

WELLINGTON RUNNERS CLUB NEWSLETTER

AUGUST 2013

IMPORTANT CLUB DETAILS

Running Singlets:

- \$15 and available from the website. From the Join tab, click the Shirts link. The password is wrc2013.

Discounts:

- Running Warehouse (online store). To request the discount code e-mail (jleeds7@bellsouth.net)
- Fit2Run in Wellington Green Mall - 10% off, 20% if you also are a Fit2Run Club member.

UPCOMING RACE CALENDARS

South Florida Running Forum

Accuchip Timing

TRACK

- Wednesdays 6:15 p.m. @ Okeeheliee Park by the Mulch Trail near the west entrance to the park.
- Alternating tempo runs and hill workouts.

PRESIDENT'S MESSAGE

Hey WRCers,

This newsletter will be short but I wanted to highlight a few items. Make sure you read Heather Campeau's article on her first Ironman experience- it was written from the heart. Way to go Heather!

Track Coach Jon P decided a few weeks ago he wanted to "test his fitness" and gauge where he was at in his training for the Panama City Ironman. He entered the Patriot 911 Triathlon near Ft. Pierce and scored a 2nd place overall finish, finishing the .91 mile swim, 49.1 mile bike and 9.1 miler run in 3:15!! Congratulations Coach Jon!! His coaching, support and workouts have really brought the club up to another level.

For those who are doing triathlons sponsored by Multirace, Ben Bam-bauer secured a \$10.00 discount code for WRC. When you register, the discount code is: WRC.

Horse Country 10 Miler and Sebastian's 5k Update

This is scheduled for Sunday October 20th. During the months of August and September, we will be ramping up planning, securing sponsorship, organizing volunteers, food/water for the race, awards and the many other tasks that go into putting on a road race. We still could use additional sponsors. The more sponsors we have, the more we're able to donate to the charities. We are also looking for someone to organize the volunteers on race day. The Kids Cancer Foundation is supplying people for the water stops and to assist with registration, but we will need volunteers to help with parking (you can still run the race if you help with this) and with the 1 mile school challenge turn around, the 5k turn around. We'll also need course marshals for the turn into Aero Club and the turnaround point in Palm Beach Point. Please contact me if you can take the lead and organize these volunteers.

This year, we'll have finisher's medals for the 10 Miler, which is really cool. Here's a preview:

New Race Event

To help support the race and raise funds for the charities we are teaming up with Iron Lion Fitness Studio for a charity Ryde-a-thon on Sunday October 6th from 10:00 a.m. to 3:00 p.m. We are also doing a raffle for this similar to our Boston Charity Run/ Raffle and will have on-site registration that day. We really need help in securing items to raffle and getting the word out about the fund raiser. See the flyer at the end of this newsletter. Help spread the word! We'd really like to thank everyone at Iron Lion Fitness for all their support, race donations, and for opening their studio. Everyone can help sponsorship, whether you are interested in donating or through reaching out to



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community businesses. This year Becky Urbina is our sponsor coordinator. Becky has already been working hard to contact several of the great sponsors we had last year and has landed Whole Foods as a major sponsor. They will support us financially and with race day food. They are also going to host several weekend lunch cook-outs as WRC fundraisers, donating the proceeds to our club. For our part we need to commit to volunteer, pass out race flyers, and talk to people about the race. We are working to secure a date for this, and when we confirm, I'll post up for volunteers. Please contact Becky (rebekah@apollotransportation.com or 561-827-8469) if you are interested in helping. A huge thank you to Becky for all your work on this!!!

WRC can use your help!! If you are interested in helping out with the race in any capacity please contact me (jleeds7@bellsouth.net / 561-906-6338).

See you out there,

-Jen

Upcoming Events

Jeff Annas 5k:

Saturday September 14th @ 7:30 a.m. at the Wellington Amphitheatre, this is a great 5k right in our own backyard. We have created a team for the event, "Wellington Runners Club", so when you sign up be sure to sign up under our team name. We will also have our tent out as one of the vendors. Wear your WRC shirts and come out and race for our team. Last year we had a blast, many PR's were set.

<http://www.active.com/running/wellington-fl/6th-annual-jeff-annas-memorial-firefighters-5k-run-2013>

Horse Country 10 Miler and Sebastian's 5k:

Sunday October 20th – Registration is open. This year we will be helping out the Kids Cancer Foundation and Everglades Elementary School We are also helping out the H.A.C.E.R. Food Pantry and asking everyone to bring one non-perishable item on race day to donate. You can also donate \$5 during online registration. The WRC discount registration code for the 10 Miler: 10WRC2013

MY FIRST IRONMAN

I love to swim, bike and run, but to complete, let alone train, for a full Ironman 140.6 was never a thought. Until I saw Tim Schaum cross the finish line at Ironman Texas, 2012. It will always be one of my very favorite pictures. And a defining moment - that one really can accomplish the impossible. And so the journey began for me, in June, 2012, to train and participate in my first full Ironman on June 23, 2013, in Coeur d'Alene, Idaho. And for anyone who may be curious as to why I chose this course - Google "Full Circle - Ironman Coeur d'Alene, 2012" and you'll see why. This community embraces Ironman like a child waiting for Santa Claus! I trained in the morning - I trained in the afternoon heat - and I trained at night, in preparation for this massive event. I tried to put myself in every possible situation imaginable to be sure I was prepared for this amazing race. I had completed every triathlon distance, from sprint to a half Ironman with success and could not wait to cross that finish line - at the age of 48 - an Ironman! So you can imagine, after swimming for 2.4 miles, the shock of learning that I had not made the swim cut-off time. Really? There had to have been a mistake. Right? Nope. I was definitely not moving to my very favorite legs of the race, the bike and the run. In other words, I missed 138 miles of one of the most beautiful places on earth. And that's okay. It was a painful experience in the beginning, a humbling experience facing my friends and fellow athletes and an ego check at the door. But most of all, it was a learning experience. And the most important lesson I learned, in Coeur d'Alene, was what an incredible group of people I have had the pleasure of training and racing with over the last year. I feel proud because of the people that reminded me I should be. Thank you, Wellington Runners Club!! See you on June 27, 2014.....at Ironman Coeur d'Alene 140.6!

-Heather Campeau



WELLINGTON RUNNERS OUT AND ABOUT

Carlos and Nancy at the Tradewinds
Triathlon and Duathlon



Nancy at Beat the Heat 5k: 1st place
Grandmaster, 3rd place Female overall
Congratulations!!

