



# NOVA Newsletter

## My First Time Running an Ultra-Marathon by Mike Hart



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I had been training for no specific race for quite some time, having logged a couple of 2.0 hour runs with my wife Andresa during the summer months. We had planned on running the St. George's Marathon in Utah in October, so I figured "no problem". I had no other goal than completing the marathon and then driving the couple of hours to Las Vegas to pat myself on the back for still having "what it takes" to run a marathon at my ripe young age (no I won't tell you how old). Since I had run 5 marathons in the past and had muddled through multiple 2-3 hour training runs, I wasn't worried about a down hill marathon

by any means.

Well, things change, as a good friend was getting married on the same day as St. George's and I found myself facing a difficult decision of running the marathon or making a change to accommodate the upcoming nuptial celebration. With Jeff Reed calmly working on my weakness for refusing to run a 50K and me trying to make it up to my wife for canceling our plans to run in Utah (her 3 year plans still a plan), I suddenly found myself captivated by the challenge of running the Catherine's Fat Ass 50K in the Massanutten mountains on Saturday, July 28, 2001. Now

I have run flat courses, hilly courses, loop courses, out and back courses and other variations but nothing could have prepared me for this race. Welcome to the race from hell (Jeff says there are worse courses).

Andresa and I showed up at a local restaurant in New Market, VA the night before the race and, of course, there arrives Jeff at the same restaurant to give his last words of encouragement. Devoting little time to thinking about the challenge of running some 32 plus miles in the mountains the next day, we continued to eat the southern fried  
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## 2002 NOVA Officers by Mark Anderson



For those suffering from post election hangovers, wakeup! We had a HUGE turnout for election of club officers. The elections ran smoothly thanks to the flawlessly designed ballot. The turnout was so heavy we did not have enough ballots, and

we resorted to napkins and using crayons to mark the ballots! And we even had a very exciting competition for Vice President, as we had two (count 'em TWO!) nominees!

Pictured left to right are our new NOVA officers for 2002: Dave Glidewell our Membership Czar, Jay Duffy our Treasurer, Steve Teslik our President, and Nina Trocky our VP.

## Farewell Message from the President by Maria Bertacchi



Yup. This is the pre-requisite “Message from the President” column that for some reason ends up in every newsletter produced on the face of the earth. I’m not certain why that is, as if the President of every organization has something to say, or should even be allowed to say something. But here goes.

As President of NOVA I had a vision for our little club. That running should be fun and friendly AND that as a club that uses local trails, we should give back to the community for having such wonderful places for us to run.

Let’s review the fun. NOVA is known as a “serious” running club. Serious runners, who are pretty darn fast. While there is plenty of room in the world for serious, there also needs to be some fun. Hence the reintroduction of our Cookie runs. The intent of these run were to be fun; to do something different; and to see some lovely areas of our hometown, while still getting in a reasonably nice

workout. Coach Chris did a splendiferous job at doing all of the above.

Here’s the friendly part, which this administration can’t take complete credit for, as it started, I believe, with the last administration, but it needed to be carried on. I’m referring to the little ritual we do before track workout starts of asking who is new that evening. Some people may wonder why we do this, but I personally think this is a small, but very important gesture.

Let me tell you my story. When I came to my first NOVA workout (and for the life of me I can’t even remember WHY I ever came to a NOVA workout!), there were no introductions and no instructions for new folks. I felt a bit dorky and awkward.

Fortunately, several members, Martha and Janet, were kind enough to help me out and NOT try to ditch me as I desperately attempted to keep up with them during the workout. It was their kindness and patience that got me through my first workout and kept me coming back (boy are they kicking themselves now!). At any rate, its tough to be the new person, so it’s nice to have a bit of direction when you show up.

This year we had a lot of new members. As of this writing we stand at 200 and some odd members. That’s pretty cool. As NOVA grows, we all need to remember, that new folks need a little bit of extra attention. Say Hi. Give them a hand during the workout. Make them feel welcome. After all, we are a club. Club’s like having members! It would

be awful lonely if no one joined!

Now the “give back to the community” part. This must come from my inner Girl Scout, but I always feel as a member of the human race, we all should do something to help others, the community, etc. For NOVA, I felt adopting a portion of the W & OD trail was an appropriate way to do it. It was fortuitous that the portion given us, also happened to be an area we meet every Thursday for our Tempo runs. It is easy and takes up very little time. Four times a year we are expected to clean up the trail. The rest of the time, we are to report any trail problems to the W & OD folks.

Remember all those nagging emails to get volunteers for the Tommy 10K and the Georgetown 10K?? Yes. I wanted NOVA members to volunteer at races. We participate in them as runners; we ought to help out too. If there were no volunteers there would be no races. Then what would we do? Okay, so we did get paid for the Georgetown 10K, but heck, we helped out a race AND ourselves.

To sum up, Fun, Friendly and Community minded. What a cool club we are! Well, that’s all I have to say. Hard to believe! I hope this past year was as much fun for you as it was for me.

Goodbye my Little Buckaroos! Have a wonderful and safe 2002!

Your prez 2001,

## NOVA Legend Moves to Boulder Colorado by Mark Anderson



Colleen Dulin pictured with NOVA’s Happy Hour Coordinator Fred Carson.

One of the Northern Virginia Running Club’s most active members, Colleen

Dulin, moved back to Boulder this past Fall. A member of NOVA the entire seven years she lived in Alexandria, Colleen joined at a time when the longest run she had completed in her life was 13 miles. Those familiar with Colleen’s running style are probably amazed that she can run at all, once described as running “like a flamingo with bad knees” by a fellow NOVA member back in November 1994. Known to have no pain threshold though, Colleen cranked up the miles and in the summer of 1998 not only com-

pleted the Leadville (Colorado) 100 miler (run between 10,000 and 12,500 feet), but finished first in her age group! Hopefully her high-powered attorney job in Boulder will still permit her the time to come visit NOVA and run our butts into the ground on the track, or break trail across some Shenandoah mountain-top. In the meantime she leads an active life of running, rock climbing, wine tasting, and more running, in the beautiful Rockies where, as a NOVA member ever in Boulder, you are welcome.

## Greetings from the New President by Steve Teslik



The road traveled with a friend is always shorter and sweeter; and, why grow up when there's a little kid inside of you!! Well NOVA members that about sums up your new president and the philosophy that will be imparted on the NOVA running club over the next year.

But before I get into this philosophy along with my ideas, goals, etc., for the upcoming year, I would like to thank the 2001 club officers (Maria, Karin, Mark and Suzie) and other illustrious members (Chris, Fred, Alex, Fedi, Martha) for their dedication, hard work and contributions over the last year. Most of all, I would like to thank Maria (infamous author of creative email salutations such as "My Little Baboos" – June 2001; Note, I counted about 27 original 'salutations' in all throughout the year!) who gave the club her personality and enthusiasm from which I hope to continue.

Moving along.....for those you haven't met me yet, I joined NOVA a year ago when I moved here from Baltimore by way of New York and San Diego. I started running waaaay back in college via the NYC Marathon and morphed into a swimmer, cyclist, triathlete while living in San Diego in the early 80's -- during the inception of the triathlon. My latest competitive efforts have been Ironman distances (four in all with the last being Hawaii) but the most rewarding and memorable experiences were participating

and helping someone achieve their athletic goals whatever their capability. That said, let me segue to some key ideas I have for the club for the upcoming year. I will be working with both current and former club officers as well as other key members (e.g., coach Chris) to refine these ideas and implement them such that they will add to the club's camaraderie while expanding the benefits derived from being part of this club. Not in any particular order:

1. **"New Member" Welcome Process:** Create a 'welcome packet' which would contain descriptions of a given NOVA event (e.g., Tuesday track, Sunday runs, etc.) with location, map, contact information, and most importantly, a NOVA application. Also, a list of NOVA "mentors" that a new member could call to establish a personal contact within the club.
2. **Increase NOVA Public Presence:** Establish a list of races (e.g., Cherry Blossom 10M, Race-of-the-Month, etc.) where the NOVA banner and a NOVA representative would be present....with NOVA membership applications! Part of this effort would be for a designated area where NOVA members could check their bags during the race and look forward to NOVA supplied drinks and eats before and after the race.
3. **Form Club Fitness/Running/Racing Training Programs:** Form specific training programs for general fitness or key races (e.g., Marine Corp Marathon) for the various training levels from beginner to fast-competitive and coordinate running groups within these levels. I would like to go beyond NOVA's track programs to include coaching/advise on running technique, strength & conditioning programs and flexibility exercises.
4. **Increase Club Revenue:** Determine other avenues of generating revenue for the club that can be used for club specific interests ranging from club functions to guest speakers to equipment.
5. **Increase Participation in Club Run-**

**ning/Social Activities:** I would like to recommend to the Board members that a list be created and published of those members participating in each of the major races along with subsequent race results in order to establish a sense of solidarity and accomplishment within the club. I would also like to recommend that an annual awards dinner be instituted to recognize members for their running achievements and club participation for the year. Of course, free beer at all club events would help instill participation but.... :-)

In order to prioritize and focus on those club issues that are important to you, other club officers and I will be talking with you (a survey is also possible) over the next several weeks to get your comments and opinions on various club areas and activities. The results of these conversations will be given in the next newsletter and/or NOVA website. But for now, look for some new and exciting changes to the club!! And good luck in your running endeavors.

Steve Teslik  
NOVA President 2002  
steslik\_nova@abac.com

P.S. Many thanks to Thomas Geczy for use of his angelic image!



## Ultra Fun

(Continued from page 1)

catfish special of the day and to await the next phase of the adventure. We showed up the next morning in the middle of nowhere, unless you think a lonely road in the mountains next to, well, nothing, can compare to some little old town. The gnats were biting and although it wasn't hot, it was rather humid. We took off from the parking spot in the middle of nowhere and proceeded into the brush to run the race. The climb to Mt. Everest had begun.

I kid you not that after the first 10 minutes of the race, I was climbing straight to the top of a mountain for the next hour or so, and so it continued for what seemed hours. This isn't your normal buddy trail, but the type of trail where if you screw up, you might find yourself with broken bones or worse if you should fall off the cliffs. I tucked in close with two ultra marathoners, having been lectured (by my wife and Jeff) that this wasn't a 10K race but a true endur-

ance sport. The next 4 hours were spent mostly going up and down and up and down mountains that probably make good ski slopes in the winter months. Just as I thought I was doing okay (probably around 4 hours or so) my gung ho attitude changed, and I found myself feeling somewhere between hitting the dreaded wall and just wanting to crawl in a hole and turn out the lights. Apparently (hindsight is great), some 23 plus miles into the race I had run low on salt, which shed a whole new light on how to feel closer to the maker (yea the one way up there).

One of the ultra runners who had seen my backside most of the race, now found me near the top of the mountain on the dreaded "purple trail" leaning on a rock wet with perspiration and looking like the race support crew might have to drag my carcass off of the mountains. Luckily (his name was John), this fine gentleman gave me a salt tablet (I now have a bottle of 100 at home), and within 10 minutes I was back in the running. I ran the last 7 miles or so like a man on a mission. I finished the race in 6 hours and 10 min-

utes, good for an 11<sup>th</sup> place finish in a race where supposedly nobody cared where he or she finished. I shook hands with the folks who had already finished (got a congrats from coach Chris), popped a top off a cold bottle of beer and sat down in a most careful way (yea my quads felt like bags of sand).

Andresa and I drove back to Washington recanting how it is amazing that one could complete such a "kick ass" course (a term that Mark Shaughnessy would love) on such minimal training. I wouldn't recommend that most folks try their first ultra on 30 miles per week and a 2 hour training run (post race leg pains were intense). But then again, sometimes you just need a good challenge to stoke the fires within. Jeff puts on a good ultra marathon race in the hills for those looking for a challenging event. But make no mistake, you will wonder what on earth could have possessed you to accept such a challenge. But hey, there's the JFK 50 miler next week, and who knows, I just might .....



NOVA SUMMER 2001 GROUP PHOTO

# Yearly Membership Renewal

Existing NOVA members, please take a minute to fill out and sign this form when you mail in your renewal membership. As a member club of the RoadRunners Clubs of America, NOVA must keep a copy of each runner's waiver statement on file for the current membership period (Jan—Dec annually). Thanks!!

## NORTHERN VIRGINIA RUNNING CLUB (NOVA)

### NEW MEMBER APPLICATION & EXISTING MEMBER RENEWAL

**Check One:**    New Member                      Existing Member Renewal

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 (circle one)?  
YES    NO

*The following information is not necessary for Existing Member Renewal*

Favorite Distance(s): \_\_\_\_\_                      Favorite Local Race(s): \_\_\_\_\_

Personal Records (optional):

1 Mile: \_\_\_\_\_    5K: \_\_\_\_\_    8K/5M: \_\_\_\_\_    10K: \_\_\_\_\_    15K: \_\_\_\_\_

10M: \_\_\_\_\_    20K: \_\_\_\_\_    13.1M: \_\_\_\_\_    Marathon: \_\_\_\_\_

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. **Do you have questions?** Contact NOVA's Membership Coordinator, Dave Glidewell at david\_glidewell@yahoo.com. Also, please visit our website at www.novarun.com

**Responsibility:** We ask each member to volunteer to work at least two club races per year.

Mail application and check to:                      Dave Glidewell  
5565 Columbia Pike #105  
Arlington, VA 22204



### **MEMBERSHIP WAIVER STATEMENT (Must Sign)**

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)

## Trail Clean up by Maria Bertacchi

Armed with large orange bags provided by the W & OD trail folks and protective gloves, Jay Duffy, Suzie Kollaja, Cindy and Mark Anderson, accompanied by sons, "Super" Dave and Grant, Andy Smythe, Betsie Millar, Dave Glidewell, Simon Stephenson, Ann Pumfery, Karin Kulinski, and Alex Poliakoff struck out into the wilds of Arlington to conduct the first, of what will be quarterly trail clean ups, for our new adopted portion of the W & OD Multi-purpose trail.

I'm happy to report that the trail was not in such bad shape, trash-wise. We did find trash, but at points we had to really climb through the underbrush to find it. This is heartening as it shows that the users of the trail aren't as big of slobs as we might think they'd be!

Because there was not a lot of trash, we got a bit competitive about the garbage (gee. Imagine that. A group of runners, being competitive!) Everyone started to look for the largest, or most unusual piece of garbage they could find. Suzie found what looked like an old muffler and thought it might work on her car. Simon convinced her that it would be better left for the parks folks to pick up, so she dumped it at an equipment site, where the parks people would be sure to see it.

Andy found a picnic table that apparently was washed down Four Mile Run, and then got lodged against a no longer used pedestrian bridge. Try as he might,



to pry it loose from the bridge it was a no go. Good thing too, as it would never have fit into the orange trash bag. Dejected, he continued on, into the underbrush, looking for soda cans.

Simon found a sign, something about no parking on the ball field and insisted on carrying it a ways. That too got dumped into an official garbage can, to be hauled off by official park type people.

Several random runners thanked us for our efforts, as did the Arlington County Parks people, who DROVE by us on the trail as we were wandering along.

NOVA adopted a portion of the W & OD trail that runs from Wilson Boulevard (Bluemont Park where we met on Thursday nights for our tempo runs) to Columbia Pike. Suzie reports its about 1.9 miles in length. We have both the old section of trail and the new "bypass" section of trail that recently opened. There are signs up to, indicating that the trail was adopted by the Northern Virginia Running Club. Very cool. We are famous now!

To top of the day, we ended with donuts and bagels. And we threw away all our trash!

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 [marindy@earthlink.net](mailto:marindy@earthlink.net)!

## Ultras are Easier than Marathons by Chris Scott

Yeah, right!!” You’ve heard that line from some of the fools who do ultras, and despite wanting to quickly discount their claim, you’re still just a teensy bit intrigued. So, here are a few thoughts from someone who’s done a few. (It may help to read Mike Hart’s article first, for some of my comments intend to build on his.)

Mike finishes his article with the open-ended prospect of doing the JFK 50 Miler, as follow-on to his 50K assault (of and by) Catherine’s Fat Ass (CFA) this past August. “The Course” varies among ultras, much more radically than road marathons. For many, JFK is considered just a longer road marathon, with its 26 flat miles on the Canal and 11 miles of pavement. CFA is certainly at the other end of the spectrum, but not the most challenging.

What does distinguish most U.S. ultras is the preference for dirt (most international ones are on roads), and all the topographical variations expected by those conditions. Our Munchie/Chili Runs are representative samples. Just add a “0” to your Munchie Mileage and Munchie Minutes, and you’ve got yourself an ultra!! What helps in the transition is practice, practice, practice. Once your feet spend some time on trails, you’ll gain confidence on the surface conditions, and enjoy the scenery, besides. “Won’t I fall down, go boom?” Absolutely. But then, you can (and probably already have) on the roads. Get up, brush off the dirt and leaves, and keep going. No big deal...

“OK, so it’s more than just practice on the trails. It’s distance, too, isn’t it?” Well, yes, depending on what distance you want to cover. If you’ve trained for a marathon, that doesn’t mean quick success at 100 miles. But you also know that training for a 5K won’t prepare you for a marathon, either. When you trained for 10K, running 10 miles (albeit at a slower pace) probably wasn’t much of a stretch. Same is true for a 50K from

a marathon. You’ll be slower, more because of the trail surface than from (incorrectly perceived lack of) conditioning. If you’ve put in the hard road miles for your marathon, you’re amply “qualified” to go another 5 miles.

What helps bridge the gap between your first 50K and 50M is food and fluid. More runners are learning, in fact, that food and caffeine fluids for marathons are great performance boosters. This departs from the erroneous convention that what’s good for the marathon’s Big Dogs up front is the right model for those who still need an hour or more to find the finish line. You can’t go long distances, over many hours, without fuel in your tank. Period. The better ultras are noted for their banquet aid stations. “Eat and run” is a literal experience on the trail. Cool, huh?

So, try different foods and fluids on your training runs, to find what works for you. “But isn’t there a recommended list of things to eat?” No. Which is part of the existing mystique on ultras. Some folks swear by GU and its cousins. Others eat “real” food, like sandwiches, burgers, soup, etc. Still others find potato chips and caffeine sufficient. Most all do agree, however, that you should have a steady re-supply of electrolytes and salt. Fred Carson can more scientifically elaborate on this point. I just know what works for me, and through practice, you’ll find what works for you. Beer at the end, naturally, is elixir. So is chocolate milk. Go figure...

Of course, the food and fluid are intended to help prevent hitting that gawdawful WALL. Bonking. Cratering. As Mike put it, “wanting to crawl in a hole and turn out the lights.” Besides not having fuel in the tank, the pain of ultras can also derive from pushing a pace beyond what’s smart. Unlike the sub-20 distances, going out strong and trying to hold on doesn’t work very well in ultras. Oh, SO much better to finish strong, with body and brain intact, than to limp

across the line and wonder when the lights will ever come on again.

By evidence of the surface, most trail runs require a more conservative approach to pacing. In fact, trying to maintain a pace is challenge enough. “Walk the ups, run the flats and downs” is good wisdom, with intent to stay comfortable for as long as you can manage. “How long is that?” Eat, drink, and run smart, and you can go all day, which fairly defines the ultra experience anyway. You love running, right? Wouldn’t you love to keep that high for the whole day, rather than just an hour or less? You can...

“But won’t I hurt incredibly after an ultra?” IF (and it’s not universal) you do, it won’t last as long as the pride of finishing. And, as with your 2<sup>nd</sup> and subsequent marathons, this “muscle memory” thing will help in future events, both to support performance during the run, as well as in recovery from. After my second 50 miler on the Right Coast (JFK my first, but that’s flat), I literally had to go downstairs backwards because my quads were so shot. By the third time on that same course (in the Massanutten), a week afterward I ran my PR 5K at just over 16 minutes. Muscle memory, truly.

On that final point... Two significant benefits of trail running. First, the different trail surfaces work muscles that roads don’t require, and after training on trails, your road work will improve noticeably. Muscles that tire from persistent use on a flat surface will draw help from complementary muscles made stronger from trails. Second, since some of us run to eat, your appetite after an ultra is almost insatiable. Imagine that... As an additional plus, and you may only realize this after you’ve gotten “into” trail running, just being in the woods is benefit enough.

So, you just finished your Fall marathon. You’re in shape. Why not try a few more miles in the dirt? Check out the VHTRC 50K on Dec 15<sup>th</sup> along the Bull Run... Hope to see you there!!

## WHICH LOCAL MARATHON SHOULD I RUN NEXT FALL?

### **Baltimore Marathon** – Fred Carson, Karin Kulinski

In its inaugural running this year, the Baltimore Marathon was off to a very nice start. Also held in the third week of October, it is only a third of the size (6000 runners) of its bigger brother in downtown DC. It has very easy on-line registration, which did not fill for months this year. However, it is already expensive (\$65). Parking is extremely plentiful and easy, as the race begins and ends at PSI Net Stadium. The course is one big beautiful loop around the city of Baltimore. The loop has an entertaining variety of scenery as it passes through the Inner Harbor, rich neighborhoods, poor neighborhoods, parks, and John Hopkins. This course has an amazing amount of hills. At all times, between miles 4 and 20, you are going either up or down a rolling hill. There's only one really steep one, in mile 8, but the hills just never seem to end. For an inaugural run, this race has an impressive amount of well-organized water stops. They are every 2 miles, up to mile 20, and then every mile after that. And they all seem to have had actual Gatorade (rather than some obscure sports drink). Besides some sugar wafers at mile 14, not much other food is available on the course. Crowd support is great at selected sites throughout the course. The food at the finish was a little bit chintzy this year, and there was none for the late finishers. Beer was a plus, even if it was Bud Light, but they ran out of that too. We suspect they'll work out these kinks by the second time around. As long as you like hills, this is a great marathon to try out, before it gets too much bigger.

### **Marathon in the Parks** – Maria Bertacchi, Anne Pumfery, Dave Wiesenhahn

For anyone serious about doing a marathon, Marathon in the Parks is a great little marathon to do. It's small (only 2000 runners), and it's flawlessly organized, as it's a race put on by runners, for runners. The \$37 entry fee is low, and in late October this year, there was still space available. Another bonus that this race allows is transfer of your entry to another runner, if you find that you cannot race. Held on the third weekend in November, it usually begins with an overcast and foggy morning. This makes the first part

of the run kind of cool, and this peacefulness came in handy for the first 10 miles of this run this year. The run is a point-to-point race. It starts at the Shady Grove metro station, near plenty of free parking. You can drop your bag off at the start, and they will transport it to the finish. Once you get to the finish, you can metro back to the start from the nearby Bethesda metro station. For an extra \$2 when you sign up, you can have a metro card stapled to your number. The race is along beautiful country roads in Northern Montgomery County, and has a net elevation loss of a couple hundred feet. The first 10 miles are lovely, but they have plenty of rolling hills. Just as you make your way up one hill, looking forward to the nice downhill, there is another right in eyesight. At mile ten, there is a steep downhill on Southlawn Lane, and then you finally turn onto Rock Creek Trail, where the trail levels out for the most part. Although this portion of Rock Creek Trail is not completely flat either. The last 3 miles are actually a long slow incline, along the Capital Crescent Trail. About every 2 1/4 miles there are water/Ultima stops. The nice part is that there are signs 100 feet from the stops, advertising the stops. The signs also inform you which drink you'll encounter first. But the very best part of this whole marathon, is the Portapotties. It is a small-bladdered runner's nirvana! Not only do they have portapots about every four miles, they have signs that say, "Portajohn stop, 100 yards." There are several aid stations and Vaseline stops along the way as well. While the crowds can be thin at times in the parks, there always seems to be someone cheering at key points. Around the 14th mile there's even a 'Funkytown,' complete with hippie garb and 60s music. The crowd does make for a dramatic ending; after a quiet couple of miles on the trail, you emerge from a tunnel to an enthusiastic crowd that cheers the final hundred yards to the finish.

### **Marine Corps Marathon** – Steve Campbell, Jason Koczur, Paige Thomas

This race is at the perfect time of the year, the last weekend in October. And after a brutal summer of training, the weather is almost always ideal. However, signing up for the race is definitely the most imperfect

part. On the day that the race opened this year, Steve spent an entire day trying to access the Web site to sign up. It's very frustrating, and registration runners closed out within hours. The race is a good one for first time marathoners, as there are not many hills. However, it can take about 25 minutes to get to the start line, as there are over 15,000 runners. There's plenty to see along the course - the Pentagon, Georgetown, the monuments, the Capitol - so the race breezes by. This year, the events of 9/11 made the Pentagon more meaningful; after passing it, there was an air of determination that we will not be afraid. Luckily, Hains Point was not part of the course this year. The Course ran up Rock Creek Parkway instead and it was a welcome addition. The most difficult part of the race is the lonely 14th St. and the never-ending incline at the end of the race. Because of construction, the 14th Street bridge wasn't AS bad this year, because runners were forced to stay closer to each other, so people didn't just fade off into the breakdown lanes. The Marines do a great job organizing the race. There are plenty of water stops, and the Marines do a good job motivating the runners all along the way. Crowd support is also extremely strong. Throughout the entire race there may be 1/4 a mile where there are no spectators, but most of the time the crowd is at least three rows deep. There seems to be more music to motivate runners along the way, although there's still room for even more. Signs near the end listing the 10 reasons why runners should keep running are also a nice touch. And nothing beats a Marine putting a medal around your neck at the end.

### **Philadelphia Marathon** – Fred Carson

The Philadelphia marathon is run in November, on the Sunday before Thanksgiving. The day typically starts cool, in the 40s, moving up to the 50s or low 60s. It's perfect running weather. About 5,000 now register, up from 1,500 a few years ago. Parking is within 2 blocks of start, and lots of hotels are nearby. The course is beautiful and historic, starting at the Philadelphia Museum, passing through the Liberty Bell area and out into Fairmount Park near the Zoo, finishing along the Schuylkill River. It's a relatively fast course,

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## MARATHON NEXT FALL?

(Continued from page 8)

(my PR course) with the highest elevation at 100 feet. Logistics support is O.K. Gatorade at most, but not all water stops. I am working on improving that. Crowd support is great in selected areas, such as near the Museum.

**Richmond Marathon** – Dave Lambert, Betsie Millar, Dick Williams

It calls itself "America's Friendliest Marathon," and Dick feels that it lives up to its title. For example, entry fee for next year is only \$35 until 12/31/01 then goes to \$45 until 6/30/02, and they have a dynamite web-

site. Betsie loves the smaller size (around 2600 runners). From packet pickup, the expo, the Omni Hotel, to the finish, and awards it is just one fine experience. Held in the second week of November, the weather was almost perfect this year. It was sunny with a slight wind and a little chilly at the start, but after a couple of miles it warmed up. It even reached 70 degrees during the later part of the race. As for the course, it is interesting, diverse, and never boring. There is one fairly steep downhill around 6-7 miles, but only a couple of gentle up hills. The scenery is ever changing, from Broad St.'s commercial district, to the huge historic homes on Monument St., to crossing two James River Bridges. Next there is 2-3

miles through Riverside Park, and then more diverse neighborhoods, until a loop around the Sports Stadium. You again cross Broad Street, to a very nice 1/2-mile downhill finish. There were water/sport drink stops every two miles for the first 20 miles and every mile after that. There were many musical groups and individuals along the course cranking out the tunes. The supporters and volunteers were enthusiastic and congregated at many of the intersections. Awards are in half decade age groups, have been prompt, and the results are accurate. Runners receive VIP treatment, a sports bag, custom medal, Mylar blanket, and a certificate with their finish place and time is mailed.

## Break Out the Blister Block by Krystyna Suchecki

For those of you breaking in new running shoes and tired of the Band-aid that won't stay put, here are some helpful product reviews:

3M Micropore Surgical Body Tape is hard to find, but worth the price. When placed on clean, dry skin, it stands up to hours (and sometimes days!) of wet-footed trouncing around. Splash through puddles with gusto! I find it most useful for preventing blisters from those shoes that just won't stay put, or, for thoroughly plastering a Band-Aid in place to guard against the inner seam of a shoe that cuts in too far. The tape is useful for almost any abrasive activity where you would find yourself with a 'brush burn' later. I've taped my hand before belaying, my toes and fingers before rock climbing and my instep and ankle for when my shoes are not right and wet. You might have to try a surgical supply store to get it.

Band-Aid Blister Block with Com-

peed Moisture Seal is surprisingly unheard of, but gorgeous. I scored my Wild Designs leopard print cushions in the Dollar General. You can find more bland varieties in drug stores. They are awesome for breaking in new pumps and hiking boots with that seam that cuts. The cushions have a thick, gummy feel and are easy to remove from unbroken blisters (haven't stuck them on an open one yet). They are really only useful for the heel area and, when applied correctly to dry skin, have stayed on for days, as the package professes. I've had them last a few hours when my skin was clammy upon application.

Waterproof tape, available in most drug stores, is a quick, cheap fix. There are some athletic tapes that will last for hours but the biggest problem with these tapes is the strategic location of tape seams. Think through your application pattern carefully, as a badly placed tape seam translates into a rolled up wad of

tape. The tape is useful for preventing abrasion blisters, holding down a Band-Aid, or, for that custom application, taping down cotton balls. The added beauty of the above mentioned Micropore is that it is a very wide tape, and the seam issue is lessened dramatically.

There are rolls of self-adhesive elastic support available in most drug stores. I've tried it before when I've had a physical therapist use the 'Make it Stick' body spray and it has stayed well. I'm not sure how it holds up without the spray, but it did well wet. The obvious benefit is support, but the thickness of the material also aids in abrasive blister prevention.

Happy trails! To make any of the above products work all the better, apply rubbing alcohol to the area first and give it plenty of time to dry.

## NOVA'S RUNNING DOCTOR LIST.....

Although NOVA does not officially endorse the following doctors, here is a list of doctors that some of our members have very successfully used.

**Dr. Charlene Deluca, M.D. (703) 379-5757**  
611 S. Carlin Springs Rd.  
Arlington, VA 22204

She works in sports and internal medicine, and helped with my extreme lower back and leg pain that prevented me from even walking. – Suzie Kollaja

**Dr. Cindy Durakis (703) 739-0456**  
517 Wythe St.  
Alexandria, VA

I have an alignment problem; one leg is longer than the other. Her monthly chiropractor adjustment permits me to run without pain (except in marathons). – Dick Williams

**Barbara Fallon, MSPT (703) 841-0395**  
NovaCare Rehabilitation  
4350 N. Fairfax Dr.  
Arlington, VA 22203

Barb is a physical therapist and runner, and has a strong interest in treating fellow runners. She is committed to getting runners back on their feet as soon as possible.

- Dan Wallace

**Dr. Ken Fine (202) 994-4311**  
GW Medical Faculty Associates

A sports doctor/orthopedic at George Washington University. He is treating a stress fracture in my left tibia bone from aggravated shin splints. – Bonnie Piper

**Dr. Ayne Furman, DPM (703) 941-7550**  
6387 Little River Turnpike  
Alexandria, VA

A podiatrist who fixed the problems with my arch and ankle. – Mike Long

Ayne worked with me on orthotics and other assorted foot ailments. – Jay Duffy

**Dr. Stephen Haas (202) 833-1147**  
2021 K St., NW  
Washington, DC 20006

An orthopedic surgeon who did a great job fixing my knee injury. He repaired the patella tendon in my left knee that I tore during a training run. – Scott Curit

**Steve Hefferon**  
Germantown, MD  
(301) 916-4873, hefferos@yahoo.com

A massage therapist with a degree in physical therapy. He fixed my lingering back problems and was very stern about me doing more stretching. - Fred Carson

**Dr. Thomas J. Klein, MD (703) 689-0300**  
Reston Hospital

An orthopedic surgeon, who did my arthroscopy in November, 2001. He understands the mentality of running addiction. – Kelly Chilvers

**Dr. Louis Levitt (202) 835-2222**  
1850 M St., NW  
Washington DC

He helped fix and rehab my right knee after my fifth dislocation. I felt very comfortable with him, and he was great about sharing his knowledge on why this was happening.

- Lori Werner

**Dr. James McAuley (703) 892-6500**  
Anderson Orthopedic Clinic  
2445 Army Navy Dr.

Arlington, VA  
www.andersonclinic.com

Dr. McAuley determined my specific knee injury and gave me great advice. He specializes in knee and hip injuries. - Mark Shinn

**Dr. Neil McLaughlin (703) 742-7856**  
Commonwealth Chiropractic Center

11319 Sunset Hills Rd.  
Reston, VA

He helped me through tendonitis and bursitis in my hip last year. He's a triathlete himself, and quite a good runner, so he truly understands runners/running problems. Very personable and down to earth. - Betsie Millar

**Dr. Steve Pribit (202) 298-6830**  
I St., NW  
Washington DC

A great podiatrist, Steve cured my plantar faciatis and performed tricky foot surgery on my husband, Howard, with great results. He's a runner himself. - Janice Stoodley

**Dr. Marty Skopp**  
Alexandria, VA  
(703) 360-8652, www.artdoc.com

A chiropractor who is trained in (and instructs) active release therapy. Marty took a muscle-skeletal approach looking at my biomechanics, and solved my very painful plantar faciatis. – Jason Sparkowski

**Dr. Steven Vetter, DPM (703) 352-8888**  
Fairfax, VA

He did my first foot surgery in 1999. He's a runner and also understands the mentality of addiction. – Kelly Chilvers

Steven removed my neuroma. – Jay Duffy

## Weekly 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 at 9:00 A.M. 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 Food Giant 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.washingtonrunfor](http://www.washingtonrunfor) for the latest in area races.

## Here's a brief description of NOVA'S newest members!

By Karin Kulinski

(I ad-libbed a little for anyone who left their membership application blank.)

### Please join me in welcoming:

**Ellen Bonta** – Previous member from 1997-1998.

**Frank Becker** – Enjoys acting, and working with wildlife.

**Rachel Brinsdon** – Just moved from Austin, Texas.

**Chris Clark** – Plays trombone in the USMC Band.

**Bob Donahue** – Runs a 5:20 mile.

**Amy Hoseth** – Has done 5 marathons already.

**Duane Jackson** – Loves fruit-

cake. Would like donations of leftover Xmas fruitcake from all NOVA members.

**Samantha Kirby** – Getting a second degree in Physical Therapy.

**Renata Mohriak** - Came from Brazil to study in DC.

**Terry Ottina** – Favorite upper-body workout is snow shoveling. Please call, if you need your driveway shoveled in January.

**Bashan Prewitt** – Started running races this year, including the Rock-N-Roll ½ already.

**Krystyna Suchecki** – Accidentally joined NOVA while looking for a volleyball team.

**Brian Taley** – Former Navy Seal.

**Goli Trump** – Also likes rowing, teaching aerobics, skiing and swimming.

**Lori Werner** – Did her first 10K at age 10.

**Eric Zbikowski** – Began running younger than Lori Werner (at age 9).

5565 Columbia Pike #105  
Arlington, VA. 22204

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WE'RE ON THE WEB  
WWW.NOVARUN.COM

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## Coach's Corner



We're entering our winter season of training, which gives opportunity to emphasize (OK, harp on...) aspects of cold weather running that merit voice. The objective is to add to our numbers at workouts, rather than see the numbers wither like over-cooked vermicelli (huh?).

(1) When the temperature is colder, you're colder. (Gee, thanks, Einstein, for that insight!) That means, among others, dress to stay warm. Not "warm" as at the peak of the workout, when you might be creeping up on

that body temperature when you might actually begin sweating. Warm, as in exposed body parts without goose bumps, or without feeling like your skin may just break off in chips. Better to be warm at the start, get warmer during the workout, then layer for more warmth at the end of workout as your body chills back to normal temperature. And here's a trick: except for when you go back in your home with your sweaty clothes, no one can tell how much you've sweated, because the normally pungent odor of summertime sweat doesn't permeate or distribute as easily in cold weather. (This last comment pertains to that fraction of runners who have pre-established, weekly volume or weight limits on dirty clothes.) Cool, huh?

(2) When the temperature is colder, you're colder. (Hey, bozo-breath, didn't we just cover this?) That means, among others, you'll need longer to warm up to a workout level previously experienced much sooner when the temperatures weren't cold. (Heck, pal, your workouts are long enough as it is...) Not everyone can get to the Track in time for a longer (any?) warmup, so use some of the initial set(s) to get warm. Don't put too great an expectation on consistently working out at the same output level you did when temperature wasn't a factor. By the same token, don't

let the colder weather give you reason for wimping out of workout. Your workout will be more rewarding if you're READY for the workout, and that means being warmed up enough to take on the task.

(3) When the temperature is colder, you're colder. (This guy doesn't know when to stop!!) That means, among others, you'll need to warm down longer. The noticeable difference between air and body temp can generate more stiffness after workout if your muscles and connecting tissues aren't given a chance to re-engage the world on their own terms. "Cold Turkey" has specific application here.

(4) When the temperature is colder, you're colder. (Pul-EASE!!!) Don't discount the effect of different conditions. You're inviting more frustration (for not performing at levels you had when temps were warmer) and greater chance of injury (for want of resilient tissues hampered by cold temps) if you ignore these three simple suggestions. Run smart, and hence all the way through, this winter season...

- Coach Chris Scott