

Water Stop

newsletter

An inside review on the Wissahickon Wanderers race performance

February, 2004

Wanderers Pack Their Bags for Cape Breton

The assault team has virtually been selected and the Wanderers are undertaking final preparations for the 2004 Cabot Trail Relay. The 189-mile race around the northern peninsula of Cape Breton in the Canadian Maritimes is scheduled for **May 29 and 30**.

The message from George W. Bush to cut Canadians out of all business transactions obviously never reached Wanderers headquarters because half of the 2004 team is composed of runners from north of the border.

Already named team mascot for the race is "Wandering Willie." Official team mascot **Snowy** has other holiday plans over the upcoming Memorial Day weekend and will not be available. Bin Reuter's mutt **Clyde** failed to make the cut...again. **Willie**, a poodle-golden retriever mix, is proudly owned by **Renee** of the Cape and her husband **Glenn Campbell**. Renee, who performed splendidly in the 2002 team, will not compete this year, so "**Rhinestone**" will be replacing her.

Simon Newman, who managed the Wanderer's inaugural 2000 effort on the Cabot Trail, will be returning to service in the 2004 race. He will be flying over from Glasgow, Scotland, for the event.

The duo of **Phil Roach** and

wife **Patti MacKinnon** are returning for action this year as is **Tony Armson**, co-MVP from 2002. In a major coup for the Wanderers, the **Purple Piper** and **Ultra Woman** were lured away from the Georgetown Runners to compete for the Wanderers.

The 2004 effort promises to be much more successful than the 2000 and 2002 editions. Certainly one big improvement will be in team support where **Pieman** has been sacked and replaced by **Rock Steady** as director of support

services. In 2002, the Pieman's general attitude was "not my problem" as a succession of Wanderer runners suffered and staggered out on the course.

"The support provided in the last Cabot Trail Relay was one of the sorrier chapters in Wanderers history," said new support director Rock Steady. *"This year, all support technicians will be required to undergo runner sensitivity training prior to the race."*

Rock will have the extra time to concentrate on support because he has been stripped of all his other administrative duties by **Snake Bite**. After two successive entries in which virtually no Wanderer was assigned any leg requested, Snake Bite has seen enough, and has taken over leg allocation duties with **Space Ghost**.

In another major development, it was announced that the Technovan, once it has been given the go-ahead by club mechanics, will be making the trip up to Cape Breton to assist with the support effort. With the Technovan now spending every other week in the shop for repairs, Snake has decided to taken over club transportation duties from Rock as well.

"With all these changes, I just



Renee and Glenn Campbell with "Wandering Willie", the official Wanderers mascot for the Cape Breton Relay race.

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hope that Snake isn't planning to hijack the Wanderers and turn this team into a Wissahickon Witches squad," Rock said. *"That would be a great disservice to our runners. Every past Witches effort can only be described as dreadful!"*

Returning for action in Cape Breton will be veterans Space Ghost, **Michele** "The Pride of South Philadelphia" **Tulino**, and **Duncan MacGuigan**. **Pride** has been suffering from a series of injuries for almost a year, but expects to be ready for the race. Joining them will be highly regarded newcomers **Petra Kretschmann** and **Susan Hurrey** from Phila-

delphia and **Peter McLaughlin** from Nova Scotia.

The 2004 Cabot Trail Relay will also mark the team debut for **Martin Paquet** who has won all sorts of individual honors for the Wanderers with his performances at the Philadelphia, Quebec and Midnight Sun marathons. The addition of the Quebecois onto the team will require by Canadian law that all communications from the Technovan during the Cabot Trail Relay be bilingual.

One name omitted from the line-up is relay mainstay **Wayne Hamilton**, who is still recovering from his performance at the 2003 Green Belt Relay around London. **Crusher** will be sorely missed.

Wanderers Amaze at Philadelphia Marathon

Wanderers simply dominated at the 2003 Philadelphia Marathon. Ten Wanderers ran in the race, and one even finished in the top 100. And when Wanderers were not running, they were staffing a water stop at the 18/22 mile mark with another club, the New Freedom Striders. And that was not all. Wanderers also competed in the Rothman 8k race held simultaneously with the marathon.

Jeff Hayes attained unprec-

edented heights for the Wanderers by grabbing 60th place in a field of more than 5,000 runners with a time of 2:47:27. **Matt Palombaro** was not far behind, finishing 103rd in a time of 2:52:16. **Chris Moore** recorded an excellent time of 3:14:04. Finishing shortly afterwards were **Barbara Gorka** in 3:33 and **Bob Alig** in 3:34.

Susan Hurrey ran a personal best of 4:09, and **Megan Boyle** finished in a solid 4:20. **Scott Quitel** once more proved that he is Mr. Consistency with a finish of 4:28 a little more than two minutes ahead of **Beast of Burden** in 4:30. **Snake Bite** battled all sorts of ailments yet still finished in 5 hours on the nose.

At the Rothman 8k race, **Sylvia Forman** finished in 50:36 while **Leslie Turchetti** was timed in 63 minutes.

There were lots of stars at the water stop, including **Madison** and **Schuyler Alig**, **Rob** and **Heidi Zisselman** and **Sydney Stafford**. **Paul Molino** and a crew from Bike Addicts bike store jumped in to help when the masses of runners started to appear. Many thanks to all who helped out!



Bob gives his signature marathon victory salute.



Matt just ripped up the course going out at mile 22.



Sydney Stafford was all business at the Water Stop.

Wanderer News Briefs

Class Action Classic: What Happened?

The Class Action Classic race in Bozeman, Montana, was a vintage Wanderers production. The race started as a 5k event, but appearances can be deceiving, especially when the **Pieman** is the race director.

“The 5k course was a straight out course, leaving some to wonder how they might actually get back to their cars,” Pieman noted in his report to Wanderers headquarters. *“Thus a proposed 5k turned into a fantastic 10k.”*

The Class Action Classic drew a strong and international field of 12 runners including **Simon Newman, Lonestar Susan Branson, Bluemont Phlash Alison Games**, and the Pieman.

“The race was run at an altitude of 6,500 feet,” Pieman noted. *“The day was a bit chilly, but runners worked up a good sweat in no time as they made their way through the thin air of the mountains.”*

Times were not recorded, but Pieman was reported to be laboring near the back of the pack.



Participants in the Class Action Classic 5K

Re-Run for Counter Revolution Set

The Re-Run for Counter Revolution will be drawing an All-Star cast for the April 25 event. The marathon along the Delaware River canal will feature Canadian running legend **Irish Joe Clearey**. Also scheduled to run are the **Purple Piper, Ultrawoman, Yichie, Snake Bite** and **Rock Steady**. **Bin Reuter** will again be supplying support along the race course. Contact Rock or Snake for more information. The Run for Counter Revolution was held in early October with the Piper, Ultra Woman, Rock and Snake competing in the marathon division and **Sanjeev “Turbo” Balhara** running in the half marathon competition.

The Kamado Has Landed

The transition of the Wanderers from a running club into an eating club moved closer to reality with the arrival of the Kamado cooker at the **Bin Reuter** compound in early February. Using the 450-pound ceramic cooker, Bin Reuter plans on offering a full barbecue menu including chicken, pulled pork (“bbq”), beef brisket, and sausage at upcoming major Wanderer events. Bin Reuter and his BBQ team (“Smoke Happens”) plan to compete in the regional NJ, PA and DE BBQ State Championships in hopes of landing an invitation to the Jack Daniel’s World Championships. **Pieman** also has been talking about setting up a Wanderers wine tasting group. *“For medicinal purposes only,”* noted the Pieman. Wanderer events are already getting a reputation for providing good eats after the Bagel Run in Santa Barbara where runners were treated to an assortment of bagels and smoked salmon after the race.



Wanderers endorse Adelson

Tom Adelson picked up the important endorsement of the Wissahickon Wanderers in his run for the State Senate in Oklahoma’s 33 district.

“The way Tom knocked off those seven minute miles in a downpour, he’s got my vote,” said **Rock Steady** referring to Tom’s performance in the 2000 Cabot Trail Relay. *“I think Tom is just the man to clean up the mess this country is in.”*

Tom, a Tulsa resident, is the state’s health commissioner. A primary election will be held this spring with the general election for state senate in November.

Wanderer One Mile Set

The 3rd Annual Wanderers One Mile is scheduled for **April 3** as part of the Chestnut Hill Academy Invitational Relays. The starting gun for the race is expected to sound around **11:30**. Speedier Wanderers might be interested in the Open 100 Meter race which is also being offered this year. All other events will be for high school runners. The invitational at Chestnut Hill Academy is expected to draw about 10 schools.

Previous winners of the event are the two Jeffs, **Jeff Harbison** in 2002 and **Jeff Hayes** in 2003.

Record Turnout at Bagel Run

The 2nd Annual Bagel Run can accurately be described as a miracle. Only three weeks before the race, Wanderer and University of California at Santa Barbara Hillel brass had not decided whether to even hold the event. However, once the decision was made, Wanderers West Coast Bureau Chief **Smoke Kalman** and **Rabbi Steve Cohen** swung into action. Broadband lines simply sizzled over the internet as Smoke publicized and organized the event. The end result was a huge success. 209 runners ran in the 5k event around the lagoon on the University of California, Santa Barbara campus. The race was held on February 1.

The food after the event provided by Rabbi Steve was absolutely delicious with a variety of bagels with cream cheese, smoked salmon and onions. While the East Coast was shuddering through a deep freeze, the Bagel runners competed under sunny skies with temperatures in the high 60's.

No Wanderer event is run without at least some technical glitches, and the Bagel Run 5K was no exception. However, the initial



Over 200 runners lined up at the start.

timing difficulties were ultimately worked out, and some of the performances recorded were stunning.

Snatching first place in a time of 15:46 was **Ian Townley**. Only five seconds behind was second place finisher **Matthew Hunt**. The leading woman was **Amanda Wilson** who ran a sizzling 17:44 and finished seventh overall. **Jennifer Fung** was the second finisher in the women's division in a time of 18:20.

Rounding out the top five was **Alex Roedel** in third place in 16:16

followed by **Benjamin Benoy** in 16:50 and **Chris Bauer** in 16:56.

The turnout for the event was a huge increase over the 52 runners who signed up for the inaugural Bagel Run in 2003.

Rock Steady and **Snake Bite** traveled out from the Wanderer's home office to assist with the event. The day before, the pair raced with the **Bluemont Phlash Alison Games** in a half marathon through the hills of Santa Barbara.

Stay Informed, Check out the Wanderer's Web Site

For the latest info on Wanderer race performance, training techniques, as well as a schedule of local races, check in regularly at the Wanderers website:

www.wanderersrunningclub.org

The screenshot shows the Wanderers website interface. At the top left is the logo for the Wissahickon Wanderers Running Club. Below it are navigation links: Home, News, Photo Album, Upcoming Events, Training and Tips, Wanderers Discussion Board, The Waterstop, Links, and Contact. A central section titled 'SIGN UP FOR WEEKLY EVENTS EMAILS' includes a mission statement: 'Our Mission is to promote running in the city of Philadelphia.' To the right, there are several news snippets with images: 'Class Action Classic Report Finally Arrives' (with a 'Click here to read this report' link), 'Branca Reaches For The Skies' (with a 'Click here to read this report' link), and 'Wanderers Confirmed for the Cabot Trail Relay!' (with a 'Click here to find out more about the race and let us know if you are interested in joining us!' link). On the far right, there is a 'Weekly Events' sidebar listing: 'Sundays @ 7am at Valley Green', 'Tuesdays @ 6:30pm Track workout', 'Thursdays @ 6:30pm Run along Kelly Drive', 'Wednesdays @ 5:30pm Run at Valley Green', and 'Saturdays @ 8:30am at Valley Green'. Each event listing has a 'Details' link.

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