



IMPORTANT CLUB DETAILS

Shirts:

- \$15. E-mail Laura Kelly (lauraekelly@bellsouth.net) for more details.

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 CALENDAR

<http://www.sfrunningforum.com/Calendar.pdf>

TRACK

- Wednesdays 6:15 p.m. at Emerald Cove Middle School Track. Warm up on your own, workout starts at 6:30.
- 1 lap= 400 meters
- Warmup and cooldown laps run clockwise, workout laps run counter-clockwise

President's Message

Hi everyone,

I hope the New Year has found you well. Everyone seems to be getting back into the swing of training for upcoming races. First, congratulations are in order to Richard Jenkins and his wife who gave birth to a healthy baby boy, Henry David, in January. Mother and son are doing great! It is rumored Richard is already out shopping for baby running shoes.

Later on in this article are details about our upcoming picnic and a couple of local races. Remember- anyone can submit an article, picture, quote, or even write a regular column. for the newsletter. It's open to all. Now that the newsletter has been in production for a while, we would like feedback on what you think: like it, indifferent, other content you would like to see. Feedback is how it will improve, so let us know.

See you on the road!

-Jen

Club Membership

As a reminder, club membership is due. We collect annually, by calendar year. If you joined the club in the last three months of 2012, your dues will be carried forward to 2013. Individual membership is \$40 and a family membership is \$50. Any questions should go to Jessica Moisdon. Your dues help pay for water and Gatorade for the Sunday long runs, our Road Runners Club of America membership (which provides our club insurance and our non-profit status), USATF membership, and various club events. Also, our WRC Facebook page is private and only for club members. In February, we'll be going through and revising the membership list for 2013.

Upcoming Events

Run for the Health of It

This 5k event is directed by club member Dr. Jen Caceres and will be held on March 2nd in John Prince Park. Each year they pick a new charity to support, and this year the beneficiary will be AVDA, which is a local domestic violence support and aid group. More information can be found about them here: <http://www.avdaonline.org/>. WRC is supporting this race

and we will be there with our tent. Wear your WRC shirts and show everyone how we represent!!

WRC Spring Picnic:

We have a date: Saturday April 6th. What a great way to spend a Saturday afternoon! Your family and your WRC family doing what we do best: eating, drinking and talking about running. We have reserved Pavilion #3 in Village Park from 1:00 to 5:00. The club is covering the main entrees (hamburgers, veggie burgers, chicken; other suggestions are welcome) and a bounce house for the kids. Yes- if the adults are brave enough to go in with the kids, by all means do so. No crying when they rough the old folks up!. We'll send out invites so everyone can sign up for side dishes, dessert, etc .

Shamrock 10 Miler/5k/L'il Leprechaun:

This is a great local race being held on Saturday March 16th at John Prince Park. This year we will have our tent to promote WRC with membership flyers and early information on our Horse Country 10 Miler race.

Fit2Run 4 Miler and Club Challenge:

This will be held Saturday April 27th in Okeeheelee Park. WRC is once again the defending champion of the Running Club Challenge, and we are looking to go for three in a row. We need you for this race! Everyone contributes, and the more club members we have the better we are in all age groups. It's going to take all of us competing to retain the trophy, so mark your calendars!

Horse Country 10 Miler:

I know it's a little early to talk about this race but we have set the date for October 20th, 2013. As you look ahead to your half and full marathon schedules for the fall, this is a great tune up race.

Overheard

Quote from on the run:

"I'm a classy broad, you just bring out the toilet in me"

Club Details

This year we have a small increase in the cost of the club shirts, they are now \$15. The club is still subsidizing the total cost of the shirts so we can keep the prices for club members as low as possible. We are working to put the shirts online on our club website. As soon as the new inventory comes in everyone will be able to place their orders on line, I'll put an announcement out when that is on place. There are still some sizes left from the last order, see Laura Kelly for details.

SAVE THE DATE!

RUN FOR THE HEALTH OF IT

5K

Domestic violence is an under-recognized healthcare problem. Help us end the cycle of violence by increasing awareness and supporting those who are affected.

Sponsorship opportunities are available
For more information,
email info@foryourhealth5K.com
or call 561-549-4655

SATURDAY, MARCH 2, 2013
JOHN PRINCE PARK
LAKE WORTH, FL
RACE TIME: 7:30 AM
HEALTH FAIR: 7:30 AM - 12:00 PM

- CHILDREN WELCOME
- FREE T-SHIRTS & FOOD FOR PARTICIPANTS
- FREE GIVEAWAYS

Awards for top 3 in each age group (under 10 to 80+)

Proceeds benefits:

AVDA
A Community of Hope

The WRC Now Has a YouTube Channel!

www.youtube.com/user/WellintonRunners

Any WRC member can upload videos. E-mail them to j9rcxft7mxhx@m.youtube.com.

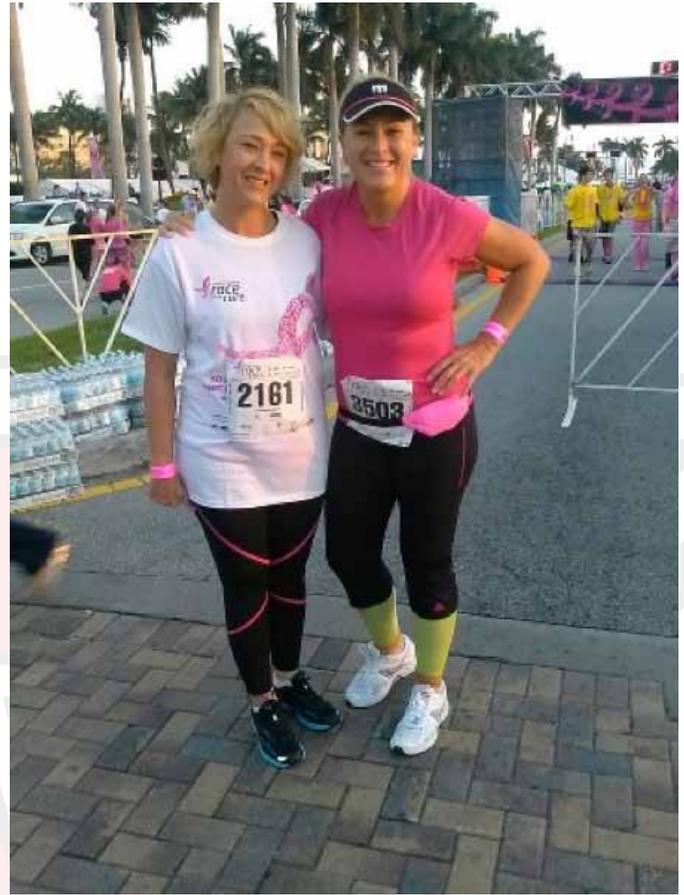
WRC Members Out and About



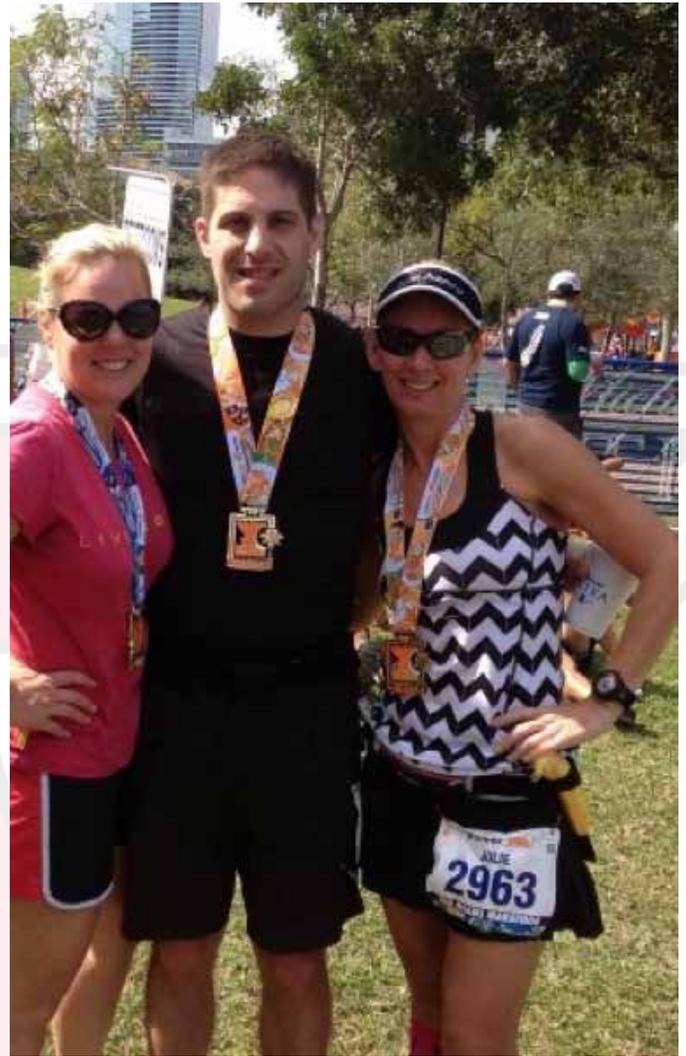
Where's Waldo(or in this case, Peter)? Apparently Peter has hung up his running shoes in favor of snake boots. Thankfully Abby will have no part of this nonsense and has refused to partake and not waste her running talents sniffing out Pythons!



Run with Class 5K



Race for the Cure



ING Miami Marathon and Half Marathon