

From the President

Summer is a busy time for Reston Runners, with the many training programs and events scheduled. This summer was no exception as we hosted our annual Women's Distance Festival 5k in July, coached hundreds of children in our Youth In Motion training program, and another hundred adults in our Interval Training Program. Our marathon training program is helping over 100 runners prepare for fall marathons and our standing 5 mile option continues to attract a social but committed group of runners every Saturday. Thursday nights a smaller but dedicated group gathers for a 6 mile run through a course only an old timer can describe. Our walking contingent is growing on the weekends, often out-numbering the runners on Saturday.

Meanwhile, in search of greater challenges, dozens of runners and their support crew are gearing up for another JFK 50 Mile Ultramarathon this fall.

But for some at Reston Runners, running seems to be a sideline for them. Our social calendar was packed with potlucks, the annual family picnic, and breakfasts after the runs. Our runners also participated in a shoe drive for Africa, led by Keith Dowling, and a shirt drive for a homeless shelter, led by Steve Lord. Others volunteered to help at local races, providing timing services and earning a little extra spending money for the club. All of these activities were supported by a robust group of volunteers who hauled water to the weekend runs, provided support at the races, coached children through their running program, hosted breakfasts at their homes, purchased wine and beer for the parties, hauled shoes and shirts to their new owners, kept the website up-to-date, picked up the mail and paid the bills. Next winter Reston Runners will recognize over 125 club members who volunteered this year and helped to keep the club functioning.

This fall our club will be just as busy as ever. We'll bus 100 runners to Clark's Gap for their 22 mile training run, and many runners will be competing in their chosen races (and some walkers, too!). In response to popular demand, we're starting a new fall program for women October 3.

This year, we'll host the **"Fall Into Winter 8k/3k" December 14** in place of the Jingle Bell Run which will not be held in Reston this year. We'll use the same course. This is our primary fund-raiser for the year, and this year RR is absorbing all overhead, to be defrayed by race proceeds, for the event that will benefit Inova Regional Trauma Center (IRTC). The IRTC is totally dependent on grants and contributions. This is the only trauma center in the state of Virginia verified by the American College of Surgeons. The IRTC works around-the-clock to provide immediate, state of the art care by a team of trauma experts to more than 2100 seriously injured pediatric and adult patients annually. You never think of the IRTC until you need their services. Help out by volunteering to assist the event. **Help the effort by registering early on-line at www.restonrunners.org. We'll have the application posted soon.**

The greatest social event of them all, the JFK 50, will take place the weekend before Thanksgiving, with 100 runners and crew joining for dinner, running and working for a day, then regrouping for a pancake breakfast the next morning.

With such an active club hosting programs and events appealing to walkers and runners of all abilities, membership is growing. This means more friends and resources. This means new faces at our weekend runs and more thirsty runners needing Gatorade. It means more help available to set up the parties and more help needed mailing out the newsletters. It means we're still a viable part of the Reston community.

As active as the club is, has been, and will be, there are always some of us sidelined by injury or illness. As athletes, this is a very frustrating time. Sometimes our injuries or illnesses are short-lived, but last long enough for us to feel grateful to be back. Other times our injuries linger for months, causing great distress and requiring great patience (it always seems to come at a time when our training partners are doing so well, too). And occasionally we are faced with permanent changes requiring us to readjust our expectations of our bodies and abilities, accepting a new reality.

Given that Reston Runners is committed to fitness, and not just speed, there is a place for runners and walkers in every stage of health. If you can't run as fast as you're used to, discover new faces in the middle or back of the pack. If you can't run at all, walk. If you can't walk, join us for a social event (which may very well be disguised as a volunteer activity). Most importantly, stay connected and keep in touch. We miss you when you're gone.

Read on for news about our past summer activities and what's coming this fall and early winter. If you're ever curious about what's going on with the club, take a look at the website, www.restonrunners.org or www.restonrunners.com. Will Fraize keeps us up-to-date and informed. And join us this weekend – we'll all be there at 8am!



Debbie's Demographics: Membership at 858; 69% of RR Households are Outside Reston

by *Debbie Margraff*

Here are our September 2002 membership counts. Remember...when renewing, do so for two years using the application form in the newsletter. If you REALLY want to help us out, renew on-line at <http://www.restonrunners.org>

Members	Households
Total: 858	Total: 662

Now for some additional information.

Member households by state:

VA 637
MD 8
DC 2
CO 3
DE 2
CA 1
MI 2
GA 1
IL 1
MA 1
NC 1
PA 1

Member households in Virginia by city:

Reston 270
Herndon 87
Vienna 45
Fairfax 31
McLean 26
Sterling 23
Oak Hill 22
Ashburn 17
Centreville 19
Oakton 14
Great Falls 13
Alexandria 13
Falls Church 10
Potomac Falls 7
Arlington 7
Clifton 6
Chantilly 5
Burke 4
South Riding 2
Annandale 2
Fairfax Station 2
Leesburg 2
Manassas Park 2
Bristow 1
Dumfries 1
Gainesville 1
Haymarket 1
Lovettsville 1
Nokesville 1
Warrenton 1
The Plains 1
We are certainly an "area club."



"Fall-into-Winter 8K/3K" December 14: Replaces Jingle Bell Run

It's time for our 8th annual winter race and fitness walk. We are pleased to announce that our "Fall-into-Winter" event benefits

the Inova Regional Trauma Center which depends on grants and donations for its programs.

Race directors are Anna Bradford and Neil Knolle. Joe O'Gorman and Joe Stowers will once again be organizing the 3K fitness walk/run. Debbie Margraff, Will Fraize, Sheck Chin, and Joan Koss have been consolidating our mailing list for the event. Leslie Stanfield is assisting with publicity, and Carol Brooks is setting up the on-line registration and link to the Inova website. Resident artist, Sarah Gerould, created our event logo. Gary Cox again has the big job of arranging the random prizes and give-aways.

Your volunteer assistance makes our winter event successful. It takes about 70 volunteers to put on this event. We'll have our sign-up sheet at club runs soon. We need your help in the following areas:

- Registration and packet pick-up
- Finish line and timing
- Results calculation
- Race day set-up
- Parking guidance
- Course cone placement
- Refreshment set-up

In the coming weeks you will be receiving special e-mail messages about the event. This is the 28th consecutive year that Reston Runners has put on a major area road race. We look forward to your participation.

The On-line registration form will be on the RR website soon. Mail-in registration forms will be available at club runs. Thanks in advance for registering to run or walk, and volunteering to help the "Fall-into-Winter" event.



Women's Training Program Notes: Fall Sessions Begin October 3

A group of dynamic motivational Reston Runners volunteers, organized by Anita Meginn, guides the sessions of the first RR fall edition of the Women's Training Program (WTP). The program promotes fitness in a non-competitive atmosphere of mutual support and encouragement. Participants walk, jog, or run with others moving at similar pace.

Beginning October 3, Participants meet at the commuter lot **located at the corner of Wiehle Avenue and Sunset Hills Road, from 6:00 to 7:00 p.m. on Thursdays**, and break into groups (walkers, walk/runners, and runners). Workouts are along the W & OD trail or along other nearby pathways. Participants are encouraged to move between the groups, as they are comfortable. If you are a walker and want to workout with other walkers or maybe even pick up the pace and start jogging, then this is the place for you.

WTP Overview:

This ten-session program is a continuation of the Spring Women's Training Program and is for women who want to get back into exercise. Following a program that respects individual needs and fitness levels, participants are guided in activities that promote flexibility, strength, and conditioning.

All activities take place in a non-competitive and supportive atmosphere. Participants learn and practice sensible exercise techniques that they continue between training sessions.

Program Goal:

Participants prepare to complete the Reston Runner's Fall into Winter 8K/3K event, on December 14th.

Time and Place:

Every Thursday, except Thanksgiving day, October 3 through December 12, 2002, from 6:00 - 7:00 PM, Sunset Hills Commuter Lot (northwest corner of Wiehle Ave. & Sunset Hills Rd.).

Who may participate:

The program is open to all women who want to exercise in a supportive atmosphere, and who have signed the program waiver of responsibility acknowledging full understanding of potential program risks.

Cost:

This program is free, but you must be a member of the Reston Runner's to participate. Reston Runner's Registration can be done in advance on the website. Membership forms are also available at the start of each session.

Special Considerations for the Fall WTP:

This program is focused on women - 100%. We want every woman in this program to feel safe, even with the earlier sunset. We will have men volunteering to support each group. If you would like to bring along a friend, spouse, or significant other, please do so.

Additionally, the Reston Runners is providing flashlights for each session to ensure the safety of the WTP participants.

Please watch the Reston Runner's Website (www.restonrunners.org) for information concerning a special safety lecture, addressing woman's issues, to be presented at the end of September. This will be free to all registered Reston Runner. All WTP participants are encouraged to attend.

Registration Note: Women can register at any time during the Program by just showing up at the Sunset Hills (old Wiehle Ave.) Commuter Lot (corner of Wiehle Ave. and Sunset Hills Road) or by registering on-line at www.restonrunners.org. Participants

must also be members of Reston Runners.

If you have questions, please contact Anita Meginn at <ameginn@titan.com>.



Youth in Motion Program Concludes a Big Summer

by Carol Molesky

The Reston Runners Children's running program started with a name change this year. The program is now called "Reston Runners Youth in Motion". We wanted to make sure we encompassed all of the different age groups including our young teens. A local graphic artist, Jamie Edgemond created our new artwork. We used the artwork for some new signs for the program, coaching shirts and the participant shirts.

The Youth in Motion program grew by leaps and bounds this year for a total of 270 participants. We had a very full track at South Lakes. We also utilize the local running trails in the woods and the school baseball field.

Our participants range in age from 2 - 13. All ages enjoyed a weekly track session on Tuesday nights from 6:00pm - 7:00pm. The session begins with some stretching and concludes with a cool Popsicle treat. The Popsicle treat is a popular item especially since we endured some very hot weather this year. Each week the youth run through a series of exercises that include relays, hurdles, timed running events and some runs through the woods.

As you can imagine, this takes a great amount of work and dedication by our many volunteers. Each week the volunteers coach the varying age groups through different events, explain important running tips and also administer first aid as needed.

In August we concluded the program with a big picnic at Lake Fairfax Park. Everyone enjoyed pizza, drinks and goodies. Several of the coaches had an opportunity to take a swing at a Sponge Bob piñata. This was very popular with the kids. Also, every participant received a free sundae donated by Glory Days Café.

Co-director of the program, Rebecca Cimino, and I would like to thank all the volunteers for their dedication. Many new volunteers came out to help this year. We always need more volunteers. Some of the dedicated volunteers you see running with the club include: Jim Nagel, Deedee Loughran, Mark Colturi, Marie Coluturi, Leslie Minnix-Wolfe, Geoff Wolfe, Jim Long, Neil McLaughlin and Will Fraize. Also a special thanks to my supportive family for all their help setting up each week and coaching, including my sister Donna Carrens and my nieces Sarah and Laura Sieb. All the volunteers and parents are key so THANKS TO EVERYONE FOR THEIR SUPPORT!

This year we also added some new things to our website including online registration, bulletin boards and a newsletter. Thanks to Al Ryder and Will Fraize for making that possible.

See you all next year for the 2003 edition of "Youth in Motion."



Water and Gatorade Support: Thanks!

by Norm Hunt

As your "friendly," coordinator of Water Support for our Sunday Runs, that are ever increasing in length over the summer and fall months, I would like to thank all of our fellow runners, who have pitched in repeatedly to help with the water support detail, week after week. We have many runners throughout the year pitch in and selflessly stay up later on Saturday night and get up earlier on Sunday morning to prepare and take out water and Gatorade to remote spots on our run courses. So as we are running, gasping for breath and looking for something to drink, we appreciate those "just-in-time" water/Gatorade stops.

As you may have noticed, the summer requires even more stops than normal. On our upcoming Clark's Gap run, we will in fact have 5 water stops to help keep you hydrated as you run through the hinterland of our outlying counties!! While there are many of you that make this possible throughout the year, all of our running friends that help out with these duties will be recognized at our Annual Meeting. I would like to specially thank Moshe Fluk, Jim Nagle, Michael Witlin who have done more than their fair share of outstanding support this summer and fall. And let's not forget Marj Lane who brings water to the Saturday runs every week, all year long! Thanks also to Joe Stowers to totes water in Marj's absence.

We continue to need new volunteers to help us with these important duties. Please contact me to assist in this valuable service to all of our fellow runners.

You'll become instantly popular and appreciated!

Norm Hunt
(703) 742-7195
hunt@software.org



Clark's Gap to Reston Run, October 6

Mark your calendars for October 6 and plan to join RR for the season's longest planned run... 22+ miles. Again this year, we will bus our crowd from the Sunset Hills Commuter Lot (Sunset Hills Drive & Wiehle Avenue) to Clark's Gap near the intersection of Rt. 9 and Rt.7 west of Leesburg.

Ellen Mannion is coordinating this run. (Thanks, Ellen!) **Reserve a space on RR transportation by signing up using the RR website at: www.restonrunners.org.**



Rules for the Road

by Dennis Hays

In the early days of the Reston Runners, it was relatively easy to map out runs around town. Club membership was small and there were few busy highways. Progress being what it is, however, those days are long gone. We now often get well over a hundred runners on Sundays and Reston is crisscrossed with major roadways. Because of this, we need to review old runs and design new runs with a sharp eye on ensuring the safety of our runners.

The dedicated individuals of the Course Committee welcome the input of fellow runners and walkers in putting together new or renewed runs. In designing a course, however, please keep the following in mind.

Safety: To the maximum extent possible, runs should proceed along Reston pathways and quiet streets. Ground level crossings of busy, high-speed roads must be avoided. Let's use the tunnels and bridges the taxpayers have given us. Likewise, we do not want to run in the street along major roadways that lack parallel pathways. We need to be aware of and avoid routes that include "blind" entrances or curves. While we're at it, let's stay away from construction zones – we can always come back when they finish. Uneven surfaces (except on trail runs) should be avoided. Finally, let's stay off private property, unless it's yours. We don't need the dogs or a round of buckshot sent our way.

Parking: We have outgrown several of the lots we have used in the past. In establishing a start point, consider the capacity of the area to handle our ever-growing crowd. At a minimum, Saturday runs should accommodate 40/50 cars; summer Sunday runs close to a 100. Please also factor in other users – Swimming pools hold swim meets in the summer; Church Services may compete with us on Sundays.

Scenic Routing: Reston is a scenic town with lots of trees, lakes, and quiet pathways. New courses should take advantage of all this. Part of the reason we don't always run on treadmills is to be uplifted by nature's beauty. Finally, we are the Reston Runners, not the Northern Virginia Runners or the Mid-Atlantic Runners. Although we have some excellent "out of town" courses, we try to hold our foreign adventures to one per quarter. Runs should start within the traditional borders of Reston. Let's be safe out there!



See Spot Run/Walk

by Nancy Despeaux

Runners and walkers will have a chance to do their thing with their best friends on Saturday, November 2nd when we extend an invitation to bring your well behaved dog out with you to the weekly run/walk. Normally, dogs are not permitted on the runs or the walks, but an exception is being made for the first Saturday in November for what may be the first annual See Spot Run / Walk, at Lake Fairfax Park.

The dogs and their people will travel a different route from those who wish to run or walk without dogs. However, all dogs MUST be leashed at all times, and pooper scooper laws also apply at Lake Fairfax, so come prepared to clean up after your friend.

Our dogs need their cardiovascular workouts just as we do, so this is a great opportunity for our dogs. But, if your dog hasn't been your weekday running partner up to this point, better test the waters before November 2nd, and make sure your pooch can keep up with you - safely. The route for the running and walking dogs, and their companions, is a loop that, when run twice, is about 5 miles.

Did you know that a dog's daily walks are equivalent to reading a newspaper or checking e-mail to find out what's going on in the world? Lake Fairfax Park is great reading for dogs, so bring yours out to the See Spot Run / Walk on November 2.



New Product Information

Info located by Alison Gittleman Stuart

<<http://www.runningnetwork.com/images/eventdirectors/changingroom.jpg>> (June 6, 2002)

If it's time for a change, consider the portable Changing Room Pop-Up Tent. It is the perfect place to get into and out of your training and competition gear. Instead of driving home in sweaty clothes or changing in your car, the Changing Room gives you a private place to clean up and change. It pops open and folds down in just seconds and it weighs only 6 lbs. The 6.3'x3'x3' standing unit collapses to fit into a compact carry case that makes it easy to take along. Keep it in the back of your car because you'll be amazed at how much you'll use it.

Completely Private The Changing Room is a completely discrete enclosure that gives you peace of mind while you change clothes.

Comfortable and Easy to Use The 6.3'x3'x3' tent is roomy and easy to move around in. There's plenty of elbow room to undress and dress. There are even hanging lines inside if you want to hang your clothes while you change. There is a large zip-open entry and mesh vents to let in light and air.

Convenient The Changing Room opens and closes in 15-20 seconds. The product collapses down to fit inside a 23-inch diameter nylon carry case with shoulder strap to keep in your trunk or take with you. It is made of easy-to-clean, water-resistant nylon taffeta and has a removable floor.

Multiple Uses You will find many reasons to use your Changing Room. It's a great product to take to the beach; keep around the pool; take camping; or to use at all of your fitness events and training. There are plenty of professional uses as well: tradeshow, expos, for model photographers, craft fairs and more...(a "Porta-Loo" option, perhaps? Let's alert the RR Boutique regarding this product!...Alison)

At \$69.95, the Changing Room offers quality and value that will last for years of use.

For more information contact Emmet Associates at 888-455-1250 or e-mail: info@gochange.com or check out, www.gochange.com.



A Letter from Egypt: Summer in Cairo and Life Along the Nile

by Jerry Lewis

Greetings to Reston Runners. Haven't had any visitors since last October so this is an invitation for you to come visit Egypt. Here's an update on how we are getting along.

Libby and I did a lot of traveling in May and June for work and vacation -- to Limassol, Cyprus and to Paris, France -- and then to Red Sea resorts of Taba and Hurgada in Egypt. Now we are settling in for the long haul of summer in Cairo. It has been very good so far. And we are keeping busy with interesting activities.

Many of the expatriates have already departed Cairo as soon as the international schools closed for vacation -- to take their children on home leave and extended vacations with family. Traffic is tremendously reduced because of the school closures -- now it is merely very crowded. My car got clipped by a donkey cart loaded with watermelons as I was driving my Ford Explorer to work the other day. Nicks and dents are part of driving in Cairo. When the wheel of donkey cart hit me, we were both turning left. We both proceeded on with just a glance at each other. Gotta stay cool.

Temperatures are climbing over the past 2-3 weeks. Now low and mid 90s are the routine. We recently had a 3-day heat spell of low 100s. But this is a dry desert heat and is actually quite bearable -- and besides it cools off 20 to 30 degrees in the evenings. And often there is a pleasant breeze. The people who really suffer are the traffic police who stand for hours in the heat and pollution.

Life here is good. Work is frenetic and I love it. I supervise four projects with over 60 employees and offices all over Egypt. The work keeps me busy and challenged. Libby fills her days too. She likes to spend mornings exercising so she walks to and from Gold's Gym each day to work out for several hours -- and it's a 15 minute walk each way. She does her shopping on the way back from the gym -- stopping off at tiny shops and stalls along the way. She thrives on this special way of shopping in Egypt. Sometimes she has a coffee after the workout with women from the gym. She really enjoys her overseas living experience in Cairo and often comments on how lucky she is to have this 3rd World living experience.

Yesterday Libby and I went to our supermarket, where in the back office, we can change dollars into local currency at a better rate than the bank. That got us the cash so we could go to the centuries-old Khan El Khalili maze of a bazaar of several hundred shops and artisans to buy some handmade blue beer glasses. We never found the kind we wanted. But we spent over an hour in the Khan, walking around to greet and visit with many merchants I have known for years and whom Libby has also come to know. They sit in front of their shops.. We had tea with peppermint at the copper shop I frequent. We don't buy anything from them, we just stop in say hello and walk on. I stopped in to greet the owner of the cartouche and papyrus shop. He asked about my son Steve, who was in his shop last October. There is a different pace and style of shopping in Cairo than in the U.S.

My big boss from Washington came to town to attend a conference for a couple of days last week -- so Libby and I took him for a sail on the Nile River. Last Monday, the day he arrived, we rented a "fellauca" (a very large native sailboat with space for about 15 people to sit on cushioned seats around a table) for about \$5 an hour--for the boat and a \$1 tip (and a can of beer) for the captain. We took snacks, dinner and drinks and spread it all out on the large table in the center of the boat. And it was a lovely afternoon sail with lots of wind. His last day in town was Thursday and I took him out for a 90 minute camel ride in the desert by the pyramids (cost me \$11 for both of us and a guide) -- again although we were out in the desert in the middle of the hottest part of the summer day, there was a lovely wind that kept us cool.

Saturday afternoon, friends of ours from our running group (Hash House Harriers) rented a large motor yacht for a three hour (3pm to 6pm) ride up and down the Nile River with a nice breeze on the top deck. They were celebrating their son's one year birthday. There were 25 of us on the yacht -- and plenty of food and drink. The theme was dress Caribbean or Hawaiian but only the host dressed accordingly -- he wore a Hawaiian shirt -- but there were lots of rum drinks and more so no one cared what anyone wore. It was a lovely cruise. The yacht is rented by lots of celebrities -- the Greek captain/owner told us his experiences when he had VP Gore and party on board a couple of years ago.

Libby's birthday was June 21st. Last year we celebrated her birthday in Costa Brava Spain at a paella restaurant with all 15 of her family that we were vacationing with at a villa together. This year -- two Fridays ago -- was to be a moonlight Hash House Harrier run/walk with EVENTS. Libby and I offered to host the first stop point "event". At the stop, everyone (74 men, women and children) were given a balloon and string and offered a marking pen so they could write "LIBBY" on the balloon. I advised all to tie the string to the balloon and not lose it. All who returned to the end -- after the other "events" would get a prize. If not, a punishment. Off went the hoard of people -- all carrying balloons and flashlights to find the trail to the three other events. After an hour, we watched them all returning to the start point -- first as a series of bouncing lights in the distance and then a sweaty single file of people all carrying balloons on string, climbing up a hill from the dry river bed, a wadi, and collecting their candy bar prize. I also surprised Libby with a birthday cake as we stood in the moonlight in the hash circle with all the runners and walkers and we shared the cake with all.

Another nice summer experience in Cairo is to attend shows, concerts and recitals at the Opera House beside the Nile River. We went to a violin recital earlier this week for \$1 each -- at air conditioned small theater -- and will go again Saturday night for an open air concert of a popular singer of international songs we enjoyed a couple of times last year. There is something every night at the Opera House and is usually very good.

We had another fellauca dinner sail last night for Libby's cousin who just got married (and bride that arrived early yesterday.) Coincidentally Libby's cousin works in Cairo. Can't think of a nicer way to welcome a newcomer to Cairo than to take them on a sunset sail and to eat middle eastern snacks and drink wine and beer on the boat. And watch the sights on the river and along both shores. Tonight is the U.S. Ambassador's diplomatic National Day reception and Libby and I are invited. Security should be very high for that event.

We were supposed to go to Tuscany in Italy last week for a one week vacation with Libby's family but cancelled because of my boss' visit. To make up for missing Tuscany, we will try for a weekend getaway to MENA house hotel next weekend (it's a former royal palace built in 1868 next to the Pyramids) and then plan a Lake Nasser Upper Egypt 3 or 4 day cruise for later in July. We'll just have to deal with the heat that is supposed to be oppressive in Upper Egypt in the summer. It is supposed to be a very nice way to see Abu Simbal gigantic monument and several small monuments along the river. Lots of food and swimming pool. It's a tough life in Egypt.



Spare Room?

by Tom Voeller

Since I've been fortunate enough to complete the last 19 Reston Triathlons, I wanted to share my perspective about the race and offer some helpful hints now that I compete as an "out-of-towner."

First, don't try get through the airport security checkpoint with a small CO2 container (for fixing flat tires) or a 15mm wrench in your carry-on bag for screwing and unscrewing clipless pedals. This year I was fortunate to NOT have to take my bike on the plane because I was able to borrow my friend's bike. As it turns out I didn't need to use my pedals or the wrench BUT the CO2 container should would have HELPFUL when I got my first flat tire in 30 triathlons.

And the next time you have to decide whether to take your friend's bike for a test ride the BEFORE the race or go and play tennis, try and find time for BOTH activities. When I was riding my friend's bike during the race and had my hands on aero bars I felt like I was bending over and getting ready to dive into the pool (or onto the road if I squeezed the handlebars too hard!).

But one of the biggest dilemmas as an out-of-towner was trying to pack everything for a fun-filled weekend into one carry-on bag. There was no way I could squeeze a wet suit, bike shoes, bike helmet, running shoes, water bottles and other pre-race and post-race items into anything that would even fit under two seats. The solution was a suit bag for the wet suit and everything else in the carry-on bag.

But there is one more place where you need spare room as an out-of-towner. At the Triathlon Reunion you need extra room in your heart and head. When you get to come back and visit there are giant sponges inside of you that are soaking up all the friendly faces, familiar places, and fond memories. Those sponges get wrung out during the year when you need something sunny to cheer you up or maybe a little extra motivation to get into the pool on a cold winter day. And it's a big part of what will bring me back for my 20th triathlon next year. That plus my goal to place in the top 3 in my new age group, to have another rematch with Bill V, to try and catch Jim B (forget about catching Jim D.), and to try and get back to the SECOND page of the results on race day!!!

So here's another special thank you to all of the Reston Triathlon race directors for all of our treasured moments that you have provided over the last 19 years.



Friends Remember Suzy Blanton

As many of you have heard, one of our comrades, Suzy Mayoral Blanton was killed recently in a bike accident in Colorado. Suzy, a "New Reston Babe" in 2001 was best known by her Reston Runner JFK buddies as the girl who ran JFK with her dog. Suzy possessed endless enthusiasm and boundless energy.

Suzy's death reminds us of the preciousness of our own health and that of our families.

– Anna Bradford

Where do I start-
What can I say
A shining star
Has gone away

Her unending energy
And eternal smile
Were there to help you
Through the last mile

From Ironman to swimming
And ultra-marathon
Suzy did her best
And always finished strong

She had a way of changing
Everyone she'd meet
With that everlasting smile
Her face would always greet

The triathlon family's at a loss
And there is no dry eye
All of us with saddened hearts
As we wave to her-goodbye

A terrible way for it to end...
I am proud to call her friend
– *Jim Desrosiers*

There are lots of memories ...she brought Chuck up to the front of the stage when we presented him with a shirt last year at GFT...she was the only woman to do “RATMAN” last year...our impromptu non-competitive triathlon centered around the Reston Century (and she complained about all the ‘crawly things’ in the lake, as she pulled at her suit).

A ride with her Final Kick group in Virginia Beach when we went there for a weekend... she was injured and under orders not to ride more than 20 miles...and she stopped after going 21. Seeing her at several ‘pot lucks’ with Steve... Her face filled with pride at finishing the JFK50, and then boasting even more about the fact that her dog got a finishing medal too! Always full of energy... Suzy, gone, but not forgotten...

– *Jim Desrosiers*

Exercise and Cancer Protection

Taken from: “Walk This Way for Cancer Protection” by Zuzana Bic, http://www.sunintegrativehealth.com/main_pages2/maindisplayarticle.asp?aid=149

Whether you're a couch potato getting ready to slip on your first pair of Nikes or a trained athlete slipping on your 100th pair, you'll be glad to hear that maintaining a regular exercise program can help reduce your risk of several types of cancer, including prostate, breast, colon and lung cancer.^{1,2,3,4}

The research is so overwhelming that, in 1997, an international panel of cancer experts concluded that as much as 40 percent of all cancer cases worldwide could be avoided if people would maintain three basic habits: exercise regularly, eat a healthy diet and maintain a healthy body weight.⁵ How much exercise is enough? The panel recommends that, if you have a sedentary job, you should aim for taking a brisk walk every day for at least one hour or its equivalent.⁶ It's clear that exercise should be on your Top Ten list of healthy habits to help reduce your risk of cancer.

Exercise and prostate cancer

Some experts believe that exercise exerts its protective effect against prostate cancer by lowering blood levels of testosterone.³ Lowering blood levels reduces the exposure of the prostate to this hormone, which lowers cancer risk. Others suggest that the prostate-protective effect of exercise may be related to its ability to keep men from becoming obese. Obesity is a risk factor for several different types of cancer, including prostate cancer.^{3,7,8}

Exercise and breast cancer

Exercise's protective effect against breast cancer appears to be related to a similar hormone-based mechanism. A key risk factor for breast cancer in women is the lifetime exposure to estrogen and other ovarian hormones.⁹ Women who have exercised since childhood have a shorter life stage during which estrogen affects the breast. They tend to start menstruation at a later date, may experience some missed menstrual cycles and are generally leaner. Leanness is important because increases in body fat elevate estrogen levels in the blood.² Reducing body fat with regular exercise may be one of the chief protective mechanisms against breast cancer.

Exercise and colon cancer

Exercise has an effect on the colon similar to the effect of dietary fiber.³ That is, it stimulates peristalsis — muscle movement in the colon. Every time you exercise, you stimulate peristalsis. This shortens the time that various cancer-causing chemicals in the fecal matter stay in contact with the cells that line the colon.

Other theories have also been proposed. Regular exercise seems to help people control their food intake. As a result, active people tend to eat less and be less obese. Obesity is a risk factor for colon cancer. Both obesity and lack of activity promote higher blood levels of insulin, a hormone that increases the growth rate of cells lining the colon and hence their likelihood of turning cancerous. Active people may also eat more dietary fiber, which boosts their protection against colon cancer.³

Exercise and lung cancer

Research shows that, if you exercise, you are much less likely to smoke, a habit known to be a primary cause of lung cancer. Add regular exercise to a smoke-free lifestyle and you can lower your risk of lung cancer even more.⁴ Researchers have yet to clarify just how exercise exerts its beneficial effects, but one possibility is its ability to increase lung ventilation. When you exercise you breathe more deeply and rapidly. This may flush the lungs of cancer-causing compounds, even those found in cigarette smoke. The immune-boosting effect of physical activity may contribute to its protective effect against lung cancer. Regular exercise of moderate intensity appears to reinforce the immune system, helping to fight off some types of cancer. Exercise also raises body temperature, which may help destroy some types of temperature-sensitive cancer cells.⁴

Exercise and cancers at other sites

Physical activity may protect against other cancers. Research shows that women who exercise reduce their risk of uterine, cervical, vaginal and ovarian cancer. Staying active appears to help men reduce their risk of testicular cancer.⁴

Putting theory into practice

How can you reap the cancer-protective benefits of exercise? Here are a few tips to help you start - and maintain - a healthy exercise program:¹⁰

* Make exercise fun. If it's tedious, it's likely you won't make exercise a life-long habit.

* Begin slowly. No one changes from a couch potato to an athlete overnight. Start by taking a 10-minute walk during the day, adding five to 10 minutes, as you feel comfortable.

* Gradually increase your exercise level. In this way, exercise will become a welcome and natural part of your life. And, believe it or not, you'll develop a taste for exercise.

* Keep exercise interesting. Tennis, golf or other games in which you compete against an opponent or against yourself are much easier to sustain over the long run than regimented workout sessions.

* Schedule exercise. The full benefits of physical activity come when it's regular. Schedule exercise into your day to keep your commitment to regular activity. Find an exercise buddy for reinforcement. The saying, "A shared pleasure is a doubled pleasure, a shared burden is half a burden," certainly applies to physical activity.

* Keep an exercise journal. A journal helps you track your progress, which can keep things in perspective and provide motivation. Summarize the results of your exercise program at the end of each month and compare the results with previous months. Seeing your progress in black and white is especially motivating.

* Allow adequate recovery time. Long periods of high-intensity exercise may actually have an adverse effect on immune function, which can reduce the protective effect of exercise. This explains the well-known phenomenon of athletes who become prone to colds one to two weeks following a period of intense training and competition. Allow adequate recovery time between hard workouts and avoid increasing the intensity, duration or frequency of training beyond your body's ability to adapt and recover.⁴

* Check with your doctor. Check with your doctor before starting any exercise program, especially if you are taking prescription drugs.

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QUICK STUDY : A weekly digest of new research on major health topics

The Washington Post, Tuesday, September 17, 2002; Page HE06

HEART DISEASE

Moderate walking may be as protective as vigorous exercise.

- **THE QUESTION** Does vigorous exercise such as running reduce the risk of heart disease more than walking?
- **PAST STUDIES** have not addressed the benefits of walking on heart disease in non-white women or in large populations.
- **THIS STUDY** compared the effects of vigorous exercise vs. walking on the risk of heart disease in 73,743 women aged 50 to 79, 9 percent of whom indicated they were black. After an average of three years, 345 women developed heart disease. Those who spent at least 2 1/2 hours a week walking briskly had a 30 percent lower risk of developing heart disease than those who never or rarely exercised, the same reduction recorded for those who performed more vigorous exercise.
- **WHO MAY BE AFFECTED BY THESE FINDINGS?** Post-menopausal women, especially those who cannot do vigorous exercise due to joint pain or scheduling difficulties.
- **CAVEATS** The study relies on self-reports of exercise levels. Also, the results may not apply to men. Finally, the women participating in the study may have been healthier than the general population.
- **BOTTOM LINE** Moderate walking, in consultation with a physician, can protect post-menopausal women from heart disease as effectively as vigorous exercise.
- **FIND THIS STUDY** Sept. 5 issue of the New England Journal of Medicine; abstract online at www.nejm.org.

OSTEOARTHRITIS

Exercise may ease pain and swelling of the knee.

- **THE QUESTION** Does exercise have any effect on knee pain?
- **PAST STUDIES** have found that certain exercises may ease knee pain and swelling caused by osteoarthritis -- a condition where the cartilage between the joints breaks down -- but they have not been large enough to be conclusive.
- **THIS STUDY** reviewed 14 studies that assessed the effect of exercise on knee pain and disability in 1,633 people with osteoarthritis. Most (936 participants) were assigned to receive 30- to 90-minute sessions of muscle strengthening, aerobic walking or balance coordination for up to three months. The others were assigned to control groups that received classes, physical therapy or no treatment. Participants who received therapeutic exercise experienced moderate improvements in pain and small improvements in disability compared with little or no changes for those in the control groups.
- **WHO MAY BE AFFECTED BY THESE FINDINGS?** People experiencing knee pain and swelling from osteoarthritis.
- **CAVEATS** The studies involved a variety of exercises. In addition, the results need to be verified for a longer period. Finally, the results are based on self-reports of disability due to knee pain and swelling.
- **BOTTOM LINE** People experiencing knee pain from osteoarthritis may wish to consult their physician about individual or group exercise programs.
- **FIND THIS STUDY** August issue of the Journal of Rheumatology; abstract online at: www.jrheum.com/abstracts/abstracts02/1737.html.



Think About In-Door Workouts for Winter

Four treadmill workouts to spice up your training

by Owen Anderson

http://www.internetfitness.com/articles/running_runninginplace.htm

Some runners find treadmill running boring and tedious. They argue that there's nothing to look at, that the indoor air is stale and that real runners do it outdoors.

Perhaps. But treadmill running has its converts and its benefits. In fact, the predictability of treadmill running may also be its greatest virtue. The reliable roll of the belt, the comfortable indoor temperature and the safety and security of a well-lit surface certainly beat icy roads, arctic blasts and dark, treacherous footing.

Plus, "predictable" doesn't have to mean boring. With a little imagination, you can design treadmill workouts more variable and more precise than those you do on a road or track. Lastly, a modern, motorized treadmill lets you control pace and hills, and you can use this control to create workouts specifically targeted to improving your running.

Below are four treadmill workouts that will make you a stronger, faster runner. Each of them takes less than an hour, so they're easy to fit into your schedule. When running these treadmill workouts, keep two points in mind: (1) don't do more than two of the workouts per week (the rest of the time, just run easily); and (2) set your treadmill's elevation at 1 degree. This compensates for the lack of air resistance in treadmill running and makes your speeds roughly equivalent to similar speeds outdoors.

1. The Speed Demon. Run easily for 10 minutes, then set the treadmill at a speed about 20 seconds per mile faster than your best recent 5-K pace. Run three 3-minute repeats at this speed, alternating with 3 minutes of very slow jogging. After completing a set of three repeats and recovery jogs, rest for 5 minutes by jogging. Then run a second set of three repeats and recovery jogs. When finished, run easily for 5 minutes to cool down.

2. The Progression. Begin with a 10-minute warm-up, and then set your treadmill at a speed about 15 seconds per mile faster than your best recent 5-K pace (this new pace becomes your 5-K goal pace). For your first treadmill workout at this pace, run continuously for 5 minutes. Finish the workout with 10 to 20 minutes of easy cool-down running. For each of the next 10 weeks, run the same workout but increase the time you spend at your goal pace by 1 minute per week. At the end of 10 weeks, you should be able to run a 5-K race at your goal pace.

3. Indoor Hills. Warm up for 10 minutes, then set the treadmill at your approximate marathon pace. (If you've never run a marathon, estimate your marathon time by multiplying your typical 10-K time by 4.65.) With the treadmill elevated 1 degree, run for 2 minutes at marathon pace, then elevate the incline to 2 degrees and run for 2 minutes. Next return to 1 degree for 2 minutes, but then climb to 3 degrees for 2 minutes.

Continue in this manner, raising the grade on every other 2-minute repeat until you've reached 7 degrees (the inclination pattern is 1-2-1-3-1-4-1-5-1-6-1-7). If you feel exhausted before you reach 7 degrees, stop, and don't let it worry you. Try the workout several more times and you'll develop the ability to handle the hills. Finish the workout by running an easy 8- to 10-minute cool down.

4. The Broderick Crawford. This workout gets its name from its "10-4" pattern, a familiar phrase to fans of the old Highway Patrol TV series. Begin by warming up for 10 minutes, then run for 10 minutes at your current 10-K race pace. Jog very easily for 4 minutes to recover, then surge again for 10 minutes at your 10-K tempo. Recover for 4 minutes, and complete the workout with 10 minutes of easy cool-down running.



RUNNING & PREGNANCY ARTICLES

<http://lifematters.com/rofinintro.html>

Here's a site with a wide range of articles of interest to women. Topics include:

Running on Full

Pregnancy & Exercise

Running & Pregnancy

Pregnancy & Healthy Eating

Running & Breastfeeding

Personal Running Stories

Medical Research Abstracts

To give you a look at one of the topics, here's the introduction from "Running on Full."

Introduction

This site is a support to women runners who are (or will be) pregnant and who want to maintain their commitment to their health and the health of their baby. It is also for spouses, partners, and running buddies who want to support their friends in having a healthy pregnancy. As a beginning, we offer personal experiences, guidelines from health professionals, and online and print resources. We also want to encourage all readers to contribute their experiences, resources, feedback, and questions. We'll keep refreshing the ideas and content as new contributions come in.



Walking is Powerful Medicine

By Maggie Spliner

From <www.runnersworld.com>

Maybe you want to lose a few pounds or protect your heart from disease or keep your bones strong and your joints limber. Walking can do all this and more. Whether you're just starting a walking program or you're already a regular walker, your health likely played a role in your decision to get fit. Maybe you want to lose a few pounds or protect your heart from disease or keep your bones strong and your joints limber. Walking can do all this and more.

But when we talk about walking for health, we must look beyond the physical benefits. After all, health is a rich fabric spun from physical, mental, emotional, and spiritual threads. If one of these threads becomes frayed for any reason, it can weaken the entire fabric. What you eat, how much you sleep, how you handle your personal and professional relationships, how you view the world and your place in it -- all of these things influence whether or not you feel vital and strong. They also have a real impact on your body.

The same can be said of walking. It supports health in every sense -- physically, mentally, emotionally, and spiritually. It enriches and balances your life. And it just plain makes you feel good. No wonder the Greek physician Hippocrates deemed walking to be "man's best medicine."

Boosting immunity, one step at a time to get a complete picture of how walking supports good health, you must start at the cellular level. A daily walk keeps certain cells -- your immune cells -- tuned up for action, ready to whip viruses and battle bacteria. In fact, some experts believe that walking may be one of your best weapons for fighting off infection and disease and getting on the road to recovery fast.

Strong statement? Maybe. But a number of studies have shown that a moderate walk not only relieves the stress that may trigger or aggravate an illness but also stimulates your immune system, your body's main defense against disease. In one such study, a 45-minute walk (about 3 miles) increased the activity of certain immune cells by about 57 percent. The cells' activity level returned to normal about 3 hours after the walk.

Now researchers don't know for sure whether walking can make you heal faster, but some studies suggest that people who walk consistently develop fewer illnesses than people who are sedentary. The fact that walking is a moderate activity may be key to its immune-enhancing effects. Indeed, other studies show that long bouts of intense exercise -- like an hour of pavement-pounding, heavy-breathing running -- can actually suppress your immune system and make you more susceptible to infection.

This brings up a question that I often hear from fellow walkers: When you're under the weather, should you continue your walking program or take off a few days until you feel better? One expert recommends this rule of thumb: If you have a headache or runny nose, or if you're sneezing, you're okay to walk as long as your temperature is normal. In cases of fever, sore throat, or coughing, you should rest until your symptoms subside.

Even if you feel well enough to continue walking, skip the marathons, races, and fun walks for the time being -- unless you have your doctor's okay to participate.



Common Questions about Walking

by Maggie Spilner

The most frequently asked walking questions

Q: What's the best time of day to walk?

A: It varies from one person to the next. To me, any time of day is perfect!

In the summer, I love to walk in the mornings, when it's nice and cool and the sun is up early. In the winter, I usually try to walk on my lunch hour, since that's the warmest part of the day. The fresh air revitalizes me for the afternoon, plus I get a healthy dose of vitamin D from the sun's rays.

The question is, when are you most willing and able to walk? That's the best time for you.

Q: Should I eat before I walk?

A: Again, it varies from one person to the next. I almost always eat something before I leave on my morning walk. I just feel better. But if I'm planning to go at a brisk pace or to do some interval training, I'll keep my breakfast small and simple -- maybe a piece of fruit and a glass of juice, or some low-fat or nonfat yogurt. The human body doesn't particularly like digesting food and exercising hard at the same time.

That said, a leisurely stroll after a large meal may enhance digestion and burn a few extra calories. But walking before a meal works just as well, provided you don't have any problems with your blood sugar.

And if that meal happens to be breakfast, be sure to drink a nice, tall glass of water before you head out. Your body may be somewhat dehydrated after a night's sleep.

Q: What's the simplest way to determine how fast I'm walking?

A: The easiest way to gauge your speed without wearing a pedometer -- or getting in your car and measuring mileage, which can be pretty difficult unless you walk along a street -- is to count your number of steps per minute. The experts use this number to calculate pace, based on an average stride length of 2 and 1/2 feet. (Stride length is the distance from the heel of one foot to the heel of the other foot when you're taking a step.) They've already done the math for you.

- * 70 steps per minute equals 30 minutes per mile, or 2 miles per hour.
- * 105 steps per minute equals 20 minutes per mile, or 3 miles per hour.
- * 140 steps per minute equals 15 minutes per mile, or 4 miles per hour.

If you pay attention to your steps, after a while, you'll be able to estimate your pace fairly accurately without bothering to count. You'll just know what a 20-minute mile or a 15-minute mile feels like.

Q: How many calories do I burn by walking a mile?

A: The average 150-pound person burns between 80 and 100 calories per mile. That number can change depending on your height, your weight, your fitness level, whether you're walking on hills or level terrain, what you're wearing, the outside temperature, and many other factors.

If your goal is to lose weight, forget about the numbers. Instead, develop a healthy eating plan that you can live with, and incorporate as much physical activity into your daily routine as possible. Walk for at least 1/2 hour a day. If you can do more, great! Maybe you can squeeze in 1/2 hour in the morning and another 1/2 hour in the evening. Then during the day, take as many short walks as you can, indoors or out.

Become aware of how much time you spend sitting, and make an effort to fill some of those minutes with physical activity. At work, for example, pace around while you're talking on the phone and use the restroom on another floor or in the farthest corner of your building. That way, you know you're burning more calories throughout the day. The exact number doesn't really matter.

Shoe Savvy

Q: My walking shoes have two sets of eyelets. Which should I use?

A: That extra set of eyelets allows you to fine-tune the fit of your walking shoe. If you have a narrow heel, lace both sets of eyelets to tighten the top of your shoe. This keeps your heel from slipping, so you don't develop blisters. You may have to experiment to get the lacing just right.

Q: I walk early in the morning, so my walking shoes always get wet. They're still damp the next day when I go to put them on. Any suggestions?

A: Ideally, you should have two pairs of walking shoes, so you can alternate between them. That said, stuffing newspaper inside your wet shoes can help soak up moisture, so they might be dry by the next day. Just don't put wet leather shoes near the heat. Drying them too fast causes them to shrink or crack.

Q: When should I get new shoes?

A: Replace your walking shoes every 6 months or 600 miles, whichever comes first. At that point, it doesn't matter if the shoes still look great. They've lost a lot of their cushioning power. Be kind to your feet, and you'll keep walking forever.

Marathon Walking: Selecting, Training, and Walking a Marathon

<http://walking.miningco.com/library/weekly/aa032700a.htm>

Walking a marathon is a goal of a growing number of walkers. Contributing to this popularity is the growth of walker-friendly running marathons, such as the Portland Marathon, as well as walker-oriented marathons such as the Vancouver International Blossom Walks and the Discovery Walk Festival. Is there a marathon finish line in your future?

History of the Marathon

In 1896 at the first modern Olympic Games in Athens, Greece, a long-distance footrace of 25 miles was staged to commemorate the run of messenger Pheidippides from Marathon to Athens in 490 BC. Pheidippides is reported by Plutarch to have run 25 miles to announce the victory of the Athenians over a Persian army. Upon proclaiming, "Rejoice. We conquer!" he fell dead. His countryman Spiridon Loues won the 1896 marathon over 2000 years later.

The marathon distance became established at 26 miles, 385 yards at the 1908 Olympics in London, starting at Windsor Castle and finishing at the Olympic stadium. This is 42 kilometers and has remained the standard distance. The Boston Athletic Association Marathon started in 1897 and remains the oldest continuously held marathon.

Meanwhile, the long distance walking distance for the Olympic walk was set at 50 kilometers at the same 1908 Olympic Games, making it the longest track event. So, runners get off with a shorter distance than is expected of Olympic walkers.

Long distance walking events of marathon length also remained popular in Europe. The Nijmegen 4-Days Walk began in 1909 with a distance of 35 kilometers and in 1910 changed categories to 35K, 45K, and 55K per day for four days. By 1966 the distance had evolved to 30K, 40K, or 50K per day depending on age and sex.

In the 1990's many running marathons began to offer a walking marathon category, in response to a growing market of walkers looking for challenging events. The amount of accommodation for walkers varies from event to event, some remaining purely for runners and closing their courses before the 5 hour mark.

Why is the Marathon So Tough?

The marathon is a challenging running event because of its duration. After two hours of running, by the 20 mile mark for fast runners, the body runs out of glycogen (stored sugar) and begins breaking down the protein in muscles and tissues for fuel. They "hit the wall." The body should convert over to burning stored fat, but can't because some carbohydrate is needed to allow the burning of fat, but it is all gone.

Walkers, other than racewalkers, experience this less because at a slower pace the body uses fat stores for energy throughout the event rather than turning to burning up its own muscles. Walkers are likely to get progressively tired throughout the long distance, but without the paralyzing experience of hitting the wall.

A walker can take from 4 hours to 9 hours to complete a marathon at a walking pace. That is a long time to be out in the elements, exerting yourself. Blisters, chafing, sunburn and heat illness are common hazards. Those who aren't careful to drink enough water and electrolyte replacement drinks during the race will feel the effects of dehydration.

After a marathon, the strain on the body is apparent. Even without walking at a speed that leads to burning up muscle, minute tears happen in the muscles and there is build-up of the toxic breakdown products from exercise - lactic acid, etc. Muscle strains and sprains are more likely due to fatigue during the race.

But by being so tough, marathons also become addictive. While some people can do "just one," and most vow never to do it again after their first, plenty of people get hooked on seeing if they can improve their times from year to year.

Hal Higdon, who has run over 100 marathons, writes, "In a marathon, you don't beat others. Instead, you achieve a personal victory." It is a very personal event, each participant having their own goal to achieve, often just to finish.

Overview of training

Is there a difference in how walkers and runners train for the marathon? Not from the standpoint of mileage put in per training session. Like runners, you need to build a base of walking and from there progress to increasing mileage each week, finally tapering before the marathon.

Consistency in your training is essential to completing the marathon in good shape and preventing injury. You may choose to train on your own, with a group of friends, or join a club or group specifically training for the marathon.

Training works on the level of the local muscle, building the numbers of mitochondria - the energy-producing organelles of the muscle cells, and the number of capillaries which bring oxygenated blood to the muscles and removes toxic byproducts. For the marathon, you want to train your muscles for aerobic and endurance work, not the explosive work of weight lifting. Training also builds your heart and lung capacity, allowing you to get oxygenated blood efficiently through your muscles and tissues.

Get the Right Shoes

Your first step in training is to get the right shoes. Getting the right shoes for training as well as for walking the marathon event is essential. The day you make a commitment to train for the marathon, commit yourself to finding good footwear.

Marathon walkers in Europe often wear hiking boots for long distance walks. This may have evolved out of the military traditions of their longer walking events. For walking overland on trails, lightweight boots may be a good choice. But for roadrace marathons, a flexible running shoe with moderate support is the best choice for most people.

Walking Form for Marathon Training

When training for the marathon, your first step should be to analyze your walking form for common mistakes and problems. Are you leaning forwards or backwards too much? Do you hang your head and stare at the ground? Do your muscles and joints and back ache after a walk?

All of these form problems can lead to injury during training and during the marathon. You have made a commitment to train, so you may as well train yourself in a good walking form so your body moves smoothly and feels better.

Base Mileage

Your marathon timetable will vary by how much base you have already built.

To prevent injury, the recommendation is to increase your total mileage each week, as well as the distance of your longest walk of the week, by no more than 10% each week.

Absolute Beginner Walking Tutorial

This tutorial will progress you from being a non-walker to walking comfortably for 30 minutes a day, 5 days a week. Before you begin marathon training, you must be able to:

- Walk for an hour at a time at a moderate pace.
- Walk every other day for at least an hour.
- Do one longer distance walk each week, from 2 hours to 4 hours.

Base Mileage Buildup

You may switch around these days, for example your longer day could be Saturday, switching Saturday to Sunday or Monday. Or your longer day could be one of the week days. The goal is to build your total mileage safely. The days off between walking days allows your body to rest up and build muscle. You could safely walk for a half hour to an hour on those days as you progress, but lay off a day if you are feeling overly tired or sore.

Work on distance rather than speed to start. As you progress, you may find yourself speeding up, that is OK. But do not build speed until you can handle the distance comfortably.

Find that one week is too hard? Go back to a previous week's distance or repeat that week until it is comfortable.

(Interested in knowing more? Here's the link to this article and other essential information, including a 10-week training program for walkers.

<http://walking.miningco.com/library/weekly/aa032700a.htm>



Foot Care for Walking

Excerpted from: <http://www.apma.org/sports/walking.htm>

Good general foot care must be maintained if you plan to subject your feet to a walking regimen. Wear thick, absorbent socks (acrylic is preferable to cotton); dry feet well after bathing, paying special attention to the toes, and use powder before putting on shoes. Nails should be cut regularly, straight across the toe.

Podiatrists warn that self-treatment of corns and calluses with over-the-counter remedies before starting to walk can do more harm than good. Serious maladies like bunions and hammertoes absolutely should be evaluated by a podiatric physician before you begin to walk for aerobic exercise.

If blisters develop, self-treatment by opening the blister with a sterilized needle and draining the fluid is acceptable. Do not remove the "roof" of the blister. Cover the treated blister with antibiotic ointment to guard against infection.



Thanks for the Hospitality

Special appreciation goes out to those who have opened their homes for RR get-togethers. Tom Conrad and Joan Waggoner hosted the lakeside potluck in August. Marge Lane and Connie Slack continue to invite sweaty runners into their homes for breakfast potlucks after Saturday morning runs. Thanks also to the Boccaneras for their generous hospitality.

We must be behaving ourselves because Connie is again hosting the post-MCM Recovery Party October 27.



2002 JFK 50-Miler: Planning Ahead

by Anna Bradford

Ever had those post-race blues after running your fall marathon, like you're not quite sure what you're supposed to look forward to now? Wondering what other challenges you might be up to if you just had a little support? Looking for something to do the weekend before Thanksgiving? Wow! What a coincidence! You're perfect for the JFK!

Reston Runners will join together for the 40th annual JFK 50 Mile Ultramarathon November 23rd. Of the 100 RR expected to participate, 50 will be runners of all abilities, experience and speed covering 50 miles in 14 hours or less, and 50 will be their hard-working support crew hauling gear

and cheering wildly. Runners and crew alike will be prepped during pre-race meetings, and will travel to Hagerstown, MD for a weekend together eating, partying and running. The weekend will finish with a pancake breakfast cooked by Bill Van Antwerp and his crew (he'll have to run extra fast to get ready for the breakfast).

In addition to individual support for runners, our able support crew includes massage therapists (thank you Cliff et al), bike support, soup support, photographers and split-timers (we love those stats). Reston Runners will be given a packet of information guiding them through the process, including information about how to pack, strategies for running, how to crew, where to be, how to get there, and who is participating.

Race day our team is hard to miss. At the start we take up about 1/3 of the gym with our signs and our group photos and our matching outfits. Along the course we're all outfitted in brightly colored team singlets, and our support crews are wild at the aid stations (think: parents at a soccer game, tied, 5 minutes to go). The Jims (Ashworth, Bradford, Cavanaugh, Nagle and ...) sport a special "Team Jim" singlet and will hear all day "How many Jim's does Reston have?!" At the finish our massage therapists work for 6 hours straight offering each runner the chance to relax and rejuvenate on the table. Reston Runners knows how to do team.

And if you have not added your name to the list (<http://www.ridersite.org/jfk50/Database/index/.php>), here's how to know if you could run the JFK this fall: you've run a marathon before, you're planning to run one this fall, you're not currently injured, and you're free on the 23rd of November. Our records show that the only preparation you need to successfully complete the 50 miles is a long run of 26 miles around a month (more or less) before the event. Some of us will do more than that, and some of us will do less. All of us will finish (if you follow the rules) and get these huge finisher medals. Most of us will waddle a little the day after, but will recover as if we'd run a regular marathon.

There's still plenty of time to join us, and here's how:

- 1) Check out our JFK website at www.ridersite.org/jfk50/index.php and read about training, our schedule, support available and support needed.
- 2) Sign up to get JFK related info at <http://www.ridersite.org/postlister/subscribe.php> (there's a link on our website).
- 3) Send questions to me at annajim@erols.com.
- 4) Join us at our next social October 12 at the Rostant's in Oak Hill (see the website for info/directions).
- 5) Send me your JFK application (email for more info) to be put on a team.

Support is still needed in many areas, so contact me if you're interested. It's a wild weekend, with plenty of action. Don't miss it!



Virginia Beach Rock 'n' Roll Half-Marathon

by Norm Hunt

The 2nd Annual Virginia Beach Half-Marathon on Sunday, September 1, was a wet and humid success. In just one year, this race has grown into one of the nation's largest half-marathon races. There were over 17,000 participants from all over the world. There was over \$80,000 in prize money awarded, more than all other races in Virginia combined. Just like the Cherry Blossom, the Kenyans dominated in the men's division, taking all of the first 9 positions. The best the USA did was place 14th and 15th. Paul Tergat, age 33, had the winning men's time at 1:01:59. Adriana Fernandez of Mexico had the fastest women's time of 1:10:21.

Our own Reston Runners woman came away with two awards. Leslie Stanfield led our unofficial team of 7 runners with the fastest time for a Reston Runner of 1:53:08, a time that placed her 5th in her age group. Hiroko Hunt, endured the long, humid run to finish with a time of 2:42:13 to place 3rd in her age group.

Pat Brown, Leslie's significant other, coach, and running teammate, did such a good job of helping Leslie to dramatically improve her overall running this year that he finished 48 seconds behind Leslie at 1:53:56, adding another to the RR teammate upsets this year. A relative new Reston Runner, Meg Loudin, was the third overall Reston Runner to cross the finish line. Meg finished in a very great time of 1:54:44, placing 73 out of 577 in her youthful age group.

My only claim to fame in this race was the fact that I ran with Hiroko and encouraged her to do the best she could. However, as most of you can observe, aside from being too overweight to be a contender, I also did have the added legitimate excuse of running against my Doctor's advise, and completing the course with an acute stress fracture of the right tibia -- not recommended for anyone. Fortunately, I had no apparent additional damage.

Claire Tse, sixth in our little team to finish, achieve her goal of finishing the course in 3 hours. She now moves on to targeting the New York City Marathon for a PR this November. Bringing up the rear, with a valiant effort of endurance, for temperatures in the high 70's and humidity in the high 90's, was George Royall, who finished the course in 4:16:25. George did in fact still manage to finish 9,971st out of 10,982 men; so he edged out slightly over 1,000 other male finishers.

We all like to cheer for those of us who run well and place well as an overall or age group winner. We shouldn't forget to return to the course and cheer on your fellow teammates and runners who are out on the course 2 and 3 times as long and who run on sheer endurance, determination, and "true grit." To this slower group, each race is like a mini-JFK. So, congratulations to all of our fellow teammates for their individual valiant efforts.

Sunday started out with a heavily overcast sky that rained buckets just before the race started at 7 AM. It continued to mist and sprinkle a little throughout the race, but never rained hard again and never cleared up.

The course is mostly a boring run down the back streets off the board walk of Virginia Beach. The only scenic parts are through the back entrance to the nearby Marine base, for about 3 miles, and the final 2+ miles on the boardwalk, read concrete, beside the ocean. The rest is long and uninspiring road run through strip malls and on Atlantic Avenue in the beachside town.

There is only one hill, over a smallish high bridge at about mile 1 and again at mile 8 – a gentle rise compared to the Annapolis bridge. There were bands about every mile and 750 high school cheerleaders scattered along the route. A respectable number of locals and tourists were cheering all the runners. The race had plenty of water and Gatorade along the course, at least every two miles or less. Overall, the Expo and the race management was very well done, with the professional, for-profit Elite Running organization of San Diego Rock & Roll fame managing the race, assisted by our own Randy Skovrinski, who apparently subcontracted to provide the race clocks at every mile.

I would certainly recommend this race to those of us who would like to take a short trip away from the Reston area. In less than four hours you can drive to a major race at a fun place on the ocean. If you are interested in doing this race next year, look it up on their website at <http://www.rnrhalf.com>. We can probably get Oceanside hotel rooms with two double beds at the Marriott Courtyard for about \$220 per night (Saturday and Sunday night, next August 30 and 31, 2003). Sharing the costs among 4 adults would make it more reasonable. If interested, contact Norm Hunt at <hunt@software.org> and we can start planning for it early next year.



Hyponatremia in the Vermont 100-Miler

by Michele Burr

I'm writing this to "the big list", the PA Buzzards, Virginia Happy Trails Running Club, the Montgomery County Road Running Club (in Maryland) and a few others to say THANK YOU SO VERY MUCH for the Get Well Wishes, Cards, Flowers, and overall concern and support. Wow! I have a lot of wonderful friends!

I am writing to so many people for a few reasons - first, I have received many inquires about how I am doing after the Vermont 100 Mile. Also, many people heard about what happened (which I'll explain below) but only got parts of the story. So you'll get the story here - as best I know it, from me, Michele Burr - the person who got a severe case of hyponatremia at VT100. The people who do know about my getting hyponatremia have urged me to post something so that people are aware of this very serious problem.

WHAT IS HYPONATREMIA? This is a condition in which there is a very low concentration of sodium in your blood. It is also seen in conjunction with WEIGHT GAIN (not weight loss) and most often occurs during endurance exercise lasting more than 5 to 7 hours. (See <http://www.halcyon.com/gasman/water.htm>) More specifically, hyponatremia develops as sodium and free water are lost and replaced by fluids, such as plain tap water, half-normal saline, or dextrose in water. This condition occurs when a person takes in too much water and not enough salt. So you are probably wondering...was I taking Succeed! caps? Was I drinking electrolyte fluids? Yes to both of these questions but obviously I was not taking enough of either. And yes, I was also eating potato chips, peanut butter and jelly sandwiches, fig newtons, and potatoes – but again, it wasn't enough salt and I was taking in too much water. My weight was up 5 pounds at the last weigh-in. To give you an understanding of where my sodium level was compared to a normal person....most people have about 140-145 mEq/L – this is some sort of measure of the amount of salt in your blood. I had 113 mEq/L. This is extremely low. So, why is this a problem? Because you need sodium in your blood for your brain to function.

WHAT ARE THE SYMPTOMS? The answer to this question is the scary part and why this is such a medical emergency when it occurs.

Many of the symptoms are NEUROLOGICAL. Level of alertness can range from agitation to a coma state. Variable degrees of cognitive impairment (e.g., difficulty with short-term recall; loss of orientation to person, place, or time; frank confusion or depression).

Other symptoms include seizures and irrational behavior. In patients with acute severe hyponatremia, signs of brainstem herniation, including coma; fixed, unilateral, dilated pupil; decorticate or decerebrate posturing; and respiratory arrest. Coma and seizures usually occur only with acute reduction of the serum sodium concentration to less than 120 mEq/L. (Remember my sodium level was at 113 mEq/L.)

I didn't recognize where I was or who my friends were or who my husband was at the end of the race. I walked the last 5 to 10 miles, which is very unusual for me and people said I didn't know who they were and it appeared as though I didn't even know I was in a race. Shortly after I crossed the finish line on Saturday night I started to vomit uncontrollably then I had a seizure then I went into a coma. I remained in a coma for three days. At some point, before I woke up out of the coma, I began the "irrational behavior" mentioned above.

I pulled out all my IVs and ripped off my EKG patches and tried to kick and hit the nursing and neurosurgeon staff. I was very combative whenever someone tried to touch me and was eventually given antipsychotic medication. When I woke up I didn't know where I was, what had happened, what month, or year it was. Upon being forced to give a guess for the month I told the neurosurgeons, "I think it's Vermont" for the month. I couldn't read and I couldn't add numbers. On Tuesday after the race I started to feel much, much, better. I could read again and I had watched a car commercial to figure out what year it was. I also got a lot of the story about what happened from my husband.

It was on this day (or maybe Monday?) I learned I had been in another hospital earlier. Why was I first in a small local hospital (Ascutney in Windsor, VT) and then transferred by ambulance to Dartmouth-Hitchcock? That has to do with the scariness about how to treat this medical emergency.

It you don't do it right, it will lead to further and permanent brain damage.

HOW IS HYPONATREMIA TREATED? From <http://www.rice.edu/~jenky/heat.html>: It says that the condition is frequently mis-diagnosed as dehydration and that the consumption of water makes matters worse because it dilutes the blood sodium concentration even further than it already is.

"The principal causes of morbidity and death are when chronic hyponatremia reaches levels of 110 mEq/L or less and cerebral pontine myelinolysis (an unusual demyelination syndrome that occurs when HYPONATREMIA IS CORRECTED TOO QUICKLY). See <http://www.emedicine.com/EMERG/topic275.htm>.

Much has been written about treatment of hyponatremia and the potential adverse outcome of central pontine myelinolysis. This condition is demyelination of the pons, which can lead to mutism, dysphasia, spastic quadriplegia, pseudobulbar palsy, delirium, coma, and even death."

Upon being admitted at the first hospital in Vermont my sodium level was 113mEq/L but then quickly went to 116 and the next reading was at 126. The hospital felt uncomfortable and kept telling my husband it was possible I'd get "PONDS" - which is central pontine myelinolysis (permanent brain damage). They also told him to think about long term care for me and that "things could turn out a number of ways". They also asked him if I remained in a vegetative state, would I want my organs donated and did I have a living will prepared. At this point, an ambulance took me to New Hampshire to Dartmouth-Hitchcock. Needless to say, I think I aged my husband about ten years during these five days.

WHAT ARE THE LONG TERM EFFECTS? Well, so far I feel I am about 95% back to where I was neurologically before the race. (Physically, I lost 10 pounds.) I couldn't remember my password when I got to my office so I couldn't log into my computer and I forgot a combination lock number I often used. I also forgot a few people's names. I had a little bit of trouble typing and signing my name but that seems to be gone now. The last clear things I remember from the race are at the mile 18 aid station.

I am also a bit spacey (it's a bit difficult for me to concentrate) but I can drive. I am a research scientist so it's important that I be able to generate and interpret statistics. I haven't tried that yet but I'm optimistic. Here are a few more links (in case you just can't get enough about hyponatremia):

<http://www.spinalhealth.net/hyponatremia.html>

<http://www.fred.net/ultrunr/hyponatremia.html#Paul>

Finally, the way to avoid this in the future (for me) is to drink less water and eat more salt. I will also push for a blood test from my doctor before I run another 100 (this was my 5th one) to make sure I am not starting out at a deficit - which is what the doctors were suggesting at Dartmouth-Hitchcock Hospital. They said that my low sodium diet, combined with a high volume of running (sometimes as much as 100 miles/week) and sweating in the heat and humidity here in the Washington DC area were the problem combined with the low volume of electrolyte fluids (relative to the amount of water I was taking in).

This was scary. I hope some people will be educated by reading this and for the many people who e-mailed and asked me what happened, I hope this answered their questions.

Thank you so very much again everyone for your concern. My friends, co-workers, relatives, and the ultrarunning community have been great!



The Helsinki Marathon

by Jerry Lopez

There are blue skies, some clouds, and the sun is shining brightly in the 70-plus degree weather. This will definitely be a hot marathon! According to the announcer, there are about 6000 runners gathered at the starting point of the Helsinki City Marathon near the 1952 Olympic Stadium. For inspiration, we can look at the nearby statues of Paavo Nurmi and Lassen Viren, the two foremost Finnish long distance runners.

I feel good overall and am determined to complete this marathon. During the past 2 days, I've been grappling with the usual worries of inadequate training and general fears of failure. After the last marathon in Turku on June 30 that left me exhausted. I took several weeks of physical and mental rest and only did two 12-mile long runs in preparation for this marathon. Although I worked on hill training during the shorter weekly runs, the main emphasis was to be well rested for this 13th marathon within a year.

There are fewer than 500 foreign runners although I only primarily see very physically fit Finns around me. There are two runners in costume, one wearing a full tuxedo with sneakers and the other a black cowboy outfit. The former will pass me during the race but I doubt the other runner ever made it since I never saw him after the race began. As I wait by the side of the runners' enclosure, there are several other male runners near me whose wives/sweethearts are affectionately wishing them well. What do these people know about this course of which I am so oblivious?

It's 3:00 and we're off, or rather we start shuffling toward the starting line due to the very confined road space. Even after reaching the starting line 5 minutes later, I find myself in a very tight running group for about the first kilometer (0.6 miles) before there is some open space around me.

This marathon course around Helsinki is the most magnificent I have done in the past 24 marathons! For most of the course, we are running/walking/running along thickly forested and flowered parks and lush forest trails along the shores of the Baltic Sea. We go through verdant, upscale neighborhoods. We crisscross several islands that form the heart of Helsinki, run into the central area with its flurry of incoming ships and ferries and a heavy blend of tourists and natives in the major shopping area. Spectators are scattered along the route. The course is also a seemingly endless series of hills. These hills, coupled with the heat and humidity, are devastating on energy reserves.

At the refreshment stations, I try the local poweraid drink (Dexal) and find I can't tolerate the taste or content. My body finally revolts around mile 14 as I start dry heaving. Sips of water and a slower running pace help, and I recover just as I near the dense, cheering crowds along the central park (Esplanade) area.

Somewhere around mile 18, I'm starting to feel very tired and try a few gummi bears for energy. Big mistake as my body apparently can't deal with the sugar. Sips of water and walking help calm my stomach.

Around kilometer 34 (about 20 miles), I'm almost energy depleted. I decide that the only way I will finish is by walking, and hopefully I'll make the 6-hour time limit. I'm seeing many runners who can't continue due to tight leg muscles and dehydration.

At 5 hours and kilometer 37 (about 23 miles), my willpower is starting to break down. I definitely need electrolyte replacement but can't chance further stomach upset with the local power drink. There is an unbelievable urge to just stop, close my eyes, and go to sleep on the street. Is this what it feels like when freezing in a snow storm? What can I do to keep going? There are only a handful of runners some distance both ahead and behind me, and all seem as equally exhausted. The answer comes in an inspired moment I imagine all of you are there in spirit on this empty street and are screaming at me not to fall apart. Each friendly face is a strong motivator so I manage to keep shuffling forward.

At kilometer 39 is the steepest and longest hill rising some 75 feet. At its apex, I can see the Olympic Stadium about a mile away. At the base of this hill at kilometer 41, there is a bar with three Finns sitting outside cheering loudly for runners to keep going and beat the 6-hour time limit.

With only 0.7 mile to go, the marathon route workers keep vigorously cheering us. I can barely walk in a straight line and just focus on the nearest runner about 20 feet ahead. As we approach the stadium entrance, the runner in front of me raises his hands in a moment of triumph and starts jogging into the tunnel. I'm jogging right behind him.

It's an incredibly inspiring moment to be inside the Olympic Stadium going toward the finish line with yelling spectators in the stands. I cross the Finish Line at a chip adjusted time of 5:44:02. It is such an emotional moment! I hugged the surprised lady giving me the finisher's medal and then collapsed on a bench while she quickly went to get me a milk energy drink. It's not every day that one achieves a year long dream and this was it – completing 13 marathons within 1 year and with no permanent injuries. Thanks to my fond memories of all of you at my peak stress point, I was one of the fortunate finishers.



Sensitive Topic: Can we talk?

Excerpted from: <http://walking.about.com/library/weekly/aa042400f.htm>

Yikes! You need to go and there isn't a toilet handy! Here are some hints for runners, walkers, and hikers.

In Town

* Gas stations and restaurants in the US are required to have restroom facilities for customers. Search for one and, if necessary, purchase an item to become a customer.

* Public parks may have restrooms, but a common problem is that they are locked in the winter or have been closed due to local budget problems. At least this may be a location with public shrubbery to use.

* Construction porta-pots are a blessing. Look for a handy construction site and boldly use them. Even in the suburbs you can find these at areas with new home or business construction or remodeling or road repair. Whistle back at any construction workers who greet you.

* Stores and businesses will usually let you use the restroom if you overcome embarrassment and ask. Looking honest but desperate helps.

* Avoid arrest due to local indecent exposure or public urination law enforcement. Whatever you have to do, find the most hidden spot to do it in.

* Avoid using private shrubbery. Nobody wants somebody sneaking off into their garden to use it as a bathroom, and you may find yourself sought by local law enforcement for peeping or trespass.

Environmentally Sensitive Natural Elimination (How to go in the Woods)

There IS a right way to eliminate your wastes in a natural area without a toilet. Your solid waste products can contaminate ground water, streams and lakes and spread disease.

* Find a private location in the woods that is at least 20 feet off a trail and at least 200 feet (70 to 75 paces) from a stream, pond or other water to avoid contamination.

* Urinate into absorbent soil that will soak it up rather than have it run off.

* Scoop the poop. We require pet owners to do it, should we expect less from ourselves? Bring along a sturdy ziplock bag and pack out your own waste. Nothing comes out of you that wasn't in you to begin with - you are in no danger from your own germs, but you can cause illness in others.

* To leave it behind: Dig a hole approx 6 inches deep and big enough around for you to hit with some accuracy. Cover over when done.

* Natural toilet paper - appropriate leaves - are the most environmentally sensitive choice. However, I have known more than one person who chose poison oak or ivy, so know your shrubbery!

* No soil! If your only choice is bare rock or hard pan desert, the recommendation is to pack it out with you. An alternative is to spread out the feces with a stick or other disposable natural item so the sun's ultraviolet rays will break it down and sterilize it faster.



Reston Runners Schedule: October 2002 - January 2003

Sept 2002	Every Thursday evening (6:15) we have a 6-mile run from the South Lakes High School parking lot.
Sat 28	8am 5mi Difficult Run/Difficult Run-Walk Crossfield ES, Fox Mill Rd between Lawyers & Folkstone
Sun 29	7am 16mi Sunrise Valley ES Sunrise Valley Drive at Cross School Road
Sun 29	LEESBURG HALF-MARATHON
Oct 2002	Every Thursday evening (6:15) we have a 6-mile run from the South Lakes High School parking lot.
Thu 3	6pm RR Fall Women's Training Program Session #1 Commuter Lot at Sunset Hills Rd & Wiehle Avenue
Sat 5	8am 5mi Reston Town Center Fountain Square, Market Street
Sun 6	7am 22mi Clark's Gap to Reston Run Meet at Wiehle Ave. Commuter Lot (NOTE 1)
	8am 10mi Sunset Hills Commuter Lot Sunset Hills Drive & Wiehle Ave
Sat 12	8am 5mi Hunters Woods Elementary School Colts Neck Dr & Steeplechase Dr.
Sun 13	8am 10/15 MCM Familiarization Run Iwo Jima Memorial (NOTE 2)
	Lake Fairfax Park (Trail option) Lake FFX Drive off Baron Cameron Avenue
Sat 19	8am 5mi Newbridge Pool Golf Course Square off Soapstone Drive
Sat 19	BALTIMORE MARATHON Balmer, MD
Sun 20	8am 10/15 Sunrise Valley Elementary Sunrise Valley Drive at Cross School Road
Sat 26	8am 5mi Isaac Newton Square (North) Isaac Newton Square off Wiehle Avenue
Sun 27	8:30am 26.2mi MARINE CORPS MARATHON
	5:00pm 0mi MCM Recovery Party Potluck Connie Slack's House, 1007 Cutwater Ct. Reston
Nov 2002	Every Thursday evening (6:15) we have a 6-mile run from the Commuter Lot at Wiehle & Sunset Hills Road. (NOTE 3)
Sat 2	8am 5mi Lake Fairfax Park Lake FFX Drive off Baron Cameron Avenue (NOTE 4)
Sun 3	8am 10mi Hunters Woods Pool Off Reston Pkwy opposite Oslo, or at the end of Steeplechase (Divided parking lot)
Sat 9	8am 5mi Herndon High School Bennet Road off Drainsville Rd in Herndon (NOTE 5)
Sun 10	8am 10mi Lake Anne Elementary School North Shore Drive
Sat 16	8am 5mi DCCR/RR Challenge at North Hills Pk Pavilion N. Village Rd, north of Ctr Harbor (NOTE 6)
Sun 17	8am 10mi Lake Newport Tennis Courts (Pipeline) Baron Cameron & Brown's Chapel Road
Sat 23	8am 5mi Sunrise Valley Elementary Sunrise Valley Drive & Cross School Road
Sat 23	50 miles JFK-50 Miler Boonesboro, MD
Sun 24	8am 10mi Reston Town Center Fountain Square, Market Street (NOTE 7)
Thu 28	9am ±5K Thanksgiving Day XC Run, Lake FFX Park Lake FFX Drive off Baron Cameron (NOTE 8)
Sat 30	8am 5mi Dogwood Elementary School Glade Drive opposite Rosedown Drive
Dec 2002	Every Thursday evening (6:15) we have a 6-mile run from the Commuter Lot at Wiehle & Sunset Hills Road.
Sun 1	8am 10mi Lake Audubon Pool Twin Branches Drive
Sat 7	8am 5mi Reston Community Center Hunters Woods Village Center, Colts Neck Road
Sun 8	8am 10mi Lake Anne Village Center N. Shore Drive at Village Road
Saturday	December 14 9:00am FALL INTO WINTER 8K/3K - South Lakes HS (NOTE 9)
Sun 15	8am 10mi Sunset Hills Commuter Lot Wiehle Ave & Sunset Hills Road
Sat 21	8am 5mi Lake Newport Pool Lake Newport Road & North Village Road
Sun 22	8am 10mi Reston South Commuter Lot Reston Parkway, opposite Fox Mill Road
Wed 25	1pm 5mi Reston Town Center Fountain Square, Market Street (NOTE 10)
Sat 28	8am 5mi Hunters Woods Elementary School Colts Neck Road & Steeplechase
Sun 29	8am 10mi Lake Newport Tennis Courts Baron Cameron Ave & Brown's Chapel Road
Jan 2003	Every Thursday evening (6:15) we have a 6-mile run from the Commuter Lot at Wiehle & Sunset Hills Road.
Wed 1	11am 5mi Reston Town Center Fountain Square, Market Street (NOTE 11)
Sat 4	8am 5mi Isaac Newton Square (north course) Isaac Newton Square, off Wiehle Avenue
Sun 5	8am 10mi Sunrise Valley Elementary Sunrise Valley Drive & Cross School Road
Sat 11	8am 5mi Tall Oaks Village Center North Shore Drive & Wiehle Avenue
Sun 12	8am 10mi US Geological Survey Parking Lot D S.Lakes Dr. between Pinecrest and Sunrise Valley Dr.

NOTE 1 Reserve a space on RR transportation

NOTE 2 Never run the MCM? Visit the RR meeting place and run a portion of the course. Bring your own water bottle.

NOTE 3 Thursday evening runs (6:15 p.m.) move from SLHS to the Commuter Lot at Wiehle Avenue & Sunset Hills Road.

NOTE 4 Separate dog walk/run course option available for those who bring their well-behaved leashed dogs and poop bags.

NOTE 5 A new course into a "foreign" zip code. Followed by a potluck at Sam Robey's. Directions to Sam's provided at the run.

NOTE 6 A friendly competition for the Footsteps Challenge Trophy, now held by DC Roadrunners...grrrr. Potluck to follow.

NOTE 7 Greet the returning JFK 50-mile runners and crew.

NOTE 8 Join the TG Day Cross Country Run in Lake Fairfax Park. Mud possible. Prizes and giveaways certain.

NOTE 9 The major RR-sponsored race event of the year benefitting the Inova Regional Trauma Center.

NOTE 10 Wear your bells and jingle five miles (or so).

NOTE 11 Happy New Year! Formal wear optional.

Reston Runners
P.O. Box 2924
Reston, VA 20190

Board Members

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Reston Bike Club	703-904-0900
Masters Swim Team	703-845-SWIM
Reston Triathlon	restontri@aol.com

MEMBERSHIP APPLICATION & RENEWAL FORM

NEW and RENEWING members listed on the form must fill out, sign, and date the member name block(s) to acknowledge understanding of the MEMBERSHIP WAIVER. Parent or guardian must sign for minors. If more than 2 family members are applying, make the necessary copies of this form. Yearly Dues: Individuals - \$15.00 Family - \$25.00. (NOTE: Rates increase effective June 1, 2001)

TWO-YEAR MEMBERSHIPS ARE APPRECIATED (\$30 - individuals; and \$50 - family). Make check to "Reston Runners" and mail to:

Reston Runners, Box 2924, Reston VA 20190.

You may renew on-line at <http://www.restonrunners.org>. There is no service fee for on-line registrations.

■ ATTENTION Renewing members and new members: Please fill in ALL information on this form. We are checking all information on our membership roster to make sure it is current.

NEW MEMBER RENEWING MEMBER LAST YEAR A MEMBER _____

ONE-YEAR MEMBERSHIP TWO-YEAR MEMBERSHIP

PRIMARY INTEREST: Running Walking

NAME _____ F AGE ____ SIGNATURE _____

Last (print) First M Signature (18 yrs and older) Date

NAME _____ F AGE ____ SIGNATURE _____

Last (print) First M Signature (18 yrs and older) Date

E-MAIL ADDRESS: _____

(Please block print.)

New members AND renewing members, PLEASE complete ALL information on the form.

STREET _____

CITY _____ HOME PHONE _____

STATE _____ ZIP _____ WORK PHONE _____

MEMBERSHIP WAIVER

I know that running and volunteering to work in club events are potentially hazardous activities. I should not enter and run in club events unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete a run. I assume all risks associated with running and volunteering to work in club events 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 acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Reston Runners, their respective officers, The Reston Association, and all sponsors, their representatives and successors from all claims or liabilities 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 this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of club events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates, in-line skates, animals, and audio headsets of any kind are not allowed in Reston Runner events and I will abide by this guideline.