

Washington Running Club Newsletter

Volume 12, Number 5



© Washington Running Club

May 1993

PRESIDENT'S MESSAGE

Well, the Boston Marathon was a real slug fest this year, i.e., those of us who ran like slugs finished; those who maintained aspirations of greatness after the walk down the hill from the high school to the start, didn't. Of course there's an exception to everything, and Pat Kolokowski did run a PR, albeit not as great a one as she deserved based on her hard training, but a very decent (37th overall) 3:02 on a brutally hot and sunny day. Back where I was running, I could look right, then left as I ran up Heartbreak Hill at 21 miles and not see anyone running, everyone was walking. Forty percent (40%) of the 10,000 who started did not finish. In fact DNF was a slogan of some degree of pride in the "elite aid" station at mile 16 where one runner got autographs of the #1 male runner (on the actual official number) and #2 female runner and various other high seeded runners. I hope they practiced safe IV lactated ringers infusion and didn't share needles. Actually, according to one source, the aid tent was like an "elite" homecoming event, with all the top seeded catching up on old times.

On a personal note, I made it through the ordeal by literally drinking gallons of water along the way - the moisture was wicked off your body with no visible signs of sweat, and staying in "the marathon shuffle" mode far longer than normally. VP Andy told me to. He also said after I got home that I was in lousy shape and had no business even being in the race. Double K refers to my running style as like "an old geezer", and George Banker refuses to stand next to me in a picture. Gerry Ives says he wouldn't run if he had to run as slowly as I do, "why don't you run faster, mate?" Ed said once, if he looked like me and ran like me, life wouldn't be worth living and wondered why Diane couldn't see that. Unfortunately, with my level of coordination, tennis, golf, and bowling are out and with my knees, racket ball, ping pong and badminton are out. I'm too cheap for cross country skiing and my schwinn has a broken pedal. Looks like

Continue on page 2

VICE PRESIDENT HOSTS APRIL MEETING AT THE "LOVE PALACE"

Andy held the April meeting being the gracious host while waiting for the Washington Running Club President (who was rumored to be spreading some aromatic and nutritious bovine originated garden fertilizer in his yard). Discussions of reimbursement to members running out of town races was again a topic. Historically, the July 1992 newsletter was cited to state that team entry fees will be covered, and that a maximum of \$50 per runner for expenses is allocated per year.

James Scarborough said that NOVA is interested in organizing bowling nights with WRC, probably during the winter months. James will pursue this idea. Jeff reported that NOVA wants to again challenge WRC to another softball game this summer. Date to be announced. MINUTES TO BE CONTINUED ON Page 2.

BEHIND THESE PAGES:

Presidents message	page 1-2
May meeting location	page 1
WRC Minutes	page 1
Penn Relays	page 2
Up Coming Race Information	page 3

I'll continue to shuffle along!

At the recent AMAA Symposium we had Dr. William Costelli, Director of the Framingham Heart Study, a longitudinal study of people in Framingham, MA., give a talk. We are now encouraged to "go by the numbers", i.e., if your cholesterol is "high" you must reduce it or face cardiovascular disease (CHD) later in life, this can happen to runners too!

Try to keep your Saturated Fat below 7% (burgers ice cream, milk eggs), Monounsaturated Fat (olive oil) below 13% and Polyunsaturated Fat below 10% (plant foods). Those of us who love chips must count peanut butter and corn chips in the saturated fat category because they hydrogenate the polyunsaturated oil to make it "stiff" and "crunchy". Cholesterol should be below 200 mg/Dl. The good news is that fish is good for you, even shell fish which even though is fairly high in cholesterol, is low in Saturated Fat - as long as you don't cook it in fat!

At least the hot tub should be working in May, if not the pool. The "winter palace" is awaiting the May meeting to be transferred to the pleasure palace. Bring your suit or at least be prepared to skinny dip, the Club will fill the refrigerator with beer and I have some left over burgers - some already cooked, from last Fall. Should be a good meeting, if not particularly gastronomically rewarding. I look forward to seeing everyone, kids are welcome!

Continue with the WRC Minutes...

WRC hopes to furnish teams for future races, including the Annapolis 10 miler in August. The Carderock 10K, scheduled for June 8, and administered by WRC, will be open to club teams. Area clubs will invited to enter teams. WRC will pay for post-race refreshments at Carderock. Andy Smythe will be WRC's team coordinator. The next meeting will be held at President Kruger's house in Potomac. His hot tub, swimming pool (maybe) and Winter Palace will be open to all.

MISSING

SOFTBALL MIT- FROM THE NOVA/WRC SOFTBALL GAME

The glove has P. Scott inside of the strap. It's a Rawlings glove given to Patty McGovern-Scott by her husband. Anyone finding the glove or knowing of its whereabouts please contact Patty at 703 360-6984.

PENN RELAYS...

A WORTHWHILE TRIP

By
James Scarborough

While other WRC members were up in Boston for the weekend for the grueling 26.2 on Monday, I ran the Pen Relays distance Classic 20K on Sunday, April 18. A weekend in Philadelphia is a good trek, and the city does have its share of charms. Unfortunately, the Phillies weren't home that weekend, although I did manage to get by Veterans' Stadium, the (now defunct) Philadelphia Naval Hospital, and the Philadelphia Museum of Art (see Rocky #1). The race started on the west side of the Schuylkill River on the University of Pennsylvania campus at Franklin Field (home of the Penn Quakers football team, and former home of the Philadelphia Stars way back in the days of the USFL: hey, it's astro turf, which was fun to run on). After the Spring Garden Bridge, by the Art Museum, and back over and up West River Drive. Along the view of the river I saw many a pretty waterfall, Boathouse Row, and all the crews out practicing, which reminded me of my regatta days. This day, although it dawned chillier, had less wind than I usually had rowing! We crossed over another bridge in the sixth mile, went south along the East side, turned around, hit the halfway point (about 44 flat for me), and retraced steps. All in all, one of the prettier out-and-back courses you'll find. Finish was inside the stadium. They had the hurdles set up (no we didn't have to jump over them), and a guard rail protecting the inside two lanes and subtly thereby encouraging us to stay to the outside lanes. Three-quarters of the way round lay the finish (1:28:40 for me). The stadium seemed cavernous with a hundred or so spectators. However, it seemed to have every bit as open and bright an atmosphere as Annapolis.

WANTED NEWSLETTER EDITOR

Beginning in July, due to my work commitments I will not be able to continue with the newsletter. Like most of us with busy lives I arrive home between 7-8 pm daily. With my continuing daily physical therapy and supper it doesn't allow much time for the newsletter or anything else. Therefore, the June newsletter will be the last one I'll be able to do. I thank everyone for their support, both during my injury and for their contribution and assistance to the newsletter. Good running...

Editor,
Dick Brannan

UPCOMING RACES FOR JUNE AND JULY

- June 4 (Fri) Go for the gold Track Meets, Wooten HS, Rockville, 7:15pm.
MCRRC 301-353-0200
- June 6 (Sun) Herndon Festival 10K, Herndon, 7:30am, 703-435-6868
- June 6 (Sun) Lawyers Have Heart 10K, 9am, Washington Harbour,
Kevin Finn, American Heart Association, 202-686-6888
- June 6 (Sun) Hugh Jascourt 4 Mile, Washington, 8:15, 703-241-0395
- June 8 (Tues) Carderock 10K, Carderock, MD, 7pm, Regional Running Club
Challenge Race, DCRRC 703-241-033395
- June 12 (Sat) Harden & Weaver 5K, 8am, Montgomery Village, MD
Gigi Davis, 703-684-0224
- June 13 (Sun) Agender Jog 5 Mile, PG/Montgomery RC challenge, Siver
Spring, 8am, MCRRC 301-353-0200
- June 13 (Sun) and June 27 (Sun) All Comers Tract Meets, T.C. Williams HS,
Alexandria, Potomac Valley Track Club, 703-451-5869
- June 13, Alexandria Waterfront Festival/Rec Cross 10K, 8am, \$15/\$18,
Carol Schermer, 703-660-6019
- June 20, Columbia Birthday 2 miler, Howard County Striders, Miles
Weigold, 410-730-1849
- June 23, Annandale 10K, Annadale High School, 7pm, DCRRC
703-241-0395
- June 25 (Fri) Cross Country Montgomery/DCRRC Challenge Race, 5K,
7pm, Bullis School, Potomac, MD MCRRC 301-353-0200, DCRRC
703-241-0395
- June 29 (Tues) Olympic Week 8K, Langley HS, 7:15pm, DCRRC
703-241-0395
- July 3 (Sat) Go Fourth 8K, 7:30am, Belle Haven, Alexandria, Potomac Valley
Track Club, 703-243-1291
- July 4 (Sun) Firecracker 4 Miler, 8am, Dale City
- July 4 (Sun) Frederick, American Cancer Society 5K, 7pm, \$9/\$11, Tim
O'Keefe, 301-371-9562

EAT TO RUN

By

Angie Sharp, M.P.H., R.N.

This article was reprinted from Running Journal/May 1993.

In last month's column I provided suggestions for making healthier meal choices at fast-food restaurants. If you're like a lot of people, you probably make those choices at noon -- often the busiest time of the day -- thinking a more convenient option is not available.

But have you considered "brown bagging" as a quick and convenient lunch (or snack) option? Packing your own at home takes no more than a few minutes in the evening or morning. It's also the best method for controlling the nutritional value of what goes in your mouth. From a money-saving standpoint, brown bagging can't be beat because only you can control the cost of your meal.

What should you pack? A good place to start is the ever-popular sandwich. Believe it or not, there are an infinite number of sandwich possibilities that go far beyond the standard peanut butter and jelly. Lean meats such as turkey, ham, and roast beef make excellent lowfat, high-protein fillers.

Check out the new lean meat sandwich products available in the lunchmeat section of the grocery store. They're pretty high in sodium but

make convenient options when you're short on packing time.

Another good place to purchase shaved and sliced lean meats is the grocery store deli. Although you'll pay extra for shopping here, you'll have the chance to opt for lower sodium and extra-lean versions of your favorites. The most nutritious option of all is to use leftover meats from a recent dinner. Leftover chicken breast, for example, makes a great cold sandwich the next day.

As with fast food, pay close attention to avoid high-fat toppings. If you like cheese go for low-or non-fat varieties, which are now available in Swiss, American, and cheddar versions (and don't taste all that bad either). Use low-or non-fat salad dressing or mayonnaise for spreading your bread, or try regular or extra spicy mustard (low sodium if you like) or a low-fat option.

What about salad-type sandwich fillings such as tuna or chicken? To keep the fat content at a minimum, select water-packed canned meats and moisten with low- or non-fat mayo or plain yogurt mixed with mustard or salad dressing. Other tasty low-fat additions to salad fillers include chopped raw vegetables or fruits such as grapes and pineapple.

If you're going meatless, try bean tofu, or vegetable-based salads. Use your imagination to create a filling of your own or consult a vegetarian cookbook or magazine for more ideas.

Tried of whole wheat bread day after day? Try holding your sandwich together with a bagel, pita, Kaiser roll, or English muffin. Most breads are low in fat with the exception of croissants and egg or cheese-based bread. If you're feeling at all adventurous (and have a lot of time on your hands), try making bread at home from scratch. It's great fun and very therapeutic!

Remember that lunch doesn't have to stop at a sandwich. Consider last night's dinner. Leftovers, ranging anywhere from pizza to a baked potato, add variety to your lunch and prevent the common "I don't know what this is but it's been in the fridge a long time" syndrome.

Packed in reusable containers, vegetable-based salads filled with beans, low-fat cheese, and low-fat dressing taste great! Take along some whole wheat crackers or a bagel or two for carbohydrate on the side. Check your cupboard for the thomos you haven't used in a while and bring along soup or chili for a hearty and filling afternoon meal.

Finally, if your office or cafeteria has a microwave, you always have the option of going with frozen, "healthier choice" entree, such as pasta with tomato and vegetable sauce or macaroni and cheese. Round out your lunch with high carbohydrate breads, precooked pasta, pretzels, low-fat crackers, and fresh vegetables.

If you have a sweet tooth, bring along healthy "desserts" such as fresh fruit, non-fat yogurt, graham crackers, gingersnaps, fig bars, fruit-filled dry cereal squares, or homemade fruit muffins. Finally, stay hydrated with plenty of water, fruit juice (borrow the unsweetened boxed kind from your kids), or fluid replacement drink.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

Name _____

Date of Birth _____

Address _____

Phone h) _____ w) _____ Is this a Renewal (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams

BEST TIMES IN 1992

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PR's

10K _____ 10 Miles _____ Marathon _____ Other _____

Family Member's

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

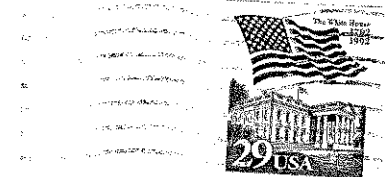
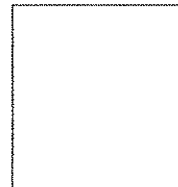
Make checks payable to WASHINGTON RUNNING CLUB and send to:

Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Dick Brannan at (703) 455-8648

WASHINGTON RUNNING CLUB

7817 Tomalinson Avenue
Cabin John, MD 20818



Gerry Ives
7817 Tomlinson Ave.
Cabin John, MD 20818

