

WELLINGTON RUNNERS CLUB NEWSLETTER

July 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. @ Okeehelie Park by the Mulch Trail near the west entrance to the park.
- Alternating tempo runs and hill workouts.

PRESIDENT'S MESSAGE

Hi everyone!

Hope you all are enjoying the summer, taking vacations and of course planning for the upcoming season's races. A bit of club business to convey: Nikki Golding is taking over as Secretary of the club from Loree Riley. Loree has been the club's secretary for many years and we thank her for all her hard work, support, and events we've had. She has always been there, ready to help out, and for that we thank her. The next quarterly officers meeting will be held in August, date to be determined soon. Interested club members are encouraged to attend. We welcome feedback and input on how you think the club is doing, along with and suggestions for events or how the club can be improved. Two main topics of the next meeting will be the upcoming 10 Miler/5k race coordination and the planned fund raising events for the race to be held in August and September. Stay tuned on this- we will need everyone's help.

Please join me in congratulating Eric Griesemere and Zada Prades who were married in early June. I think they were wearing running shoes during the ceremony! We wish them all the best in their new life together.

If you've been to the Wednesday night track workouts, you may recognize Lexi in her picture later in the newsletter. We all know how powerful an encouraging word and the show of support can be. It's one of the main reasons we are all in this club and sets this club apart from others. If you ever had any doubt about that, read the letter Lexi wrote to the club about her time spent training with us on Wednesday nights. Yes, she is the middle schooler who passes most of us with her and her friends. The next time you see Lexi be sure to congratulate her on her running achievement. Kids like Lexi are the future of our sport!

Mitch Guirard, who trains on Wednesday nights, just competed in USA Half Marathon Championships in Duluth, Minnesota. Mitch clocked a 1:09:14 which puts him on his way to an "A" standard and the Olympic trials. Congratulations Mitch, awesome race!

For those who are doing triathlons sponsored by Multirace, Ben Bambauer secured a \$10.00 dis-

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count code for WRC. When you register the discount code is: WRC

The Horse Country 10 Miler and Sebastian's 5k is scheduled for October 20th this year and we have been gearing up for the race. We need everyone's help with getting the word out and the race flyers by either distributing race flyers to local gyms, Crossfit studios, Starbucks or anywhere we can. You can get race flyers from me- I always have them.

Sponsorship plays a large part in our ability to donate race proceeds to charity. Everyone can help with this, whether you are interested in donating or reaching out to the businesses in our community to help. This year, Becky Urbina is our Sponsor Coordinator. She 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 have agreed to support us financially and with race day food. In addition, they are going to host several fundraisers for us, in the forms of Saturday lunch cookouts in front of the store, and donate the proceeds to our club. For our part we need to commit to volunteer to talk to people about the race and hand out flyers. We are working to secure a date for this, most likely in July. Once it's been confirmed, I'll post up for volunteers. There will be several opportunities for club members to volunteer a few hours to help out. If you are interested in helping out with sponsorship or know of a business willing to sponsor, please contact Becky at:

Email: rebekah@apollotransportation.com

Cell: 561-827-8469

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:

Email: jleeds7@bellsouth.net

Cell: 561-906-6338

We need help with volunteers, securing race day food, etc. Thank you!!!

See you out there,

-Jen

Upcoming events

Club Social

We are hitting the beach!! Friday July 26th 6:30 p.m. at Lake Worth Beach. Got game? Bring the family, grab some subs (or whatever you would like to eat), your favorite frosty beverage, and come down for a beach whiffle ball tournament. You remember whiffle ball? The thin, plastic yellow bat and white plastic ball with holes in it your parents made you play baseball with instead of a real bat and ball so you wouldn't break the neighbor's window? (Nope, wouldn't know anything about that.) For those that just can't get together with their running friends and not run, there is always the option of getting there early and touring the Lake Worth Beach area on two feet. There is a

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great paved path right along the Intercoastal, or for those that just can't get enough of Jon P's hill workouts, bridge repeats on the Lake Worth Bridge! I'm sure a new Overheard Quote will come from this.

July 4th 5k

The Village of Royal Palm Beach is having a 5k on July 4th @ 7:30 a.m. For details see the race flyer attached to last month's newsletter.

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 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 and race for our team. Last year we had a blast and many PRs 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. I'm putting out a call for help in securing sponsorship for this race. Ideally we would like to secure a headline sponsor but this is proving to be a challenge. The more sponsors we can get and the earlier we can get them will allow us to advertise the race with their logos, ensure they make the shirts and flyers and the main goal allows us to give more to our charities. New for this year's race will be finisher's medals for the 10 miler. This year 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 or there is the ability to donate \$5 during online registration.

<http://www.active.com/running/wellington-fl/wellington-horse-country-10-miler-and-sebastians-5k-2013>

Training Tip

On vacation? Bring your running gear! While everyone is still asleep you can slip out and explore a new city or place, but be mindful of where you are. If you are visiting a national park where you are merely part of the food chain instead of on top (i.e. in bear country), bring your speedy shoes!

Overheard

Quotes from on the run: Guess where this one comes from...

"This workout is hard and will be challenging and when the pain sets in and it hurts just wait, then there is a tempo run at the end and that will really hurt"

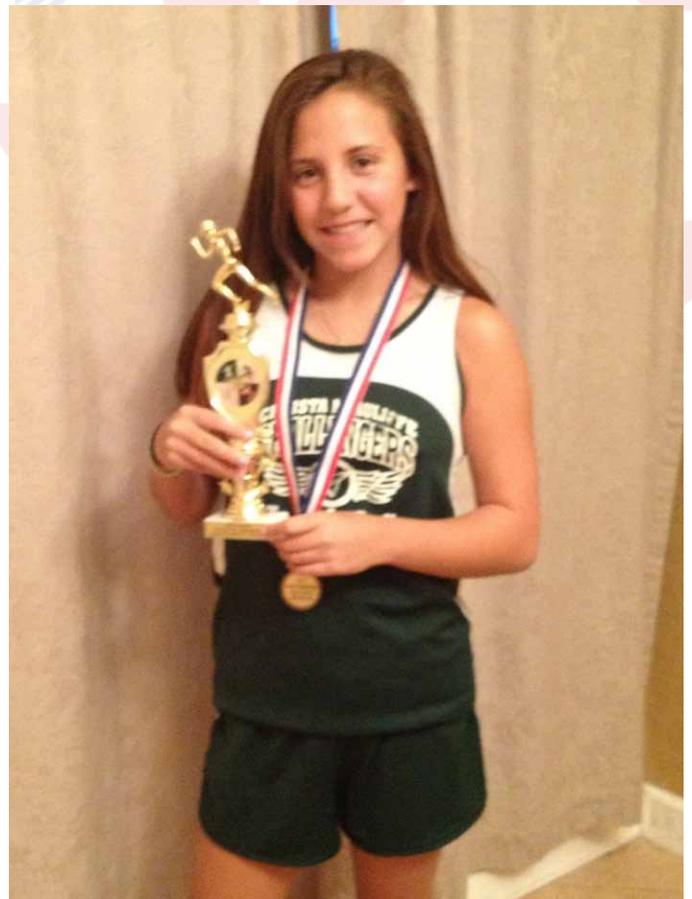
You Tube Link:

www.youtube.com/user/WellingtonRunners

MY WELLINGTON RUNNERS' CLUB EXPERIENCE!

My name is Lexi Dennett. I've been running with the Wellington Runners Club for 2 years. When I first joined, I was 12 years old. I was the only kid there. At the time, I ran the mile in middle school track. John. P or JP (which I call him) was very nice and helpful. He told me what to run, and how to run it. As time went on, I went from a 7:05 mile to a 6:20 mile. Everyone at the club was very supportive and helpful. If it weren't for them I don't know where I would be in running. The beginning of 8th grade meant new opportunities for me. Middle School track did not start until March, so that meant plenty of time to train. I ran with the club every Wednesday. I wanted to run the 800 in track this year, so I asked JP if he could give me workouts specifically for the 800. From that point on, he gave me separate workouts to get faster. In the beginning of track, my best 800 meter time was 2:45. After running a few track meets, my last 800 meter run was 2:42. I ran fast enough to make it to the county regional meet. At Regionals, I placed second with a time of 2:42. I made it to the Palm Beach County Championship meet, where I got my PR in the 800 meters. My time was 2:40, which was the 8th fastest in Palm Beach County. With all the training and support I received from the Wellington Runners Club, I was able to achieve my goal. I want to thank all the runners, and especially JP for their kindness, knowledge, and support. Thank you from the bottom of my heart.

*Love,
Lexi Dennett*



WELLINGTON RUNNERS OUT AND ABOUT

Eric and Zada Prades Griesemer – Congratulations!!



Motivation Man Triathlon



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Dan Ocasio at the Singer Island Triathlon

