

# THE STARTING LINE

AUGUST 2006

"Begin at the beginning and go on till you come to the end; then stop." Lewis Carroll, from *Alice in Wonderland*



## WALKERS AND RUNNERS AROUND THE COUNTY OF ESSEX

### 2006 W.R.A.C.E. Schedule

Info 519-979-5852

Or Log on to [www.wracc.org](http://www.wracc.org)

Email [admin@wracc.org](mailto:admin@wracc.org)

### REMAINING RACES

<u>No.</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
9	Sun. Aug. 20	ERCA 5km	9:00 A.M.	Holiday Beach
	Mon. Sept. 4	<b>CANCELLED</b> John Smith Memorial Burn Unit 5/10km		<b>CANCELLED</b>
10	Sun. Sept. 10	Autism Action 5km		Mic-Mac Park
11	Sat. Sept. 16	Child Abuse Prevention Council – Stop the Hurt 5k run/walk		1671 Riverside Dr. E.
12	Sun. Oct. 22	Halloween Hoot <b>5km-10KM-Double Points</b>		Riverfront Civic Terrace
13	Sun. Nov. 19	Jingle Bell Run 5km		Ken Knapp Ford, Essex

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Comments and Suggestions are always! welcome.

Please feel free to contribute your thoughts in our next "Starting Line" newsletter.

Send your email to [admin@wracc.org](mailto:admin@wracc.org)



**I decided to take an aerobics class. I bent, twisted gyrated and jumped up and down for an hour. But, by the time I got my leotard on, the class was over.**

### **ARI (Active Release Techniques)**

If you Suffer from: Muscle Aches, Back Pain, Foot Pain, Shin Splints, Carpal Tunnel, Shoulder Pain, Tennis Elbow, Headaches Neck Pain Sciatica

**Call**

**Dr. Rena Citron, D.C. Holistic Wellness Centre  
519-966-7880**



### **Things to Ponder:**

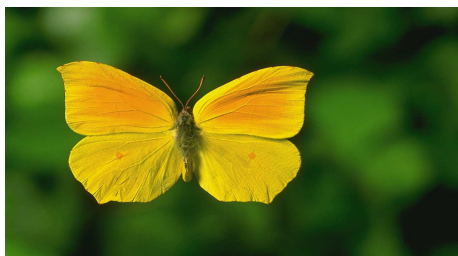
The most destructive habit ...Worry  
The greatest Joy ...Giving  
The greatest loss ...Loss of self-respect  
The most satisfying work ... Helping others  
The ugliest personality trait... Selfishness  
The most endangered species ...Dedicated leaders

Our greatest natural resource ...our Youth  
The greatest "shot in the arm"...Encouragement  
The greatest problem to overcome ...Fear

### **More things to Ponder in our next issue**

### **ABC's For Those Over 50:**

**A** is for arthritis,  
**B** is for bad back,  
**C** is for the chest pains Cardiac?  
**D** is for dental decay and decline,  
**E** is for eyesight – can't read that top line,  
**F** is for fissures and fluid retention.  
**G** is for gas (which I'd rather not mention) and not to forget other gastrointestinal glitches).  
**H** is High blood pressure  
**I** is for itches and lots of incisions  
**J** is for joints that now fail to flex  
**L** is for libido – what happened to sex?  
Wait I forgot about **K**, **K** is for my knees that crack all the time (But forgive me, I get a few lapses in my  
**M** Memory from time to time.)  
**N** is for nerve (pinched) and neck (stiff) and neurosis  
**O** is for osteo – for all the bones that crack  
**P** is for prescriptions, that cost a small fortune  
**Q** is for queasiness. Fatal or just the flu? Give me another pill and I'll be good as new  
**R** is for reflux – one meal turns into two  
**S** is for sleepless nights, counting my fears on how to pay my increasing medical bills!  
**T** is for tinnitus – I hear bells in my ears and the word "terminal" also rings too near  
**U** is for urinary and the difficulties that flow (or not)  
**V** is for vertigo, as life spins by  
**W** is worry, for pains not yet found  
**X** is for Xray - and what one might find  
**Y** is for (another one I'm still alive)  
So **Z** is for zest for surviving the symptoms my body's deployed, and keeping twenty-six doctors gainfully employed



### Motivation

When you get to Boston look for a monarch orange butterfly. I'll be there the wind beneath you wings. And when you cross the finish line I'll tell the other butterflies that's my kid brother.

This quote is what my sister wrote to me 2 weeks before she died. As I entered my 9<sup>th</sup> marathon in March I wasn't going to give up a little bit of leg pain is nothing compared to what she suffered from battling cancer. Well I finally qualified after 5 years thanks Sis.

Boston 2005 was like being in a dream. If I would have seen butterflies I would have lost it. However walking to the starting line my training partner Dave said look here there was a bill board saying butterflies are in Hopkins. I was up lifted. I also had Phil marked on my shirt and arms as millions of fans yelled out go Phil it gave me butterflies I also cried more water than I sweated. I'll be back at Boston in 2006 hoping to get that overwhelming feeling of pride and peace.

**By Paul Haworth.**

**Paul finished the Boston Marathon in 2006 in 3 hours and 17 minutes.**

Just a Reminder the John Smith Memorial Burn Unit 5/10 km Race has been **cancelled** for September 4<sup>th</sup>, 2006. The Child Abuse Prevention "Stop The Hurt" Sept. 16<sup>th</sup> will replace this race.

The Halloween Hoot on Oct. 22<sup>nd</sup>, 2006 will now have a 5km and 10 km run,  
More information to follow

**Next Event: 5K Hawk Run/Walk Holiday Beach August 20th, 2006 9:00AM Sponsored by Kinetic Konection.**



Registration Fee is only **\$15.00** and if you register before **July 30<sup>th</sup>** you receive free park entrance and a guaranteed T-shirt. Stay for the day and enjoy the sandy beaches, nature trails and picnic areas. Trail terrain is asphalt, gravel and grassed trail. Hawaiian/beach attire is encouraged.

### Why run?

I have seen my failures. I have faced them as best I could. And now, I'm running from them as fast as I can. There are hundreds of reasons to start running. The litany is familiar to all of us. Running promotes better health, a stronger heart, a more finely-honed physique. Some of us started running because nothing else eased the pain of living. Some of us came to running not out of a sense of accomplishment and pride, but as a last resort. We turned to running for healing, safety, security and nourishment. We came to running not out of success, but out of failure. As I've come to know more runners I've been touched by the stories of what running has meant in their lives. Many are running from tragedy, from divorce -- running, truly, as if their lives depended on it. Digging down deep for the final 200-yard kick of a 5K, I unleashed an almost primal energy. Struggling, weary and exhausted, through a 4-hour marathon, I hit a vein of emotional strength that I thought was all dried up. So if you see me running wildly through a race, don't be worried. Don't be surprised at the sight of my persistent and plodding style. Don't expect the smile to ever come off my face.

*Why do you run?*

### A or B?

1. At your most recent race your goal was to:  
**a. set a new national age group record.**

**b. finish before the awards ceremony was over.**

2. The food at the end of a race is usually:

**a. a selection of fresh fruits, cookies, sports drinks, water.**

**b. bruised bananas and broken bits of oatmeal raisin cookies.**

3. At a recent marathon you:

**a. ran negative splits after mile 15.**

**b. stopped to get the rest room key at a service station.**

4. At the finish line, the people are:

**a. screaming because you just set a new national record.**

**b. related to you.**

Whether you answered A or B we are all....

### *Together at the start...*

There are thousands of runners out there shuffling and scuffling their way to the finish line. For them, as for me, the miracle isn't that we finished, the miracle is that we had the courage to start. If you want to do the nicest thing imaginable for us, give us a round of applause at the beginning of the race. Let us take a minute to congratulate ourselves for standing at the starting line. Let us hear, maybe for the first time in our lives, the sound of a group of people cheering for our accomplishments. Nearly everyone will be gone by the time we reach the finish line. If we're going to hear the cheers, it'll have to be at the beginning. Our run isn't measured by the clock. Our run is measured only by our own will. We run free of the constraints of VO<sub>2</sub>max and lactic acid. We seek a higher order of satisfaction. And yes, we are athletes. We are, perhaps, the greatest of all athletes. Whatever your chosen method of play, whether it's running, bicycling, water aerobics or anything else that gets you up and moving, you're an athlete. You personify the very best of the athletic ideal

### **TRAIL RUNNING POETRY**

In The Woods

The trail is soft under my feet  
and I run lightly,  
dodging roots and rocks.  
Pools of sun and shade ahead,  
dappled by the trees above.  
I am old but young,  
tired but strong,

my heart pounds yet sings  
with pleasure.  
My body glistens with sweat.

The droplets fall  
and mix with the earth.  
Small parts of myself  
to mark my passing.

**Dave Sebeslav**

**Our running shoes are really erasers. Every step erases some memory of a past failure. Every mile brings us closer to a clean slate. Each foot strike rubs away a word, a look, or an event which led us to believe that success was beyond our grasp.**



### **Evening Prayer**

Now I lay me down to sleep,  
I pray the Lord my shape to keep,  
Please no wrinkles, please no bags,  
Please lift my butt before it sags,

Please no age spots, please no gray,  
And as for my belly please take it away,

Please keep me healthy, please keep  
Me young.  
And thank you Dear Lord for all that  
You've done.

Amen

On Behalf of the Board, We would like to thank all WRACE Volunteers, and encourage all members to join us in supporting our WRACE Events

'Stop the Hurt' sponsored by the  
Child Abuse Prevention Council  
Walk/Run on Saturday September 16<sup>th</sup>, 2006  
This Event will Replace our September 4<sup>th</sup> WRACE  
Event.