



UNDER THE ARCH :)

RPT

RACE PRODUCTION BY TRUDY :)

JULY 2022



THIS MONTH'S NOTABLE ITEMS:

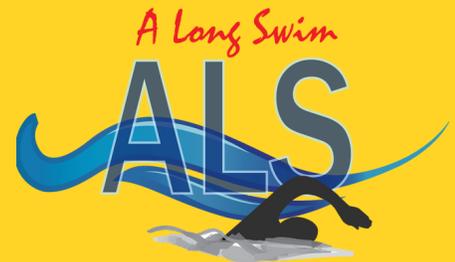
- Benefactor Highlights
- Upcoming Calendar
- Birthday Special

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EVENT BENEFACTORS

Thank you for your support!

July brought some calm and catch up to the event management area. After the dust settled, we were able to get invoices paid and monies out to our benefactors for each event. Half of the McHenry County Century Ride Committee (seen below) met at our supporter Clasen's Tavern in Union to wrap up the 2022 event. Over \$6000 was raised to support our two groups: True Blue Dogs and People for Parks Foundation of Lake in the Hills. We look forward to planning for the 2023 ride with new ideas and maintaining our awesome rest stop.



Saturday, August 13



The Fox Lake Triathlon donated to the Lake County Sheriff's Auxiliary for the manpower and support to the triathlon. They have over 10 volunteers on the bike course to keep everyone safe from car traffic.

Lastly the McHenry County Patriot Race on Sunday, June 26 will have raised upwards of \$15,000 for the Veterans Path for Hope in Crystal Lake and Veterans Assistance Commission Foundation of McHenry County.

Thank you!

On July 13, the Buck Moon will be the brightest Supermoon of the year! For several nights the moon will appear full before the main event. The supermoon means that it is closer in its orbit to Earth, making it appear larger and brighter in the sky.

Not only that - July 13 just happens to be my 62nd birthday. Proud that I've enjoyed every one of them in a unique fashion. I suppose it started with watching Jack LaLanne the "Godfather of Fitness". The Jumping Jack was named after him. On his 70th birthday he pulled 70 boats with 70 people in them for 1.5 miles. He died in 2011 (96) - but his name is synonymous with fitness (to us boomers). Listening to a 2010 interview about his new book, he took fitness to extreme.

For each birthday year I look to find a unique outlet to celebrate. It usually depends on what sport I might be in at the time. For my 50th, I biked 50 miles, swam 50 minutes and ran 5.0 miles. For my 60th I swam 6200 yards, biked 60K and walked 6K. And yes, I do stretch out my birthday to a week and sometimes the whole month! Make up your own 'event' to celebrate. Physical or perhaps a minute of meditation - it truly doesn't matter. It's YOUR DAY - do what you want!

Send me a note on how you celebrate your special day. We'll put it in a raffle and offer up a free event to the winner.

See you at the start line! *Trudy* :)



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UPCOMING CALENDAR

Sunday, August 7

[Crystal Lake Aquathon](#)

Saturday, August 13

[Lake Michigan Open Water
Swim for ALS Research](#)

Sunday, Sept. 4, 7:30 a.m.

[Crystal Lake Half Marathon](#)

Sunday, Sept 4, 7 p.m.

[Fireworks 5K \(Includes Beer\)](#)

Sept 4, 2022

