



### IMPORTANT CLUB DETAILS

#### Shirts:

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

#### Discounts:

- Running Warehouse (online store). To request the discount code e-mail ([jleeds7@bellsouth.net](mailto: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

Hey everyone,

I'm going to keep this short, as everyone including myself is busy out racing. I wanted to pass along a few key items. First, I would like to give everyone a quick update on the details of the club. With so many new faces, many may not know who the club officers are or who is doing what. These folks volunteer their time and work hard- many thanks to everyone for pitching in and making us so successful!

**President:** Jennifer Leeds (but you all knew that)

**Vice President:** Laura Kelly

**Secretary:** Loree Riley

**Treasurer:** Peter Weisner

**Track Coach:** Jon P

**Board of Directors/Website:** Shelly Hall

**Board of Directors/Membership:** Jessica Moisdon

**Board of Directors/GIS:** Nikki Golding

**Newsletter Editor:** Michael Laing

**Sunday Water Buckets:** Sheri Kleinman, Carlos Venagas, Sarah George, Jen

**Club Mascot:** Abby

We are approximately 130 members strong, growing every month. The word is out- best running club, period! This club is ours! Anyone who would like to get more involved at any level, please let me know. There is also October's 10 miler and 5k that we always need help with. The Wellington Runners Club is also a member of Road Runners Club of America, which covers our insurance for workouts, training runs, and club-sponsored races. It's also how we maintain our 501(c)(3) not-for-profit status. We are also a member of the United States Track and Field (USATF), in which the officers are all members and Coach Jon is certified.

New for this year, you can order your WRC racing singlets from our website. The shirt section is password protected for members only, when asked use: wrc2013. Shirts are now \$15. In addition, we are looking into getting long sleeve technical shirts branded with the club logo. These will be in color. Laura is currently looking into brands, style and pricing so stay tuned for when those become available.

#### A1A Half and Full Marathon

The A1A Half and Full Marathon took place on February 17. It was a rare cold morning with starting temps in the high 40s. Despite very windy conditions, WRC came out to represent. Tim McDuffie took first place overall for the Marathon with 2:40! To say Tim was flying is an understatement. Several of us running that morning saw Tim as he came out of the park and ran north up A1A, leading the marathon and looking strong. Congratulations to Tim on a fantastic race!! Congratulations are also in order for Joanne Rojas for her Boston-qualifying time. Joanne had an excellent race and came through the finish line running strong. In addition to these notable achievements, there were many PRs in both the half and the full, so congratulations to all. Everyone had strong runs, even if our teeth were chattering at the end.

I mention the Fit2Run 4Miler later, but for our new members who didn't run this race last year or joined after it, it's a running club challenge primarily between WRC and the Palm Beach Road Runners, not only for a trophy but bragging rights. The PBRR beat us the first few years, but we've taken the trophy for the past two years. This year we are looking to make it three in a row. It won't be easy, so we need the whole club to come out and bring it!!

-Jen

## Upcoming Events

### Run for the Health of It

This 5k event is directed by Dr. Jen Caceres, a club member and will be held on March 2nd in John Prince Park. Each year they pick a new charity to support. This is the race will be donating its proceeds to support a group called AVDA that aids victims of domestic violence. The flyer is attached to the newsletter. 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

Mark your calendars Saturday April 6th is our spring picnic. What a great way to spend a Saturday afternoon with 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 (Ham, chicken, burgers, veggie burgers, hot dogs for the kiddos and a bounce house for the kids (yes if the adults are brave enough to go in with the kids by all means but no crying when they rough the old folks up!). Jess is currently working on the evites and will send them out soon so everyone can sign up for side dishes, dessert, etc . In the meantime mark your calendars and save the date!

### 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 at the race to promote our club with membership flyers and early information on our Horse Country 10 Miler race. If you sign up, wear your WRC shirts, let's show everyone how WRC represents!!

### Royal Palm Beach Commons Park 5K

March 23rd at 7:30 in the Royal Palm Beach Common Park off of Royal Palm Beach Blvd to celebrate the grand opening of the Commons Park. All proceeds benefit the Wounded Warrior Project. Registration is \$10 before 3/20 and \$20 after. See race flyer at the end of this newsletter.

### Fit2Run 4 Miler and Club Challenge

Calling all WRC runners - this will be held on Saturday April 27th in Okeeheelee Park. This year WRC is once again the defending champion of the Running Club Challenge and we are looking to go for three in a row. Your club needs you for this race!! Everyone contributes, 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 and wear your club shirts with pride!

### 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.

### Training Tip

The day before a major race make sure you take in extra calories to top off your fuel tank and rest, get off your feet to preserve your motor for race day!

## The WRC YouTube Channel!

[www.youtube.com/user/WellintonRunners](http://www.youtube.com/user/WellintonRunners)

Any WRC member can upload videos. E-mail them to [j9rcxft7mxhx@m.youtube.com](mailto:j9rcxft7mxhx@m.youtube.com) .

# Photos From Ft. Lauderdale A1A Marathon and Half Marathon



*Tim McDuffie takes 1st overall for the Marathon- awesome job, Tim!*



*Julie Weidner celebrating.*



*Lindsey Johnson and Tim Schaum celebrating Lindsey's marathon PR.*



*Sarah George celebrating her marathon PR.*





*Lily Venagas celebrating her half marathon PR.*



**SAVE THE DATE!**

**RUN FOR THE HEALTH OF IT**

**5K** RUN / WALK

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](mailto:info@foryourhealth5K.com)  
or call 561-548-4655



**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*







