



# NOVA Newsletter

## President's Farewell Message

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### Special points of interest:

- List of New Officers
- Yearly Membership Renewal for All Members
- Awards Party February 3rd (Sunday)

The Northern Virginia Running Club's Awards Party will be held at Witlow's On Wilson, 2854 Wilson Blvd., Arlington (703-276-9693). Date is Sunday, February 4th at 6:30 PM. This is always a great get-together for all our club members.

Well Gang, where did the year go? It seems as though we just got started and now it's over. My thanks to Alex Poliakoff, Karin Klose and Suzanne Cote for their great efforts and hard work throughout the year. They were very instrumental in not only growing NOVA but making it run effortlessly.

NOVA is a great organization with some great people. Some of the comments I've heard from new members are; "the people are so friendly" and "everyone tries to help you." Those are the kind of comments you like to hear from newcomers and people you want to be associated with.

As I look back at some our accomplishments, I remember the Run for Wetlands. The race was the biggest in its history and NOVA performed flawlessly with the race coordination and finish line. We all had a lot of fun

with The Race of the Month which brought NOVA members together not only to run, but to socialize.

Our get-togethers at key races throughout the year helped, not only to recognize our runners but celebrate them as well. The new look of the newsletter, although at times late, was hopefully found easier to read as well as informative.

I'm really happy with the new interactive design of our website with more information on club activities, the ability to record member's race results, pictures and on-line newsletters.

As we look toward the new year, the club is passed on to new leaders with new visions and I hope even bigger goals for NOVA to accomplish. Please support these new officers in any way you can.

Lastly, for those of you who



don't know who I am...., thank you for letting me serve.  
Carlos

P.S. Don't forget to get nominate someone for the Year End Awards!

## My Richmond Marathon Experience

by Dick Williams

November 18th, 2000 was the 23rd running of the Richmond Marathon, and my first marathon in over 12 years. It culminated over a year of planning and four months of dedicated training. I finished the 26.2 miles in 3:39:44, and placed first in the 65 and over age group. During the year long planning, I looked up last year's race finish times and determined that 3:40

would probably be adequate to win my age group and established that as my race goal (yes, I finished within 16 seconds of my target time). My birthday was just five days prior to the race placing me in the new half-decade age group, also part of the motivation to run this race.

With the support of a committed runner and training partner, a meticulous four month training

schedule was developed that included daily runs, weekly track workouts, hill work, and long runs biweekly peaking at 24 miles three weeks prior to the race. My weekly base mileage increased from 35 miles to 60 miles. Some races were integrated with the long runs, e.g., the Quantico Half Marathon included a 5 mile warm up and a 2 mile cool down (total 20) and the Army Ten Miler included a 7

## My Richmond Marathon Experience

mile warm up and a 5 mile cool down run (total 22). Shorter races were scheduled on the weeks between the long runs. This training program demonstrated that races don't have to be sacrificed for a marathon. In addition to speed work, weekly track meets included invaluable advice and encouragement from fellow runners and expert trainers.

I increased visits with my Chiropractor, Dr. "Cindy" Durakis, from once a month to bi-weekly, and then weekly as the marathon date neared and my mileage increased need for adjustments. Dr. Cindy was a Godsend in keeping my body healthy and properly aligned for the long training runs.

During the three weeks taper-down period prior to the marathon, I found anxieties increasing as mileage decreased. Running fewer miles gave me more time for thought and worry. Without any visible signs of illness, my muscles ached and my head reeled (sympathy pains). The week before the race, I thought I had the flu, but

thank goodness, it turned out to that they were phony symptoms. The reassurance of fellow runners was most helpful in pulling me through the pre-race jitters.

Traveling to Richmond the day prior to the marathon worked well,

as I was able to enjoy the great running exposition and the camaraderie of fellow runners at the pasta dinner. The overpriced dinner (\$20) provided plenty of fruit, 2 types of pasta, meatballs, drinks and my favorite oatmeal raisin cookies. Also by arriving a day early, I avoided the hassle of race morning number pick-up, and was able to stay in my warm hotel room with a personal porta-john until 30 minutes prior to the race. It also gave me time the night before to mentally prepare for the next day, and write down target split times on the back of my race number.

On race morning, the sun was shining in a cloudless sky, and there was very little wind. The high temperature for the day was predicted to be in the low 40's, so I dressed in shorts, gloves, hat and a long sleeve T-shirt and headed out into the 29 degree temperature, knowing I would get warm very quickly once I started to run. The starting gun sounded and over 2,000

runners started their 26.2 mile trek. The champion chip on my foot didn't make me feel any better when I reached the first mile mark in just over 9 minutes, so I urged my body to move faster. How comfortable it would have been to run at that pace, but a rush of adrenaline kicked in and the next mile was an 8:30, the third mile a 7:30 (ulp!). At that point, knowing still had 23.2 more miles to run, I slowed the pace to 8:10, closer to the target pace goal of 8:23.

The Richmond Marathon figure eight course started on Broad Street outside the Marriott. The first few miles was through residential neighborhoods and photographers were snapping runners at the three mile mark, the first of three photograph points. The course was beautifully laid out with a nice down hill to exploit at 5 miles, and very gentle uphill following. Miles 8 to 10 paralleled the James River through a beautifully wooded park, then ran through some older neighborhoods. It is difficult to do justice to this beautiful 26.2 miles in a few paragraphs, but suffice it to say that the course was very diverse travelling through all types of terrain from residential to commercial, and tree lined parks to slum-like neighborhoods.

I was starting to tire at mile 18 when a runner that appeared to be near my age started running alongside me. I was surprised when he asked my age (his mistake). When I told him, I felt it was ok and I asked him his name. When he said Dick Green, I recognized him as one of my age group competitors. I had a resurgence of adrenaline, put my body in overdrive, and ran 3 back to back miles (19, 20, 21) in 8 minute 13 seconds each. I covered the last 6.2 miles in 52 minutes, crossing the finish line 8 minutes ahead of Dick Green. I actually waited for Dick Green to finish, not to gloat, but wanted to see how well I had finished. I won my age group!

Overall, the Richmond Marathon was a logistical wonder with tremendous support! Water stops were located every two miles and were staffed with enough people to provide water and Ultima Replenishment Drink to all without waiting. Live bands and DJ's were located in between the water stops. GU was handed with such frequency that you could get you sick from overindul-

gence if not careful. Police were conspicuous all along the course and there were no problems with traffic even though the course was over some heavily traveled roads. Impatient drivers were leaning on their horns and a policeman remarked with a half-smile that they were honking to cheer the runners on (not!). Race officials said the course will change next year, but said they will try to retain its warmth and ambiance. Lets hope that they can do so, as the experience was rewarding, from the expo right through receiving my award personally from the legendary master runner, Bill Rogers. The Richmond Marathon is certainly a great alternative to the vastly overcrowded Marine Corps Marathon.

The most important factors in my success are remaining injury free through my training, and making sure to stretch after each run. I lost 6 pounds during the training, weighing 169 on race day. I added protein powder to my daily diet, along with additional supplements such as Endurox. I did regular track workouts with NOVA and on my own when I was on travel or had schedule conflicts.

I found that there is no substitute for the camaraderie of fellow runners in improving the running spirit. THANKS to all the runners who supported me and made my victory possible. You are great!

**You can get further information about the Richmond Marathon at [www.rrrc.org/marathon/](http://www.rrrc.org/marathon/)**

Do you have a recent success story to share with your fellow runners? We can use it for the NOVA Newsletter which is published quarterly. Please email your articles to Mark & Cindy Anderson at [marindyl@earthlink.net!](mailto:marindyl@earthlink.net)



## 2001 Election Results

The running club's annual elections were held December 5<sup>th</sup> at Generous Georges. Despite last minute Gerrymandering by the opposition party who attempted to redraw lines among the pizza tables of the assembled voters, Maria Bertacchi was overwhelmingly elected *President* of the club for the year 2001. Her running mate, Karin Kulinski, was elected *Vice President* despite retracting promises made earlier in the campaign "Free United flights for all my friends." A dispute erupted in the election of *Treasurer* as bal-

lot chad was found on the table near Mark Shaughnessy's dinner. However it was later determined the suspect chad were actually bacon bits from Coach Chris' salad and Mark was immediately declared the winner. Suzie Kollaja was elected to dreaded position of *Membership Coordinator* and immediately stood up to remind everyone that their membership needed to be renewed at the beginning of the new year. A hearty congratulations goes out to all our new officers for 2001.

### Club Officers

#### President;

Maria Bertacchi  
maria.bertacchi@wcom.com

#### Vice President;

Karin Kulinski  
karinklose@aol.com

#### Treasurer;

Mark Shaughnessy  
mshaughnessy@feddata.com

#### Membership Coordinator;

Suzie Kollaja  
skollaja@aol.com

#### Track Coach;

Chris Scott  
Scott\_chris@dsmc.dsm.mil

#### Newsletter Coordinator

Mark & Cindy Anderson  
marindy@earthlink.net

## New President's Welcome Message



As the incoming NOVA President for 2001, I want thank the Year 2000 officers for all their work this past year. Thank you Carlos Salas, President; Alex Polikov, Vice President; Karin Klose; Treasurer and Suzanne Cote, Membership Coordinator. I'd also like to thank Bette Blank and Chris Scott for stepping forward mid-way through the year to take over the responsibilities of coaching. Their hard work is appreciated by all of us.

For those of you who do not know me, I have run with NOVA for two

years. I am the former President and Vice President of the Anderson Road Runners Club, in Anderson, IN. I joined NOVA after the Christmas Tree run in 1998 because I thought that run was so much fun. Being relatively new to this area (I had moved here in December of 1997), I also thought it would be a great way to meet other runners and make new friends. And it worked!

I'm looking forward to helping out the club that helped me. My history with this club is short, but my goals for the club are long. I would like to see NOVA become move involved in the running community in the DC area. We are extremely fortunate to have such a huge and active running community in Northern Virginia and DC.

The current slate of officers, Vice President Karin Klose, Treasurer Mark Shaughnessy, Membership Coordinator Suzie Kollaja and myself are meeting in January to work out our plans for the year 2001. We will post our goals on both the website and the listserve so all members will know what NOVA stands for this year.

I invite all members of NOVA to attend our monthly meetings after the Tuesday night track work (meeting times and places will be posted on the website and listserve) and to feel free to contact me to talk about anything NOVA related.

I hope this new year finds all of you happy, healthy, and injury free!

Maria Bertacchi  
NOVA President, 2001



## Workouts

### Tuesday Track Workouts

Speed intervals—designed, managed, and timed by a very experienced and knowledgeable coach—are held year-round on Tuesdays at 6:30p.m. (people arrive by 6:15 p.m. to warm up) at T.C. Williams High School in Alexandria, VA.

Workouts consist of varying distances from 200 meters to a mile or more, with runners separated into at least three different pace groups to accommodate everyone. The purpose of these workouts is to build speed and endurance for road races.

Afterwards, we reward ourselves with pizza and refreshments at Generous George's on Duke Street in Alexandria. Come enjoy the fun—everyone is invited.

### Thursday Tempo Runs

Runs start at 6:30 p.m. at Bluemont Junction Park in Arlington (Wilson Blvd). These runs are about six miles. They are out and back along the W&OD Bike Trail towards Falls Church, starting out at a steady easy pace and returning at a progressively faster pace.



### Weekend Long Runs

Most members run distances from 6 to 20 miles or more, usually on the Mount Vernon Trail, south of Old Town Alexandria. NOVA officially sponsors a long run on Sunday mornings from DesignCraft, 801 N. Royal Street (Royal & Madison) in Old Town, followed by brunch at the Panera Bakery on Duke St. across from Generous Gorges in the old Heckenger's shopping plaza about 11:00 A.M.

NOVA members also join unofficially with other runners in the north parking lot at Belle Haven Park on Saturday mornings. Contact any club officer to verify current specific times and locations. Check [www.racepacket.com](http://www.racepacket.com) or [www.washingtonrun](http://www.washingtonrun) for the latest in area races.

## The Christmas Tree Run

The NOVA Running Club's annual Christmas Tree Run was held December 14<sup>th</sup>. About 30 club members braved the sub-freezing air, meeting at the Courthouse Metro that evening for the six mile round run. Layered in spandex, gortex and thinsulate (except Mark Becker who arrived in shorts), the motley bunch ran through Arlington and across the Potomac River to the White House Ellipse. Joining in the caroling, hot chocolate drinking, and general

tourist gazing around the tree, members were eyeing one another for the end of evening prizes. After the spirited run back to the Metro most of the runners met up again at *The Quarterdeck* in Arlington where the restaurant went out of their way to provide the club with great service and a warm, cozy, smoke free room for post-run activities. Most festive costume went to Betty Blank who scored the highest on the Clap Meter to edge

out both Colleens. Mike Dann won the Rudolph's Red Nose blinker for being the least visible in his totally black "You would think I was from NY City" attire. Mark Shaughnessy scored big with the Sock 'o Rocks Grinch Award for showing up for food but not the run. As in past years, NOVA's 2000 Christmas Tree run was an experience unique to this area and one of the Club's most enjoyable outings.

## Help Keep Our Membership Roster Up To Date

We've noticed that many of our members have moved, changed names, and added new members to their families. If you see that your information is out of date, please contact the membership coordinator, Suzie Kollaja at [skollaja@aol.com](mailto:skollaja@aol.com) or go to [www.novarun.com](http://www.novarun.com) and select "Member Forum" and then select "Update Your Membership Information" to make any changes. Or, if the post office placed a big "please notify sender of new address" on this newsletter your info is definitely out of date.



OFFICIAL NEWSLETTER OF THE  
NORTHERN VIRGINIA RUNNING  
CLUB

114 N. Jordan St. #203  
Alexandria, VA. 22304

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WE'RE ON THE WEB  
[WWW.NOVARUN.COM](http://WWW.NOVARUN.COM)

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## Coach's Corner



Track Workouts are designed to fit the Club's designated seasonal schedule of events. Roughly, these include the GW Birthday 10K in mid-Feb, Cherry Blossom / GW Pkwy Classics in April, Annapolis 10 Miler in August, then ramping up for the Army Ten Miler in October

and Marine Corps Marathon shortly thereafter. Progressing toward each event, workout emphasis will transition from endurance, to pace, to quality taper runs, then repeat that pattern as the seasons change. Specifically for the winter workouts, most of December and January are devoted to longer endurance intervals, with shorter pace distances creeping into the schedule in late January. Taper workouts will normally consume not more than two weeks, until we get closer to the Fall marathons. By targeting seasonal events, track workouts adopt a personality to match Club objectives: providing training opportunities to support

YOUR running goals.

Track workouts are designed to "fine tune" your overall training regimen. Use them to focus on specific aspects of your running program that otherwise are more difficult to attend to or assess when running roads or trails. Additional suggestions on training, for on and off track workouts, will normally be attached to the weekly e-mail track workout announcements.

So that NOVA workouts can best meet your own running objectives, newer Club members should also consider discussing your overall running goals one-on-one with any of the seasoned runners in the Club.

- Coach Chris Scott