

THE STARTING LINE



WALKERS AND RUNNERS AROUND THE COUNTY OF ESSEX

Info 519-979- 5852

Or Log on to www.wrace.org

Email admin@wrace.org

The President of WRACE Board would like to take this opportunity to thank the following members for their past years of support and dedication to WRACE: R. Caille, B. Collins, J. Nelles, J. Savonie and Laura Way. You will continue to see many of these familiar faces who will still be helping out at events during the 2008 season.

2008 Board

President: May Tuck

admin@wrace.org

Vice President: Dan Allaire

dan@wrace.org

Treasurer: Jeff Tuck

admin@wrace.org

Sec./Newsletter: Dianne Blair

dblair@wrace.org.

Directors:

Bob Blair

bobbblair@wrace.org

David Chaison

dave@wrace.org

Laura Gavin

lauragavin@wrace.org

Carol McMurren

cmcmurren@wrace.org

Nancy Mayville

nmayville@wrace.org

Al Nelman

anelman@wrace.org

Cindy Sinasac

csinasac@wrace.org

Denis Chenard

dchenard@wrace.org

Jeff Smith

jsmith@wrace.org

**To Qualify for Age Group Awards
Complete 5 events and Volunteer at one**



**Please renew your 2008 membership and
tell you friends. Here's what you get for
joining.**

**Discounts at WRACE events and retail
stores. Tortoise and Hare and Running
Factory.**



**WRACE Newsletter mailed to your home.
Help keep WRACE alive and active.
www.wrace.org**

Learn to Run/Walk Clinic for WRACE members.

Interested in participating in a walk or run clinic, or know someone who is? Have them e-mail me at dan@wrace.org. If there is enough interest, I will be holding a clinic for WRACE members. Along with the e-mail advising me of their interest, it would be appreciated to know what their goals are or specific things they'd want information on so I can cater to specific for them. As with all WRACE events we like to be inclusive so veteran runners are welcomed to attend. More details to follow in the next newsletter

**Thanks to members who brought or
donated door prizes to the 2007 banquet**



**Special thanks to Cindy Sinasac for the
hand made donation of the quilt**

**Happy Birthday to all Members who
celebrated a birthday in January, February
and March.**



January

Helen Wiper	Laurie Young
Allan Taverner	Tim O'Hagan
Richard Kniaziew	Len St. Louis
Greg Lappan	Wayne Lessard
Jeff Leonard	John Savoni
Julie Brockman	Marija Byrne
Jeremy Parsons	Karim Ebead
Jacqueline Leonard	

February

Don Galloway	Antonio DiDomenico
Len Turton	Larry Patton
Bernie Collins	Thomas Biblewski
Janith Menard	Denis Chenard
Colleen Baldock	Mike Burling
Tyler Dunlop	

March

Tom Awad	Mary Turton
Armando Bonfiglio	Jan Ciborowski
Brent Parsons	Karl Neudorf
Garry Moore	Joe Fisher
Michael D'asti	Jeffrey Smith
Mike Armstrong	Chris Caille
Michael Dufour	Christina Tuck
Kelly Boutette	Esme Prowse
Wyndham Prowse	Natalee Natyshak-Baillargeon

Cross Training Pilates, Yoga or Gyrotonics?

All three techniques provide overlapping benefits-gains in flexibility and strength-it's hard to determine which is worth your time. Here's a summary of each method to help you select the best one for your running, mind and body.

Pilates is a system of exercises that emphasize strength, flexibility, breathing, and body awareness. Many signature Pilates moves require a pulley-based "reformer" machine, but there are floor exercises (some incorporating stability balls) that provide similar benefits.

The Payoff... Great abs and better performance. Pilates helps you visualize and access your core muscles and make them relevant to running.

Best For... Those who are too fidgety for concentrated yoga poses and would like a do-it-yourself option. Yoga can also be done sans instructor, but Pilates is easier to pick up on your own.

Not For... Those looking for a strong meditative component. Though it does use visualization, Pilates is generally more active and less contemplative than yoga.

Yoga teaches mental focus, awareness of movement, and balance through a series of postures. Countless varieties of yoga exist. Some focus on relaxation, while others link poses in a fast-paced series. They all share a spiritual component that focuses and calms the mind.

The Payoff... Flexibility, physical and mental strength. Yoga teaches you to relax your mind and body so you can run more efficiently.. One student told me that yoga's mindful breathing exercises taught him mental concentration skills he needed to

finish an ultra-marathon. Yoga also helps runners overcome tight leg muscles-especially the hamstrings.

Best For... Those who get overwhelmed with prerace jitters, struggle to stay focused and positive in race situations, and find touching their toes to be nearly-or completely-impossible.

Not For... Those looking for instant gratification or an endorphin high. It takes practice for yoga moves to flow fluidly, and you finish feeling relaxed, rather than buzzed.

Gyrotonics develops muscle strength and flexibility through flowing, circular movements drawn from dance, tai chi, and swimming. Gyrotonic machines use an elaborate pulley system to work muscles and joints through their entire range of motion.

The Payoff... Stronger, more stable joints. Gyrotonics incorporates moves that simulate running, so you build functional strength. Exercises that take the joints through the motions they follow while running help you develop running-specific muscle strength. The moves build your big muscle groups as well as tendons and supporting muscles, resulting in stable joints and fewer injuries.

Best For... Those who have been plagued by injuries and for whom building strong joints is a top concern. Also good for those who are simply looking for a fresh alternative to the weight room.

Not For... Those outside urban areas, where instructors can be sparse. To achieve maximum results, you should first learn from a pro.

The Following Special Awards were handed out at the 2007 Banquet:

Jeff Smith - Male Rookie of the Year
Janith Menard-Female Rookie of the Year
Karl Barnard - Volunteer of the Year
Ed King - Hall of Fame
Sippala Family - Family of the year

**Congratulations to our 2007 Age Group
Award Winners and Bursary Winner
Jeremy Parsons.**

**Special thanks to Ron Jeffrey for been our
Van Master for another year.**

Congratulations to Natalee Natyshak-
Baillargeon John Powell, Dave McGinty, ,
May and Jeff Tuck who participated in the
fundraiser at Detroit's Renaissance Centre 70
floor stair climb for the Lung Association,
way to go.



Congratulations to Robert Comber who broke
both CAN records in the 1500m -7:41.5min
and 3000m – 15:50.14min for male 80 years
March 3 in Toronto for the Canadian Masters
Athletic Association, way to go.

Please remember to Pre Register for our
events to receive a discount and make race
day entries smoother for the computer
personal.

W.R.A.C.E. BURSARY

The Walkers and Runners Around the County
of Essex (WRACE) are offering Bursaries to
First Year Full Time Students entering College
or University as of September 2008. Full time
Students must be taking 4 courses or more per
year. You must be a paid member of WRACE
and complete 5 events for the calendar year.
You may run, walk or volunteer in at least 6
events to qualify. Please compile an overall
profile of yourself, and give details of why you
should be considered to receive a Bursary.
Eligible candidates will determined by the
Board, using the lottery process. Candidates
will be informed and presented their Bursary at
the Annual Banquet of WRACE.

Yours Truly,
May Tuck
President of WRACE
On Behalf of the Board of WRACE

Please remember to renew your 2008
membership to get your race day discounts.

**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**