



NOVA RUNNER

Club Bids Farewell to Coach Chris Scott

At Generous George's Tuesday, Sept. 10, NOVA said farewell to the club's coach and long-time member, Chris Scott.

Known for his zany hats, wacky tights and ultra running, Chris stood out among the members as not only a leader, but a motivational force. Chris moved to Los Angeles where he will take on new job responsibilities with the federal government.

NOVA presented Chris with a metal dog statue, wearing Uncle

Sam's red, white and blue top hat. The club also gave Chris a matching star spangled top hat of his own.

"Chris was a HUGE asset to NOVA," said Maria Bertacchi, past president of NOVA. "He made our track workouts interesting and introduced us to different types of workouts."

"Anyone who offers to take on the responsibility of coaching NOVA, which is not an easy task, and makes himself available to offer advice and encouragement, like Chris did, is an exceptional person," she added. "We will all miss him a lot!"



Tuesday night track workouts, but the search is on for a new coach.

"The Board wants to fill this position with someone who is knowledgeable and dependable," said Teslik. "Tuesday night track workouts are the cornerstone of club activities and is a major attraction to new members. It is critical we select someone that provides value to NOVA."

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NEW COACH SEARCH

For the interim, NOVA President Steve Teslik will be coaching the



NOVA Runners (pictured above) had excellent weather for the running of the **27th Annual Annapolis Ten Miler** on August 25. Following the race, NOVA hosted a party for club members at Quiet Waters State Park in Annapolis.

NOVA Officers

Steve Teslik, President

Nina Trocky, Vice President

Jay Duffy, Treasurer

Dave Glidewell, Membership Coordinator

Participate in World Run Day on Nov. 10 and Earn a T-Shirt

World Run Day, the annual charity run celebrated worldwide, will be held November 10 this year. Charitable organizations, schools, running clubs, and other inspired groups around the world all help plan for this event.

New interested groups are asked to register their large or small event on the runday.com event Web site, which also provides tools for hosting an event.

The event website contains hundreds of charity links. It also has an assortment of running-fundraiser tools for charities to gain needed



funds. Instructions on planning the event, sponsorship templates, tips and techniques assist World Run Day event directors year after year. The original World Run Day event was a small event held in Long Beach, New York in 1999.

Now, over 20 locations worldwide are running with the idea. Leading the pack last year was the "World Run Day - Twin Cities" event, which played host to over 850 runners!

A "free-style" World Run Day event accommodates runners unable to travel to a group event. For this event, runners follow a registration process made available starting in September, and are then mailed the official event t-shirt.

For additional information about World Run Day visit the event Web site located at www.runday.com or call (917) 626-9623.

NOVA Race of the Month; POCs Wanted

Every month, NOVA selects from among all of the local races, its race of the month. The race is usually selected based upon its popularity with club members.

As a NOVA "Race of the Month," the club usually designates one or two volunteers as the race "point of contact" or POC. As the POC, you are asked to act as a freelancer for the *NOVA Runner* newsletter by writing a race report, taking pictures of the NOVA racers and collecting their results.

POC also look out for the racers' running bags while they do the race, and provide a NOVA presence by displaying the club banner at the race start, the post race party or

along the race course. Please contact Steve Teslik at steslik_nova@abac.com if you can volunteer as the POC for one of the races listed below.

Your "Race of the Month" story, the race results and photos should be sent to the newsletter editor, Colleen Horn at chorn@acep.org.

OCTOBER RACES

18th Annual Army 10 Miler,
Sunday, Oct. 20 at 8:00 AM
Starting at The Pentagon
Race Registration is Closed
* NOVA Party follows at Colleen Horn's home at 12 noon. For directions, email chorn@acep.org.

NOVEMBER RACE

27th Annual Turkey Trot 5-Miler

Thursday, Nov. 21 at 10:00 AM
Del Ray section of Alexandria

**Please refer to the web site for details. Note, besides registration fee, two cans of food are also required as a donation to Alive, Inc.*

DECEMBER RACE

MCRRC Jingle Bell Jog 8K & 1 mile Fun Run

Sunday, Dec. 15 at 9:00 AM
Rockville Senior Center

**The course winds through the quiet residential neighborhood. Registration is race-day only. The race is \$5 for non-members.*

President Corner by Steve Teslik



My apologies for skipping over the spring newsletter. We had something ready to go but alas, I had scheduling conflicts so please accept my apologies. In light of this, you'll find several articles that may be dated when you read through the newsletter, but given their timeless relevance I elected to publish them anyway...so relax, you're not in a time warp.

CHANGING OF THE GUARD

But before I ramble much further, I'd like to acknowledge some changing of the guard within NOVA and thank each of them for their efforts over the last several years (in alphabetical order): Mark & Cindy Anderson (of Grant & "Super Dave" fame) for managing the newsletter, which will now be managed by Colleen Horn; Fred Carson who has taken a "part-time" position coordinating the Friday Happy Hours; Tamara Janeshek who is leading the charge in making the NOVA social events a

happenin'; and "Coach" Chris Scott who left us for California (see the related article on page 1 and view pictures from his going away party on the www.NOVArun.com Web site).

RACE RESULTS

First up, congratulations to those in the club who have reached their running and other (e.g. triathlon, swimming, biking, sleeping, etc.) athletic objectives over the last several months. I encourage each of you to use the NOVA Web site (www.novarun.com) to list your accomplishments (under "Member Forum").

GUEST SPEAKERS

On this theme, I also encourage each of you to take advantage of the information and experiences of the guest speakers attending our monthly club meetings. So far, we've had a wealth of knowledge provided to us including lectures on foot and running biomechanics, stretching, elite runner training, ultra marathons as well as the utility of performance fibers in clothing. In the coming months, I'm trying to line up a sports nutritionist and yoga expert—so stay tuned.

NOVA WEB SITE CHANGES

In addition, speaking of segues, please 'tune' into the NOVA Web site for the latest in club news, activities, track workouts, Race-of-the-Month as well as other miscellaneous informational items. You'll find this listed under the "NOVA News" section on the site. And to my email fans, it won't be long until the NOVA 'mites' and running

dinosaurs make their appearance on the Web pages.....you can thank me later.

LAST WORDS

In closing, I encourage those members with running goals—be it 5K or a marathon—who are 'secretly training' to join us at track on Tuesday evenings and long runs on Sunday mornings (see the Web site for details).

It really helps to run with a group to keep your motivation high and race objectives focused.....and we have the added bonus of social gatherings afterwards. Can't beat that!!

NOVA MONTHLY MEETINGS

Meetings are held the first Tuesday of the month at Generous George's in the basement bar section.

November 5th at 8 PM

Georgie Hancock will talk about Yoga.

December 3rd at 8 PM

Guest speaker will be sports physiologist Dr. Carol Torgan. Dr. Torgan also is a fellow of the American College of Sports Medicine.

She will discuss Delayed Onset Muscle Soreness (DOMS), muscle cramps and pain during or immediately after exercise.

BEST OF — FROM YOUR NOVA MEMBERS

Many of us at NOVA are addicted to the sport of running. In the quest to satiate our addiction, we also become connoisseurs of running apparel, running trails, running partners, running races, running nutrition and so on.

For both the old timers and newcomers to NOVA, this article offers some of the best of advice from your neurotic comrades. If everyone is wearing it, eating it, or just doing it—they must be on to something good.

The top two items listed under each category often represents the most popular recommendations from fellow members.

Best Local Short Race

1. Rockville Rotary Twilighter 8K — “Good T-shirt, free beer, live music”
2. Georgetown Classic 10K
3. Bay Bridge Run
4. Pikes Peak 10K
5. St. Patrick’s Day 10K
6. Sallie Mae 10K
7. Run vs. Row
8. National Run for Recovery
9. Alexandria Turkey Trot 5-miler
10. Timed mile at the track



Best Local Long Race

1. Cherry Blossom 10-Miler— “World class event, superb course management and awards ceremony.”
2. Annapolis 10-Miler
3. Army 10-Miler— “Uplifting and special atmosphere”
4. Marathon in the Parks, Montgomery County
5. Quantico Half Marathon
6. Women's Distance Festival Half Marathon Trail Run in Foutainhead Regional Park— “Godiva chocolate at the third aid station!”
7. TRAC-Trail Run Across the Commonwealth (146 miles over 4 days)
8. Virginia 10-miler— “Hilly and in the country”
9. Footsteps 10-Miler



10. Rock and Roll Half Marathon, Virginia Beach
11. Coyote Four Play, Ventura, CA
12. Boston Marathon— “The Roar of Welsley girls at the half-way point!”
13. Philadelphia Half Marathon

Best Place for Long Training Runs

1. C&O Canal Towpath
2. Rock Creek Park Horse Trails
3. Trail by Quantico
4. Great Falls Area/MD side
5. Trails in Prince William Forest
6. Tour d'Arlington-Custis Trail/ Four mile run and WO&D
7. Shenandoah Mountains
8. Prince William Parkway from Woodbridge to Manassas
9. Belle Haven to Mt. Vernon

Favorite Out-of-Town Race

1. Midland Run, Basking Ridge, NJ
2. Falmouth Road Race, Falmouth, MA
3. Nova Scotia Marathon/Half
4. Hampton Half Marathon, Hampton, VA— “Coliseum finish and good beer!”
5. Sharpsburg Battlefield 10K — “Hilly and challenging!”
6. Richmond Marathon
7. Shamrock 8K, VA Beach— “Free beer, nice party!”
8. Baltimore Marathon
9. Chicago Marathon

Favorite NOVA Social Event

1. Awards Party at Whitlow’s
2. Christmas Tree Run
3. Cherry Blossom Party
4. Betty and Bob's Christmas Gala
5. Cookie Runs— “Fun!”
6. Belle Haven Summer Workouts

Favorite Track Workout

1. Trail runs
2. Pyramids
3. When we run as a team
4. Timed mile
5. 2/200
6. 15x300M, w/100m rest



Continued on the next page...



BEST OF — CONTINUED

Track Workouts Cont'd.

7. Cat and mouse
8. 10x400meters w/1lap recovery
9. 6x800
10. Tail chases
11. Short repeats/400s and 800s

Favorite Local Running Store

1. Pacers in Old Town
2. Fleet Feet, Springfield and Adams Morgan stores
3. Metro Run & Walk in Springfield
4. Georgetown Running Co., in Georgetown

Favorite Sports Doctor/Chiropractor

1. Dr. Robert Knapp
2. Dr. Cindy Durakis
3. Neil McLaughlin
4. Dr. Anne Furman
5. Dr. Myles Schneider
6. Dr. Kate Limmerman-Kaplan Clinic

Favorite Place to Carbo-Load

1. Pines of Naples, Columbia Pike
2. Bilbo Baggins, Old Town
3. Generous George's
4. Chart House
5. Broad Street Grill, Falls Church
6. Maria's house
7. Monroe's
8. Uncommon Market Food-Op
9. Evening Star Café

Favorite Happy Hour

1. Murphy's
2. Clyde's in Alexandria
3. Broad St. Grill
4. Potomac Landing
6. Old Ebbitt Grill



MEET THE MEMBERS!

In order to provide a better perspective on who makes up the NOVA community, we are instituting this section of the newsletter to acquaint you with the members at large who were randomly selected from one of our weekly activities (in this case, Tuesday track).

We asked that they write a synopsis of their personal, professional and running background so that our community gets a better appreciation of the personalities, identity and uniqueness of our club. Enjoy! (not in any order)

David Lambert



I was born and raised in the great state of Maine. In high school, I played soccer and cross-country skied. I did my first long run (6 miles) during the ski preseason when the snow came late one year. I went to Maine Maritime Academy and have a BS in Marine Engineering.

After college in the early 80's, I took a job with a beltway bandit in Crystal City. I took up racing soon after, concentrating mostly on 10Ks but did the occasional 15K and 10 miler. The GW Parkway Classic 15K has always been one of my "A" races. I have been trying to run it in un-

der an hour for years and then they went and changed it on me (reversed the course last year and now made it a 10 miler). My favorite distance is the 10K.

I am presently training for miscellaneous 8Ks to 10 milers, the Columbia Triathlon and the Eagleman Half Ironman. My future goals are more PRs (three PRs in 2001), stay in shape until I drop and run an ultra.

I first heard about NOVA from a friend about three years ago. Solo training was getting me mentally taxing and I needed a change so I join the club. I'm a regular on Tuesday nights and occasionally run with the Thursday and Sunday groups. The NOVA workouts improve my pacing and give me the extra push I need. The social outings are also a big plus.

I presently work for the NAVY as a civilian supporting the aircraft carriers. My wife Mollie and kids, Beth, 13, and Greg, 10, keep me busy when I'm not working, training or racing.

Tamara Janeshek



I was born and raised outside of Pittsburgh, PA in Washington County. Close to West (by-God) Virginia.

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MEET THE MEMBERS CONTINUED FROM PAGE 5

My dad was a coal miner. Yes, I'm a coal-miner's daughter who grew up close enough to WV that I can joke about it.

I moved to N. Va. in 1991 and have not regretted it once. But the traffic was tough to get used to. Still is, actually.

I completed a bachelor's degree (Computer Information Systems, Strayer College) in 1993 and a master's degree (Management Information Systems, George Washington University) in 1997.

Yes, I was one of those kids that dropped out of college when mom and dad wanted to pay for it and then had to go while working full time (and pay my own way). Actually, I've not regretted that either!

I began running in July 2000 when I started my current job at Veridian (and the commute thing). I've never had the desire before that, but I wanted to maintain the recent weight loss (63 pounds) and found running a great way to do it.

After about 3 months of running, I became addicted. My first race was the 2000 Goblin Gallop 5K in Fair Lakes at the end of Oct. 2000. I came in around 37 minutes. Technically, I guess it was my second race as I'd walked a 5K the year before, but needless

to say, I came in almost dead last. Well, at least I didn't die in the process. I completed my first ever marathon on March 24. Truly a fun, fun, fun experience! Fun training, fun running it, fun afterwards, fun, fun, fun!!! I actually have a spreadsheet of all of my races and will share this if you want to be bored.

My near-term goal is to bike a century and to run another marathon in November. My long-term goal is to complete a triathlon—a small one, not an Ironman. Oh, and I want to learn to roller blade. I'm not getting any younger! :-)

ANNE PUMFERY



Born and raised in Chicago, I came to DC for a post-doctoral fellowship at Georgetown University. I received my BS in Biology from Loyola University Chicago; and Ph.D., in Medical Microbiology and Immunology from the University of Wisconsin-Madison.

I haven't had what some people consider a "real" job yet. I've post-doc'd at U. Pennsylvania and Georgetown University, but I started a new job at The George Washington University in July!

I've always enjoyed running. I tried out for the track team in junior high (unsuccessfully); joined the track and cross country teams in high school; stopped running in college; and started up again in grad school when my boyfriend threatened to get me in shape for our spring break ski trip to Jackson Hole, WY; and I haven't stopped running since.

My first race was the 50 yard dash in grade school. I came in second and was not happy! My first 'long' race was a 10 miler in Madison, WI, which I wasn't able to finish due to the heat (80° F first weekend in April!?!). But, I started and finished the same race the following year.

I guess the worst race I've had was the inaugural Marathon in the Parks in 2000. My right Achilles tendon tightened up at mile 5 and some portion of either leg hurt for the rest of the marathon.

I don't know if I have a favorite distance, but I do like running trail races and would like to find more in the middle distance (15K to half marathon) range.

There is one race that I've done fairly consistently: the Mt Penn Mudfest - a 15K trail race in Reading, PA; I'm trained for the Madison, WI marathon Memorial Day weekend. I would love to qualify for Boston, but don't know if that is feasible. So my secondary goal would be to

improve my times — especially for the marathon. I'd also like to do more biathlons and try some sprint triathlons maybe working my way up to the half ironman distance.

I found out about NOVA from Andy Smythe while running with the White House Hash House Harriers. I had run with NOVA on Thursdays a couple of times a year for the past several years before joining last year.

ROBERT HANCOCK (ROB)



I was born in London, England on Dec. 28, 1961. So I just hit 40 and masters runner category!

I was educated in Surrey, England, just south of London and lived in various parts of the Surrey County until moving to America. I moved with b2b publishing company through a transfer from England to S. California in mid-'89 and moved to another company in same business in 2/91 and established office in Alexandria, VA where I have worked to date.

I started running sprint races from about 8 years old and ran competitively from 10 at 100M and 200M distances before moving to middle distances (400 and 800M) where I held county

records in my mid teens with a 52sec 400 and 2:05 @ 800.

I essentially gave up running when I left school in '79 as I seemed to develop a greater liking for more social activities like travel, pubs and indoor games like darts, pool and snooker!

I did not start running again until I completed a 7-mile cross-country race as part of a team of five with four fit Marines in CA in '88 where I nearly coughed up a lung! I somewhat got a taste for running again but didn't start properly until I discovered NOVA about 6 years ago.

I would love to be able to hit a 60 second 400M in the future but a 2:20 800M may be a more realistic goal.

Fellow NOVA runners have truly been my inspiration coupled with the fact that I have a fit and healthy wife who teaches aerobics, yoga etc.

LINDA KENNEDY



For starters, I am one of the few people that is actually from this area. I grew up in Arlington, VA, graduated from Yorktown High School in 1978, Marymount U. in 1980 and Radford U. in 1983.

I started running in 1983. The first race I ever did was the Bonnie Bell 10k at Haine's Point in DC. It was a mother's day race with all women. I remember turning the corner where the "Great Awakening" statue is and the song "I am Women" by Helen Ready was blaring. It was so empowering. I loved everything about that race and have been racing ever since. I can't believe 19 years has passed so quickly!

The Metro DC area is so great for running, so many wonderful road races. My favorite has to be the Cherry Blossom 10 miler. Although the Cherry Blossoms seem never be in bloom at race time, it is a wonderful way to start the spring racing season!

I enjoy running just for the sake of running. I've raced everything from a 5k to marathons.

I wanted to improve my times and a friend, Scott Mills, recommended that I join NOVA. And I'm so glad I did!! Everyone has been so helpful and friendly!

I attribute the track workouts to a PR at the DC Marathon on March 24th. After 19 marathons, the 4-hour barrier has finally been broken! My finishing time was 3:53. It could NOT have done it without the awesome workouts from NOVA! Thanks Coach!!

5565 Columbia Pike #105
Arlington, VA. 22204

WE'RE ON THE WEB
WWW.NOVARUN.COM

Coach's Corner



—Former Coach Chris Scott

MARATHON TRAINING PLANNING

Now is the time as the swelter of summer subsides that you can focus on fine-tuning and tapering for your Big Event.

Hopefully, you began your marathon training in April or May and did not wait until July or August to start. Since hot summer days can sap you of energy and drive, it

could be a tough climb to your intended “high” point of marathon training if waited to a late date.

SPRING/SUMMER TRACK

In the early spring, I emphasized the pacing important for middle distance conditioning, to get us ready for our targeted events—the Cherry Blossom and Parkway Classic.

In the late spring and summer, track workouts I gradually decreased emphasis on long distance work to prepare for late spring 10K and summer 5K events (the calendar is crammed with both). We focus this time of year on sprinting to get us ready for those shorter venues.

TRAIL RUNNING IS COOL

The Spring/Summer W(h)ine ‘n Cheez Trail Series starts up quickly. More Club members have been toying with trail events, and the series

can help introduce you to that complement of running. Training on dirt can enhance road work, and in the heat of summer, can be a nice escape from a scorching sun. Stay tuned...

EVENING TEMPO RUNS

With cooler weather ahead you will be spurred on to visit the Bluemont Thursday evening tempo runs. Between the weekend runs, Tuesday track, and Bluemont, the runners of NOVA have ample opportunity to run to their hearts' content.

Heck, treat yourself to a new pair of shoes. Bill Prez Steve...

However you transition to the new season, keep your feet happy, your body nourished, and your shorts clean.