (7.5"w x 9.75"d)	\$60	\$300	\$540
Race Flyer (8.5" x 11")	\$50		

SEND PAYMENTS TO:

MTC
 P.O. BOX 5696, SARASOTA, FL 34277

PRESIDENT'S PERSPECTIVE

Although last month's President's Perspective was targeted toward surviving the hot running months, I must say it's still on my mind. Often I think about my topics for newsletter articles while running, but lately all I can do is think about how hot it is! I found a few moments of relief so far this summer traveling to Tennessee, Georgia, the Smokey Mountains of North Carolina and Ohio (found a 5K through the Cleveland Zoo).

A goal of mine is to run a race in all 50 states. I'm constantly inspired by the many posts on Facebook of friends who are running half marathons, marathons and even ultra races around the country (John Wallace, Greg Goebel, John Pyle, even a high school buddy, Jason Bennett.). Heck, I'm happy with being able to travel and get a 5K in. I find it fun to Google running events in areas I know I have to travel to and feeling like I hit the jackpot when there is a race scheduled the same time as my travel. Someday I may be able to actually schedule my travel around races, but while my children are still young and work life interferes, I must entertain myself with searching for whatever is available that fits into my schedule.

Recently, I read an article in Women's Running magazine that talked about using the hot summer training runs as a time to enjoy your running since PRs are more unlikely. As I mentioned above, I have found it entertaining these past few months to hunt down a running race in the areas I have been traveling to. This gets me excited. Another tactic to keep my mind off the heat is running with friends. This past month has been a great month for catching up with old, and not so old,



friends whether it is on the beach for a Summer Beach Run, at Mr. Beery's Hump Day 5K or early in the morning around town. I find the more I can chit chat, the less likely I am to complain about the heat (although sometimes that's what we chit chat about).

Right now, we may not be able to escape the heat every day, but with the recent rain and storms we've been having; those storm clouds have helped keep the sun covered. I'll take it! It is amazing that we've had six straight beach runs without having to cancel any. There have been evenings where the lightning has lit up the sky from afar, but it's kept its distance. Some nights those storm clouds have been a blessing dropping temperatures by ten degrees.

Cooler weather will be here before we know it. I know this because the Bill's Beer Run (BBR) race committee has been working diligently to prepare for what is sure to be the best BBR ever! Remember that BBR is our only MTC fundraiser for the year. All members will receive a sponsorship letter in the mail this month. Please consider donating if you can. The proceeds help us support running in our community all year long. And, who wouldn't want their name on the back of the most popular race shirt around? We know this 25th anniversary of BBR will be the most fun ever, but help us make it the most successful as well.

Until cooler weather comes our way, I'll see you on the beach Tuesday nights!

Your proud president,

Patti

NEXT MTC BOARD MEETING & NEWSLETTER ASSEMBLY

WEDNESDAY, SEPTEMBER 4, 2013

Next MTC Board meeting will be held at the Fire Station, located one block east of US 41 on Waldemere Street (east of Sarasota Memorial Hospital). The Meeting will begin at 6:00 P.M.

Newsletter assembly occurs at the same location and time on Wednesday, September 4, 2013.



**ALMOST
SOLD OUT!**
LESS THAN
200 SPOTS LEFT!

BBR registration is now open to the public.

To get your MTC discount register online at:
www.imathlete.com/events/BillsBeerRun

Use code **BBR25**

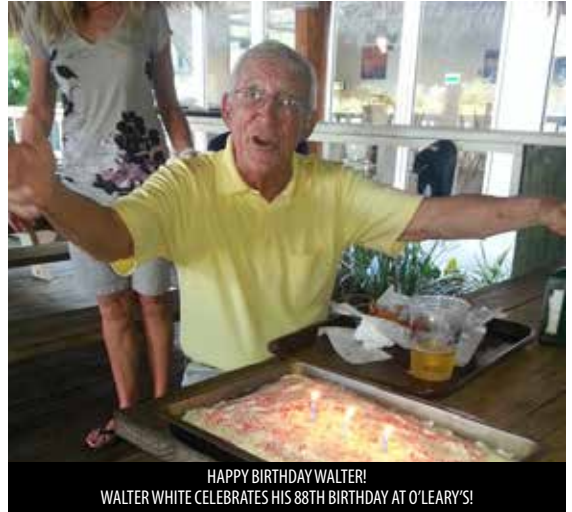
TIDBITS

SUMMER BEACH RUNS

Siesta Key, July Photos by Kimmy Collister-Sterns



HEATHER KOESTER & KREG "THE PACER" STERNS



HAPPY BIRTHDAY WALTER!
WALTER WHITE CELEBRATES HIS 88TH BIRTHDAY AT O'LEARY'S!



SUMMER BEACH RUN FUN



THE ALL GIRL GRILL TEAM IS IN THE HOUSE!
CARRIE RASMUSSEN, LIZ MONEYMAKER & KIMMY COLLISTER



MICKEY CHECKS THE CLOCK



THE POPSICLE CREW IS READY



DON'T PASS THE PACER!

UPCOMING EVENT

The First Annual running of the Random Acts of Giving (R.A.G.) 26.2, 13.1 & 9K will be held on Saturday, November 9, 2013 at Payne Park in downtown Sarasota! You heard right. We are running a marathon in circles. Better known around the country as a lap race, the marathon runners will circle the .5 mile track at Payne Park 52.4 times, the half will run, you guessed it, 26.2 and the 9K will run 11.1.

Let us tell you a little about how this works. R.A.G. is open to 200 total athletes and this is a "fun" event with little emphasis on PR's. Some will run, some will walk and some will stroll. Payne Park is extremely spectator friendly and R.A.G. is likely to have as many spectators as runners. Where else can a marathon runner "high five" their friends and family during any given part of their run, at practically anytime? Only at a lap race, that's where!

All three races will begin at 7am and runners will be positioned on the track according to the distance they are running. Fast Finishes Timing Company will be scoring the runners and our DJ will be spinning the tunes and shouting out the number of laps to the runners. As you can imagine, it's hard to keep track (no pun intended) of how many times you have circled after the first 10-12 laps?

So that's a little about the event. This is where you, the wonderful members of the Manasota Track Club come in. The proceeds from Random Acts of Giving 26.2, 13.1 & 9K will support two Sarasota based non-profits, All Faiths Food Bank and South-eastern Guide Dogs. On the morning of the race All Faiths Food Bank will drop food containers at Payne Park and we would like to FILL THEM UP! With your help, we can!

As we mentioned, the races start at 7am and runners will be on the track until approximately 1pm. Please come by anytime to drop off a food item, cheer on your friends or just hang out for a while with us. To learn more about R.A.G. 26.2, 13.1 & 9K, please visit our website located at www.RAGSarasota.com or feel free to e-mail us at: RAGSarasota@gmail.com

YOUR SHOE IS UPDATING.

Ghost 6 + Glycerin 11 - Now available!!

Come refill on the old one
before they're gone
or snag a new one!

 **BROOKS**




941.894.3338 • (89-4FEET)

1830 S. Osprey Ave. #104, Sarasota, FL 34239
Located in Southside Village. Parking in rear of store.

www.fleetfeetsarasota.com

Join our mobile text club for exclusive offers.
Text FLEET to 71441.

 Follow us at [fleetfeetsarasota](https://www.facebook.com/fleetfeetsarasota)

INJURY PREVENTION

5 Key Stretches for Runners

By Dave Ochsendorf, MPT and Kristy Ochsendorf, DPT

The purpose of this article is to identify some of the more important lower extremity stretching exercises for injury prevention in runners. Proper stretching technique and other considerations for improving flexibility will be reviewed.

Stretching prior to running has become controversial in recent years. This is due in part to recent reviews of the research which fails to show lower incidence of injury after stretching. Furthermore, recent studies have suggested muscles could be weaker for approximately 20 minutes after stretching. A more widely accepted approach now is a dynamic warm-up just prior to running with a “cool-down” and stretching performed afterwards. It is important to emphasize that flexibility remains a key component of injury prevention. We see common patterns and trends with certain injuries, such as tight calf musculature with plantar fasciitis, and tight quadriceps muscles with anterior knee pain, which is how we identified the specific stretches highlighted below.

Another point to make is that chronic tightness, muscle dysfunction, and myofascial tightness don't always respond the best to simply pulling on the muscle. It may be necessary to use a more indirect technique such as massage, myofascial release, rolling, etc., to “release” the affected muscle group. After normal function is restored, then regular stretching is an effective way to maintain adequate flexibility. To make gains in muscle length, research suggests a “low-load, long-duration” stretch. We recommend the following stretches after activity, when muscles are warm, performing 3-4 repetitions of 30-60 seconds each.

Specifically, runners should be stretching both of the major muscles in the calf, the gastrocnemius and the soleus. The gastrocnemius is the large, 2-part, visible muscle below the knee, and the soleus is the large flat muscle which lies beneath the “gastroc”. They both are connected to your heel by the Achilles tendon. Tightness in these muscles is common and can lead to Achilles injury or increased pressures on the sole of the foot or forefoot resulting in plantar fasciitis, foot/heel pain or nerve irritation known as a “neuroma”. Tightness in the calf also contributes to pain in the front or the inside of the shin, commonly referred to as “shin splints”. Stretch the gastrocnemius with the knee straight and the soleus with the knee bent as shown below.



To avoid knee pain, it is crucial to have good flexibility in the quadriceps (front of thigh), hamstrings (back of thigh), IT Band (side of thigh), and in the calf muscles. Quadriceps, hamstring, and IT Band stretches are shown below. The IT Band is a fibrous band of fascia along the outside of the thigh which often responds better to massage and rolling. Stretching of the hip flexors (iliopsoas) and piriformis muscles are also important for healthy knees and hips (not shown here).



Dave and Kristy are avid runners, MTC members, and owners of Siesta Key Sports & Physical Therapy. Dave specializes in foot/ankle biomechanics, sports medicine, and running injuries in his 15 years of practice.

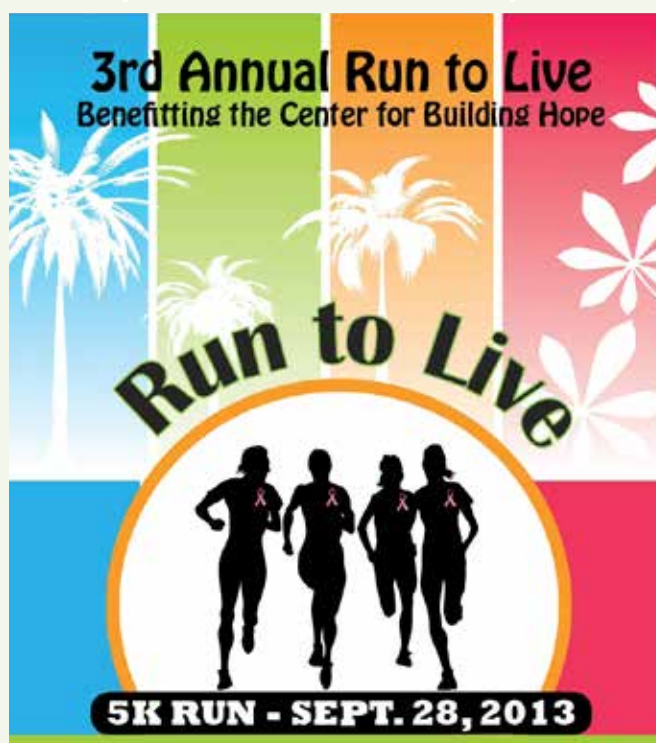
UPCOMING EVENT | MTC SANCTIONED | SEPTEMBER 28, 2013

My name is Joanne Hampton and I am a 10 year breast cancer survivor. I attend the Survivors Rock Cancer Support group for young women diagnosed in their 20's, 30's and 40's.

Center for Building Hope continues impacting lives of so many who have been affected by cancer. Whether they are attending exercise classes, educational workshops, or support group meetings.

A support group is a place where I'm truly welcomed, for we all share similar stories; where my fears are real and not silly, where my tears are wiped and understood, a place full of empathy and friendship. We all had our world turned upside down by hearing those three little words, "you have cancer." We are beginning to put our lives back together and for many of us the Center for Building Hope has been the place where hope lives.

I remember walking through the grocery store one day when I noticed a woman; it was obvious she was going through treatment. As I approached her I was surprised to see it was a



mom I knew, we chaperoned our children's end of year field trip to the zoo just a year ago. We hugged and held on to each other just a little tighter and a little bit longer. She held my arm looked into my eyes and asked me "what now?" My heart sank as I could see the tears starting to form in her eyes. I'm a 10 year breast cancer survivor; you think I would know what to say, that I could give her some insight, but nothing came out, no words of wisdom, I couldn't speak. I had almost forgotten being just as lost. I asked that very same question as I was carrying my son only 2 and holding my 5 year old daughter's hand, "what now?" A cancer diagnosis

changes your life, what once was normal will never again be. I smiled and told her I'm still trying to figure that out but I'm taking it one day at a time. I began to tell her about the amazing place where hope is alive.

Thank you for turning fear into hope, confusion into knowledge, and isolation into a sense of community. Thank you for supporting empathy, understanding, and love. The Center for Building Hope the place where hope is alive.

FACES AT THE RACES

elementary school running groups and the scholarship program for graduating seniors are highly commendable. Chris feels the MTC should do more to get our logo out in the general public, something he called "branding". Basically, he wants to see more MTC tee shirts, visors, caps, windbreakers, etc. out there to be seen by people who don't necessarily attend or participate in running events.

Chris said the number of events sanctioned by the MTC is probably about right, and that to add more would only make sense if the number



CHRIS PLACES AT THE SCRUB JAY AND GETS HIS MEDAL FROM SCRUBBY.

of people willing to volunteer to assist as race directors and race consultants also increases. He mentioned trying to communicate with the membership through direct mail to learn if there is enough interest to support a "fuller" race calendar.

I'm quite sure that we will see a lot more leadership from Chris Deleonardo in the years to come. He demonstrates a dynamic personality, and is definitely a man dedicated to keeping the Manasota Track Club headed in the right direction.

RATE THE RACES

By Terry Deshaies

I rate the races based on 4 criteria: organization, the course, awards and post race party. Anyone who would like to comment about a race can email me directly at deshairt@hotmail.com.

Well the summer beach runs continue to be the dominating races in the area...and just about the only ones. The conditions have actually been the best I can recall for the 4 of the 5 races we've done so far. We've been really lucky with the late afternoon clouds covering up the sun and yet no rain outs yet!! The wind, for a change, has been our friend. Usually on the beach it's a steady 20 mph wind in one direction or the other or both ☺ but this year there's been just enough to help cool you down!!! I said cool you down!! Now that's funny ... from 95 degrees to 93 degrees☺ The only tough conditions we've faced so far were with the 4 miler ... It was great going up the beach into the wind, but during the 2 miles back I've never seen so many runners walking!! The breeze was gone and there was no cloud cover ... it was brutal and the beer kegs waiting at the end was the only thing that kept me going ☺



THE QUICK 1,2,3 ON UPCOMING RACES:
Canes Cross Country 5k at GT Bray Park, very organized, fun cross country course...watch out for the tree roots!! Awards go 6 deep, great post race party, coming out and beating the teenagers – priceless!!

Hooters to Hooters 5k&10k in Clearwater, one of the most fun races I did last year. Challenging 10k course...who knew they had hills!! A great post race party, they gave me the keys to the beer truck ☺

Run to Live 5k, in Lakewood Ranch to benefit the Center for Building Hope and with a \$35 early registration price tag, I Hope they get somebody to run it!!

BCC 5k, at the Bradenton Country Club, Friday night race, never done it, but discounts to certain track club members (not ours) and YMCA members

Every Sunday Night at the White Buffalo I'm teaching the line dancing lessons from 5:30 till 7:30, a cheap plug I know, but it's a blast!! ☺

See you at the races!!

no crap on tap!

MR. BEERYYS

a craft beer bar

THE HUMP DAY 5k every wednesday at 6pm
run - drink beer - earn prizes

mrbeeryssrq.com

Find us on Facebook | 2645 mall drive | sarasota fl 34231 | 941-343-2854 | **twitter**

Located in gulfgate

TRAINING TIPS

Use the Off-Season to Recover From Common Running Injuries

By Stephanie F. Olson in collaboration with Lauren Chadwick-Sonnen

Runners become accustomed to dealing with aches and pains. Though easy to ignore, those aches and pains can lead to more serious conditions as peripheral muscles begin to compensate. Some of the most common runner's injuries occur in the Achilles tendon, hips, knees and shins. During peak running season it is easy to disregard these little twinges, but the off-season is the perfect time to address them before they result in full blown injuries.

We all know someone who runs through aching shins or a painful knee, claiming that once they're warmed up everything works just fine. It may feel that way, but more likely the muscles adjacent to the problem areas are taking over to relieve the stress. Those aching shins may actually be a condition called shin splints, a common running injury resulting from excessive pronation of the foot due to improper body mechanics. Over flattening of the arch causes rotation in the lower leg that can lead to not only shin splints but problems all the way from the foot to the hip. Even small dysfunctional movements can have grave consequences. The body adapts to its own dysfunction which can often make things worse. Peripheral muscles can move bones and joints out of alignment and although it may hurt only a little or not at all, it robs the body of its ability to move according to its basic design. According to Byron Rohrig, "poor movement patterns or asymmetries cause mechanical stress, which tends eventually to result in injury." You may think the off-season is the perfect time to rest those aching areas, but studies have shown that limiting activity may compound the problem further. A good off-season program will take measure to identify and address these asymmetries, helping to treat or prevent both acute and long term injuries.

The off-season is a great time to see a specialist who can assess strengths and weaknesses, as well as problem areas, with a Functional Movement Screen. The Functional Movement Screen (FMS) is a series of simple movements that are graded to determine dysfunctional movement patterns. Corrective exercises and foam

rolling are prescribed based on the results of the screen. Stressed peripheral muscles are helped by the foam rolling while compensatory movement patterns are corrected by specific strengthening techniques. Correcting the base of the dysfunction addresses the problem at its root rather than simply treating the symptoms. Functional corrective exercises restore proper body mechanics and promote healing while working to prevent further injury. With a Functional Movement Screen and corrective exercises, it is possible to restore the proper movement patterns of a healthy musculoskeletal system, setting you up for a pain free upcoming season.

WORKS CITED:

- "Hip Bursitis-OrthoInfo - AAOS." Hip Bursitis-OrthoInfo - AAOS. American Academy of Orthopedic Surgeons, Aug. 2007. Web. 02 July 2013.
- "Off Season Training." Off Season Training. Sporting Excellence Ltd, n.d. Web. 02 July 2013.
- Rohrig, Byron. "Tests Help Assess Athletic Injuries." FMS. Functional Movement Systems, 6 Mar. 2012. Web. 03 July 2013.
- "What Should I Do During My Off-Season?" What Should I Do During My Off-Season? HillRunner.com, n.d. Web. 02 July 2013.

Stephanie F. Olson is the office operations officer of Studio South Fitness in Sarasota, FL. Lauren Chadwick-Sonnen is the program director at Studio South Fitness in Sarasota, FL. She holds a masters and bachelor's degree in Exercise Physiology. She went to college on a track and field scholarship at East Carolina University. Running cross country, 400m hurdles, heptathlon, 4x800m relay, 4x400m relay. Her achievements include placing 3rd in the conference in the Heptathlon. Lauren was a strength and conditioning coach at University of Central Florida and worked with both cross country and track and field.

EVENTS

SEPTEMBER 28TH
RUN TO LIVE 5K
JAN MCNUTT 726-3585

OCTOBER 12TH
PHILLIPPI SHORES 7K
TOM FLANAGAN 922-2639

OCTOBER 27TH
25TH ANNUAL BILL'S BEER RUN
NANCY FLANAGAN 922-2639

NOVEMBER 10TH
14TH ANNUAL SPECIAL OLYMPICS 5K
DAVE BURKE 320-8984

NOVEMBER 28TH
18TH ANNUAL MTC TOY RUN
DAVE SIEGWALD 356-6470

DECEMBER 1ST
SAL HALF MARATHON
JAN CARPENTER 544-6180

DECEMBER 7TH
JINGLE & JOG 5K
DAVE BURKE 320-8984

DECEMBER 14TH
37TH ANNUAL SANDY CLAWS 5K
DAN POLLOCK 376-1495

WELCOME NEW MEMBERS

- | | |
|-----------------------|------------------|
| Manuel Pimentel | Amy Brown |
| John LaCorte Family | Sam Dixon |
| George LaCorte Family | Pat Dixon |
| Robinson Family | Jessica Buchko |
| Richard Moore | Balkwill Family |
| Laura Dempsey | Dan Levanti |
| Therese Holmberg | Trudy Lutz |
| Ross Mercier | Berkowitz Family |
| Blix Family | Doug Chamberlain |
| Repinski Family | Otis Family |
| Douglas Family | |

TRAINING

SARASOTA AREA TRAINING RUNS

MONDAYS

6:00 AM

Downtown Venice. This group meets at Centennial Park near the public restrooms and Gazebo. Runners of all ages and abilities are welcome. Runs are over by 7:00 am. Distances and running pace vary based on one's ability. For more info call Tuula at 488-5688.

6:00 PM

EVERY Monday. Fun Runs with Courtland & Mary! All levels of runners and walkers welcome. Meet at Fleet Feet Sports on 1830 S. Osprey Ave., Sarasota. Neighborhood routes vary. All finishers receive water and refreshments. Prizes and give aways every week. Run 5 Mondays out of the 10 week summer and receive a Nike Hi-Rez Fleet Feet Sports shirt! Call 894-3338 for more information. Be the Movement!

TUESDAYS

5:30 AM

This group meets at the parking lot in front of the Granary at Stickney Point Rd. near the intersection of US 41 in Sarasota. the course goes to the Pavilion at Siesta Key Beach and back (approx. 5 miles) Info, call Linda at 374-2920.

5:30 PM

(September-May)
Brookside Middle School speed workouts led by Coach Paul Wilson, certified level 2 coach, with local area race schedule and individual abilities and goals. There will be \$5 charge per session. Contact coach Paul Wilson, pcwilson2@verizon.net or phone 549-2106.

6:00 PM

A great evening gathering for runners of all abilities. The group meets at Siesta Key Beach in the South parking lot. The long course is out to Turtle Beach and back (approx. 8 miles) but many run shorter distances. Info call Janet at 374-1002.

WEDNESDAYS

6:00 AM

Downtown Venice. This group meets at Centennial Park near the public restrooms and Gazebo. Runners of all ages and abilities are welcome. Runs are over by 7:00 am. Distances and running pace vary based on one's ability. For more info call Tuula at 488-5688.

6:00 PM

Mr. Beery's Hump Day 5K - Every Wednesday. All levels of runners meet at Mr. Beery's located at 2645 Mall Drive in Gulf Gate to run 3.1 miles up Gulf Gate Drive. All finishers receive a Mr. Beery's bottle of water and are encouraged to hang around to socialize over a beer or two. Participants can earn free Beery's merchandise the more they participate. Contact Patti @ 650-6828 for more information.

6:00 PM

Rover Runners - We run from a different location every week, somewhere in Sarasota, and you can get a two month schedule emailed to you by contacting Buzz at roverrunners@gmail.com. Runs are about 50 mins, different paces, and is reported to be followed by cold beer for thirsty runners. Highly social, fun running, zymurgists.

THURSDAYS

5:30 AM

This group meets at the parking lot on the north side of Publix at the Landings. Run from 5 - 8 miles...and plan laugh a bit too. This group has been known to visit Einstein Bagels afterwards. Info, call Linda at 374-2920.

6:00 PM

Start at Fleet Feet on 1830 S. Osprey Ave. Routes of 1-7 miles, for all abilities. Call 894-3338 for info.

6:00 PM

Fit2Run Running Group. We meet at our University Park Store on Cooper Creek Blvd. At 6 PM for a group run for any level and speed. Mileage is based on you; we go any distance. We have a wide variety of routes coming from the store. We provide water and smoothies after runs. For more information contact marct@Fit2Run.com or call 358-5100.

6:00 PM

BOOTCAMP FITNESS CLASS meets for one hour on the greens at Hart's landing under the Ringling Bridge. The class is designed to boost your overall fitness level and strenghten your core. The workout includes calisthenics, drills, weight work and ab exercises. Participants are led through intervals at their own pace and fitness level. Bring a towel or mat, a set of light dumbbells and hydration. No fees, no formal sessions. Participation is voluntary. We meet rain or shine. For information call Mike Shaughnessy: 961-0154.

FRIDAYS

6:00 A.M.

Downtown Venice. This group meets at Centennial Park near the public restrooms and Gazebo. Runners of all ages and abilities are welcome. Runs are over by 7:00 am. Distances and running pace vary based on one's ability. For more info call Tuula at 488-5688.

SATURDAYS

5:30 - 6:00 AM

Saturday is a big training/long run day in Sarasota. Groups meet between 5:30-6:00 am at three basic starting points: THE "CLOCK" BUILDING at 2900 S. Tamiami Tr., SOUTHSIDE SCHOOL ON OSPREY, and The parking lot near MARINA JACK'S downtown. You can find someone running just about any pace/distance at one of these spots. Afterwards, many Saturday runners join together for a "recovery" breakfast. Call Sharon at 321-1218.



Manasota Track Club Membership Application

www.manasotatrackclub.org

Name _____ Male _____ Female _____

Address _____ City _____ State _____ Zip _____

Phone (home) _____ (cell) _____ DOB ___/___/___ Age _____

Email Address _____

(Please print clearly)

I will read the monthly newsletter online, no need to snail mail me a hard copy (circle choice) **YES** **NO**

Annual Membership expires one year from the month of enrollment.

_____ **New Member**

_____ **Renewal**

_____ **Through high school \$15**

_____ **Individual \$20**

_____ **Family \$25**

_____ **General Club Donation \$** _____

_____ **Scholarship Fund \$** _____

General club donations are used to support club activities. Scholarship fund aids student athletes.

For Family Memberships:

Name _____ DOB ___/___/___ Male _____ Female _____

Name _____ DOB ___/___/___ Male _____ Female _____

Name _____ DOB ___/___/___ Male _____ Female _____

How did you hear about the MTC?

Friend _____ Event/race _____ Online _____ Running store _____ Other _____

Manasota Track Club Membership Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete a run. I assume all risks associated with running and volunteering to work in club races including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known to me and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Manasota Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of an event for any legitimate purpose.

Signature _____ **Date** _____

Parent's Signature _____ (if under 18)

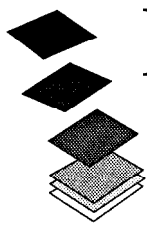
Send the signed form with check payable to: **Manasota Track Club** in the enclosed envelope to the membership secretary: **Jenna O'Horan, 3209 Riviera Dr. Sarasota, FL 34232**

Form and Waiver must be complete for membership to be valid.



C/O President
P.O. Box 5696
Sarasota, FL 34277

NON PROFIT ORG
U.S. POSTAGE
PAID
MANASOTA FL
PERMIT # 599



First Edition Printing

Phone/Fax: (941) 492-6393
fstedprint@aol.com

**ALL TYPES OF BUSINESS & PERSONAL PRINTING
CUSTOMIZED FORMS • NCR • COMPUTER FORMS
CHECKS • NEWSLETTERS • BW & COLOR COPIES
BUSINESS CARDS • NAME TAGS • LABELS
RUBBER STAMPS • VINYL LETTERING**

Flyers are an inexpensive way to let people know about your business!!

Call today for a quote on your next project!

Local pickup and delivery.

MTC MEMBERS

Family /Friends

Tell us you saw our ad and we'll take 15% off your order of \$50 or more.