

**THE STARTING LINE
FEBRUARY 2009**



Oh no six more weeks of Winter !!!

WALKERS AND RUNNERS AROUND THE COUNTY OF ESSEX

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**2009 Membership Applications are available on the WEB
W.R.A.C.E. invites you to Run and Walk for Charities
The 2009 Season Schedule is available on line**

Welcome to the 2009 Season

I am very happy to greet you all at the start of another season of fun combined with healthy activity. It has been a long cold winter and I'm sure we are all thinking of getting out into the open air, meeting old friends and banishing the physical cobwebs.

We have a solid program of races that will be the usual challenge to all of you from flying super star to beginner. Everyone will surely enjoy the feeling of accomplishment at the end of each race. You will meet old friends and make some new ones.

It is well to remember that our efforts also support some very deserving charitable organisations that are very grateful for our commitment. Tell your family and friends about us and once they participate they will readily become new members. Time to start tuning up as the new season begins just a few weeks away.

I wish you good luck and look forward to seeing you all there

May Tuck

President

20th Anniversary Banquet

If you were at the banquet in January, you heard about the beginning of W.R.A.C.E. through Dave Orshinsky. For medical reasons, Jerry Slavik, the founder of W.R.A.C.E. was unable to personally address us at our 20th Anniversary Banquet and unfortunately the taped conversation was difficult to hear. Therefore, here is a brief summary of our interview with Jerry.

W.R.A.C.E. started by accident when I broke my hip in 1963. Therapy involved walking and eventually running. It didn't take long before I was running. It didn't take long before I was running 3 miles a day and was going to Detroit every Sunday to race with the Detroit Motor City Striders. After doing this for a while, I decided to organize races in Windsor. I was doing 30-35 events a year on my own and it got to be a lot. Dave Orshinsky came to

my rescue and together we organized an active club. He was a super guy to work with and was a dedicated soul to running. He really spearheaded W.R.A.C.E., and was the founder of its unique name. With Dave on board the club expanded; he gave us capacity with his people. We even planned races in London and Kitchener. W.R.A.C.E. would have never had the same impact without Dave. We were doing 108 races a year using only stop watches and hands. There would be 400-500 participants. The first was the Percy Such Run, which went on for 10 years. I organized the 10 man Marathon with the schools having as many as 20 teams. There is not a charity in Windsor or Essex County for whom we have not done a race and millions of dollars have been raised for them. I now spend at least 100 days a year at various athletic events. I have had 6 hip replacements, but have never missed an event. My surgeries are booked around them.

My wish is for W.R.A.C.E. to keep going. It is a lot of work but anything worthwhile is a lot of work. It is gratifying to me to witness kid's progress through the ranks-from 5 years old to the Olympics. Good luck in all your worthwhile endeavours.

Jerry Slavik

Special thanks

The W.R.A.C.E. board members would like to thank Cindy Sinasac for making and donating the quilt for the banquet raffle draw.



GREEN SWAMP EXTREME ULTRA 50K

How hard could it be to run a 50K race? It is only less than five miles more than a marathon, and I had just finished the Goofy Race, and a Half Challenge (1/2 marathon on Saturday and a full marathon on Sunday) in Disneyworld in January. So I booked a flight to Orlando, on Friday February 6th, and off I flew oblivious to what waited for me. Laurie and Bruce Young met me, and we drove to Dade City where the race was to take place. We went to check in and pick up our race packages and check out the course. The website promised alligators, armadillos, snakes, and yellow banana spiders. Florida was experiencing a drought so all these critters would later prove to be scarce, except for some armadillos. The first part we could see was sandy and a water crossing was up ahead, not bad I naively thought, and went on my way to spend the night at Laurie's parent's winter place.

The next morning brought us a chilly 34F to start the race. It was still dark when we arrived and the 50-mile marker, racers had already left. We lined up and started at 7:00 a.m. through the loose sand and beyond. Short distances brought us to our first water crossing where we put shopping bags on to keep our shoes dry. So far, so good. Not far along the course we encountered cypress trees which are evil little tortuous trees whose sole purpose are to stick out of the ground waiting for us to trip and fall, impaling ourselves upon them. There were numerous holes dug in the ground by whom, I did not want to know. Along with the briars, brambles, tree roots and all sorts of trip hazards, onward we went through palmetto brush, shoulder high grass, under a barbed wire fence, forests, under trees, over logs, on rocks, and logs to make four water crossings and endless miles of trails.

Every five miles we checked in at an aid station so they knew where to look for you in case you got lost. We had pink ribbons to follow but it was hard to watch them and your footing, but we managed only to get off course once, only for a short distance and we realized our mistake and quickly turned back.

By this time the sun was out and we were starting to heat up and get tired. Onward we trudged and slogged on always questioning our sanity but never

doubting that we would finish. Eight hours and twelve minutes after the start I crossed the finish line. I got third place in my age group and found out I was the oldest female 50K runner. Sixty-four people had registered for the 50K but only thirty-eight of us finished. It was the toughest race I have ever done and I know now that I am much tougher than I thought I was to finish this. I had a great time and lots of memories of my first (and last) extreme ultra marathon.

By Nancy Mayville

Motivation

What motivates us to run or walk or do any kind of exercise? Is it for health reasons, weight loss, to have time alone to think or for the sheer joy and freedom that running/walking/exercise brings us? Every person you ask will have a different answer to that question.

The first step is the hardest and that means making a commitment to do it on a regular basis. Your program should be scheduled into your day just like any other appointment that you make. You deserve and need this time to get out the door or on your treadmill or to the gym. It will make you feel good and increase your energy for the rest of your day. Are you not worth an hour a day for yourself? You have to make yourself priority in your life just like every other thing you do every day. You and your health are worth it and after a while this will become easier and a habit. Seize the day and do this for you because if you are happy you will spread this to others and motivate.

Happy Birthday to all Members who celebrate a birthday in January February and March



WRACE Speech, January 25, 2009

It was the winter of 1999 at Lifestyles that I ran into Jeff and May Tuck. They were handing out flyers for a 5k Race called Ambulance Chasers. I took one and signed up. That was the beginning of a new experience that brought many new friends and experiences into my life.

May and Jeff along with the WRACE leadership team have shown tremendous courage through the years. Through heat, rain, snow and wind they were there with the spirit of community that sets an example especially for the many youngsters that are among us.

Roger Deniher has always been there as my advisor and age group competitor. We have talked about the latest shoe trends and training tips of the season.

Talking about shoes leads right into my very supportive wife Rosella. She is one of the few women in the world that has a husband with more shoes than she has. By the way Rosella those 2 boxes on the shelf in the garage are not empty.

Thank you to the WRACE family that allowed me to have some of the best memories while staying healthy. A special group that I must recognize is, Italian Leamington Connection. I grew up in Leamington, a town that is very Italian. So, Armando Bonfiglio, Armando Mastromattei, Antonio Didomencio and Domenico Ricci (God Bless his soul) are all known by my dad and after every race one of them would give my dad the first hand report.

The other learning experience was a whole new language. Here are some terms with their meaning before and after WRACE.

1. Ham String – Used to be the name of a pork dinner dish
2. IT band – I thought it was the name of an Internet web site
3. Maximus Glutimus – I thought was the name of a Roman Emperor
4. Planter Fasciatis – the name of a peanut butter snack
5. Shin Splint- was the name of a surgical instrument

6. A fartlik – definitely a bowel movement and not a speed workout routine.
7. The Wall – Is not just a Pink Floyd album but a very painful point of my life at Belle Isle.
8. A heel spur – is not a cowboy boot.

Thank you WRACE for giving me all of this part of my life. On our 20th Anniversary I toast us all of us many years of continued success in contributing to our community and to the well being of each one of us. If there are people here or you have friends please have them join. They say: To overcome your fears do something scary every day.

By Angelo Ligori

Comments and Suggestions are always! **Welcome**

Please feel free to forward any Ideas and Suggestions for our upcoming Newsletters the “Starting Line” Newsletter. Send your email to admin@wrace.org

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