

THE STARTING LINE



2008



WALKERS AND RUNNERS AROUND THE COUNTY OF ESSEX

Info 519-979- 5852

Or Log on to www.wracc.org

Email admin@wracc.org

2008 Board

President: May Tuck

Vice President: Dan Allaire

Treasurer: Jeff Tuck

Sec./Newsletter: Dianne Blair

admin@wracc.org

dan@wracc.org

admin@wracc.org

dblair@wracc.org

Directors:

Bob Blair

David Chaison

Laura Gavin

Carol McMurren

Nancy Mayville

Al Nelman

Cindy Sinasac

Denis Chenard

Jeff Smith

bobblair@wracc.org

dave@wracc.org

lauragavin@wracc.org

cmcmurren@wracc.org

nmayville@wracc.org

anelman@wracc.org

csinasac@wracc.org

dchenard@wracc.org

jsmith@wracc.org

**W.R.A.C.E. invites you to Run and Walk
for Charities, 2008 Events**

**Sun May 25th National Sports 5K 9:00 AM
National Sports Manning & Tecumseh.
Proceeds: Jennifer Ashleigh & Arthritis
Society.**

**Sun June 8th Tortoise & Hare – 5K 9:00 AM
Tortoise & Hare – Dougall & Cabana
Proceeds: W.R.A.C.E. Bursary Run.**

**Sun June 22nd Lifestyle 5K & 10K 9:00 AM
Lifestyle Family Fitness – Manning &
Tecumseh. Proceeds: MS & Child Abuse
Prevention.**

**Sun. August 17th Kinetic Konnection Hawk
Run 9:00 AM Holiday Beach Conservation
Area. Proceeds: Essex Region Conservation
Foundation.**

**Sun. Sept. 1st John Smith Memorial 5 & 10K
9:00 AM Fire Station #1 Goyeau Proceeds:
John Smith Memorial Burn Unit.**

**Sun. October 26th Halloween Hoot 5 & 10 K
9:00 AM Riverfront Civic Terrace
(Double Points) Proceeds: W.R.A.C.E.
Bursary Run.**

**Sun. November 16th Jingle Bell 5 & 10K Run
9:00 AM Ken Knapp Ford Essex Proceeds:
Community Living Essex County.**

The WRACE Board has had some inquiries for Clothing with the WRACE Logo on it. If you are interested in purchasing items with the WRACE Logo please inform one of our Board Members and we will consider looking into this if the number of requests warrants it.

**Run & Walk Clinic Information:
Please call or email Dan Allaire
dan@wrace.org as the clinic will be starting
soon.**

Run Under The Sun



It was a beautiful sunny day for the Sun Life Financial "Run Under the Sun" Race, which took place on April 27, 2008. Four hundred walkers and runners came out to support Sportsfest Organ Donor Awareness. Tom Awad and his group started the race by being piped across the finish line to complete their three-day walk from London to Windsor to raise awareness for organ donations.

This was followed by a large number of one-kilometer walkers of all ages and some lucky one's getting a ride in a stroller. Two hundred and eightyfour walkers and runners were registered for the 5 and 10-kilometer event.

Lots of cheering fans lined the race course encouraging those giving it their best. A variety of music was performed, an abundant amount of food and drinks were provided to all in attendance. Those lucky people whose names were drawn won great door prizes. Many thanks to all the wonderful sponsors and volunteers who put on this great race for us to participate in. All had a great time.

Nancy Mayville

The Ultimate Stair Climbing Event

On Saturday, April 19, 2008, WRACE members David McGinty and John Powell climbed the steps of the CN Tower in Toronto raising funds for World Wildlife Fund (WWF), Canada. About 4,500 participants climbed the 144 stories or 1,776 metal steps of the concrete tower. Unlike other stair climbing events, there were no

water stations, bathroom facilities or shortcuts to the top of the Tower. Those that ventured into the stairwell only had one way out and that was at the top.

A stair climbing event is different from a road race. There are no spectators cheering you on. The stairwell is wide enough for only 2 persons across. The lighting is dim and sound of the wind blowing the Tower creates a cave-like atmosphere. Within the first minute, you are aware of a soaring heart rate and laboured breathing. In an event like this, it is most important to start off slow and pace yourself. As you venture higher in the Tower, red-faced climbers rest on the narrow landings between floors while others continue upward at a slowing pace. The atmosphere changes near the top. The air in the upper stairwell resembles a humid, August morning with many in close proximity. Finally, upon reaching the skypod, you are greeted by enthusiastic volunteers and other climbers. The real challenge of the day is waiting your turn for your return trip to the ground!

Interested in stair climbing events, Detroit's Renaissance Center climb is in late February, the CN Tower offers two events per year in April and October. Other larger cities hold similar events, Chicago's Sears Tower and John Hancock hold annual events in November and February respectively. The granddaddy of them all is an invitation only race (it really is a race!) up the Empire State Building in New York.

Looking for a different challenge during the "off-season"? Why not look up? You can train at your local health club on the Stairmaster or by taking the steps at work. Stair climbing events are great topics of conversation. Your non-exercising friends will be thoroughly impressed with your accomplishments since they would never think of taking the stairs up three floors let alone 144.

Happy Birthday to all Members who celebrated a birthday in April, May & June.

April

Howard Packer
Armando Mastromattei
Frank Renaud
Bob Blair
Roger Daniher
Donna Lapczuk
Nora Comber
Kevin Leonard
John Powell
Darlene Sleeth
Mckenna Baldock
Allie Sippala

May

Ken Hatt
Hugh Hebert
Donna Mailloux
Darrell Baldock
Patty Neufeld
Mitzie Lavigne
Amie Layson
Brianna Clarkson
Amanda Sippala
Carter Augerman

June

Adolph Renner, Irvine Barat, Pearce Plato
George Schoebe, Brian White, Charlie Girard
Kevin Mayville, Michelle Moore, Jeremy Hatt
Jim Augerman



Congratulations to all the new Parents in
WRACE.

This means we will soon have a new runner or
walker to join our WRACE family.



