



IMPORTANT CLUB DETAILS

Shirts:

- \$10. 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 EVENTS

Races:

- October 28th – Wellington Horse Country 10 Miler and 5k
- December 2nd – Palm Beach Marathon; \$5 off registration use code: WRC2012

Track:

- Wednesdays 6:15 p.m. at Emerald Cove Middle School Track. Warm up on your own, workout starts at 6:30.

WELCOME NEW MEMBERS!

- Kevin Cherubin
- Caroline Mantel
- Dan Ocasio
- Fred Gundel
- Flo Wagner
- Terri Osborn
- Shannon Haynes
- Kassie Miller
- Lisa Matovski
- Melani Henkle
- Mike & Bonnie Koos

President's Message

Hello WRCers,

Welcome to the October newsletter. This is the month of our club sponsored race, the Wellington Horse Country 10 miler, 5k & Kids' Fun Run. Included this year is a middle school challenge with Wellington middle schools competing for the soon-to-be-coveted Wellington Runners Club Middle School Challenge (or some other much cooler name) trophy. This year the race proceeds will

benefit our to organizations: the Kids Cancer Foundation and one of our local middle schools, Wellington Landings. These are two great causes that will really benefit from our help. Kids Cancer Foundation is a local Wellington based charity that provides support to local families in our community whose kids are battling cancer. We all know that budgets for our schools are extraordinarily tight. Schools struggle with basic supplies, let alone having enough funds for the sports programs. This year we decided to add helping out one of our community schools.

This is our chance as a club to show not only how WRC represents when competing in races but how we put on one of the best races in the county. For those of you who have secured sponsorships, helped get out the word, volunteered, and have signed up to run the race, we can't thank you enough. You have all helped to make this a successful race. Everyone can support the race and the easiest way to do this is by signing up and running- it's that simple. We need to get our registration numbers up. There are two easy ways- you can save yourself the Active fees and sign up at Fit2Run or you can sign up online. Follow this link: <http://www.wellingtonrunners.org/wellington-horse-country-10-miler-seastians-5k-walkrun.html>.



New this year will be tech shirts to the first 400 participants, and a free Hurricanes draft coupon to all adult finishers to any of their locations. In addition, age group awards will be pint glasses with the race logo, sure to be a collector's item!

The race will take place on Sunday October 28th at Tiger Shark Cove Park, with a 7:15 AM start for the 10 Miler and 7:30 AM for the 5k. Packet pick-up will be at Fit2Run Saturday October 20th from noon to 5 PM.

Congratulations!

Congratulations to our own coach Jon P for placing 9th overall at the Richmond Rox Half Ironman Triathlon with an overall time of 4:44!!

Congratulations to Nancy G for competing in the world duathlon championship in France and representing Team USA and showing the world how WRC represents!! Great racing to both!!

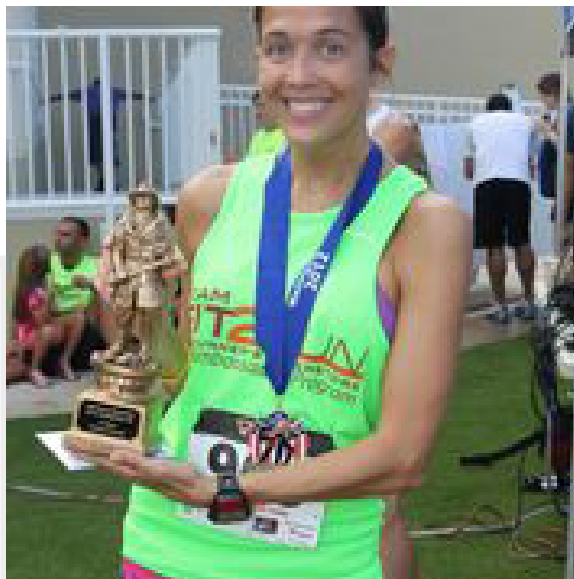
Jeff Annas 5k

The Jeff Annas 5k was held on Saturday September 15th and WRC came out to compete!! Everyone knew it was going to be a good race day when our club mascot Abby showed up looking fit and strong from her intense summer workouts. She didn't disappoint and took home a medal. Her faithful sidekick and chauffeur, Peter, was on hand to make sure Abby made it to the start line. Thanks, Pete! It was good of you to come out!



This was a 5k like no other. PR's were scored, and Caroline showed us that an Egg McMuffin with a few

swigs from the Pepto bottle will indeed make you superfast. She nabbed third overall female with that pre-race ritual.



Without a doubt, the story of the day and certainly the picture of the day was between Dr. Joe and Patrick. These two leapt off the start line and didn't let up for 3.1 miles. It was an all-out, everything-goes race. Elbows were flying, jockeying for position, hair pulling (wait really?) and a flat-out sprint for the finish line. Check out this photo finish and see if you can tell who won.



It was Patrick by 0.2 seconds! Hmmm...I smell a re-match!

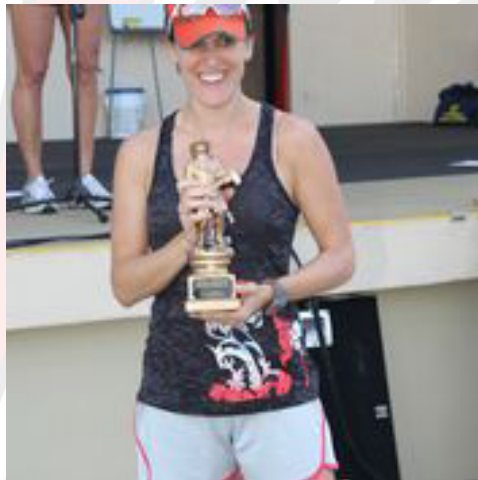
Congratulations to all who came out and ran. It was a great great racing morning for the WRC!



Janet and Charlie post-race



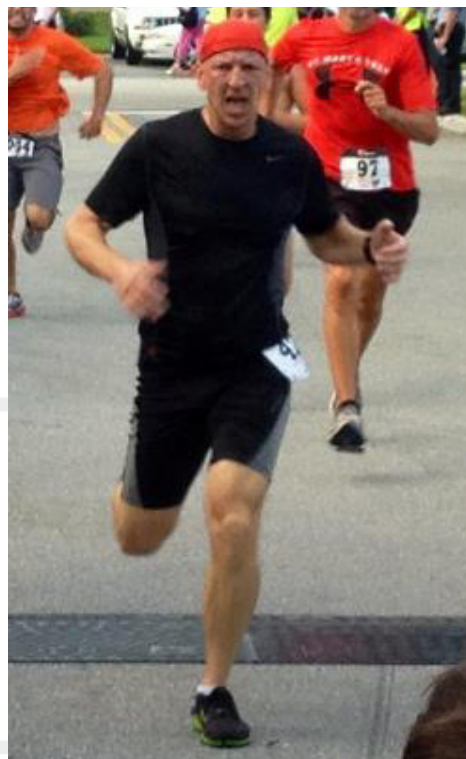
WRC groups



Benamina grabbed an age group award. She's going to need another room added onto her house for all her race trophies!



Dr. Joe, Nancy and Dr. Ed



Mike Meadows and the face of determination!



WRC Women Represent!

WRC moves back to track Wednesday nights

October also brings the club back to the Emerald Cove Middle School Track, located at the corner of 441 and Stribling. Meet at 6:15 and warm up is on your own. We have a lot of new members and many are new to the workout. Here are a few tips and tricks when running track: Track workouts are run counter clock wise in the inner lanes; Warm up and cool downs are run clockwise in the outer lanes; Be mindful of others running on the track. If you are standing around or in between intervals be aware others are running their workout. If you hear someone yell out "track"- move out of the way.

Most important – do the workouts at your own pace.

-Jen