



IMPORTANT CLUB DETAILS

Shirts:

- \$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 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

An update on the long sleeve technical shirts, Laura brought the shirt samples to the picnic for everyone to look at and try on and I think we have a consensus. Everyone liked the royal blue color and the fit of the shirts which are true to size. We are working out logo placement and a few other details and then we will post when everyone can place their order. We will be doing a pre-order through our website. The total for the shirt which included screen printing was around \$60. Keep an eye out for this.

See you out there,

-Jen

President's Message

As I write this, it's exactly one week after the bombing of the Boston Marathon. I've started on the May newsletter and I'm so grateful that all of our club members were safe and returned home. This tragedy is not something most of us can fathom and can't even begin to think how it was for the runners, spectators and families that endured such a horrific event. My first reaction while following the marathon was "did that really just happen?". Two minutes later the events of that afternoon began to unfold on the news, Facebook and other social media.

If there was ever any doubt our running club is more like a family than people who just run together it was shown again on that day. Within seconds everyone started posting status checks on Facebook: who had heard from whom, if we hadn't heard from someone, if they were okay and where they were. It became personal to all of us. That evening I received several messages from people asking what the club could do to help. By the next day we had the concept of a charity run to raise money for the victims (Awesome idea, Joanne Rojas!). Within the next several days we hooked up with Brenda and Fit2Run (Brenda, you rock!) and like that we had our charity run details, a great venue to stage out of (thank you, World of Beer!) and are well on our way to a great fund raiser. Everyone has stepped up to help out, volunteer, get items for the raffle and do whatever they can. You guys are the best!

Thursday May 2nd the Wellington Runners Club and Fit2Run will be hosting a charity run staging out of World of Beer...RUN FOR BOSTON. All proceeds are being donated to the <http://onefundboston.org> a donation site set up to aid the victims. Check in starts at 6:00, and the run/walk begins at 6:30. There is a minimum donation of \$10 for the event and a raffle will be held. Come out and support however you can- spread the word!

"Runners are doing what runners do, and that is putting our shoes on and getting back out there, even when we get knocked down ~ Chris Field"

At first I thought about keeping this newsletter short and just focus on Boston, however there have been many races this past month, some truly grueling and amazing accomplishments while others have taken age group awards. We should always celebrate our success. The best thing we can do is show that running endures and we won't let anyone take that from us. Running and racing is the celebration of hard work and determination.



Upcoming Events

Women for Women 5k/10k:

Saturday May 18th – New this year this race starts and finishes on Lake Worth Beach. Wear your club shirts for this race.

Horse Country 10 Miler:

Sunday October 20th – Registration will be open soon. 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.

Training Tip

As the summer months return and the heat rises, make sure you are well hydrated before, during and after your runs. Take in a mix of water and electrolytes depending on your distance and respect the conditions.

The WRC YouTube Channel!

www.youtube.com/user/WellintonRunners

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

Wellington Runners Out and About

Congratulations to our members who qualified for and went to **Boston**, we are all proud of you: Ricky, John, Tim, Marty and Melissa!

DTR: This race had a distance for everyone, 5k, 10k, 13.1 (half crazy) and for the truly touched...50k.





Seven Mile Bridge Run: Woo hoo! No lightning this year!



Left Amy Miteff, AG winner, middle Benjamina – third female overall, right Dr. Joe – AG winner and not pictured Linda Miller – Grand master

Clermont Half Marathon:



Eric Griesemer and Zara Prades

Corporate Run:



Chris Boniforti and Shelly Hall



Allyson Serrao on right...the one with wings on her feet!!



RUNNING FOR BOSTON...

4 mile run / walk
Charity event

PLEASE COME OUT AND JOIN THE WELLINGTON RUNNERS CLUB.... AS WE UNITE TO PAY TRIBUTE TO ALL THOSE THAT WERE AFFECTED BY THE TRAGIC EVENT AT THE 117TH BOSTON MARATHON....

Thursday 2nd May

6:00 pm Check in
6:30 pm Event Start

Run / Walk will start at World of Beer, Wellington

All Proceeds will go to <http://onefundboston.org>
Donation Required: Minimum \$10

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By: The Wellington Runners Club and Fit2Run, Wellington