

WELLINGTON RUNNERS CLUB NEWSLETTER

SEPTEMBER 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 (jl Leeds7@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. @ Okeeheelee Park by the Mulch Trail near the west entrance to the park.
- Alternating tempo runs and hill workouts.

PRESIDENT'S MESSAGE

Welcome to September!

The next several weeks are loaded with contests to win free race entries and fund raising events for the Horse Country 10 Miler and Sebastian's 5K. This is our club's premier running event, and this year it's shaping up to be better than ever. Your club needs your help, whether you just sign up to run the event, secure sponsorship, raffle items for the ryde-a-thon, or volunteer. If you have a potential raffle item like we did for the Boston charity event, please let me know so I can add it to the list. This is our chance to make a difference and give back to our community.

We have very exciting news for a couple of fund raising events taking place to support the charities of this event: tell your family, friends, frenemies, co-workers, acquaintances and those you

network with! All can participate. First up is a wine/beer and cheese event with live music at Whole Foods on Friday September 27th from 7:00 to 9:00 p.m. This is actually being advertised as a WRC mini pub crawl. All proceeds go to the race charities. We are asking for as many club members as possible to help sell bracelets that serve as admission tickets, which are \$10 each. See the end of the newsletter for more details.

The second event is the Iron Lion Charity Ryde-a-thon and raffle. This will be Sunday October 6th From 10 a.m. through 3 p.m. at the Iron Lion Fitness Studio See the end of the newsletter as well for additional details.

We also have an ongoing training run contest at Fit2Run's Thursday night run where you can register to win a free 10 Miler or 5K race entry. One Thursday a month WRC will be at Fit2Run to sign people up, and the more you go the more chances you'll have to win. The first Thursday was August 22nd. Next chance to register will be September 19th and last is October 17th when we will draw for the winners.

Calling all those who can volunteer on race day. We need help with parking, the school run 1 mile turn-around, the turn-in to the Aero Club, and with day of registration activities. We will post specifics on how you can sign up to the website. Those of you with kids who need community service hours, bring 'em! WRC is a not-for-profit organization helping out another not-for-profit organization and local community schools. It doesn't get much closer to community service than that!

WWW.WELLINGTONRUNNERS.ORG

PRESIDENT'S MESSAGE

September 18th sees the transition of the Wednesday night workouts back to the track at Emerald Cove Middle School, which is located on 441 and Stribling Road south of Forest Hill Blvd across from Whole Foods. I know the burning question on everyone's mind...will we end Okeeheelee with the now infamous Tour de Hills? You gotta be there to find out!!

Finally, I would like to convey a huge thank you to everyone who has volunteered so far to help with the race, along with the fund-raising events and those participating.

See you out there!

-Jen

WRC Officers Meeting

A WRC officers meeting was held on August 21st.

- We will be getting membership cards, primarily to be used at local stores that give discounts to the club so they know the individual is a WRC member
- We are adding a student membership rate of \$15 for kids under 18, so we can cover them under our liability insurance. This will require their parent's signature. Family memberships still cover kids under 18.
- The rest of the meeting covered the upcoming race and decisions on age group awards, shirts, securing volunteers and race day logistics.

Upcoming Events

Jeff Annas 5k

WRC this is it!! We have 165 members, no reason why we are not the largest team running this race and showing everyone how WRC represents! Be sure to register for Wellington Runners Club when you sign up. Race day is Saturday September 14th @ 7:30 a.m. at the Wellington Amphitheatre. this is a great 5k right in our own backyard. We will also have our tent out as one of the vendors so you can leave your race bags at the tent. Meet after the race for a group photo. Wear your WRC shirts and come out and race for our team.

<http://www.active.com/running/wellington-fl/6th-annual-jeff-annas-memorial-firefighters-5k-run-2013>

Horse Country 10 Miler and Sebastian's 5K

WRC's premier running event taking place on Sunday October 20th – Registration is open. Come out and support your club. Don't get withdrawals because you may miss your running buddies for Sunday's long run. Sign up for the race and get your fix! 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. The finishers medals are in and they look great.

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. See attached race flyer.

PRESIDENT'S MESSAGE

WRC discount registration code for 10 Miler: 10WRC2013

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

Training Tip

After the long run or sometimes a medium distance or let's face it those Wednesday night workouts, your shoes can get soaked from sweating. To dry them out after a run, pull the foot bed liner out and stuff them with newspaper. Within an hour the newspaper will absorb most of the water and your shoes will dry twice as fast.

Overheard

Quotes from on the run, this was one was from one of our summer visitors who ran with us a couple of Sundays before returning to a country with little to no humidity.

“Never had to wring my shorts out before” Welcome to running in South Florida Summers!





**Save the Date!
9-27-13**

**Time to Show Your
Super Hero Strength
to Help Our Charities!**

One Night, One Route, Two Charities - For the 1st year, the Wellington Runners' Club will be hosting the WRC Mini Pub Crawl around Wellington.

Bored of the same old same old? Do you have Super Hero stamina to keep the pace? Grab the bull by the horns and be part of THE running social event of the year with the maximum amount of fun all in one night (and possible early morning!).



Join WRC and our 100 closest friends on Friday 27th September 2013 to celebrate The WRC Mini Pub Crawl! Each guest will receive free specialty wines, cheeses and maybe a bit of chocolate at our first sponsor location (*Whole Foods Wellington) and then we will crawl on over to World of Beer for more fun and libation.

This year's beneficiaries are the Kids Cancer Foundation and Everglades Elementary School. Both help local children and have huge community impact! Help us help them, by joining the WRC Mini Pub Crawl 2013.

Come and join us!

We anticipate this to be one of the most entertaining and informal charity events of the year, where you can bag yourself a great night out meeting new and old friends, in a relaxed environment.

Book Early as there are only 100 spots!

(First come, first served).

***DEADLINE TO PURCHASE YOUR BRACELET IS SEPTEMBER 20TH!**

DETAILS

Time: Friday, September 27, 2013 from 7:00 PM – late
Where: START IN WHOLE FOODS WINE DEPARTMENT, WE WILL BE CRAWLING ON TO WOB BY 8:30PM.

Cost (Single Ticket): \$10 per person - Includes Specialty Wines, Fine Cheeses, and drink specials on select beers at WOB

Cost (Group Ticket): \$45 per group of 5 - Includes Specialty Wines, Fine Cheeses, and half off elect beers at WOB

Bring your favorite friends and your best running jokes. If you cannot attend, consider buying a \$10 ticket in support of the WRC Pub Crawl for Charity and gift it someone.



Come join the



Ryde for Charity

Date: Sunday October 6th 10:00 a.m. to 3:00 p.m.

at IRON LION FITNESS STUDIO



IRON LION
FITNESS STUDIO

To support the

Horse Country 10 Miler and Sebastian's 5k Charities:

The Kids Cancer Foundation

Everglades Elementary School

\$10 donation to spin – Raffle – Lots of fun for a great cause!
Special discount registration for the 10 Miler and 5k race

