

THE STARTING LINE

DECEMBER 2006



WALKERS AND RUNNERS AROUND THE COUNTY OF ESSEX

2007 W.R.A.C.E. Schedule

Updated soon

Info 519-979- 5852

Or Log on to www.wracc.org

Email admin@wracc.org

President: May Tuck
Vice President: Dan Allaire
Treasurer: Jeff Tuck
Sec./Newsletter: Dianne Blair

admin@wracc.org
dan@wracc.org
admin@wracc.org
bobblair@wracc.org

Directors:

Bob Blair
Rosemarie Caille
David Chaison
Bernie Collins
Laura Gavin
John Nelles

bobblair@wracc.org
rosemarie@wracc.org
dave@wracc.org
lauragavin@wracc.org
john@wracc.org

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

**HAPPY HOLIDAYS TO ALL
OUR MEMBERS**



FROM THE BOARD

Social Night Run...

Closed December due to exams. It is 7:00 pm, Thursday evenings at the St. Dennis Center. We do speed work, and then we have the option of swimming, sauna or weights after the track work (indoor track). Cost is \$5.00 per person or \$7.00 if you bring a friend or relative (\$4.00 if you are Alumni). There are also monthly memberships available. I will be wearing my WRACE shirt so that if a new person shows up, they can identify our group easily.

If anyone has a questions, please see **John Nelles.**

Paid parking right across the street from the St. Dennis Center.

John Nelles
john@wrace.org

Eating Tips for the Holidays

1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go

next door where they're serving rum balls.

2. Drink as much eggnog as you can, and quickly! You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an "eggnog-alcoholic" or something. It's a treat. Enjoy it!!!! Have one for me. Have two. It's later than you think. It's Christmas!

3. If something comes with gravy, use it. That's the whole point of gravy! Gravy does not stand-alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano.

4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.

5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello???

6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.

7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size

of Santa, position your self near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.

8. Same for pies. Apple, pumpkin and mincemeat - have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?

9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.

10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread tips: Start over, but hurry, January is just around the corner.

Jingle Bell Run



Once again the Jingle Bell Run was a great success. On behalf of the Association for Community Living we would like to thank everyone who participated, and volunteered for their help and for making this another winning event.

For any further information contact:
Robert Blair

rblair@Cogeco.ca

Annual Banquet

Sunday January 21st, 2007

The banquet tickets are \$20.00 for adults and \$10.00 for children 12 and under.

Anyone wishing to purchase tickets contact May Tuck at: admin@wrace.org or 519-979- 5852

Memberships for WRACE 2007 will be available to purchase at the Banquet.

W.R.A.C.E. VAN DRIVER NEEDED

After many years as our van driver Ron Jeffrey is taking a break and WRACE needs a new volunteer to bring the van to our races. Please call us or email if you can help out.