

# Wellington

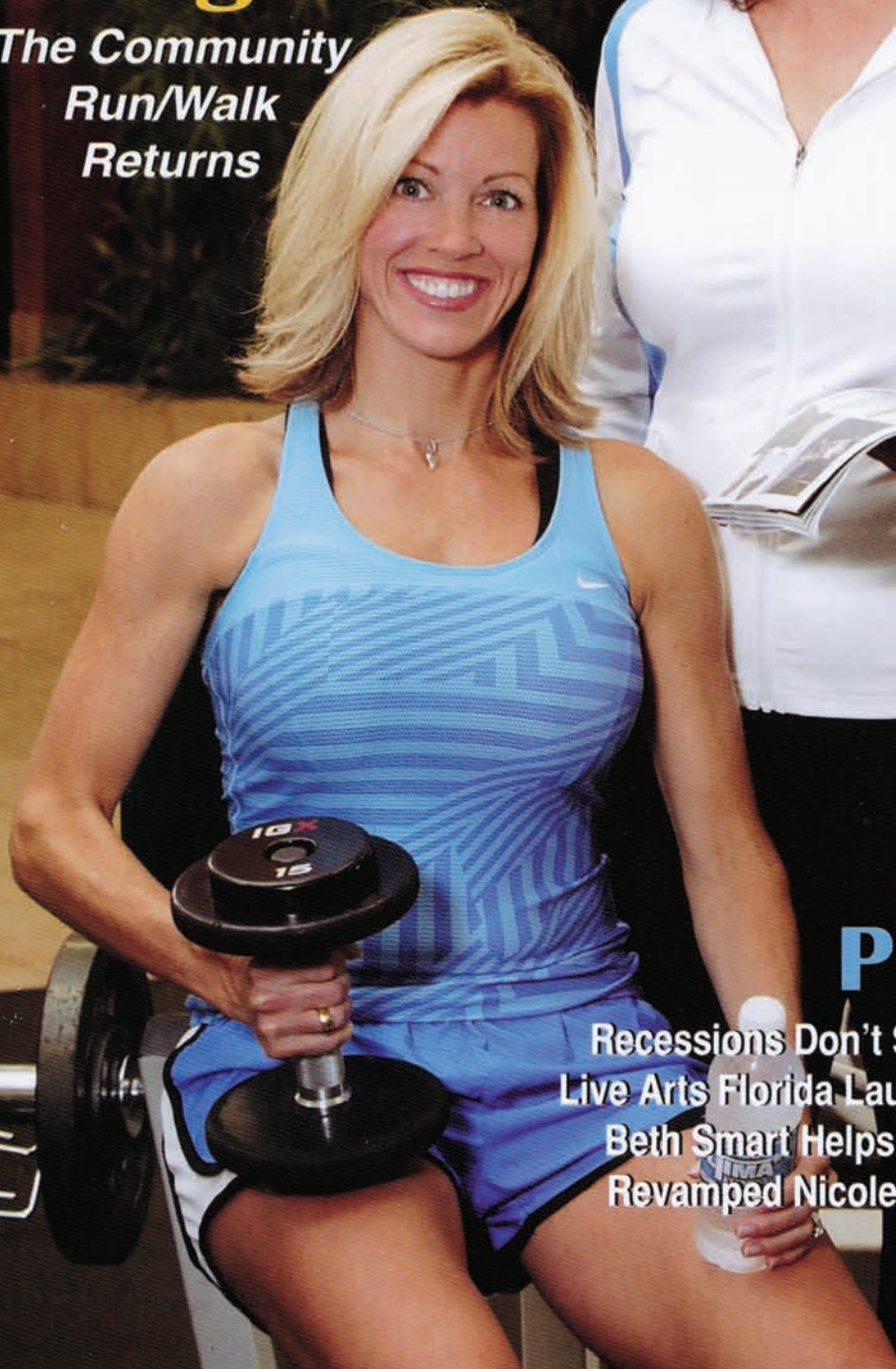
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October 2009

THE MAGAZINE

## Get Fit, Wellington!

The Community  
Run/Walk  
Returns



### Plus

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*Wellington Community Fitness Run & Walk co-chairs Terri Priore and Joanna Boynton get ready for this year's event with a visit to sponsor Ultima Fitness.*



**'I have personally watched this event's successful, grassroots outreach and positive impact in the community grow each year.'**

*Run/Walk Co-Chair Joanna Boynton*



**'Even if it is your first day doing any kind of exercise, come out. Meet neighbors, make friends and kick off fitness.'**

*Run/Walk Co-Chair Terri Priore*

"We decided that this would be the perfect initial project for the Palms West Community Foundation to take on since it has the potential to impact the entire community," Boynton said. "Not only do we foresee a large community turnout, but we hope to encourage fitness and to raise some money, too."

The event's aim is to promote health and fitness for all and to enjoy a good time with friends and neighbors while raising money to benefit local charities.

Each year, a portion of the event's proceeds is donated to a charitable organization. This year, the committee has chosen the American Cancer Society's Making Strides Against Breast Cancer walk as the recipient.

Priore has chaired the Making Strides walk and is excited to see the benefits from the walk come back to the western communities. "As chair of the Making Strides walk last year, I had the opportunity to see how the money raised

benefited women right here in Palm Beach County," she said. "The American Cancer Society has many programs like 'Look Good, Feel Better' that support women undergoing treatment."

According to Priore, the committee will continue to choose charities that benefit the western communities directly. "I think it's really great to see that the money stays in Palm Beach County," she said. "The idea of the event is that we are benefiting something in our own community."

Priore said the run/walk will remain unchanged from past years, just bigger and better. During its first 11 years, the event grew to accommodate more than 800 participants. Boynton hopes for even more success in 2009.

"I have personally watched this event's successful grassroots outreach and positive impact in the community grow each year," Boynton said. "I, along with many others, am committed to revitalizing

this great fitness-oriented community event."

The Wellington Community Fitness Run & Walk kicks off at 7:30 a.m. on Saturday, Nov. 7 at the Wellington Plaza, located at the corner of Wellington Trace and Forest Hill Blvd.

The event is a chip-timed, USA Track & Field-certified 5K run, meaning that the course has been measured by the USATF and that runners have the option to have their run-time certified by a company hired by the foundation.

Participants will head west along Wellington Trace, turn south onto Big Blue Trace until they reach the halfway point, and then loop back to the Wellington Plaza where they will be greeted in the parking lot by vendors and sponsors with food and drinks.

A DJ will be on hand, and Ultima Fitness will provide staff to help participants warm up before the event begins. ►

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While many avid runners come out to take on the course, many more participants really come out to join friends and meet neighbors. "The majority of the people walk," event organizer Maureen Gross said. "The runners take off first so the rest of us don't get trampled, but it doesn't matter how long it takes to finish the course; everyone walks at their leisure."

The real draw of the event is its sense of community with neighbors and friends coming out to be a part of it, Gross said. "It's part of the events that make Wellington special," she said. "The whole town comes out for it."

Whether participants want to walk, run, jog or just see friends, there is something for everyone, Priore stressed.

"Avid runners come out, people who like to walk can be involved, kids can be involved, even people who can't or don't like to walk can be involved by volunteering to help," she said.

To get the community motivated and have some fun, the organizers have fostered a friendly competition between local schools to see who can bring the most people to the event. Wellington High School will compete against Palm Beach Central High School for a trophy that will be passed between winning schools each year. Middle and elementary schools will compete for trophies or other prizes.

When participants register online, there is a space to designate which school they are with. Organizers hope to make this an annual competition to encourage the community along with the event. "It promotes health in the schools, gets people to come out and raises money for charity," Gross said. "It's a win-win-win situation."

The "Got Athlete? Challenge," as it is called, sprang from the slogan for the race this year, which asks the community what it is that brings out the athlete in them.

"It's a way to say that everybody is motivated by something different," Priore said. "It's about promoting health, whether it's family, medical reasons or something else that motivates you to walk."

"You don't have to run marathons to get healthy," she added. "Everyone has friends who go to the gym every day, but you don't have to be one of them. I'm not a big exerciser; walking is good enough for me."

Priore knows that people get motivated at different stages in their life for various reasons. "Some people never exercise, and then they have kids and run around with school sports that help get them in shape," she said. "Others may have had a heart attack or high blood pressure or something where their doctor tells them they have to exercise. It doesn't matter what motivates you."

Organizers hope everyone in the community will participate. "Even if it is your first day doing any kind of exercise, come out," Priore said. "Meet neighbors, make friends and kick off fitness."

In addition to the run/walk itself, there will be a small fair in the Wellington Plaza featuring businesses and event sponsors.

Many area businesses have already committed to sponsoring this event, among them the Bainbridge Companies; Boynton Financial Group; Cocuy, Burns & Co.; Gold Coast Physical Therapy; Graphic-Signs; Palms West Hospital; Riverside Bank; Sexton Engineering; the *Town-Crier*, Ultima Fitness/Xtreme Tae Kwon Do; Visions Salon; Wedgworth Farms; Julie Kime of Allstate Insurance; *Wellington The Magazine*; and Wellington Regional Medical Center.

For more information, sponsorship opportunities or to register for the Wellington Community Fitness Run & Walk, visit [www.communityfitnessrun.com](http://www.communityfitnessrun.com) or call Maureen Gross at the Palms West Community Foundation at (561) 790-6200. ■



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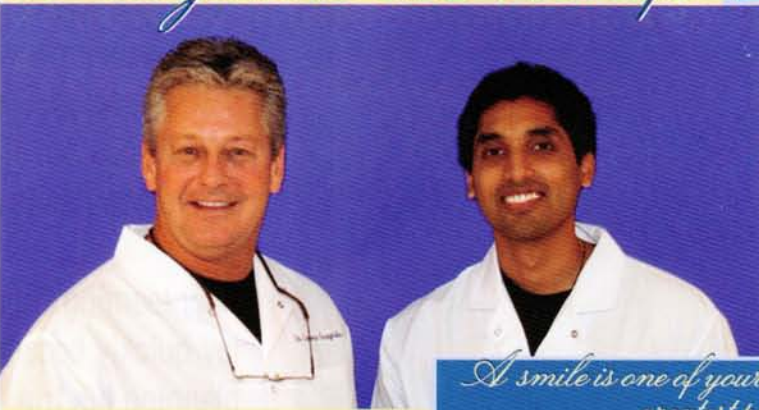
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