



Northwest Florida Track Club

President's Comments

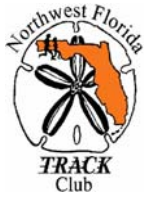
by Andrew Norton

All My Friends Are Runners

When I first started running I didn't think I'd ever be caught walking around in those tiny shorts any longer than was necessary to finish a race. After a high school cross-country race, I would be the first person to change into regular shorts or windpants (I am from Illinois) for a cooldown. Now I don't think twice to strip down to running shorts in the parking lot of McGuire's while carloads of tourists parade by, no doubt wondering what all those weirdos are doing. Most of my friends are runners because they understand those kind of eccentricities and what it's like to plan each day and even entire months around a running schedule: Going to bed at 9pm on a Friday night so you can get up before the sun rises to get in a long run; skipping happy hour after work so you can fit in that track workout; planning vacation around a destination marathon; feeling that tinge of guilt when you miss a run...

From when I started running seriously in high school to when I first arrived in Florida it has always been easy to connect with other runners. Although running is often touted as an individual endeavor, I see it as a great way to socialize and meet people. Running with a group offers an opportunity to socialize with other like-minded runners and to look forward to a running workout. Running partners can help keep you motivated and offer someone to share your running experiences with. The Track Club offers numerous weekly running groups and if you have not tried attending some of them, I encourage you check some out. They are a great place to meet other runners and find training partners.

I have made many really good friends in the Northwest Florida Track Club since moving here several years ago and I look forward to meeting many more. The mission of the club is to promote fitness and running to the community. I would love to see the Track Club continue to grow both in new members and through the involvement of current members. If you know anyone who is interested in running, invite them to a group run or a local 5K. Hopefully, they will be drawn into the running culture, but if not, at least they will be a little more understanding when they see me walking through the grocery store in running shorts.



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NWFTC MONTHLY BOARD MEETING MINUTES AUGUST 11, 2009

PLACE/TIME: Meeting was held at Bayou Blues in Niceville at 6:30pm

OFFICERS PRESENT:

Fil Piazza President
Paula Piazza Vice-President
Brian McMahon Treasurer
Sylvia Smith Secretary

BOARD MEMBERS PRESENT:

Tony Bordogna
Bob White
Dennis Samac
Bob Simmons
Debbie Simmons
Bob Sciretta
Jodie Owen
Jeff Harris
Lissette Mollar-Fields

CLUB MEMBERS PRESENT:

Rex Stinnett
Andrew Norton
Nikki McMahon
Ernestine Carswell

VISITORS:

Loop the Lake 5k: Ashley Malone, race director, plans to have race on Sept. 12th in Defuniak Springs at 8am. She has asked the NWFTC to provide timing, results and insurance. A Kids Fun Run is to follow. They plan to use cards at the finishline. Bob White asked for volunteers to help pass out cards.

Mental Health Run 5k: To be held at Uptown Station on Oct. 24th. Time and details to come.



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Fud to Fud: Rex Stinnett and Fud Management Team have decided on Nov. 15th to be race day. This info will be turned into DOT. Rex informed us that Kia will be providing timing and results. Chips are to be used. Fuds has asked for the NWFTC to provide insurance. The Board voted on and decided to waive the cost of insurance. Race is to start on the Island and finish in Destin. Busses are needed to transport people to the start line. Fuds plans to design a t-shirt for the race.

Feet to Faith 5k: Debbie Simmons, race director, plans to have race on Dec. 12th at the Methodist Church in Niceville at 8:30am. She has asked for the NWFTC to provide use of timing clocks. The Board agreed on a fee of \$50 for use of the clocks.

Relay for Life 5k: Dennis Samac, race director, plans to have race on Sept. 19th at Lewis Middle School at 8am. He has asked the NWFTC to provide timing and results. There is to be a post race celebration at Hog Heaven for anyone interested.

Band on the Run 5k: Sponsored by NHS, the race is to be scheduled for either Jan or Feb. More details to come.

MEETING CALLED TO ORDER: By Fil Piazza

MINUTES FROM AUGUST MEETING: Reviewed and Approved by the Board

FINANCIAL UPDATE: Presented by Brian McMahon, at present about \$15K is in the account. No income for the month of July. We voted on amounts to be given to each school in Okaloosa County to support their running programs. We were informed that Rocky Bayou Christian School no longer has a cross-country program, so no money will be given to them this year.

OLD BUSINESS:

Clock Report: Police Report was filed, no word so far on missing clock and tripod. New Clock was ordered but is on back order at this time. New clock is digital with red lights and comes complete with tripod and case. Bob White requested volunteers to stay with clocks on race route until runners come through.

Coozies: Have been ordered. They are royal blue foam with the NWFTC emblem. Brian expects them in any day.

NEW BUSINESS:

Chairs: Metal chairs are needed to replace the old rusty ones on hand. Cost is \$50



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Golf Shirts: Dry-fit shirts are to be ordered with NWFTC emblem

Board Sponsors for Races: Board members will be asked to help race directors with any questions they may have about setting up races in the future.

Shirts to the Indians: Old race t-shirts have been requested to ship to the Indians. Cost of shipping will be \$150.

Grand Prix Awards: Rules may be changed to provide top 10 volunteers with awards

Upcoming Races:

Loop the Lake 5k: Sept 12th @ 8am in Defuniak Springs. Kids Fun Run to follow.

Relay for Life 5k: Sept 19th @ 8am in Valp at Lewis Middle School. Post race celebration at Hog Heaven

NEXT BOARD MEETING: To be held at Fud's on the Island on Sept 8th at 6:30pm

LOCAL TRAINING RUNS

MONDAYS

McGuire's Irish Pub of Destin - training and fun run, 6:00 pm. Food and drink afterwards for a nominal fee.

WEDNESDAYS

Navarre Run With It, 6:00 pm, Publix Shopping Center in front of Run with It store, Navarre. Various distances, and refreshments. Call Jeff Harris for more information, 939-1001

THURSDAYS

Road Hogs fun run starting at the parking lot across from The Scoreboard on the island. Run begins at 5:30

p.m. Chill out at Helen Back afterwards. Choose your own distance from a variety of options on the course.

Contact Tom Prohaska at 243-3115 for more information.

SATURDAYS

Seaside Running Group, 7:30 am, from Seaside Post Office to Grayton Beach and back.

Gatorade and

Krispy Kreme refreshments. Contact Jo Ann Daacon at 231-6967.

SUNDAYS

Timberlake Road training run, 7:00 & 7:30 am. Various distances, with the majority of the course being on

packed dirt. Water and Gatorade put out every 2 miles by volunteers (see website to sign up).

Eglin Range

Pass required. *Contact Jackson Guard for a range pass.



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BOARD OF DIRECTORS

Andrew Norton president@nwftc.com 618 317-4759
Rex Stinnett vicepresident@nwftc.com 850-685-2380
Brian McMahon treasurer@nwftc.com 850-651-8958
Jeff Harris secretary@nwftc.com 205 915-6190

BOARD MEMBERS

Tony Bordogna	Jim Frazier	Fil Piazza
Cheryl Wolfe	Maggie Holmes	Paula Piazza
Ken Wolfe	Debbie Simmons	Sylvia Smith
Bob White	Bob Sciretta	Grand Prix Dennis Samac samacd@valp.net
Marie Spayde	Jeff Fields	Newsletter Jeff Harris tracknsand@nwftc.com
John Spayde	Patti Horton	Membership Jodie Owen marketing@nwftc.com
Lissette Moller	Liesel Schmidt	Web Master Kim Bear siteadmin@nwftc.com

Runners Spotlight

By Liesel Schmidt

He drives a silver Impala.

Anyone who's ever seen him run would invariably agree that the choice serves as a beautifully apt analogy.

Though he claims to be built more for distance than speed, his finish times could certainly contradict him. Contradiction is something, though, that he might aspire to. At 6' 2", Andrew Norton has the chiseled cheekbones and lithe frame of a Calvin Klein model, though you'd sooner see him toting stacks of documents filled with legalese than glossy headshots.

As the oldest of three boys, Andrew certainly had his share of role-modeling. Growing up in Sparta, Illinois, he watched his father practice law both as a lawyer and as a judge. Inspired to pursue his own legal career, Andrew graduated from the University of Missouri in 2003 with a law degree firmly in hand. Unlike many practice-minded graduates, though, Andrew began his career under the direction of a much larger authority: the United States Air Force. Commissioning in January of 2007, Andrew was stationed at Eglin's JAG office in April of that year. After six months in Iraq, he returned to Eglin to practice in the Area Defense Counsel.

He's hit the ground running, both literally and figuratively. Newly elected as the Northwest Florida Track Club's president, he certainly has his work cut out for him. His organizational and interpersonal skills as a seasoned litigator should prove to serve him well. Andrew has a natural charm that conveys confidence without being even remotely arrogant. It is, more than anything, a quiet undercurrent, much like the speed he seems to keep so well in check.



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Though his father was a collegiate runner, Andrew's parents never pushed him in any athletic direction. Well-rounded in his activities, he played basketball, baseball, and ran track and cross-country. Until high school, however, Andrew never considered running something to be enjoyed. That realization came under the tutelage of his cross country coach, whose enthusiasm for the sport was so well communicated that young Andrew soon learned to love it, as well. And so began the affair, one that has proven itself to be fleet-of-foot rather than fleeting. Andrew has certainly managed to master the mechanics of his body to be both fast and enduring, proving that he can hold his own on any race he chooses to run.

With both the Chicago and Disney Marathons under his racing belt, he's gotten two very different sides of the coin in both terrain and weather conditions. 26.2, however, is not his favorite distance. Perhaps owing to his cross-country training through high school and college, Andrew prefers trails and mountainous terrain. The hillier, the better, it would seem. Which would explain why the race topping his event list would be the Bix 7 in Davenport, Iowa. It is, by Andrew's own admission, a very hot and very hilly race, but one he's enjoyed well enough to run four times.

He has run races as part of a relay team several times, as well. When he ran the Air Force Marathon, his team took third in the military team division. He's also participated in the River to River, which divides an eighty-mile distance between teams of eight people, spanning from the Mississippi River to the Ohio River.

Running is a sport that takes focus, determination, and training---much like litigation. Miles, much like the courtroom, are conquered through strategy and adaptability. Such parallels would make Andrew's natural abilities both on the track and in the law unsurprising to anyone who knows him. And anyone who knows him would certainly want him in their corner, arguing their case and offering counsel. The brain is belied by the face, the speed and strength belied by quiet assurance.

But the car is a peek into the spirit.





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Coach's Corner

By Danny Harrelson

We've talked about running fast(er), goals, and consistency. Now we come to one of the most important and most overlooked aspects of running/training necessary for successful results, *rest*. Most all of the runners I know have this misguided thought that 'if some (running) is good, then more is better'; and I'm not talking about the casual runner who has no goals (not that that's a *bad* thing). I'm talking about those who have firm goals of performance in mind, regardless of what they are.

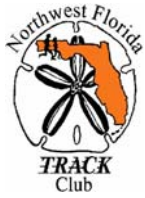
Here's the direct poop (not *that* kind of 'poop'), in order to improve, grow stronger and faster *you must rest! You must take days off!*

There are a few things you cannot force the body to do or not do; for example you cannot *not* breathe and you cannot *not* sleep. Oh you can stay awake beyond your normal boundaries, but you won't think straight, you'll be sluggish etc. etc. But you will eventually fall asleep. That's your body's way of telling you that you must rest!

So what are some signs of overtraining? A washed out feeling, drained of energy, mild leg soreness, aches and pains, a drop in performance, moodiness and irritability (or it may be a sign that you're female *chuckle* *just kidding*), reduced immunity to colds, sore throats and the like, you actually don't sleep as well and you have an accelerated resting heart rate. Some of us like to check our resting heart rate just to brag on it. However if you keep up with it on a regular basis you'll actually see it *increase* when you're doing too much. How to check your resting heart rate (practically – meaning without wearing a Heart Rate Monitor to bed (Mr. Harkless)): have your watch (you need a second hand) at your bedside and when you first awaken in the morning, find your pulse and count it for 1 minute, bingo – your RHR. Now if your sleeping partner already thinks you're nuts you may want to slip out of bed, go in a different room sit back down *then* take it; but bottom line, do it very first thing in the day.

Knowing your RHR can be a valuable tool, even if you don't subscribe to heart rate training, but that's another column.

Here are the craziest questions I get..."How do I rest?" and a few variations – "Can I go to Spin, can I swim, can I get on the elliptical? Etc. etc. Short answer, 'No!' Rest, deadgummit! Take a day off and by off I mean *off!* Yes cross training is valuable, but we're not talking about that right now, we're talking about letting your body rest, recover, and strengthen so that you can continue to improve as a runner and athlete. Not sure how to break this to a lot of you, but you're not in high school or college anymore meaning that 'age' is winning the battle. Oh, you *look* better and you're much smarter more experienced but sometimes we don't listen to common sense. I've heard it said once that 'wisdom comes from experience and experience comes from bad judgment' and frequently injuries are a direct result of bad judgment, i.e. not resting. Everybody is an experiment of one, so there's no set rule for how much *you* should rest. I've found that 1 or 2 days a week off works very well for me and (unfortunately) 'life' gets in the way enough that at least once a month I get a bonus day off – whether I want it or not.



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Make a rest day *part* of your training; use that mindset so that you are more positive about it. It will help prevent injury; you *will* sleep better and most importantly, *perform better!*

Much better than 6 weeks on the side line because you can't run due to injury. Again with the anonymous quote but, "If you're undertrained you *might* not make it to the Finish Line, but if you're *overtrained* you might not make it to the START!"

Keep it smart, take days off, enjoy them, make rest days a part of your schedule and use that to make your runs and your life better than ever before.

"Rest when you are weary. Refresh and renew yourself, your mind, your body, and your spirit; then get back to work."

RACE CALENDAR

* - Races in **BOLD** are NWFTC Grand Prix races

Sept 12 Loop at The Lake 5k, Lake Dufuniak to be confirmed

Sept 19 Twin Cities Relay for Life 5k and Fun Run, Valp , 833-4130

Sept. 26- 8am, Seafood Festival 5k, Seville Quarter, Wendy Ellis Wendyexercise@yahoo.com

Oct 3 Run To Eliminate Illiteracy, FWB Landing 8am Earnestine Carswell
moreptrubies@gmail.com 685-6711

Oct. 3- 7:30am, Santa Rosa Triathlon, Pensacola Beach, Charles Gheen, Active.com

Oct 10 Race For the Reef 5k/ 1 mile Navarre 730am active.com

Oct 10 Destin Triathlon, Destin Crab Trap, active.com

Oct 17 Hot to Trot Reverse Duathlon, active.com to be confirmed

Oct. 24- 9am, Mental Health 5k Run & 1 mile, Uptown Station, active.com

Oct 31 McGuires Halloween 5k/10K Destin active.com or contact McGuires

Nov 14- Hogs Breath 5k Run, Destin, active.com or Hogs Breath

Nov 15 (Tentative) The return of Fud-2-Fud 10 Mile race. We're working this fast and furious. Stay tuned for more details

Nov 2-8am Timberlake ½ Marathon 5k, Timberlake Rd, FWB, timberlake@nwftc.com

Nov 26-8am, Recycle 5k Run, The Landing, FWB, NWFTC

Dec 5- 9am, Emerald Coast Jingle Bell Run/Walk for Arthritis 5k/10k, FWB active.com

Dec 12-8:30am, Feet to Faith 5k, Niceville, 1st United Methodist Church, 678-4411



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The Election Run was held on August 22, a spectacular Saturday morning! The first cold front of the season had just come through, lowering the humidity and making it a joy to run. This year's race was held at Lincoln Park in Valparaiso. A prediction format was used making for a fun 3-Mile run. Elaine Stinnett and Fil Piazza took home the gold (actually apple pies) winning their respective gender categories. Afterwards a great potluck feast was held as well as elections for this year's Northwest Florida Track Club Officers. The following people were elected:

President- Andrew Norton
Vice President- Rex Stinnett
Treasurer- Brian McMahon
Secretary- Jeff Harris

A fun time was had by all! A special "Thanks" goes out to Tom Rice from Magnolia Grill for donating the fruit for the event.



Your outgoing officers
Brian, Paula, Fil, Sylvia
(let's give them a big hand!)



Your incoming officers
Andrew, Brian, Jeff, Rex



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Fil, Ilea and Paula checking out the coveted first place prizes!



Rex, Elaine, Brian and Jeff enjoying the day.



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Pictures from the Red Cross Run for the Red, White and Blue held at Ft. Walton Beach Landing on July 18.



Diane and Lee Hall, some of our new members enjoying the post-race at Magnolia Grill.



Fil and Paula Piazza