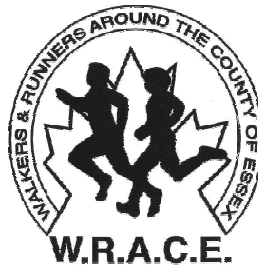


THE STARTING LINE



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 Members

President: May Tuck

admin@wracc.org

Vice President: Dan Allaire

dan@wracc.org

Treasurer: Jeff Tuck

admin@wracc.org

Sec./Newsletter: Dianne Blair

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Denis Chenard

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2009 Membership Applications are available on the WEB

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

W.R.A.C.E. invites you to Run and Walk for Charities
We have One Events Left for the 2008 Season

Sun. November 16th Jingle Bell 5k run/walk & 10K Run 10:00 AM.
Ken Knapp Ford Essex
Proceeds: Community Living Essex County.



Bursary Time is Here

All Bursary Applications should be completed and forwarded to admin@wrace.org or mail to W.R.A.C.E. 12380 Regal Ct. Tecumseh N8N4P1 by: December 1st, 2008
Winners will be announced at the Annual WRACE Banquet

Annual W.R.A.C.E. Banquet

Come Join Us in Celebrating our 20th Anniversary of WRACE



Our guest speaker will be Gerry Slavik. Also we are preparing a slide show for the banquet and are in need of any pictures taken over the years that you may have. Please email admin@wrace.org or call 979-5852.

Our Annual WRACE Banquet is being held on January 25, 2009 at the Croation Centre. Tickets will be available from any of the WRACE Board Members within the next couple of weeks.

Hello Everyone,

Thank you to all who ordered WRACE clothing. The Tortoise and The Hare will now have the samples of WRACE clothing to try on. An order will be sent in the spring if there is sufficient interest. Stop in to try on some great clothes and maybe pick yourself, or someone else up a great item!

Nancy Mayville 519-966-6449

All items available in Men's and Women's sizes S, M, L, XL.

"All taxes included in the price"

This is a great Christmas gift for the runners in your life. Order Now!!!!!!!



TWENTY YEARS OF GIVING & RECEIVING

All of us lucky members of WRACE can pat ourselves on the back as we celebrate the club's twentieth anniversary. What a wonderful idea! Give to charity and keep ourselves healthy in the process. The founder of this organization, Mr. Jerry Slavik can rest happy in the knowledge that the club he founded has grown and matured over these years and is in very good hands. Our President, May Tuck and her husband Jeff have continued in the Slavik tradition and we should thank them for the many hours that they have devoted to keeping the WRACE flag flying. It is often said by philosophers of note that helping others brings unparalleled satisfaction. We have a double reason to feel satisfied. In addition to the multiple thousands of dollars raised for the many affiliated charities we have benefited from the sheer good feeling that fitness brings. Let's enjoy the celebration of twenty fabulous years in the fellowship of dining together at our annual dinner. Invite your friends and relatives and keep making the "Case for Wrace". At WRACE everyone is a winner.

Happy Anniversary everyone!

Comments and Suggestions are always! Welcome

Please feel free to forward any Ideas and Suggestions for our upcoming Newsletters the "Starting Line" Newsletter.

Send to admin@wrace.org



Halloween Hoot

It was a dark and stormy night.....actually it was a cold and windy Sunday morning when so many wonderful people costumed and not came to participate in and/or support our annual bursary run "The Hallowe'en Hoot."

The medical team with wheel chair made a timely arrival this year to take part in the fun. They were on hand to come to the aid of the "old man" who was hobbling along. The run-away bride ran her heart out and the costumed children were all so charming. Next year, the 1 mile run will be replaced by a 1km kid's dash (in costumes of course). Sincere thanks to all who came out to be with us on the 26th of October.

We are celebrating W.R.A.C.E.'s 20th anniversary this year so we hope to see you all at our awards banquet at the Croation Centre on January 25th. You will have the opportunity then to see pictures of the Hallowe'en Hoot and other events in 2008.

Best wishes

Just a



Reminder!!!

Remember Our Final Event for the Season is the Jingle Bell Run at Ken Knapp Ford in Essex on November 16, 2008

A Marathon Greenie

October 19, 2008 is a day that I will not soon forget. The Detroit Marathon.

To many, the marathon is an enigma. Something so fantastic, it's unattainable to them. I used to think that way, and it's just not true. If you have always thought that the marathon is something that you can't do, think again and read on.

Ten years ago, when I first started to put one foot in front of the other outside every day, I wasn't even thinking marathon. I was barely thinking 5km. I did the 5km distance, then the 10km distance, then two years ago, the 21.1km distance. That's when the idea that I could do this thing was birthed.

Two years have passed since that decision, and now here I stand as a finisher of the 2008 Detroit Free Press Marathon.

The day was beautiful, the course was so nice. Except Belle Isle. Oh it's a beautiful place, but I think I left part of my brain there where I hit that wall. I was running with the "Last Chance" group, and I figured Belle Isle was the "last people I would see while alive" group. The pace leader helped me get through that wall, and then things got better.

Another memorable place was Indian Village. There was a man there on a megaphone yelling out very inspirational things to us, reminding us to keep in mind why we're doing this thing and to not give up. I almost cried, thinking about all of the things that came up that tried to creep in on my training time and on the marathon weekend. I had different health issues to deal with this year, and I had to work full-time.

I will never forget the many nice people that I met on course. One lady gave me a banana to eat, and others just kept encouraging me with all that they had in them. I am so thankful for the many volunteers, familiar and new, and the police officers and border guards who were ensuring our safety. You all played an

important role in helping everyone achieve their goals and dreams.

I have yet to truly part with my finisher's medal. I even tucked it into bed with me the night after the marathon. What lies next for me is a 32km walk for charity, and next year's half marathon, and then finally going to the post-marathon party for Detroit. I am so grateful that running is a part of my life! I intend on doing it forever.

Darlene Sleeth