



NOVA Gazette

Official Newsletter of the Northern Virginia Running Club

September 2000

President's Message

Well Gang, it's finally here. My apologies to all the NOVA members for the unnecessary delay of the newsletter.

First things first, let me extend my gratitude to Deane Burke for leaving the club in such great shape. Under his leadership, the club grew in overall members, the budget has been fiscally sound and lastly, club morale is at an all time high. Deane, you're the best!

Concerning the state of the club, you might say we're running fast and strong. We now have three coaches running simultaneous workouts at TC Williams and Belle Haven. Out at TC Williams, we have Betty Blank and Chris Scott. Belle Haven is under the capable hands of Mark Becker. Combined they have a vast amount of running experience with short and long distance races from 5k to 100 mile runs.

Thanks to everyone who participated with our recent survey. The comments were extremely positive and there were some good ideas to strengthen the organization. Some of the highlights were:

- More diversified training workouts
- More club races, team involvement
- Frequent club communications and announcements

In the coming weeks, we will start to incorporate many of the ideas we received. If you did not get a chance to participate in the survey, feel free to share your ideas with anyone on the executive board.

Some of the things we're working on are: a gathering site at Marine Corps Marathon for our runners and their family members, a post Marine Corps Marathon party, more club supported races, and a year-end awards dinner in January. Some of the categories we're considering are most improved, best, most consistent, and any other categories our members would like to see. So if you have a category you would like us to consider, let us know.

Gang, in summary, a club is only as strong as it's membership. Please continue to support the club in any way that you can, whether you volunteer, recruit new members or participate in club activities. This is your club and only you can make it better.

Best wishes and keep on running!

Carlos

PS special thanks to Betsie Millar. Without her help this newsletter would not have been possible.

Paris Marathon

Dolly Kremers

We needed a goal, a reason to see the most dynamic amazingly beautiful city in the world. The PARIS marathon was it!! We figured in about 3 to 4 hours we could get the best bipedal views of the city.

We got to Paris on Friday morning from Washington. We immediately went to the Expo to pick up our "dossards" and "puces."

The Paris Expo is simply huge. Most of the exhibits were showcasing other marathons basically being held in France. The one held in MEDOC is virtually a "Mardi Gras" event where wine stops from the major chateaux are featured. Everyone advises that you strategize yourself for the Rothchild one. I believe the oyster bar is at 25th K. Children pick out the winners for best costumes and the first overall racer gets his/her weight in wine. SIGN ME UP for this one!!!

By the way, Isostar, an energy drink sponsor for the run should be sampled while you are at the Expo. It is the clear one that will be served starting at the 25th K.

To figure out the weather we recommend a purchase of the newspaper Le Parisian. Besides a good graphic picture you'll probably find a story about the marathon if you get it the day before the race.

Race day was ideal: 40 degrees and overcast. Thirty thousand people met right on the Champs-Elysees in front of the magnificent Arc De

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Paris, cont. from p.1
Triomphe.

If you select to follow a pacer for your run look for the colored balloons at the start.

Each color represents a pace. The guide you get at the Expo explains the colors and the paces.

The start is a gradual downward slope right to the Place de la Concorde, a great warm up. The architecture is so indescribable at this point. You are surrounded by the overwhelming stylistic beauty of these buildings and general layout of the area. What inspiration!!!

For you cycle fans, the World Cup cycle race started out at the Place de la Concorde once the runners cleared through the circle. This cup course takes over six hours to complete. At least the marathon didn't require us to go over small country roads and cobble stones. The finish was in the velodrome in Roubaix. These guys are amazing.

After the Concorde is rounded you go down the Rue Rivoli. The Louvre is on the right, and the most incredible shopping is to your left. I'm talking an assortment of antiques for sale that didn't make it into the museum across the street.

I was lucky it was a Sunday morning because I would have had a

slower time dragging packages to the finish line.

The beauty of the streets and the excitement of the crowds was just too much. There was a lot of entertainment. Many bands playing everything from jazz, folk, Latino, etc. Even the transvestite cheer leading team was out there.

Before you get to the Parc de Vincennes, the great mountain greets you with roaring zoo lions which were threatening us slower runners. Vincennes is a super large park that has everything from a hippodrome to esquitartian action. Eventually running past the Place de la Bastille really stirs you onward.

The importance of running etiquette has always been emphasized in our track club. You should at least be familiar with the local words for left, right and draft beer. These runners were very polite using hand signals and always saying "pardon" if you were bumped.

Every kilometer is marked. There was always a 200 meter indicator for a "revitaillement." Over there you get water bottles which I think is great. The sponge stops were new to me also, and I thought they really helped. We could sure use them for the Annapolis 10 miler.

Since Paris is such a big city, construction is constantly going on. This means you will see plastic barriers all over the place which can be a runner's friend if you can't find a "cabine" in time.

When the Tour d'Effiel is in sight 30 kilometers are gone.

There are three underpasses on the way to this and by the time you get to them the hard part becomes running up out of them. I swear they get steeper and higher for each one.

The Bois de Boulgane is the last stop on our tour. On the way to the park, wine was being served. There was a country western band playing making us wonder if we took that

proverbial "left turn at Albuquerque" (B. Bunny) and really are in the states.

Finish on the Avenue Foch was great!!! There was a number of officials astride on these shoe benches for you to allow them to cut off the puce ... no bending down for this old body was required. After this was done, all the ladies got a rose. From this point you could again see the Arc shining in the sun. What a day!! Time for "un pichet de vin et une pression"!!!



There was complete TV coverage for both the cycling and running event which shows the great national support this country has for athletes. In fact "moi" was observed (on the video replay) at the start with my 30,000 friends crossing the starting line.

By the following Wednesday, you will impress yourself with your ability to easily make it up the spiral staircases not only in your hotel, but in the Arc de Trimophe, Notre Dame, Saint Chappelle, and that zoo mountain, You get bonus points for doing the Tour 'd'Effiel. Your legs are officially back in work out mode.

The ambiance can't be surpassed, The people, the food, the art make this trip more than a worthwhile event for a runner to do.

The crowd chanting, "courage... courage ... allez les gars ... allez les filles ... courage ... courage," will always be a great souvenir for us. Paris ... nous aimons beaucoup!!!

P.S. Does anybody out there have a VHS system to convert SEDCAM to NSTC format???? We have the video tape from the French T.V. system and can't see it here in the U.S. The VHS systems are not compatible.

Club Officers

*President, Carlos Salas,
CSalas13@aol.com*

*Vice President, Alex Poliakoff,
cloudv@yahoo.com*

*Treasurer, Karin Klose,
KarinKlose@yahoo.com*

*Membership Coordinator, Suzanne
Cote, scote@erols.com*

*Race Results Coordinator, Maria
Bertacchi, Maria.Bertacchi@quest.com*

*Race Calendar Editor, Fred Carson,
fcarson@american.edu*

*Coach, Mark Becker,
Mark.Becker@hdqa.army.mil*

*Coach, Betty Blank,
runner1@erols.com*

*Coach, Chris Scott,
scott_chris@DSMC.DSM.MIL*

*Newsletter Coordinator, Betsie Millar,
betsie@parent-institute.com*

Race Results

Race	Name	Time	PlaceOverall	PlaceAgeGroup
Ambulance Chase 5K	Colleen Dulin	21 something	3rd	
Apple Blossom 10K	Suzanne Cote	42:33	8th	2nd
Bay Bridge 10K	Vince Juric	56:16		
Belle Haven 25K	Andy Smythe	1:49:30		
Bethesda Chase 10K	Andy Smythe	37:41		3rd in 40-49
	Fred Carson	51:16		2nd in 60-69
Boston Marathon	Mary Gonyea	4:02:03		
	Mark Sullivan	2:58		
Bull Run 50 miler	Colleen Dulin	9:13	6th woman	1st in Clydesdale
Burke Lake 12k	Ted Poulos	41:56	1st	
Cabin John 5K	James Scarborough	24:44		
Capitol Hill Classic 10K	Matt Wade	47:12		
	Sid Skjei	13:40		
	Andy Smythe	36:37	11th male	1st master
Charlottesville 10 Miler	Jeanne Grillo	63:45	1st woman	
	Monica Grillo	65:15	3rd	
	Kathy Canese	70:02		1st masters
Cherry Blossom 10 Miler	Martha Huizenga	1:18:31	212/2161	170/1500
	Ted Poulos	55:47	58th	
	Roger McCleskey	68:31		
	Dan Wallace	58:15		
	Mary Elizabeth Burke	1:29:48		
	Jay Wind	61:52	166	4th in 50+
	Susan Deutsch	84:35		
	Vince Juric	1:34		
	Betty Blank	68:11	49th woman	3rd
	Mark Shinn	1:28:09		
	Andy Smythe	60:18		12th in 40-44
	Karin Klose	1:27:43		
	Mark Becker	64:56	253	29 in the 40-44
	James Scarborough	74		
Clarendon 5K	James Scarborough	23:02		
Colonial Williamsburg 1/2 Marathon	Judy Cunningham	1:45:39		9th
Cooper River Bridge Run, Charleston SC	Mike Hart	38:01	160th	
DC Rape Crisis Center	Susan Deutsch	24:27		
DCRRC Burke Lake 12K	Jeff Levine	54:31		21/52
Dillsburg Pickle Chase 5K (PA)	Susan Deutsch	23:06	6th	1st in 25-29
Footsteps of Reston 10 Miler	Judy Cunningham	1:20		9th
	Jeff Levine	1:17:42		116/256
George Washington B-day 10k	Ted Poulos	33:56	6th	
	Jeff Levine	45:47		105/264
	Judy Cunningham	1:11	35/711 women	17/302
George Washington Parkway 15K	James Scarborough	70:30		
	Ted Poulos	52:17	12th	

see race results p. 4

Race Results cont. from p. 3

Race	Name	Time	PlaceOverall	PlaceAgeGroup
Gold's 5K	Betty Blank	21		1st Master
Gold's Gym Run for the Kids	Susan Deutsch	24:33		
Hinte-Anderson Trail Run	Colleen Dulin	5:10:10	12th women	
Jays 10K	Betty Blank	44:23		1stmaster
JFK Memorial 20K	Jeff Levine	1:42:38		32/46
Las Vegas Track Club 5K	Martha Huizenga	24:33	31	1st in 30-34
Last Plain to Boston Marathon	Debbie Margraff	3:58:47	5th Female	
Leesburg 10K/Resolution Run	Judy Cunningham	49:15	14/195 women	7th
May Day 5K	Robert Hancock	19:16	8th	1st 35-39
Ocean Drive Marathon (Jersey Shore)	Mary Gonyea	4:26		
Parkway 5K	Betty Blank	20:20	4th woman	1st Master
Patriot's Cup Corporate Challenge 8K	Susan Deutsch	40:46	9th	
Pikes Peak 10K	Monica Grillo	38:06	6th	
	Jeanne Grillo	37:16	4th	
	Jeff Levine	43:55		241/1346
Race Against Racism 3 Miler	Susan Deutsch	21:42		
	Suzanne Cote	19:46	14th	4th
Rachael Valentines Day 5k	Susan Deutsch	25:24		
Red Ribbon 5K	Debbie Margraff	23:14	41/251 woman	19th
Reston 10 Miler	Jay Wind	64:25	25th	1st in 50-54
Rotary Resolution 10K	Judy Cunningham	49:15	14/195 women	7th
	Jeff Levine	46:43		77/359
Run for the Ditches 10 K, Albuquerque	Martha Huizenga	49:45	4th	2nd
Run vs. Row 10K	Jay Wind	37:22	35th-ish	1st in 50-54
	Mark Becker	40:24	67/1041runners6:30	18th in 40-49
	Eliza Savage	42:24	14/454 women	3rd/35-39; 7th/30-39
Run with Mom 5K, Reston, VA	Debbie Margraff	24:05		1st 40-44
Sallie Mae 10K	Betty Blank	41:20		2nd local master
	James Scarborough	44:45		
	Vince Juric	53:55		
Sligo Four Miler	James Scarborough	30:29		
St. James Five Miler, New York	Susan Deutsch	40:11		2nd
St. Paddy's 10K	Andy Smythe	38:37		8th/40-44
Steilacoom 20K	Eliza Savage	1:28:04		
USO Defenders 10 miler	Andy Smythe	1:02		2nd/40-44

Ironman Austria

Tom Saulsbery

For any triathlete, aspiring triathlete, runner teetering on the brink of taking on a triathlon (there are a lot of you out there!) or just plain fitness enthusiast, here is a little tale of a race conducted in Klagenfurt, Austria on July 23. I thought I'd share my Ironman Austria adventure with the NOVA Runners and maybe pass on some lessons learned on the run. Why? Well, this is a newsletter for runners and we all like to spin tall tales of our running endeavors. And besides, it is on the run that your mental training and stamina quickly rise to the surface.

For those not familiar with the ironman distances, it is a 2.4 mile swim, 112 mile bike, and then your beloved 26.2 miles of marathon bliss! And yes, it is all done in one day. Ironman athletes will all tell you that they hope and pray for decent weather on race day. It is long enough to begin with, but if the conditions are unfavorable (ie. Suck!) life can get real ugly really quick! The same goes true for marathon runners. Race day conditions are so critical to individual performance. Fortunately, the conditions in this resort town were ideal.

Klagenfurt is located in southern Austria close to the Slovenian border. The Alps surround the village and are simply spectacular, feeding pristine, aqua water into the Worthersee, where the swim is conducted. The water temperature was around 70 degrees, ideal for a long swim and all 1,300 athletes began as a mass start for probably just as many reasons. Close to finishing the swim, thoughts turn to a smooth transition and executing some sort of biking strategy. Nutrition plays an important part on the bike and caloric intake needs to be closely

monitored. Otherwise, your run could turn into a nightmare! The bike course consisted of 3 loops with one long, grinding hill. The first time the hill was a challenge, the second a necessity, and the third time it was just plain brutal. The remainder was a series of rolling hills and flat portions, making enjoying the scenery delightful. I think you really should take in the whole experience and enjoy the event and not just go through the motions. The volunteers, the crowds in the villages along the way, the scenery, and the overall aura are all part of the ironman experience.

During the last 20 miles on the bike you begin to consider the upcoming marathon. When I did my first ironman a few years back, the realization hit me like a Mack truck! "Now I have to run a marathon???" I was then sure I was absolutely insane for paying money to do such an event. But you really have to start talking to yourself and mentally preparing for the run. Pacing and nutrition are so important. Starting out, the first 10K is pretty easy. You are warmed up and stoked from the spectators and crowds lining the streets and pathways. But then your mind starts reacting to your tired body and the adjacent green meadows and beachfront yards look like the best place to just lay down and take a nap! This is where some of your running know-how and experience begins to pay off. For non-running enthusiasts, the marathon at the end of the ironman is traumatic. For those of us who run, our hours on the track, and time spent over the winter months on long runs begin to pay off. First of all, you know you can finish. But the real issue is one of efficiency. Yes, you are tired, and



yes, you are extremely hungry. You are so sick and tired of eating and drinking power this and power that that the grilled chicken going on a nearby grill is more enticing than the finish line. But on you go. Your motivation, mental training, visualization, and taking the marathon in doable chunks is what is necessary for completion. Remembering your running form that the track coaches instilled in you takes your mind off the distance and makes you focus.

Remembering your running and pacing discipline on long runs will make the last half a little easier to deal with. And about four miles out from the finish you start to hear the screaming crowds, the music and the excitement at the finish line. And that in itself will carry you home.

For anyone considering this type of event, Ironman Austria comes highly recommended. Plus you can take a few days and drive around Austria and Switzerland taking in the sights and atmosphere. What a great way to recover!

Happy Training!

Tom Saulsbery is a 5 time Ironman finisher and coaches marathon runners and triathletes. He coaches with the Personal Best Marathon Training Program and coaches triathletes as an associate with Troy Jacobson's Triathlon Academy. He can be contacted at (703) 648-0911 or at TBSaulsbery@ATT.NET.

Workouts

Tuesday Track Workouts

Speed intervals—designed, managed, and timed by a very experienced and knowledgeable coach—are held year-round on Tuesdays at 6:30 p.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 Bagel Place on Duke Street across from Generous George's.

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. The Membership Coordinator's telephone number is provided on the application.

Race Calendar

September

Sat., Sept. 9, 2000, 8:30 am, Bottle & Cork 10 Mile Run, Dewey Beach, (302) 654-6400

Sun., Sept. 17, 2000, 8 am, Philadelphia Distance Run, Philadelphia, (610) 526-9188

Sat., Sept. 23, 2000, Sunrise 5k Run, 8 am, Worldgate Center, Herndon, 703-709-6591

Sun., Sept. 24, 2000, 7:30 am, National Capital 20 & 5 Milers, Jones Point, Alexandria, www.dcroadrunners.org/calendar/index.html

October

Sun., Oct. 1, 2000, 9:30 am, George-town Classic 10K, DC, (301) 871-0400

Sun., Oct. 8, 2000, 8 am, Rockville 10K/5K, Rockville, (301) 460-8888

Sun., Oct. 15, 2000, 8 am, Army Ten-Miler, Pentagon, www.armytenmiler.com

Sun., Oct. 22, 2000, Marine Corp.

Marathon, Washington, DC, www.marinemarathon.com

November

Sun., Nov. 5, 2000, 7:30 am, Montgomery County Marathon in the Parks, Gaithersburg, www.marathonintheparks.com

Sun., Nov. 12, 2000, 8 am, Veterans' Day 10K, West Potomac Park, DC, (301) 871-0400

Sat., Nov. 18, 2000, 8 am, Richmond Marathon & 8K, Richmond, http://www.rrcc.org/marathon/

Sun., Nov. 19, 2000, 8:15 am, Metric Marathon, Columbia, http://www.striders.net/future.htm

Sun., Nov. 19, 2000, 8:30 am, Sisson's Brew to Brew, Federal Hill, Baltimore, (410) 377-8882

Sun., Nov. 19, 2000, 8:30 am, Philadelphia Marathon & 8K, Philadelphia, (215) 685-0054

Thurs., Nov. 23, 2000, 10 am, Turkey Trot 5 Miler, Alexandria, www.dcroadrunners.org/calendar/index.html

Thurs., Nov. 23, 2000, 8 am, VA Run Turkey Trot 5K, Centreville, (703) 818-0052

Sat., Nov. 25, 2000, 10 am, Turkey Burnoff 5M/10M, Seneca Creek State Park, Gaithersburg, (301) 353-0200

December

Sat., Dec. 2, 2000, 9:30 am, Belle Haven Half Marathon, Alexandria, www.dcroadrunners.org/calendar/index.html, (703) 241-0395

Sun., Dec. 10, 2000, 9 am, Jingle Bell Run 10K/5K, DC, (301) 871-0400

August 2001

Sat., Aug. 18 (approx.), 2001, x am, Reykjavik Marathon, Half Marathon & 10K, Iceland, (617) 242-7845

races marked in bold denote NOVA's race of the month

New Members

CANZANO, DIANE

COLLING, KEN Been running about 35 years—frequently injured—continually experimenting to find the optimum training regimen to race fast times, eliminate injuries and keep my weight down—extremely limited success so far.

FAHEY, SHERYL E.

GONYEA, MARY ELLEN

JEWELL, SUSAN D. I moved to the area just over a year ago from south Florida and had to adjust to the hills and cold.

KEIM-REILLY, ARNIE I'm a big believer in cross training. Besides running, I enjoy inline skating, MTB, cycling, rock climbing, alpine skiing, weight lifting, ice speed skating and hoola-hoop.

KRIVAK, GIFFORD I have been living in VA for a year and half. Ran my first marathon (MCM) in October and my second in VA Beach in March.

LUCKOW, VERONICA J. I was very competitive in college, playing Div 1 Field Hockey, but as time has passed along with my age, I have less time to run.

PEICH, AMY

REIDY, BRETT F. I would like to be just like Roger McClesley

ROCHE, BRIAN

VITERI, JACKIE I trained to run the 1999 San Diego marathon—my first. I completed it, but due to knee tendonitis, I had to walk the last half. I work in public relations and am relatively new to the DC/NOVA area. I enjoy participating in and watching various sport.

FUSCO, BARBARA I began running just over two years ago. I started at 10min/pace and now run 7:00-8:30 pace, depending on distance. I'd like to keep improving. I'd really like to find some new running partners.

HOLMAN, BLAINE

MILLAR, BETSIE Ran X-country in high school and am really looking forward to having a "team" again. Training for my first marathon—MCM.

MCALLISTER, KEN Likes to do new challenges—like the empire state building run.

NICOL, SARAH Like to run marathons (slowly)

WARHOLA, PAUL Marine LtCol/Helo Pilot/Ops Research Analyst/Golf Fanatic/Newly single but I got a cat/No kids.

MENDONCA, DAVID

SKJEI, SIDNEY Have been running for 15 years. Ran MCM in 1990 & 1993, but mostly do shorter races. Trying to build up speed. Currently run 9/5min/pace - shooting for 8.5min/pace in 5K.

HWANG, PHILIP

CODA, MIKE

GUANDOLO, JOHN D. Love everything outdoors. In 1998, founded "Destination Cure" a non-profit creating to raise research money for funding a cure for

multiple sclerosis, 100% of \$ goes to research, www.destinationcure.com

SCOTT, CHRIS

OLSEN, EINAR S.

PALMER OLSEN, CYNTHIA M.

ACKERMAN, CHRISTOPHER Picked up running as a hobby when I joined the Army in 1996 in Texas. I joined a running club and continue to run—and look for running groups—wherever I go.

DEVLIN, NANCY I have never considered myself a runner, but now I do. I may be slow, but I get there. I am on my 2nd round of training for a marathon - San Diego - here I come!!

JAFFAR, MUNIRA I first started running last year at 41. My first achievement was the MCM. I was so proud of it.

MERRITT, CATHY I also play some soccer. I am a tax accountant, so if anyone needs help at tax time, let me know!

GOETSCHUIS, JAMES Although I have been running regularly for the past 15 years, I have been running long distances for only about 5 years. One of my goals is to finish a marathon in 3:30 or better. I have a long way to go.

RICHMAN, TODD

HOSKIN, ROGER I am an economist with US Dept of Agriculture. Most recently worked on technical assistance to Eastern European Countries. Married, 2 children. Yes, my spouse is a runner. She is even slower than me.

FLYNN, BERNADETTE

GUTEKUNST, MICHAEL

GENTRY, SUZANNE We both moved from St. Thomas; US virgin Island in winter 1999. We have been runners for 20+ years and have participated in many local races including the Cory Island 1/2 marathon and NYC marathon.

GENTRY, ERIC Suzanne sells real estate for Long & Foster Realtors. Eric works for the US Customer Services.

HASNAY, SUZANNA

WILSON, JEFF Collegiate soccer player, X-country in high school. Ran Alaska marathon in June—Training for MCM. Would like to go 3:30. Married in July to Charlene Miller.

MILLER, CHARLENE Former collegiate swimmer—ran first marathon last summer in Anchorage, AK. Training for MCM in October and would like to drop about a half hour off my time. Just got married to Jeff Wilson.

UEBEL, MIKE x-country runner in high school in late 1970's. Started competing again in 1997 more informally.

OGG, DAN Live in Alexandria and works in DC (bike commute). Single and enjoy most sports, particularly running, swimming, biking.

BANTON, CAROLINE

SKUDUANG, SANYA I started running 2 years ago and completed my first marathon within a year of starting. My interest have turned to adventure racing and I am currently training for a 24 hours race in California in November.

DROSKY, MIKE I have been living & running in this area for ten years. I am looking forward to participating in the track workout, tempo run and social events offered by NOVA. I have dreams of running the times that I sued to run.

JANSSEN, PETER

CZEKANSKI, BONNIE

GLIDEWELL, DAVE

KRUSE, KIM

LANGER, GREG

HURWITZ, NEIL I cook a great pot of soup

WOOLFORD, PATRICK Former college tennis player and teaching pro; public relation professional, freelance writer, play in a pop band.

ZANDER, ERIC

GILLIS, ANDY Finished the Charlotte Observer Marathon 15 years ago. Signed up for the MCM. Guess I'd better get training, huh?

HANSEN, TERRY

CRONIN, MARY

VASQUEZ, PHILIP

VANDERHOEVEN, RICHARD I started running every other day—cutting back but am trying to get quality work-outs. Doing some triathlons too. Married, two children. Trying to get the kids to run without being overbearing.

MASON, CHUCK Training for the Army 10 Miler. Interests: photography, hiking, exercise. Family: single

TYLKA, DONNA I am new to the area after moving to VA from Chicago. I enjoy most outdoor activities that involve warm weather.

BROWN, DAN I have been running for 20 years, but just dabbling until about a year ago, when I found myself in a professional transition where suddenly I could make time for it. I am a management consultant, married with 3 children, and when I don't work or run, I read, cook and go fly-fishing.

DE MERODE, LUIOS I run to escape to my happy places. That's why I like to run. I am a "penguin runner." I run slow but I still have fun.

Membership Application

Name: _____

Street Address: _____

City, State, Zip: _____

E-Mail Address: _____

Home Phone: _____

Work Phone: _____

Date of Birth or Birthday: _____

Do you wish to participate with the club's email listserv? YES NO

Is it OK to publish the above information in the NOVA Membership Roster, for distribution ONLY to current NOVA members? YES NO

Favorite Distance(s): _____ Favorite Local Race(s): _____

Personal Records (optional):

1 Mile: _____ 5K: _____ 8K/5M: _____ 10K: _____ 15K: _____

10M: _____ 20K: _____ 13.1M: _____ Marathon: _____

Mail application and check to:

Membership Coordinator
6328 CROOKED OAK LN
FALLS CHURCH, VA 22042
(703) 533-7639
e-mail: scote@erols.com

We like to write something in our newsletter about new members. Please tell us something about yourself (running, sports, previous accomplishments, interests, family, etc.) in the space below. Thanks!

Membership: \$15 Individual, \$25 Family, \$10 Student. Make check payable to Northern Virginia Running Club. Membership includes all official NOVA workouts including track intervals with free coaching, discounts at local running stores, affiliation with RRCA, regular e-mail, a quarterly newsletter, parties, and other social functions.

Responsibility: We ask each member to volunteer to work at least one club race per year.

MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver, and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself, and anyone entitled to act on my behalf, waive and release the Northern Virginia Running Club and all sponsors, their representatives, and successors from all claims of liability of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature: _____ Date: _____

(Parent's signature if under 18 years old)

NOVA Running Club

6328 Crooked Oak Lane

Falls Church, VA 22042