

JULY 2017[View this email in your browser](#)

Welcome to the 2nd half of summer. Whether you are **enjoying your retirement, vacationing with your favorite meerkats, or working and grinding**, summer is a reminder that we should be outside. Can't take the weather or the activities for granted. Hope you are all out there sautéing lots of miles and getting all the vitamin D your body craves. **Any training will really help for the POR Almost 10k**. This year make those mountains a lot easier on yourself. Remember the race is November 4th and registration is [OPEN](#).

Here's what we got coming up for the rest of the year and more:

- **July 28th:** POR Movie Night @ South Coast Botanical Gardens in Palos Verdes - the movie will be Moana... more info on this below
- **August 9th:** Bingo at Hamburger Mary's @ 9pm, be there by 8:30pm to get a seat
- **August 12th:** [Lululemon Seawheeze Half Marathon](#), Vancouver, Canada
- **August 26th:** [Santa Barbara Triathlon](#)
- **Sept 16th & 17th:** [Malibu Triathlon](#)
- **Nov 4th:** [POR Race!!!](#) Sign up as a team and get your friends to sign up too!
- **Nov 28th:** Comedy Night with Zoe Rogers, Santa Monica, CA
- **April 28, 2018:** [Ville to Ville Relay Race](#), Asheville, NC - we are looking for runners to fill out our 2 teams! Tandem running at its finest.

If you want to see what other events we are posting about make to follow us on [Instagram](#) or [Facebook](#).



Napa to Sonoma Half Marathon: July 16, 2017

The Meerkats **crushed some more miles** in Wine Country. The sautéing took place between Napa and Sonoma. The Half Marathon was a first for several of us, while team captain Heather Greenwood recruited and did the event for at least the 3rd year.

The race was super warm, and by the 9th mile Heather started running sideways. Fortunately another meerkat was just behind her and caught her before his dizzy dance went wrong. Robbie Wiede to the rescue. Fortunately our **lead meerkitten** received an IV and was back in the pool shortly after the award ceremony.

As always, **POR came and crushed it**. It was fun seeing the old friends and seeing some new friends. Apparently if you go to SoulCycle you can convince anyone there to run half marathons with you. Thanks for the invite to a new race, look forward to checking out some more new ones soon.

Later that week, Pronk spent a few days in NorCal and discovered the **amazingness it has to offer**, including **greyhounds from Van Klee** in Oakland. He went running around Lake Merritt and spent time with mini Uncle Nate and also ran the hills of SF. He capped his trip off by going to a SF Giants vs. Cleveland Indians game at AT&T with all the NorCal meerkats. Fortunately, the **Giants won** in an overtime inning game and they all continued to celebrate that night. If you ever need to venmo him, his username is Turbobird.



San Francisco Half Marathon: July 23, 2017

A bunch of the NorCal meekats did the San Francisco First Half Marathon this past weekend. As always, this course is known to be **challenging with the rolling SF hills and its wet conditions** on the Golden Gate Bridge. Nonetheless, it was **epic and they all had a blast**. They ended the course with Bailey's Irish coffee, plastic blankets, and a bus ride back to the Embarcadero where the official 2nd Half Marathon and Full Marathon finish line is, where it was bright and sunny skies all day. Rockstar **Heather placed first in her division!** They all

celebrated with lots of food- Pri and Meerkat Sugi traveled all the way to the Mission neighborhood for the **best burritos of their lives**. They're already ready to do this race again next year!

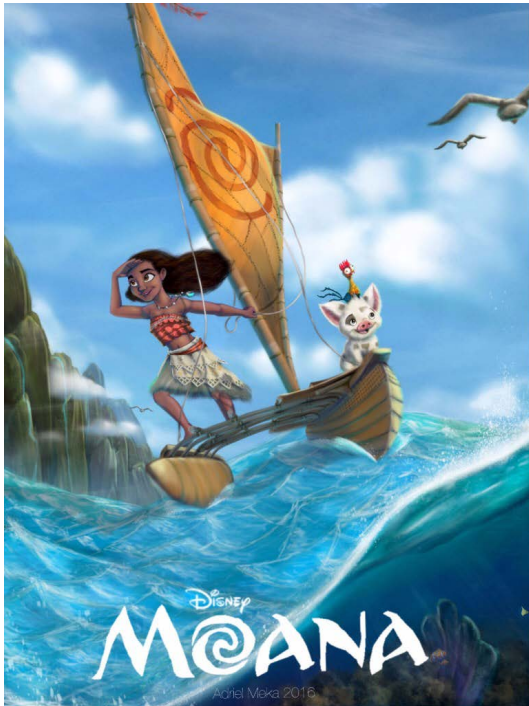


Camp Erin

Three weekends each summer, OUR HOUSE Grief Support Center hosts Camp Erin-Los Angeles and Camp Erin-Orange County for children who have **recently had a parent or sibling die**. The weekend-long camp provides the children an opportunity to learn coping skills, enjoy traditional summer camp activities, and connect with other children who are also **grieving the death of someone close**. Camp is provided free of charge to participants and campers range in age from 6 to 16.

This past weekend, our very own Pat Amato volunteered at Camp Erin-LA. There were 78 children who attended the camp and 48 Cabin Big Buddies. The Cabin Big Buddies are **highly trained and compassionate volunteers who are there to support campers** as they participate in activities and bond with one another. OUR HOUSE Directors and Staff oversee the counselors throughout the entire weekend and each cabin is assigned a grief specialist who oversees the grief-related activities.

To learn more about Camp Erin and how you can get involved, **please visit Our House's website**. Also, HBO filmed an Emmy Award-Winning documentary at Camp Erin-LA entitled "One Last Hug." To preview the documentary, please visit this [site](#).



MOVIE NIGHT: Friday, 7/28 @ 5pm –
[South Coast Botanical Gardens Movie Night](#)

Come and join POR to see Moana THIS Friday! Plan to have **plenty of time to allow the kids to play in the gardens and enjoy a nice night out** in Palos Verdes/Rolling Hills.

A message from the Gardens: *The evening will get underway at 5 pm with food trucks, beer and wine for purchase and engaging activities for the kids. Currently we have over 500 RSVP's for this event and we are expecting the number to grow. **Please don't forget to bring your beach chairs, blankets, and picnics and get ready for a magical evening under the stars at the Garden!***

We will be honoring two very amazing people that evening, Luby Stankovic and Young Kim. These are parents and friends to many of the POR community.

POR Goes International!

POR member, **Alex Nutall Smith, spent some recently with the Darfur United all refugee men's soccer team.** This picture is of Ismail, one of the players that is hosted at the Darfur United Training Camp. Ismail is wearing Refugees United

shirt; the **camp hosts over 8,000 refugee children in soccer academies and refugee camps in Eastern Chad, Africa!** POR and Refugees United together helping so many globally!! Way to represent and set a **good example** for the rest of our community!



Copyright © 2017 Pants Off Racing, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

MailChimp